



# Cooking with

**Support** / **House**

THIS COOKBOOK WOULD NOT BE  
POSSIBLE WITHOUT OUR  
COMMUNITY.

THANK YOU ALL FOR SHARING A  
PART OF YOUR HEARTS WITH US  
AND EACH OTHER!

# **Dietary Considerations**

**Any dietary considerations identified by the individuals who shared these recipes are reflected in the upper right corner of the page and have been abbreviated as follows:**

**V - vegetarian**

**GF - gluten free**

**DF - dairy free**

## **Sections**

**Mains**

**Soups and Chowders**

**Marinade**

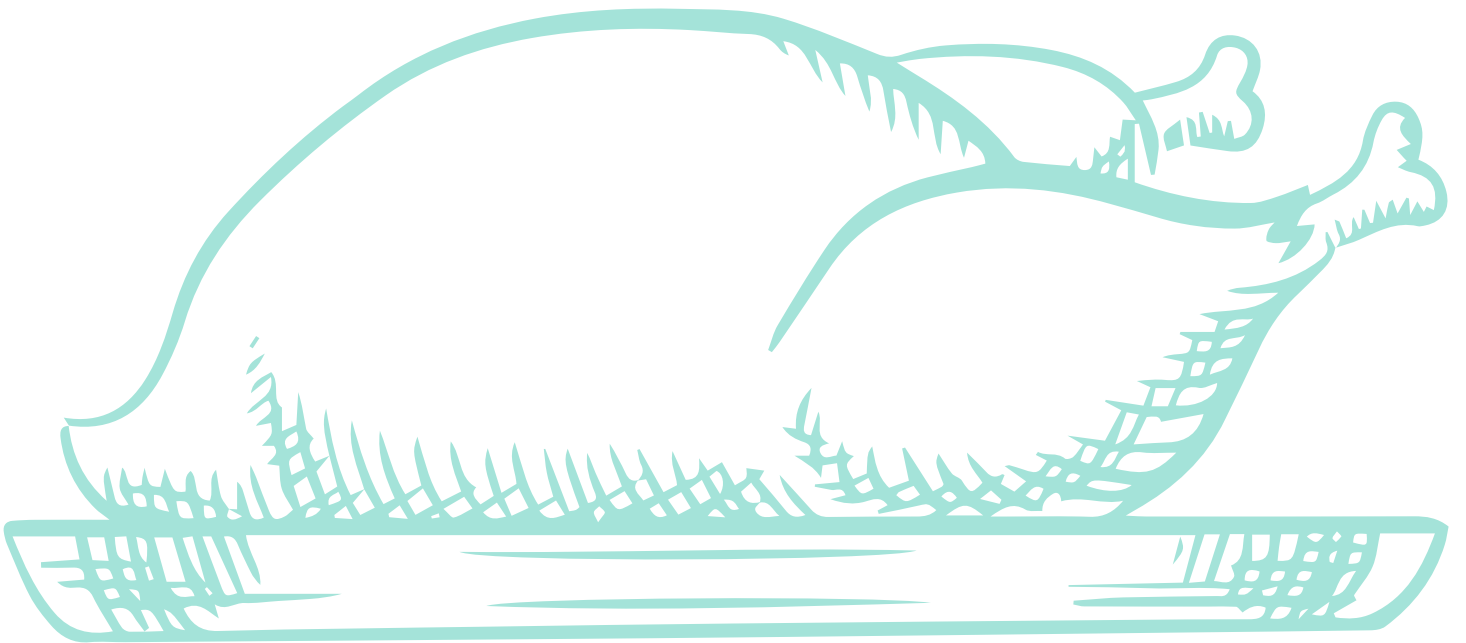
**Snacks**

**Desserts**

Each recipe in this collection is filled with incredible ingredients, including love of course! Some of the recipes call for wine. We appreciate that some may wish to explore non-alcoholic, wine substitutes. Several alternatives can be found here:

