

Forward Food Holiday Recipes

2025



Humane
World for
Animals™

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Beverages



Coconut Nog

Photos and recipe testing by Leah Tamblyn/for Humane World

Serving size: 12 servings | **Prep time:** 7 mins | **Cook time:** 10 mins

Ingredients

6 cups non-dairy milk, unsweetened
3 - 400 mL cans coconut milk, shaken
3/4 cup maple syrup
2 Tbsp vanilla extract
1 Tbsp ground cinnamon, plus extra for garnish
1 1/2 tsp ground nutmeg
3/4 tsp ground cardamom
1/4 tsp salt

Directions

1. You will have to make this recipe in two batches. Place half the listed amount of each ingredient into a high-powered blender. Blend for 1 minute, until the mixture is homogenous and smooth. Pour into a large pitcher (or medium saucepan if planning to heat) and repeat with the second batch.
2. If serving warm, heat on medium heat for 10-15 mins whisking frequently until heated

through.

3. Serve 1 cup garnished with a sprinkle of cinnamon, plant-based mini marshmallows or some plant-based whipped cream and enjoy!

Notes

Cost (12 servings): \$18.30

Cost per serving: \$1.53

Nutrition

Amount per serving

Serving size: 1 cup (232 g)

Calories: 270

Total Fat: 22g

Saturated Fat: 18g

Cholesterol: 0mg

Sodium: 95mg

Total Carbohydrate: 18g

Dietary Fiber: 1g

Sugars: 13g

Protein: 3g

Photos





Ginger Turmeric Latte

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper.

Serving size: 12 | **Prep time:** 5 mins | **Cook time:** 5 mins

Ingredients

- 1 Tbsp (15 ml) coconut oil
- 2 Tbsp (30 mL) ground turmeric
- 1 Tbsp (15 mL) ground ginger (or grated fresh ginger)
- 1/2 tsp (2.5 mL) ground cardamom
- 1/2 tsp (2.5 mL) black pepper
- 12 cups (3 L) almond milk, plain, unsweetened
- 2 Tbsp + 2 tsp (40 mL) maple syrup

Directions

1. In a medium (or large) sauce pan over medium heat, add coconut oil.
2. Once melted, whisk in turmeric, ginger, cardamom, and pepper. Toast until fragrant, about one minute.
3. Next, whisk in almond milk. Bring to a simmer, about 3 minutes. Allow to simmer for an additional 3 minutes.

4. Sweeten with maple syrup and enjoy!

Breakfast



Blackberry Spice Muffins

Recipe by Chef Amy Symington, Photo by Makayla Dewit/Humane World for Animals

Serving size: 24 muffins (or 72 mini muffins) | **Prep time:** 15 mins | **Cook time:** 25 mins

Ingredients

Dry Ingredients

- 6 cups spelt or quinoa flour
- 1/2 cup ground flaxseed
- 2 Tbsp baking powder
- 1/2 tsp salt
- 2 tsp ground cinnamon
- 1 tsp ground allspice
- 1/2 tsp ground nutmeg

Wet Ingredients

- 1 1/3 cups grapeseed oil
- 2 cups maple syrup
- 2 1/2 cups non-dairy milk, plain, unsweetened
- 2 tsp vanilla extract

2 pints (4 cups) blackberries
1/2 cup coconut flakes, unsweetened

Garnishes, optional

1 1/2 cups coconut whipped cream

Directions

1. Preheat oven to 375°F (190°C) and line the muffin tins (or mini muffin tins) with paper liners.
2. In a large mixing bowl whisk together the dry ingredients. Set aside.
3. In a medium mixing bowl whisk together wet ingredients.
4. Add the wet ingredients into the large bowl with the dry ingredients. Using a spatula, mix everything together until just combined with no remaining large lumps of dry ingredients.
5. Fold in ½ of the berries. Using a ¼ cup measure, scoop the batter into the muffin tins. Garnish with remaining berries and sprinkle with coconut.
6. Bake in the oven for 20-25 minutes (10-15 minutes for mini muffins), until a toothpick comes out clean after insertion.
7. Serve with optional whipped coconut cream.

Notes

Equipment: Standard or mini muffin trays, paper cupcake liners, large mixing bowl, medium mixing bowl, whisk, spatula, 1/4 cup measuring cup (Use 1 Tbsp of batter for mini muffins)

4 cups of other berries, or any seasonal fruit chopped into bite-size pieces, can be used in lieu of the blackberries

Cost per serving: \$1.70 per muffin (\$1.90 with coconut whipped cream)

Nutrition

Amount per serving

Serving size: 1 muffin (116 g)

Calories: 335

Total Fat: 16g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 60mg

Total Carbohydrate: 47g

Dietary Fiber: 6g

Sugars: 16g
Protein: 6g



French Toast Casserole

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 | **Prep time:** 25 mins | **Cook time:** 2 hours

Ingredients

12 cups baguette, cubed
¼ cup (60 mL) coconut oil
3 tbsp (19 g) ground flaxseed
¾ cup (180 mL) water, warm
3 cups (750 mL) coconut milk
1 ½ cups (375 mL) non-dairy milk
½ cup (100 g) sugar
1 ½ Tbsp (23 mL) vanilla extract
¼ tsp (1 g) cinnamon, ground
½ tsp (9 g) salt

Praline Topping

1/3 cup (40 g) all-purpose flour
1 ½ cups (320 g) light brown sugar
1 ½ cups (171 g) pecans, chopped

1/3 cup (80 mL) coconut oil

Garnish

fresh fruit

maple syrup

non-dairy whipped cream

Directions

1. In a large bowl, whisk together flaxseed and water. Set aside for 5 minutes.
2. Preheat oven to 350°F (180°C) and prepare a Bain Marie for baking the French toast.
3. Generously spread coconut oil in the bottom of a ½ hotel pan (or 11"x13" pan). Place cubed French bread into the pan.
4. Whisk together flax mixture, creamer, almond milk, granulated sugar, cinnamon, vanilla, and salt.
5. Pour this mixture evenly over the cubed bread.

If bread is very dry, soak it for 15 minutes prior to baking. While the bread mixture is resting, prepare the praline topping.

6. In a medium bowl, whisk together brown sugar and flour. Using a pastry cutter or fork, cut the coconut oil into the brown sugar and flour mixture. Fold in chopped pecans. Set aside.
7. Cover the pan with aluminum foil and place it in a water bath. Bake covered for 1 hour and 15 minutes. Then remove cover and cook another 15 min.
8. Uncover and sprinkle with praline topping, then bake uncovered for an additional 30 minutes.
9. Serve with fresh fruit, maple syrup, and dairy-free whipped cream.

Notes

Cost per recipe (12 servings): \$15.36

Cost per serving: \$1.28



Spiced Pancakes

Recipe by Chef Amy Symington

Serving size: 12 | **Prep time:** 10 mins | **Cook time:** 10 mins

Ingredients

Spiced Pancakes

3 3/4 cups whole-wheat flour
3 Tbsp ground flaxseed
1 Tbsp baking powder
1 Tbsp ground ginger
1 Tbsp ground cinnamon
1 1/2 tsp ground allspice
3/4 tsp ground nutmeg
6 cups non-dairy milk, plain, unsweetened

2 Tbsp oil (coconut or grapeseed), for cooking

Cranberry Compote, optional

2 cups frozen cranberries
1 cup water

2/3 cup maple syrup

Directions

1. In a large mixing bowl, whisk together the first seven ingredients until well-combined. Make a well in the middle of the dry ingredients.
2. Pour the milk into the middle of the dry ingredients then whisk everything together until fully combined, with no large lumps of the dry mixture visible (scrape the bottom/sides of the bowl with the whisk to be sure).
3. In a nonstick griddle on medium-high, heat ½ tsp grape seed or coconut oil. Using a level ¼ cup measure of batter per pancake, scoop 3 pancakes onto griddle and cook for 2 minutes, or until bubbles form in the batter. Flip and cook 1 minute more, or until golden brown. Repeat with additional oil and remaining batter.

Cranberry Compote

1. In a saucepan over medium-high heat, combine all of the compote ingredients.
2. Bring to a boil then reduce the heat as needed and simmer for 25 minutes or until a sauce-like consistency is reached.

