

THE CHOOK RUN

SEP/OCT/NOV/DEC 2022



Best wishes to all those who celebrated Birthdays in September, October, November and who will celebrate one in December.



For those of you who missed our AGM back in September, below is a list of our committee members for 2023.

President: Daniel Cooke

Vice President: Bryan Alley

Junior Vice President: Lachlan Tobin

Secretary: Heather Latimore

Treasurer: Scott Balmer

Chief Steward: Shane Debreceny

Show Secretary: Scott Balmer

Assistant Secretary: Nicole O’Keeffe

Publicity Officer: Kellie Blinco

Catering Officer: Heather Latimore

Assistant Officer: Debra Cooke

Assistant Chief Steward: Neil Coombes & Lachlan Tobin

Congratulations to all.

Well, it’s that time when everyone is getting ready to wrap things up for another year...can you believe it?

We know everyone’s calendars fill up quickly this time of year, but we hope you’re able to join us.



Raw Chocolate Tart



Ingredients

Crust

- 2 cups pitted dates, soaked in boiling water for 5 minutes
- 2 cups desiccated coconut
- 3 tbsp coconut oil
- 1½ tsp ground cinnamon

Filling

- 2 medium avocados
- 1 large ripe banana
- ½ cup maple syrup
- 1 tbsp coconut oil
- ½ cup cocoa or cacao powder

Topping

- 2 cups assorted berries
- ¼ cup chopped walnuts

Method

1. To make crust, drain soaked dates then process all ingredients in a high speed blender. Press firmly into the base of a 20cm round tart tin. Set aside.
2. Process all the filling ingredients until smooth and well blended, Spoon filling over base and spread out evenly.
3. Refrigerate for 2-3 hours until filling has firmed.
4. Remove tart from tin and decorate with fresh berries and walnuts.
5. Slice into 14 pieces.

Leftovers can be stored in fridge for 2-3 days. 317 cal per serve



Keep your eyes peeled in the new year for our next addition of
The Chook Run, which will outline our 2023 events.

Wishing everyone a Merry CHICKmas and a Happy New Year