**[https://www.healthline.com/nutrition/wine-substitutes#TOC\\_TITLE\\_HDR\\_2](https://www.healthline.com/nutrition/wine-substitutes#TOC_TITLE_HDR_2)**

# Mains



# Tuna Noodle Casserole

prep time

10 mins

cook time

35 mins

servings

4

## ingredients

4 oz gluten free pasta

1 cup light coconut milk

1/2 cup water

1/4 cup cornstarch

2 tsp salt

2 cans flaked tuna, drained

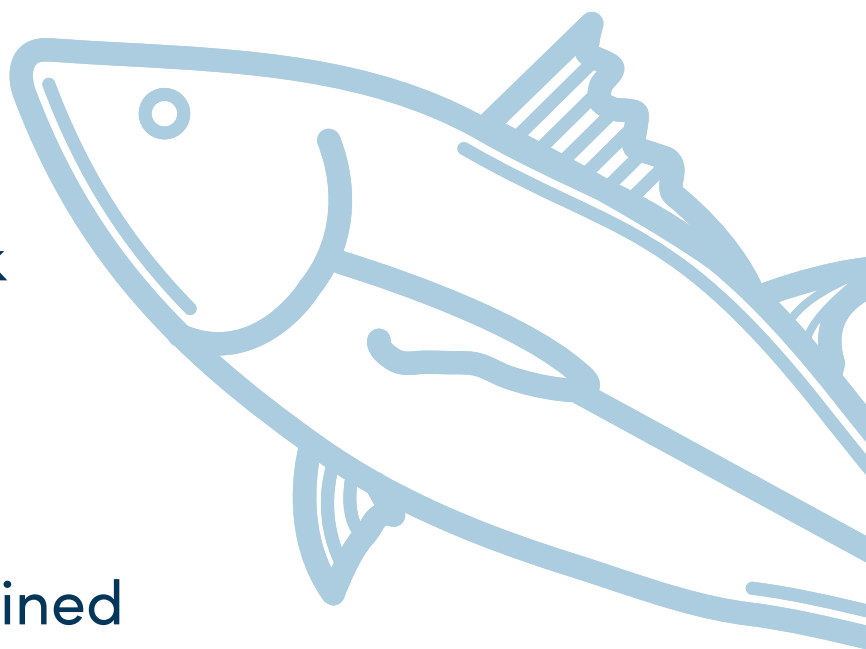
1/2 cup spinach, chopped

1/2 cup green onions, chopped

1 can mushrooms, sliced

2 tbsp gluten free breadcrumbs

1 tbsp vegan margarine



## here's how

1. Preheat oven to 400 F
2. Cook pasta and drain. Pour pasta into a 1-1/2 quart casserole dish.
3. Combine coconut milk, water, salt, tuna, spinach, green onions and mushrooms in a sauce pan and cook over medium heat until warm and bubbling.
4. Pour mixture over pasta and stir to combine.
5. Cover and bake for 20 mins.
6. Melt margarine and mix with bread crumbs.
7. Stir the tuna mixture, sprinkle with breadcrumbs and bake an additional 5 mins or until the breadcrumbs have begun to brown.

## helpful notes

1. This dish is gluten free and dairy free. It also has a low fat content.
2. Feel free to sub in regular wheat pasta and breadcrumbs, and regular coconut milk.
3. Make sure to warm the coconut milk if some of it has solidified in the can, prior to measuring.