For Serving:

Plate 3 pancakes per person and serve with 2 Tbsp of the Cranberry Compote, maple syrup or your choice of fresh fruit.

Notes

If you are using the Cranberry Compote, you can make it ahead of time and reheat as needed

The pancakes are delicious served with clementine segments

Cost (12 servings): \$15.82

Cost per serving: \$1.32

Cost (12 servings), no compote: \$11.50

Cost per serving, no compote: \$0.96

Nutrition information for Cranberry Compote

Serving size: 2 Tbsp (42 g) - Calories 127, Total Fat 0 g, Sat. Fat 0 g, Cholesterol 0 mg, Sodium 6 mg, Carbohydrates 33 g, Dietary Fiber 2 g, Sugars 27 g, Protein 0 g

Nutrition

Amount per serving
Serving size: 3 pancakes (142 g)
Calories: 200
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 45mg
Total Carbohydrate: 31g
Dietary Fiber: 5g
Sugars: 1g
Protein: 9g

Photos





Spiced Quinoa Oatmeal with Fruit

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 servings | **Prep time:** 10 mins | **Cook time:** 30 mins

Ingredients

- 1 1/2 cups quinoa, rinsed
- 3 cups water
- 1 1/2 tsp salt
- 3 cups oats, quick-cooking
- 3 apples, large, cored & grated
- 3 cups non-dairy milk, plain, unsweetened
- 3/4 cup dried cranberries, roughly chopped
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp ground ginger
- 1 Tbsp vanilla extract
- 3/4 cup maple syrup

Serving Suggestions

- 6 bananas, medium, ripe, sliced
- 3 cups berries of choice, in bite-size pieces

1 cup toasted coconut, nuts or seeds

Directions

1. Preheat a large saucepan over medium heat. Add quinoa to the pan and toast until the granules dry out, start to make crackling noises, and smell fragrant and nutty, about 5 mins.
2. Turn the heat to med-high, add the water and salt to the quinoa, cover and bring to boil, then lower heat to a simmer for 15 mins.
3. Remove from heat and let the pot sit for 5 mins covered, then remove the lid and fluff the quinoa with a fork.
4. Stir in the oats, apple, non-dairy milk, cranberries, cinnamon, ginger, and vanilla extract.
5. Divide into 1 cup servings and drizzle each portion with 1 Tbsp of maple syrup. Optionally, top with any combination of sliced banana, berries, toasted coconut, nuts or seeds, to taste.

Notes

Use soy milk for the most protein per serving

Nutrition

Amount per serving

Serving size: 1 cup (265 g)

Photos







Vanilla French Toast with Whipped Aquafaba Cream

Recipe by Chef Amy Symington, Photo by Joel Barnes

Serving size: 12 | **Prep time:** 5 mins | **Cook time:** 20 mins

Ingredients

12 whole grain bread slices
6 cups (1.5 L) soy milk, unsweetened
1/2 cup (60 g) ground flaxseed
2 tsp (10 mL) vanilla extract
1 tsp (4 g) ground cinnamon
1/2 tsp (1 g) ground nutmeg
2 Tbsp (30 mL) coconut oil

Whipped Aquafaba Cream

1/2 cup aquafaba (liquid from 2 15-ounce cans no-salt-added chickpeas)
1/2 cup coconut fat (from a can of refrigerated coconut milk)
2 Tbsp maple syrup
2 Tbsp vanilla extract

Garnish

Whipped Aquafaba Cream

- 1 cup maple syrup (or syrup of choice)
- 1 bunch fresh mint
- 2 pints (4 cups) berries of choice

Directions

1. In a large bowl whisk together milk, ground flaxseed, vanilla, cinnamon and nutmeg. Set aside and allow to sit for 5-10 minutes to thicken.
2. Meanwhile preheat your griddle to medium. Once heated add 1 tsp of the coconut oil.
3. Next immerse 2 pieces of bread into batter, flip and immerse again and then place them on the hot greased griddle. Fry for 2 minutes or until golden brown. Flip and then fry for another 2 minutes on the other side. Repeat with remaining oil and bread.
4. Serve with whipped aquafaba cream, maple syrup, mint, and berries.

Whipped Aquafaba Cream

1. Combine the chickpea liquid, coconut fat, maple syrup, and vanilla in a medium bowl, and beat with an electric mixer on medium to high speed until foamy.
2. Beat on high speed for about 5 minutes more or until stiff peaks with tips form.

Main Dishes



Lentil Mushroom Mince Strudel

Photo by Ana Rivera/Sodexo Canada

Serving size: 20 (1 1/2 inch slices) | **Prep time:** 5 mins | **Cook time:** 50 mins

Ingredients

Filling

- 1 cup (150 g) onion, diced
- 2 tsp (8 g) garlic, minced
- 2 tsp (6 g) dried thyme
- 2 tsp (4 g) dried oregano
- 4 tsp (6 g) ground cumin
- 4 cups (800 g) cooked lentils, drained
- 2 cups (150 g) mushrooms, diced
- 1/4 cup (60 mL) olive oil
- salt & pepper, to taste

2 - 397 g packages dairy-free puff pastry, thawed [see Notes for brand suggestion]

Directions

1. Preheat oven to 350°F (180°C) and line a full baking sheet with parchment paper.
2. In a large pan over medium, heat olive oil then add onions and garlic, sauté for 2-3 minutes until soft and translucent.
3. Stir in dried thyme, oregano and cumin. Sauté until fragrant, about 3 minutes.
4. Add cooked lentils and cook until the mixture has started to dry.
5. Add the mushrooms, cover the pan with a lid and continue to cook on low heat until the mushrooms have released some of their water. Remove the lid and allow the water to evaporate, until the mushrooms are well cooked through.
6. Remove from heat and season with salt & pepper to taste.
7. Get a rolling pin and a large ruler, or use a pastry mat for measuring in this step. Unfold your packages of puff pastry onto a floured surface and gently roll each of them out with a rolling pin until smooth.
8. Roll out a 10" x 20" rectangle from each package of pastry. Add half of the lentil filling to the center of each of the puff pastry rectangles and spread it out evenly, leaving a 2" border of pastry without filling on all sides.
9. Roll the pastries up by standing in front of one of the shorter 10" sides. Fold the 2" borders of pastry at the (20") sides inward to hold in the filling as you roll, then fold over the top border (10" side) closest to you and begin to roll up the strudel, tucking in any ends as you roll it up so no filling falls out. When you get to the end, roll the pastry so seam is on the bottom while baking, to be sure it will not unravel.
10. Using a knife, make 3 incisions diagonally on the top of the pastry. Brush with olive oil.
11. Place each strudel on the baking sheet and bake for 30 minutes. After that increase heat to 450°F (200°C) and bake for 10 minutes until pastry is brown and crispy.
12. Serve with your favourite chutney.

Notes

In Canada, Tenderflake puff pastry is made without dairy ingredients



Seitan Bourguignon with Mashed Potatoes and Roasted Brussels Sprouts

Recipe by Chef Amy Symington. Photo by Joel Barnes.

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 2 hours

Ingredients

Seitan

- 2 cups (300 g) vital wheat gluten
- 1/2 cup (40 g) chickpea flour
- 1/2 cup (35 g) nutritional yeast
- 1/2 Tbsp (5 g) ground black pepper
- 1 Tbsp (5 g) ground coriander
- 1 Tbsp (6 g) paprika
- 1 Tbsp (5 g) ground cumin
- 1 tsp (6 g) salt
- 1 1/2 heads (60 g) roasted garlic, skinned and mashed [see Notes]
- 2 Tbsp (30 ml) olive oil
- 2 Tbsp (30 mL) tamari
- 2 cups (500 mL) water

Cauliflower Mash

2 heads (2 kg) cauliflower, cut into florets
3 (900 g) russet potatoes, large dice, boiled and drained
2 Tbsp (30 mL) olive oil
1/2 tsp (3 g) salt
1/4 tsp (1 g) ground black pepper

Brussels Sprouts

12 cups (1.13kg) brussels sprouts, ends cut, halved
1/4 cup (63ml) grapeseed oil
1/2 Tbsp (3 g) dried thyme
1/2 Tbsp (2.5g) dried rosemary
1/2 tsp (3 g) salt

Garnish

1/4 cup and 2 Tbsp (63 g) sunflower seeds or hemp hearts, finely chopped
1/2 tsp (3 g) salt

Seitan Bourguignon

1/4 cup (60 mL) olive oil
4 (900 g) onions, thinly sliced
2 (100 g) shallots, minced
1 head (40 g) garlic, minced
6 cups (270 g) mushrooms, quartered
2 Tbsp (6 g) dried thyme
1/4 cup (45 g) tomato paste
2 cups (500 mL) Burgundy wine
1/4 cup and 2 Tbsp (90ml) tamari, low sodium
2 bay leaves
4 cups (1 L) vegetable stock, low sodium
1 recipe Seitan (from above)

Directions

1. Preheat oven at 400°F (200°C). Once preheated, roast your garlic heads.

Seitan

1. In a large bowl, mix together all of the dry ingredients.

2. In a small bowl, stir together the water, garlic, olive oil and soy sauce. Add wet ingredients to dry ingredients and fully incorporate.
3. Shape seitan into 2 loaves on to 2 separate large sheets of aluminum foil. Tightly wrap each of the 2 loaves and then twist the ends to completely enclose the dough.
4. Place into a steaming tray for 1.5 hours. Or if at home, place over a boiling pot of water in a steam basket. It should be completely firm and bounce back to the touch. Steam for longer if needed until desired consistency is reached. Remove from steamer.