# Baked Mac and Cheese

prep time

15 mins

cook time

50 mins

servings

~ 6

## ingredients

1/2 pound elbow macaroni

3 tablespoons butter

3 tablespoons flour

1 tablespoon powdered mustard

3 cups milk

1/2 teaspoon paprika

1 large egg

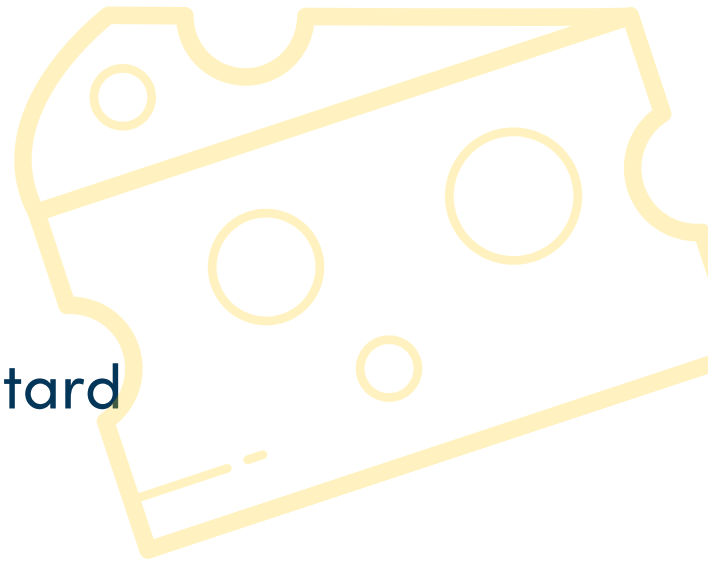
12 ounces sharp cheddar, shredded

Optional:

1/2 cup yellow onion, finely diced

1 bay leaf

1 teaspoon kosher salt, fresh black pepper



mains

## here's how

1. Preheat oven to 350 degrees F.
2. In a large pot of boiling, salted water cook the pasta to al dente.
3. While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk and paprika. Simmer for ten minutes.
4. Temper in the egg. Stir in 3/4 of the cheese. Pour the macaroni and sauce into a 2-quart casserole dish. Top with remaining cheese.
5. Bake for 45 mins

## helpful notes

1. You can add a topping to this dish using 3 tbsp butter and 1 cup of panko bread crumbs.
2. For topping, melt the butter in a saute pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Remove from oven and rest for five minutes before serving.



# Pork Chop with Caramelized Apple

prep time

3 hours

cook time

30 mins

servings

4

## ingredients

2 cups unsweetened apple juice divided

1 tbsp canned chipotle peppers, chopped

1/2 of a shallot finely chopped

1 McIntosh apple, peeled, cored and chopped

1 medium red onion, finely chopped

1 piece of ginger, finely chopped

3 gloves of garlic chopped

1 tsp cilantro, chopped

salt and pepper to taste

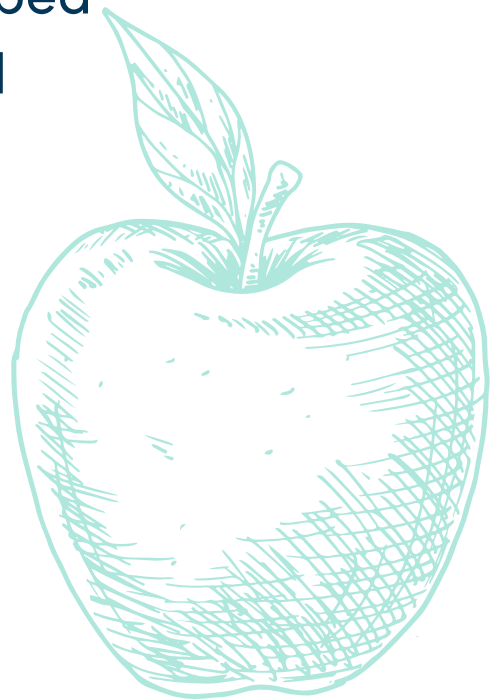
4 center cut pork chops

1/2 tsp whole cumin

1 cup red wine

2 tbsp butter

1 bay leaf



mains

## here's how

1. Mix 1 cup apple juice, garlic, chipotle pepper, shallots and salt and pepper to make marinade. Marinade the pork chops for at least 2 hrs.
2. Melt the butter on medium heat in a saucepan. Add the bay leaf and cumin and sauté for 2 mins.
3. Add apples and onions, sauté until caramelized. Add the ginger and sauté for another 2 mins.
4. Add the wine and reduce until the alcohol evaporates, about 2 mins.
5. Add remaining apple juice and simmer on medium heat for 5 minutes
6. Season to taste. Finish by adding the cilantro and set aside.
7. Grill on BBQ or fry on a pan on medium heat, each pork chop to the desired doneness. Pour a tbsp of the caramelized apples on top of each chop and serve hot.

## helpful notes

1. Pork is considered white meat, not red. It is also an excellent source of protein, many B vitamins and phosphorous, and a good source of potassium and zinc.

# Wreid's Wraps

prep time

25 mins

cook time

45 mins

servings

~ 8

## ingredients

3-4 boneless chicken breasts, cooked and cubed

2 chopped green onions

1 red pepper

1 green pepper

2 cans cream of chicken soup

1 tub (250 mL) sour cream

3 tbsp chopped fresh basil

1 regular sized brick of old cheddar cheese,  
grated (400g)

1 package of tortilla shells (large or small works  
for this)

## here's how

1. Fry green onions, green pepper and red pepper in oil until “softish”
2. In a large bowl, combine diced chicken, fried onions and peppers, cream of chicken soup, sour cream, basil and ½ of the brick of cheddar cheese
3. Mix all ingredients together with a wooden spoon (it will look pretty messy!)
4. Spoon about a ½ cup of the mixture into each tortilla shell. Roll each shell up and place in bottom of 9x13 glass baking pan. Use as many shells as it takes to fill the tortillas and baking pan.
5. Sprinkle remaining cheese on top of the filled shells
6. Bake at 350° uncovered for 45 minutes

## helpful notes

1. This recipe can be frozen, add an additional 15 minutes to the baking time if baking from frozen
2. To brown cheese, broil for a few mins after baking time.
3. This recipe was given to me by a family friend who delivered it the day after I delivered my second daughter. It was delicious, and very helpful to not have to make dinner that night! We loved the dish so much that we changed the boring “chicken enchiladas” name to honor our friend who’s last name is Reid.