Cauliflower Mash

1. Add cauliflower to boiling water and cook until very tender, about 10 minutes. Reserve 1 cup of the cooking liquid and then drain well and transfer cauliflower to a large stainless steel bowl.
2. Add oil, potatoes and reserved water, 2 tbsp at a time and using a masher or food mill, process until smooth. Season with salt and pepper to taste and serve with bourguignon.

Brussels Sprouts

1. Preheat oven at 400°F (200°C).
2. In a large bowl, combine Brussels sprouts and oil, thyme, rosemary and salt. Toss together until Brussels sprouts are evenly coated.
3. Distribute onto a large baking pan(s) and cover with foil. Ensure that the pan(s) are not overcrowded. Bake for 15 minutes. Remove foil and continue to bake for another 15 minutes uncovered or until Brussels sprouts are golden brown and crispy.
4. For the garnish, in a small bowl combine ground sunflower seeds or hemp hearts and salt.
5. Remove Brussels sprouts from the oven, sprinkle with ground seed mixture and serve with Seitan Bourguignon and cauliflower mash.

Seitan Bourguignon

1. In a large sauce pan over medium heat add oil. Once heated add onions and sauté until soft and translucent, about 6 minutes.
2. Next add shallots, garlic and mushrooms and sauté until fragrant, about 5 minutes.
3. Add thyme and sauté until fragrant, about 2 minutes.
4. Incorporate tomato paste and cook for another 1 minute. Deglaze pan with wine.
5. Next add tamari, bay leaf, vegetable stock and cubed seitan. Bring to a simmer. Once simmering let simmer for 15-20 minutes. Season with black pepper and salt if needed. Serve over mashed cauliflower and with roasted Brussels sprouts.

Notes

How to Roast Garlic

Peel and discard the papery outer layers of the garlic heads, leave the individual skins on the garlic cloves and leave them stuck together. Using a sharp knife, cut the entire top of the

garlic head off, being mindful not to take too much off the cloves, so all the garlic cloves are exposed. Rub the whole head with some olive or other cooking oil. Wrap in tinfoil and place in your preheated oven to roast for 30-40 minutes, until the cloves are lightly browned and feel soft when pressed.

For the Brussels Sprouts garnish, you may substitute ground almonds for the seeds, if nuts are suitable for your purposes

Nutrition

Amount per serving

Serving size: 608 g

Calories: 520

Total Fat: 18g

Saturated Fat: 2.5g

Cholesterol: 0mg

Sodium: 930mg

Total Carbohydrate: 54g

Dietary Fiber: 13g

Sugars: 11g

Protein: 34g



Shepherd's Pie with Herbed Gravy

By Amy Symington from The Long Table Cookbook: Plant-based Recipes for Optimal Health.
Photo by Darren Kemper.

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 1 hour 10 mins

Ingredients

- 1 1/2 cups (375 mL) olive oil, divided
- 4 cups (210 g) diced onion
- 1 1/2 Tbsp (27 g) puréed garlic
- 3 1/2 cups (448 g) diced carrots
- 3 stalks (450 g) celery, diced
- 1 Tbsp (14 g) tomato paste
- 1 3/4 Tbsp (27 g) dried basil
- 1 Tbsp (8 g) ground coriander
- 2 tsp (9 g) paprika
- 2 tsp (7 g) dried rosemary
- 2 tsp (6 g) dried thyme
- 1 tsp (4 g) ground cumin
- 2 cups (413 g) cooked brown lentils
- 1 cup (185 g) cooked quinoa

2 tsp (12 g) salt
1/2 teaspoon (2 g) ground black pepper
4 1/2 cups (340 g) cremini mushrooms, halved or quartered, depending on size
1 1/2 cups (207 g) green peas, fresh or frozen

Topping

8 each (3.660 kg) white potatoes, skin on, quartered, boiled or steamed until fork tender
1 1/2 cups (375ml) plain unsweetened soy milk
1/2 head (42 g) roasted garlic, mashed [see Notes]
1 teaspoon (3.5ml) extra virgin olive oil
1/4 teaspoon (2 g) salt
1/4 teaspoon (1g) ground black pepper

Garnish

1/4 bunch (45 g) parsley, chopped

Gravy

1/4 cup (62 mL) extra virgin olive oil
1 cup (70 g) cremini mushrooms, finely chopped
1/3 cup (40 g) flour (i.e. whole wheat, spelt, brown rice)
1 Tbsp (10 g) dried herbs (i.e. basil, thyme, rosemary, etc.)
2 cups (500 mL) water
1 Tbsp (15 mL) tamari
2 cloves (12 g) garlic, puréed
1/4 teaspoon (2 g) salt
1/2 teaspoon (2 g) ground black pepper

Directions

1. Preheat oven to 400°F (200°C) and grease one 9" x 13" baking pan. Roast the garlic for the mashed potato topping in the preheated oven as you prepare the filling.
2. Heat a third of the oil in a large sauté pan over medium heat. Add the onions and sauté until translucent, about 3 to 5 minutes.
3. Add garlic and sauté until fragrant, about 1 to 2 minutes.
4. Add carrots and celery. Sauté until vegetables are tender, about 10 to 12 minutes.
5. Add tomato paste, basil, coriander, paprika, rosemary, thyme, and cumin and cook until fragrant, about 3 to 4 minutes.
6. Remove from heat and pour into a large bowl. Add the lentils, quinoa, salt, and pepper and

thoroughly combine. Divide mixture into prepared baking dish and evenly pat down to form the bottom layer of the shepherd's pie. Set aside.

7. Using the same sauté pan, heat the remaining oil over medium heat. Add the mushrooms and sauté until golden brown, about 8-9 minutes. Remove from heat and evenly distribute over the bottom layer, followed by the peas.

8. For the topping, quarter the potatoes and boil or steam until fork tender. Allow to cool slightly.

9. Combine potatoes, milk, garlic, oil, salt, and pepper in a large bowl. Using masher, mash until relatively smooth. Using a rubber spatula, spread the potato mixture over the pea and mushroom layer. Bake in the oven, uncovered for 40 minutes, until the edges are golden and crispy.

10. Remove from oven and sprinkle with fresh parsley.

11. In the meantime, make the gravy. Heat a saucepan over medium heat, then add oil. Once heated, add mushrooms and sauté until slightly brown, about 4 minutes.

12. Stir in the flour and dried herbs. Sauté for 5 minutes, until fragrant. Switch to a whisk, and slowly whisk in the water, making sure there are no flour clumps. Continue whisking, allowing gravy to gently simmer and thicken, for about 3 to 4 minutes.

13. Whisk in the tamari, garlic, salt, and pepper and simmer until gravy reaches desired consistency. Whisk in more water, 1 tbsp (15 ml) at a time, if needed. Remove from heat and serve 2 tbsp (30 ml) with each serving of shepherd's pie.

Notes

How to Roast Garlic

Peel and discard the papery outer layers of the garlic heads, leave the individual skins on the garlic cloves and leave them stuck together. Using a sharp knife, cut the entire top of the garlic head off, being mindful not to take too much off the cloves, so all the garlic cloves are exposed. Rub the whole head with some olive or other cooking oil. Wrap in tinfoil and place in your preheated oven to roast for 30-40 minutes, until the cloves are lightly browned and feel soft when pressed.



Stuffed Acorn Squash with Brussels Sprouts

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 30 mins | **Cook time:** 1 hour 20 mins

Ingredients

Roasted Acorn Squash

12 (9.25 kg) acorn squash

1/2 cup olive oil, divided

2 1/2 tsp salt, divided

Filling

2 cups brown rice, thoroughly rinsed

2 cups brown lentils, rinsed

4 L vegetable broth, divided

4 cups brussels sprouts, washed, trimmed, bottoms scored with an x

4 cups mushrooms, small dice

2 cups onion, small dice

1/2 cup garlic minced

1/4 cup paprika

2 Tbsp + 2 tsp ground cumin

2 Tbsp + 2 tsp dried parsley
1 Tbsp + 1 tsp dried thyme
1 Tbsp + 1 tsp dried rosemary
1 Tbsp ground black pepper
3 cups cherry tomatoes, halved, divided

Garnish

1/4 cup rosemary, finely chopped
1/2 cup balsamic reduction, optional

Directions

1. Preheat oven to 400°F (200°C). Line two full baking sheets with parchment paper.
2. Cut off the stem and bottom of the squashes so the halves will sit level. Next cut the acorn squashes in half horizontally. Leave the seeds inside for now.
3. Rub the squash halves all over with a 1/4 cup of the olive oil. Sprinkle with a 1/2 tsp of the salt, then place them cut side down on the baking sheets. Roast the squash halves face down on the baking sheet for 50 minutes. Check for doneness around 40 mins using a paring knife.
4. At the same time, cook the rice in 1 L of vegetable broth and the lentils 1.5 L of vegetable broth. When the rice and lentils are tender, drain the excess broth and reserve for later use. Set the rice and lentils aside until needed.
5. Once the baking time is finished, take the squash out of the oven and flip them over. Use a spoon to remove the seeds. Lower the oven heat to 350°F (180°C).
6. Bring a large pot filled with the remaining vegetable broth to a boil. Add in the Brussels sprouts. Cook for 8 minutes, then drain, reserving the vegetable broth again. Allow to cool slightly, then cut the Brussels sprouts in half lengthwise. Thinly slice the halves lengthwise. Set aside.
7. In a large pan over medium-high heat, warm the remaining 1/4 cup of olive oil. Add in the onions and mushrooms. Cook stirring frequently until the mushrooms have released their liquid.
8. Mix in the garlic, herbs and spices. Cook for 2 minutes, stirring constantly. Add some of the remaining vegetable broth a Tbsp at a time as needed to prevent the ingredients from sticking or burning.
9. Add the lentils, rice, sliced Brussels sprouts, and a 1/2 cup of the remaining broth to the pan. Heat everything through and let the vegetable stock absorb, 4-5 minutes.
10. Remove the mixture from the heat, stir in 1 1/2 cups of the cherry tomatoes then season with salt and pepper.
11. Fill the squash halves with rice mixture.
12. Place the the squash halves back on the baking sheets and return to the oven at 350°F (180°C). Heat for 10 minutes before serving.
13. Top each roasted squash half with some of the remaining halved cherry tomatoes, 1/2 tsp of chopped rosemary and drizzle with 1 tsp of balsamic reduction.

Notes

Cost (24 servings): \$36.81

Cost per serving (1/2 stuffed squash): \$2.05

Nutrition

Amount per serving

Serving size: 1/2 stuffed squash

Calories: 300

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 27mg

Total Carbohydrate: 60g

Dietary Fiber: 11g

Sugars: 12g

Protein: 8g

Photos





Veggie Pot Pies with Choice of Filling

Recipe by Amy Symington from The Long Table Cookbook: Plant-based recipes for optimal health. Photo by Darren Kemper

Serving size: 12 (12 - 5" pies or 6 - 9" pies) | **Prep time:** 30 mins | **Cook time:** 1 hour

Ingredients

Crust

8 cups (900 g) spelt flour
2 tsp (8 g) baking powder
2 tsp (4 g) onion powder
1 tsp (6 g) salt
2 cups (500 mL) coconut oil, cold
2 2/3 cups (666 mL) water, cold
2 Tbsp (30 mL) apple cider vinegar
soy milk, plain, unsweetened (for brushing)

Cream of Chickpea Filling

2 1/2 cups (620 mL) soy milk, plain, unsweetened
450 g tofu, soft or silken
6 Tbsp (30 mL) lemon juice

6 Tbsp (22 g) nutritional yeast
2 Tbsp + 2 tsp (40 mL) grapeseed oil
3 cups (220 g) mushrooms, sliced
2 medium (240 g) onion, diced
4 (300 g) carrots, peeled and diced
4 stalks (140 g) celery, diced
10 cloves (24 g) garlic, minced
4 tsp (6 g) dried thyme leaves
2 tsp (4 g) ground cumin
1 tsp (2 g) ground turmeric
2 - 540 mL cans (4 cups) chickpeas, no salt added, drained and rinsed, mashed*
2 heads (700 g) broccoli, cut into small florets
1/2 bunch (30 g) parsley, fresh, chopped
1 1/2 tsp (9 g) salt
1 tsp (4 g) ground black pepper

Lentil, Spinach and Onion Filling

2 Tbsp (30 mL) grapeseed oil
2 large (400 g) onion, thinly sliced
8 cloves (20 g) Garlic, minced
4 (1 kg) russet potatoes, diced
6 cups (1.5 L) vegetable stock, low sodium
2 Tbsp (18g) tapioca starch
4 cups (768g) cooked brown lentils
3 Tbsp (45 mL) tamari, reduced sodium
10 cups (300 g) spinach
2 Tbsp (4g) fresh thyme, finely chopped [or 2 tsp dried]
1 tsp (6g) salt
1/2 tsp (2g) ground black pepper

Directions

Crust

1. Preheat oven to 375°F (190°C) and grease each 5" pie plate.
2. In a large bowl combine the spelt flour, baking powder, onion powder and salt.
3. Next, using a pastry cutter or fork cut in the chilled coconut oil until fully incorporated, with small clumps remaining.
4. Make a well in the centre of the mixture and add the water and apple cider vinegar.

Thoroughly combine.

5. Knead into a dough. To adjust the consistency, add additional flour as needed. Cover with a damp cloth, set aside and allow to rest for 15 minutes.
6. See directions below to begin on your filling of choice.
7. Next, divide the dough mixture into 12 balls. On a well-floured surface, take 2/3 of each ball and roll out to ¼-inch thickness. Place rolled dough to cover the bottom of pie pans.
8. Fill each pie to the top with 1 cup (250 mL) of the pot pie mixture.
9. Roll out the remaining ⅓ of ball into a small circle and place on top of each pot pie. Pinch to secure the pastry's edges, and press down with a fork, make 3 slits in the top to release steam and brush with soy milk. Repeat with the remaining dough and pot pie mixture. Once completed, bake in the oven for 45 to 50 minutes until the crust is golden brown.

Cream of Chickpea Filling

1. In a blender, combine the soy milk, tofu, lemon juice and nutritional yeast. Blend until smooth and set aside.
2. In a large stock pot over medium heat, warm the oil. Once heated add in the onions and sauté for 10 minutes, or until translucent.
3. Next, place the carrots, celery, garlic, thyme, cumin and turmeric in the pot. Cook until fragrant, about 7 minutes.
4. Stir in the mushrooms. Sauté for 8 minutes, or until just softened.
5. Pour the tofu sauce into the pot and add the chickpeas. Bring the filling to a boil, then reduce to a simmer and allow the sauce to thicken, for about 15 minutes.
6. Add the broccoli to the pot and cook for another 5 minutes.
7. To finish, stir in fresh parsley, salt and pepper, then remove from heat. Set aside and return to step 7 in the crust directions.

Lentil, Spinach and Onion Filling

1. In a medium stock pot over medium high heat, warm the oil. Once heated add in the onions and garlic. Sauté until fragrant, about 3 minutes.
2. Next stir in the diced potatoes and 2 cups of the vegetable stock. Cover with a lid and bring to a simmer. Allow to simmer for 15 minutes or until the potatoes are tender.
3. Meanwhile in a bowl, whisk together the tapioca starch and remaining vegetable stock to form a slurry.
4. Add the slurry, lentils and tamari into the stock pot. Bring back up to a simmer. Cook out the tapioca starch and allow the liquid to reduce uncovered for 10-12 minutes.
5. Stir in the spinach, thyme, salt and pepper, then remove from heat. Set aside and return to step 7 in the crust directions.

Notes

Crust

1) Clumps of coconut oil will form when kneading the dough. This is normal and will result in a flaky crust!

2) For the large 9-inch pies: Split dough into 3 balls. Set aside remaining balls. Roll out 2/3 of ball. Place into an 9-inch pie plate. Roll out the remaining 1/3 of that ball. Set aside for top crust. Repeat with the remaining balls. Fill 9" pies with 2 cups of filling each.

3) Feel free to use premade crusts without added milk ingredients.

Cream of Chickpea filling

*Strain and freeze the liquid from the can of chickpeas (aquafaba), to use in other recipes as an egg replacer/binder, or to make plant-based meringues and mousses.

Lentil, Spinach and Onion filling

1) For a variation on this recipe, try 1 kg diced celeriac root or turnip in lieu of potatoes.

2) The cooked lentils can be replaced with canned lentils. Ensure that the lentils have been thoroughly rinsed before adding in to the pies.

Cost with lentil filling (12 servings): \$44.16

Cost per serving with lentil filling: \$3.68

Cost with chickpea filling (12 servings): \$58.96

Cost per serving with chickpea filling: \$4.91

Nutrition Amount per serving size

1 - 5" pie w/ chickpea filling (424 g)

Calories 790

Total Fat 45 g

Cholesterol 0 mg

Sodium 490 mg

Carbohydrates 75 g

Dietary Fiber 6 g

Sugars 5 g

Protein 21 g

Nutrition

Amount per serving

Serving size: 1 - 5" pie w/ lentil filling (450g)

Calories: 790

Total Fat: 41g

Cholesterol: 0mg

Sodium: 500mg

Total Carbohydrate: 87g
Dietary Fiber: 16g
Sugars: 4g
Protein: 17g

Sides, Soups + Salads



Apple, Fennel, and Beet Salad with Orange-Ginger Cider Vinaigrette

Recipe by Chef Amy Symington from the Long Table Cookbook: Plant-Based Recipes for Optimal Health, Photo by Darren Kemper

Serving size: 12 | **Prep time:** 30 mins

Ingredients

Orange-Ginger Cider Vinaigrette

- 1/4 cup and 2 Tbsp (90 mL) apple cider vinegar
- 3 Tbsp (45 mL) grapeseed oil
- 2 Tbsp (30 mL) maple syrup
- 1 Tbsp (10 g) puréed ginger
- 2 tsp (8 g) puréed garlic
- 2 Tbsp (12 g) orange zest [from 1 large orange]
- 1 cup orange juice [2-3 large oranges]
- 3/4 tsp (4 g) salt

Salad

- 18 cups (320 g) arugula
- 8 cups fennel, julienned (2 large bulbs, save leaves)

2 1/2 cups beets, grated (2 large beets)
6 cups granny smith apples, diced (4 apples)

Garnish

3 cups (485 g) walnuts, pumpkin seeds or sunflower seeds, toasted & chopped [see Notes]
2 oranges, segmented
fennel leaves

Directions

1. In a small bowl whisk all vinaigrette ingredients together until emulsified. Set aside.
2. In a salad bowl add all salad ingredients and combine.
3. When ready to serve, pour the dressing over salad and toss. Garnish with the nuts or seeds, orange segments and fennel leaves.

Notes

Equipment: Small mixing bowl, large mixing bowl, salad tongs

If your walnuts or seeds are raw, begin the recipe by toasting them. Preheat an oven to 350°F (180°C). Line a baking sheet with parchment paper and spread the nuts or seeds evenly on the surface. Place in the oven and bake for 8-12 minutes, tossing halfway, until they deepen in colour and smell toasted. Remove from the oven, place on a plate to cool, then chop just before garnishing the salad.

Nutrition

Amount per serving
Serving size: 3 1/2 cups (241 g)
Calories: 290
Total Fat: 20g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 220mg
Total Carbohydrate: 27g
Dietary Fiber: 7g
Sugars: 16g
Protein: 6g



Butternut Squash Soup

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 25 servings | **Prep time:** 40 mins | **Cook time:** 35 mins

Ingredients

Roasted Butternut Squash

5-6 (6 kg) butternut squash, whole
3/4 cup (180 mL) olive oil, divided
2 Tbsp + 2 tsp (48 g) salt, divided

Soup

6 cups (900 g) onion, small dice
1/4 cup + 2 Tbsp (60 g) garlic, minced
1/4 cup + 2 Tbsp (66 g) ginger, minced
2 Tbsp (12 g) ground coriander
12 (6 g) bay leaves
30 (2 g) thyme stems, tied with cooking twine
4 1/2 L (4 kg) Roasted Butternut Squash
6 L (5.45 kg) vegetable stock or low-sodium broth [see Notes]
3 cups (696 g) canned coconut milk (or any plain, unsweetened, non-dairy milk)

1/4 cup and 2 Tbsp (90 mL) white wine vinegar or lemon juice
1 1/2 Tbsp (10 g) ground white pepper, optional
warm water, as needed

Garnish

1 1/2 cups (348 g) canned coconut milk
1/3 cup (19 g) chives, finely chopped

Directions

Roasting Instructions

1. Preheat oven to 400°F (200°C). Line two full baking sheets with parchment paper.
2. Cut the stems off the butternut squashes, then cut them in half lengthwise and scoop out the seeds. Drizzle then rub 6 tbsp of olive oil all over the skin and flesh of the squash halves, then sprinkle the squash halves all over with 2 tsp of the salt.
3. Place 6 squash halves on each baking sheet cut side down and roast in the oven for 40 mins. Check for doneness using a paring knife. Roast up to 15 mins longer as needed. Remove from the heat, allow to cool enough to handle, then scoop out the flesh, removing any charred bits. Measure out 4 1/2 L (4 kg) into a large bowl and set aside.

Soup

4. In an extra-large stockpot over medium heat, warm the remaining 6 Tbsp of olive oil. Add the onions and sauté for 8-9 minutes until softened and beginning to take on colour. Add the garlic, ginger, coriander, bay leaves, thyme stems, and salt (if using). Cook 2-3 minutes longer, until everything is fragrant.
5. Add the squash and vegetable broth. Raise heat to med-high and bring to a light boil, cover, then turn heat to med-low and simmer for 20 minutes.
6. Turn the heat down low. Carefully blend the soup using an immersion blender, or in batches in a blender (open the steam vent in the blender lid to let steam escape).
7. Return soup to pot and whisk in the coconut milk and white wine vinegar or lemon juice. Taste and adjust seasoning as needed.
8. Serve 1 3/4 cups with 1 Tbsp of coconut milk swirled on top and a 1/2 tsp of chives.

Notes

If using salted broth, only salt the squash prior to roasting with the 2 tsp of salt. Adjust seasoning at the end just before serving

White pepper is used to preserve the appearance of the soup. Ground black pepper can also be used, reduce amount to 1 Tbsp

Cost (25 servings): \$43.71

Cost per serving: \$1.75

Nutrition

Amount per serving

Serving size: 1 3/4 cups (404 g)

Calories: 276

Total Fat: 17g

Saturated Fat: 9g

Cholesterol: 0mg

Sodium: 134mg

Total Carbohydrate: 33g

Dietary Fiber: 5g

Sugars: 11g

Protein: 5g

Photos





Cheesy Potato Soup

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 (2 cups each) | **Prep time:** 22 mins | **Cook time:** 38 mins

Ingredients

Nacho Cheese Sauce

- 2 cups (300 g) russet potatoes, diced
- 1 cup (142 g) carrots, diced
- 6 Tbsp (90 mL) olive oil
- 1/2 cup (125 mL) reserved potato water
- 4 tsp (20 mL) lemon juice
- 1/2 cup (30 g) nutritional yeast
- 1 1/2 tsp (9 g) salt, divided
- 1/2 tsp (2 g) garlic powder
- 1/2 tsp (2 g) onion powder
- 1/8-1/4 tsp cayenne pepper, to taste

Soup

- 8 cups (1.2 kg) russet potatoes, peeled, medium dice
- 2 cups (300 g) onion, small dice

2 cups (184 g) celery, small chop
1/4 cup (60 mL) dairy-free margarine or vegetable oil
4 cups-6 cups (1 L-1.5 L) vegetable stock or water
2 tsp (10 g) salt
1/8-1/4 tsp cayenne pepper, to taste
2 cups (500 mL) canned coconut milk
2 stalks green onion, thinly sliced

Directions

Nacho Cheese Sauce

1. In a medium pot, place diced potatoes and carrots, cover with water, and add 1 tsp of salt. Bring to a boil, then reduce to medium heat and cook until tender, about 10 minutes.
2. When done, drain the vegetables and reserve the cooking liquid.
3. Place all the nacho cheese ingredients into a blender. Blend until smooth. If the cheese sauce is too thick, add a little more of the reserved liquid. Set aside.

Soup

4. In a large pot over medium heat, melt the dairy-free margarine. Once melted, add the diced celery and onions and sauté for 3-4 minutes.
5. Add the diced potatoes and enough stock or water to cover all the vegetables. Bring to a boil, then reduce the heat to medium. Using a potato masher, gently mash the potatoes, leaving some chunks for texture.
6. Stir in the prepared nacho cheese sauce and coconut milk. Heat through for about 5 minutes.

Notes

Cost per serving: \$0.98

Photos





Maple Baked Beans

Recipe by Chef Amy Symington, photo by Laura Bossy/Humane World

Serving size: 24 | **Prep time:** 15 mins | **Cook time:** 30 mins

Ingredients

- 2 Tbsp (30 mL) grapeseed oil
- 6 (1 kg) onions, diced
- 2 heads (120 g) garlic, puréed
- 3/4 cup (72 g) ginger, minced
- 15 cups (2.28 kg) cooked aduki beans, drained
- 3 cups (600 g) tomato purée
- 1 1/2 cups (360 mL) maple syrup
- 6 cups (1.5 L) water
- 3 tbsp (12 g) paprika
- 1 1/2 tsp (3 g) cayenne (optional)
- 1/4 cup (60 mL) lemon juice
- 3 tsp (12 g) salt
- 1 1/2 tsp (6 g) black pepper

Garnish

1 bunch chives, finely chopped

Directions

1. In a large sauce pan over medium heat add oil. Once oil is hot add onions and sauté for 1 minute.
2. Add garlic and ginger. Sauté until fragrant, about 1 minute.
3. Add beans, tomato purée, ½ of the maple syrup, water, paprika, and cayenne (if using). Stir and place lid on pan. Turn heat to medium-low and simmer for 20 minutes, stirring occasionally.
4. Next, add lemon juice, the remaining maple syrup, sea salt and black pepper to taste.
5. Stir, plate and garnish with chives. Serve with whole grain bread or toast.



Maple Roasted Parsnip and Pears

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 20 | **Prep time:** 16 mins | **Cook time:** 25 mins

Ingredients

- 4 lbs (1.82 kg) parsnips
- 8 (1.84 kg) pears, large
- 1/2 cup (125 mL) olive oil
- 4 Tbsp (60 mL) maple syrup
- 2 Tbsp (30 mL) white vinegar
- 2 tsp (8 g) smoked paprika
- 2 tsp (6 g) dried rubbed sage
- 2 tsp (12 g) salt
- 2 tsp (10 g) ground black pepper

Directions

1. Preheat oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Peel parsnips and cut them into 1-inch pieces. Trim and core the pears then cut them into 1-inch pieces.
3. Toss the parsnips and pears with the oil, maple syrup and vinegar, then add spices and

seasoning and toss again.

4. Roast in the oven until golden brown, approximately 25 minutes.

Notes

Cost (20 servings): \$21.20

Cost per serving: \$1.06

Photos





Pear, Mint, Tofu Feta and Arugula Salad

Adapted from recipe by Chef Amy Symington from the Long Table Cookbook: Plant-Based Recipes for Optimal Health, Photo by Makayla Dewit/Humane World

Serving size: 24 | **Prep time:** 25 mins

Ingredients

Salad

- 8 pears, halved, cored and thinly sliced lengthwise
- 2 Tbsp lemon juice
- 2 bunch mint, cut in chiffonade
- 24 cups (6 L) Arugula

Dressing

- 4 - 350 g packages (1.4 kg) extra-firm tofu, drained and crumbled
- 3 1/2 Tbsp (60 mL) lemon zest
- 3/4 cup (180 mL) lemon juice (about 4 lemons)
- 3 cups (750 mL) thinly sliced red onions
- 8 cloves garlic, puréed
- 1 cup (250 mL) red wine vinegar
- 1 cup (250 mL) basil, fresh, chopped

1/2 cup (124 mL) olive oil
2 tsp (8 g) ground black pepper, optional
4 tsp (24 g) salt

Garnish

3 cups (750ml) walnuts, toasted, chopped

Directions

1. Add lemon juice to the pears to prevent them from browning.
2. In a large bowl, combine all salad ingredients and set aside.
3. In a medium bowl, combine all dressing ingredients. Let stand for 20 minutes so tofu can marinate and flavours can meld.
4. When ready to serve, add dressing to salad and toss. Garnish with walnuts.

Notes

Substitute the pear for seasonal fruit, if desired

Baked Goods + Desserts



Apple Strudel

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings - 3 Strudels | **Prep time:** 1 hour | **Cook time:** 35 mins

Ingredients

Apple Filling

- 3 lbs (1.36 kg) apples, peeled, thinly sliced, 5-6mm [see Notes]
- 3 Tbsp (45 g) lemon juice (zest lemons before juicing)
- 1 1/2 cup (205 g) raisins
- 2 Tbsp (28 g) vanilla extract
- 3 Tbsp (39 g) coconut oil or plant-based butter
- 1 1/2 cup (168 g) rolled oats
- 1/2 cup + 1 Tbsp (120 g) sugar, divided
- 1 Tbsp + 1 tsp (9 g) ground cinnamon, divided
- 1/2 cup + 1 Tbsp (114 g) brown sugar
- 1 1/2 tsp (3 g) lemon zest
- 3/4 tsp (3 g) salt

Pastry

- 21 sheets phyllo pastry (414 g/1 lb package), thawed in fridge overnight

1 cup (200 g) vegetable oil, melted vegan butter or cooking spray, plus more as needed

Directions

1. In a large mixing bowl, toss the apple slices with the lemon juice, cover, and set aside.
2. Preheat an oven to 350°F (180°C) without convection, then line a full baking sheet with parchment paper
3. In a medium bowl, soak the raisins in 1 cup warm water for 10 minutes. Once rehydrated, drain the water from the bowl, add the vanilla extract over the raisins, toss together and set aside.
4. In a small frying pan over medium heat, melt the vegan butter. Add the oats and toast them for 6-10 minutes until they are golden and fragrant. Set aside.

Preparing the Pastry

5. Unwrap and place the thawed phyllo dough onto a half baking sheet, then cover with a piece of parchment paper slightly larger than the phyllo. Lightly wet a clean kitchen towel, wring it out and lay the damp towel over the wax paper so the phyllo sheets do not dry out.
6. Collect a pastry brush and the vegetable oil or spray. Lay a sheet of parchment paper, big enough to fit three sheets of phyllo side by side lengthwise, on a clean work surface. In a small bowl, mix 1 Tbsp of sugar with 1 tsp of cinnamon and set it where you will be working along with the oil.
7. Lay three sheets of phyllo on the parchment paper side by side vertically, with the shorter sides closest to you/the edge of your work surface.
8. Quickly brush each of the three sheets of phyllo all over with a thin layer of olive oil. Sprinkle a light amount of the sugar/cinnamon mix all over the oiled phyllo.
9. Layer new sheets of phyllo on top of each of the three sheets. Repeat brushing with the oil and sprinkling with a light amount of sugar/cinnamon. Continue with this process until you have 3 separate seven-layered stacks of oiled phyllo side by side. You do not have to sprinkle sugar on the top phyllo sheets, but save some to sprinkle on the top of each strudel once rolled up.

Assembly and Baking

9. In the large mixing bowl with the apples, add the raisins with vanilla extract, toasted oats, the remaining sugar, cinnamon, brown sugar, lemon zest, and salt. Thoroughly combine everything with a spatula.
10. Turn each phyllo stack so the longer sides are parallel to your body/The edge of your work surface. Evenly divide the apple mixture across the three stacked phyllo rectangles leaving a 1" border of pastry on the bottom and sides and a 2" border on the top side, which will be on the bottom of the strudel when you roll it up. Try to flatten and overlap the apples as much as you can so the pastry will be easier to roll up.
11. To roll up each strudel, fold the side edges of the pastry in over the apples, gently pressing them at the top and bottom to keep them in place, then fold the bottom edge up over the apples. Begin to roll the pastry up, tucking everything in as you go, burrito-style. End by rolling

so the top edge is on the bottom of the finished strudel. Sprinkle the tops with the remaining sugar/cinnamon mixture.

12. Set the prepared baking sheet next to the pastries, then carefully transfer them over using the parchment paper beneath them, or a dough scraper for support.

13. Place the baking sheet into the oven and bake the strudels for 30-40 minutes, until they are golden and flakey.

14. Allow to cool for 15 minutes, then slice each pastry into 8 equal pieces with a serrated knife and serve.

Notes

This is a lightly sweet dessert which can be served with vegan vanilla ice cream or whipped cream for added richness and sweetness

A mixture of sweeter juicier apples with firmer tart apples makes for the best flavour and texture in the filling. Honeycrisp, Gala, Fuji, Pink Lady, Macintosh, and Granny Smith are all good options

The vanilla extract can be replaced with 2 tbsp of dark rum or 1 Tbsp + 1 tsp rum extract for a more traditional flavour profile

For a different texture and flavour in the filling, you can use 1/2 cup of maple syrup in place of the white sugar. Continue to use the 1 Tbsp of granulated sugar between the pastry sheets

Cost (24 servings): \$14.66

Cost per serving: \$0.61

Nutrition

Amount per serving

Serving size: 1/8 strudel (111 g)

Photos





Butterscotch Squash Coffee Cake

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper

Serving size: 12 | **Prep time:** 25 mins | **Cook time:** 55 mins

Ingredients

Dry Ingredients

- 2 cups (240 g) spelt flour or whole grain pastry flour
- 3 Tbsp (20 g) ground flaxseed
- 2 tsp (5 g) ground cinnamon
- 2 tsp (8 g) baking powder
- 1 tsp (6 g) baking soda
- 1/4 tsp (.5 g) ground nutmeg
- 1/4 tsp (.5 g) ground allspice
- 1/4 tsp (1 g) salt
- 1/4 cup (40 g) toasted pumpkin seeds or pecans, chopped, optional

Wet Ingredients

- 1 1/4 cups (300 mL) butterscotch squash purée [see Notes]
- 1/2 cup (125 mL) grapeseed oil

1/2 cup (125 mL) maple syrup
1/3 cup (80 mL) water
1 Tbsp (15 mL) apple cider vinegar
1 Tbsp (15 mL) ginger purée [peel then grate with a fine grater or microplane]
1 tsp (5 mL) vanilla extract

Butterscotch Glaze

1/4 cup (60 mL) coconut oil
1/2 cup (125 mL) coconut milk, canned
1/4 cup (60 mL) maple syrup
1 Tbsp (15 mL) butterscotch squash purée
1 tsp (5 mL) vanilla extract

Garnish

3 Tbsp (30 g) toasted pumpkin seeds, pecans, walnuts or seasonal fruit, chopped

Directions

1. Preheat oven to 350°F (180°C). Grease a 9-inch bundt pan.
2. In a large mixing bowl, combine all of the dry ingredients and mix thoroughly. Make sure the pumpkin seeds (or pecans) are nicely coated in flour to prevent them sinking to the bottom.
3. In a medium mixing bowl, combine all of the wet ingredients and whisk thoroughly.
4. Create a well in the center of the dry ingredients. Add the wet ingredients to the dry then use a spatula to fold everything together until just combined, with no large lumps of dry ingredients.
5. Pour the batter into prepared pan. Bake for 45 to 50 minutes, or until a toothpick inserted into cake comes out clean. Set aside to cool in pan.
2. Prepare glaze: In a medium saucepan over medium heat, melt the coconut oil. Once melted, whisk in remaining glaze ingredients then reduce heat and allow to simmer for 3 to 5 minutes, whisking occasionally to prevent sticking. Set aside and allow to cool for at least 10 minutes.
5. Once the cake and sauce have completely cooled, carefully flip the cake pan over onto your serving plate. Drizzle with the butterscotch glaze then sprinkle with the toasted pumpkin seeds or pecans. Slice the cake into 12 equal pieces and serve.

Notes

Equipment: 9" bundt pan, grater or microplane, whisk, 1 each large/medium/small mixing bowls, medium saucepan, spatula

If you do not have a 9" bundt pan, use a 9" cake pan instead. Line the bottom of the pan with parchment paper and reduce the baking time to 30 minutes.

For the squash purée - peel and roast a buttercup or butternut squash at 425°F (220°C) until tender. Slice into two halves, scrape out the seeds, place in a pan cut side up with a 1/4" of water added, then cover with foil and roast for 35-45 minutes depending on your oven. You can utilize convection to speed up the process if using a commercial oven. When fork tender, scrape out the flesh and purée in a food processor. Feel free to use canned unsweetened butternut squash purée, or canned/fresh pumpkin purée, to cut prep time.

If beginning with raw pumpkin seeds or pecan halves, spread evenly on a lined baking sheet and toast in an oven at 350°F (177°C) for 9-12 minutes, until browned, making sure not to burn. Place on a place to cool, then chop and add to the cake.



Chocolate Chip Cookies

Serving size: 24 | **Prep time:** 20 mins | **Cook time:** 10 mins

Ingredients

1/2 cup + 3 Tbsp (165 g) non-dairy margarine
1/2 cup (100 g) granulated sugar
3/4 cup (160 g) brown sugar
1/4 cup (60 mL) unsweetened applesauce
2 tsp (10 mL) light corn syrup
1 tsp (5 mL) vanilla extract
1 tbsp (7 g) ground flaxseed
3 tbsp (45 mL) water, warm
2 cups (240 g) all-purpose flour
1/4 tsp (1 g) salt
1 tsp (5 g) baking soda
2 cups (340 g) non-dairy chocolate chips
1 cup (250 mL) toasted pecans, optional

Directions

1. Preheat oven to 375°F (190°C) and line a full baking sheet or two half baking sheets with parchment paper.

2. In a stand mixer, blend non-dairy margarine, granulated sugar, brown sugar, applesauce, vanilla extract, and corn syrup until a creamy consistency is achieved.
3. In a separate bowl, mix ground flaxseed with warm water and set aside until it becomes gelatinous (3-5 minutes). Once gelatinous, combine with the margarine and sugar mixture.
4. In a medium bowl, whisk together all-purpose flour, salt, and baking soda. Slowly add this to the flaxseed and sugar mixture and mix until all dry ingredients are incorporated.
5. Fold in chocolate chips and nuts (if desired).
6. Scoop out 1 tbsp of cookie dough and place it on the baking sheet. Repeat with the remaining dough, ensuring cookies are about 2 inches apart to allow for spreading during baking. Place in the oven and bake for 8-10 minutes or until golden brown.



Cinnamon Bun Cookies

Recipe by Chef Amy Symington from The Long Table Cookbook: Plant-based Recipes for Optimal Health. Photo by Darren Kemper

Serving size: 24 cookies | **Prep time:** 30 mins | **Cook time:** 15 mins

Ingredients

Cookie Base

- 1 cup coconut oil
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 2 1/2 cups whole-grain spelt flour
- 2 tbsp ground flaxseed
- 1/4 tsp salt

Cinnamon Filling

- 3 tbsp coconut oil
- 2 tbsp whole-grain spelt flour
- 1 tbsp ground cinnamon
- 2 tsp maple syrup
- 1 tsp vanilla extract

Cashew Cream Icing, optional

1 cup unsalted raw cashews

3 tbsp pure maple syrup

2 tbsp coconut oil

1 tsp vanilla extract

Directions

Cookie Base

1. In a medium bowl using an electric hand mixer on medium speed, combine coconut oil, maple syrup and vanilla. Mix until fully combined, about 2 minutes. In a small bowl, whisk together flour, flaxseed and salt. Using hand mixer on medium-low, slowly mix the dry ingredients into the wet.

2. On a flat, dry and floured surface using a rolling pin, roll out dough to a 12 x 12-inch square.

Cinnamon Filling

3. In a small bowl, using hand mixer on medium speed, combine all filling ingredients. Spread filling evenly over square of dough. Ensure that top of dough is completely coated with filling. Roll dough into a log, wrap in parchment paper and place in the freezer for 20 minutes, until dough is firm and sliceable.

Baking Instructions

4. Preheat oven to 375°F and line 2 baking sheets with parchment paper.

5. Slice log evenly into 24 rounds and place cookies on prepared sheets. Bake for 12 minutes, or until cookies are golden brown.

Cashew Cream Icing, optional

6. In a food processor, add all icing ingredients plus ¼ cup water. Process until smooth. Drizzle icing over cookies. Allow to set before packaging cookies in cellophane in 2s, 3s or 4s.



Cinnamon Rolls

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 | **Prep time:** 2 hours 30 mins | **Cook time:** 25 mins

Ingredients

Dough

710 g warm water (follow yeast package directions for temperature)

2 packs (16 g) dry active yeast

5 cups (730 g) unbleached bread flour, plus extra for dusting

4 cups (520 g) whole grain spelt flour

2/3 cup (132 g) granulated sugar

1/4 cup (60 mL) non-dairy milk, plain, unsweetened

1/2 cup (102 g) non-dairy margarine/butter, unsalted

2 tsp (8 g) salt

Filling

1/2 cup (110 g) non-dairy margarine or butter, unsalted, softened, divided

1 1/2 cups (318 g) brown sugar, packed

1/4 cup (22 g) ground cinnamon

Flat Icing

3 1/2 cups (460 g) icing sugar

1/4 cup (60 mL) non-dairy milk, plain, unsweetened

2-4 teaspoons (10 -20 mL) vanilla extract

1/4 cup (56 g) non-dairy butter/margarine, unsalted, softened

Directions

1. Line the bottoms and sides of 2 – 9” springform/cake pans, or you can use a hotel pan with the deepest depth available.

2. In a small bowl, whisk together the warm water, yeast and 1 tsp of the sugar. Set aside in a warm place for at least 3-4 minutes, until bubbles form and there is activity on the surface.

3. In a stand mixer (or a large bowl if forming by hand), combine the flour, sugar, soy milk, margarine and activated yeast mixture.

4. Using a dough hook, mix the dough on the first speed. Once all of the ingredients are blended, add in the salt, then increase the mixer speed to 2, for 10 minutes.

If kneading by hand, combine all ingredients except salt in the bowl. Knead in the bowl to begin to form a dough. Once all ingredients are combined, add in the salt and combine thoroughly. Move the dough to a clean, lightly floured work surface. Knead for 10 minutes until the dough ball is smooth and bounces back when pressed with a finger.

5. Form the dough into a smooth ball and place in a lightly oiled bowl. Cover with cling wrap and place in a warm, draft-free space, a proofer or the middle rack in an oven that is turned off, with a baking dish full of boiled water set on the bottom. Allow to proof for 45 minutes. Dough should double in size.

6. Uncover the dough, punch down and allow to rest covered for 30 minutes.

7. Preheat an oven to 350°F (180°C) without convection. In a home oven, set a baking pan full of boiled water on the bottom or a lower rack (use the same one from proofing if you used that method), or use a combi oven setting with low steam (25%).

8. In a small bowl, combine the cinnamon and brown sugar.

9. Lightly flour your work surface, dump out the dough and roll into a 24”x12” rectangle that is 1/2” thick. Add more flour as needed underneath the dough while rolling out to prevent sticking. Follow the remaining steps for each of the three portions of dough.

10. Spread 3 Tbsp of softened butter evenly over the dough, leaving 1” without butter at the top edge of the dough, where you will seal the roll.

11. Evenly spread the cinnamon sugar mixture all over the surface, except the 1” border at the top.

12. Roll the dough up starting at the bottom edge (which should be the longer side). Seal the roll at the opposite edge without butter on it, press it closed then place the roll seam-side down.

13. Trim the ends if necessary. Cut the roll into two equal halves. Cut those two pieces in half again, and cut each quarter into 3 equal pieces, to make 12 rolls.

14. Arrange the rolls in your prepared baking dish(es). If using round cake pans, place once

roll in the center of each pan evenly surrounded by 5 more. In a hotel pan, arrange rolls in four rows of 3.

15. Cover the pans, place in a warm area and allow to double in size, about 20 minutes.

16. Once doubled in size, brush the tops of the rolls with the remaining 1 Tbsp of butter. Place in the oven and bake for 20-25 minutes. Rotate the pan(s) after 15 minutes. Bake until the tops are just golden brown.

17. Remove rolls from the oven and let cool most of the way before icing or attempting to separate.

18. In a medium bowl, whisk together all the icing ingredients until smooth.

19. Drizzle or spread the rolls with the icing to finish. Rolls are best eaten the day they are made, but can be warmed to improve the texture the next day.

Notes

Cost per serving (1 Cinnamon roll + 2 tbsp Icing): \$0.34

It is recommended to use a kitchen scale for measuring the ingredients for this recipe

If using salted vegan butter for the recipe, reduce the amount of salt in the cinnamon rolls by a 1 ½ tsp.

Nutrition

Amount per serving

Serving size: 1 cinnamon roll + 2 tbsp icing

Calories: 330

Total Fat: 9g

Saturated Fat: 3.5g

Cholesterol: 0mg

Sodium: 140mg

Total Carbohydrate: 75g

Dietary Fiber: 4g

Sugars: 38g

Protein: 6g

Photos





Wild Blueberry and Date Pie

Recipe by Chef Amy Symington. Photo by Laura Bossy/Humane World

Serving size: 12 (2 pies) | **Prep time:** 30 mins | **Cook time:** 35 mins

Ingredients

Crust

- 4 cups (480 g) spelt flour
- 1 tsp (6 g) salt
- 1 tsp (2 g) baking powder
- 2 Tbsp (6 g) ground flaxseed
- 2 cups (500 mL) coconut oil [firm, not melted]
- 1 cup (250 mL) cold water
- 2 Tbsp (30 mL) apple cider vinegar

Filling

- 6 cups (900 g) blueberries, fresh or frozen [see Notes]
- 2 cups (310 g) dates, pitted and chopped
- 1/2 cup (125 mL) maple syrup
- 4 tsp (10 g) ground cinnamon
- 4 tsp (20 mL) vanilla extract

zest from 1 lemon

Directions

1. Preheat oven to 350°F (180°C) and grease or line two 9" pie plates with parchment paper.

Crust

2. In a large bowl add the flour, baking powder, salt and flaxseed and mix thoroughly.

3. Next, cut in the coconut oil using a fork or pastry cutter and fully incorporate until the oil is in small pea-sized pieces throughout.

4. Make a well in the centre of the mixture and add the water and vinegar. Using your hands knead the dough until all the liquid is completely incorporated. Divide the dough into 2 balls. For each ball, divide so that one piece is 1/3 the dough and the other 2/3. Complete the following steps for each of the pies.

5. With the larger piece of dough, on a well-floured surface using a well-floured rolling pin, roll out the dough into a 1" thick round for the bottom crust. Place into a 9" pie plate. Trim edges as needed.

6. Roll out the remaining dough into a 9" top crust. Set aside.

Filling

7. Next in a large bowl add the remaining ingredients and mix. Evenly distribute the blueberry mixture into the 2 pie crust shells. Now top with the top crust. Pinch the corners of the crust all around the edges with your fingers or a fork to seal the blueberry mixture in. Using a knife cut three holes in the top crust of the pie.

Baking Instructions

8. Place the pies on a lined baking sheet in the oven and bake for 30-35 minutes until the crust is golden brown.

9. Once finished baking, remove from the oven and allow the pies to cool for at least an hour before portioning and serving. Optionally serve with your favourite non-dairy ice cream.

Notes

If using frozen berries in the filling, do not allow the berries to thaw before making the filling. You can toss the frozen berries in some all-purpose flour before adding to the filling to help with thickening. An open lattice top crust can also help excess moisture evaporate during baking