mains

# Vegetable Grape

v

## Leaves

prep time

5 mins

cook time

20 mins,  
+2 hrs to chill

servings

7

## ingredients

Grape leaves

1 large onion

2 cups of rice

6 tbsp of lemon

2 tbsp of pomegranate

sauce

½ cup of water

2 tsp of dry mint

2 tbsp of chili paste

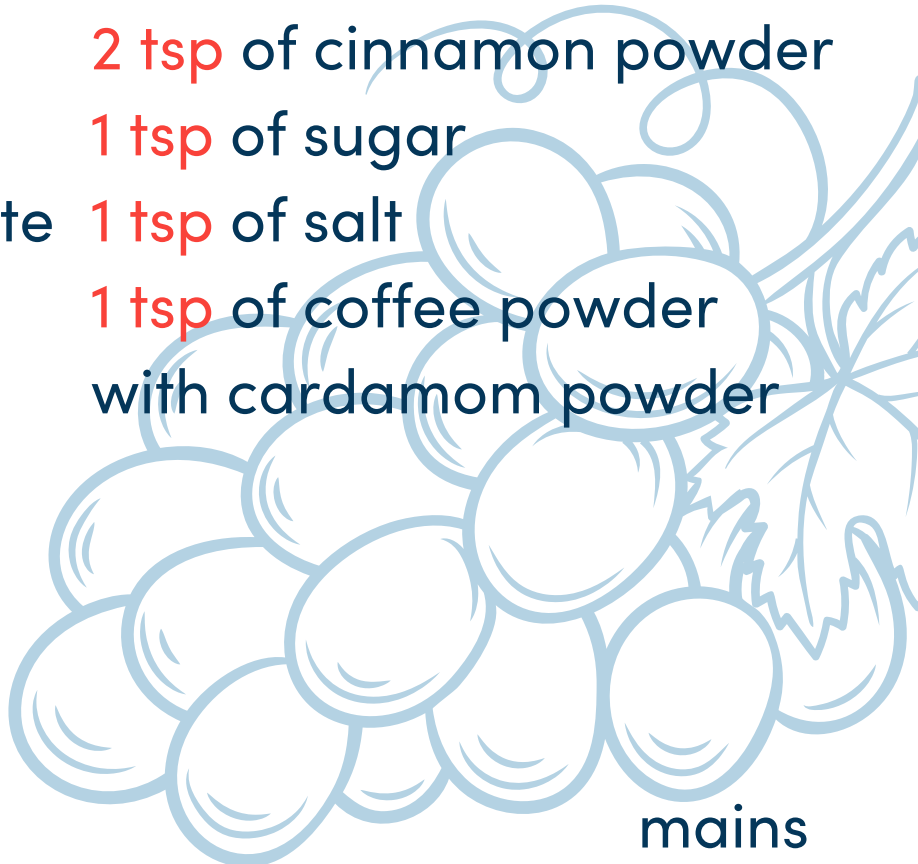
2 tsp of cinnamon powder

1 tsp of sugar

1 tsp of salt

1 tsp of coffee powder

with cardamom powder



mains

## here's how

1. Cut the onion into small pieces. Then add the oil in the pan and fry the onion.
2. Wash the rice and put it on top of the onion. Fry it until it is light brown.
3. Then add the lemon, pomegranate sauce, and water.
4. Add the dry mint, chili paste, cinnamon, salt, coffee and sugar. Mix it together.
5. Place a lid on the pan and allow mixture to cook until the rice is half-way done.
6. Remove from heat and allow it to cool completely. In the meantime, bring a pot of water to boil and boil the grape leaves. Once they are soft, remove from heat and allow to cool completely. Then roll a spoonful of the rice mixture inside the grape leaves.
7. Then add enough olive oil, lemon juice and water to cover the bottom of a large pan. Add your rolled leaves.
8. It should be cooked on low heat for one hour. Then remove the water and set aside for 30 mins. Serve!

# Sweet Potato Chickpea Stew

cook time      servings  
~60 mins,      4, large

## ingredients

- 2 tbsp refined coconut oil (I use olive oil - can use less than this)
- 2-4 large onions, diced
- 3 cloves garlic, minced
- 1 tsp ginger, minced
- 1 tbsp sweet paprika (I used regular)
- ½ tsp cumin
- ¼ tsp dried coriander
- ⅛ tsp cayenne (I use more)
- 15 oz chickpeas, 1 can, drained and rinsed

- Another can of beans (kidney, black etc.) if you wish
- 2-3 cups sweet potato, peeled and diced
- 15 oz fire roasted crushed tomato, 1 can (I use 1 – 2 cans of organic tomato paste)
- 3-4 cups vegetable broth or water (if I need more than this and don't have it on hand I add water)
- 5 oz fresh spinach (140 g) (I used frozen – 1 or 2 pkgs)
- I also add kale and any other veg that I feel like adding



## here's how

1. In large pot or Dutch oven, heat the oil over medium heat. Once the oil begins to shimmer, add the onion, and cook for 5-10 minutes, or until the onion is semi-translucent.
2. Add the garlic and ginger, and cook for 2-3 more minutes, until fragrant. Then add the paprika, cumin, coriander, and cayenne and cook for 2 more minutes, until fragrant.
3. Add the chickpeas, sweet potatoes, crushed tomatoes, and vegetable broth, and bring to a boil. Reduce the heat to medium-low and simmer for 30 minutes, or until the sweet potatoes are tender. (I cook mine for a couple of hours so that the chickpeas are really tender)
4. Add the spinach and any other veg and cook until well blended and tender.

# Extra Vegetable Fried Rice

prep time

~20 mins

cook time

30 - 35 mins

servings

4 - 6

## ingredients

- 1 ½ **tsps** + 2 **tbsp** avocado or safflower oil, divided
- 2 eggs, whisked together
- 1 **small** white onion, finely chopped (~ 1 **cup**)
- 2 **med** carrots, finely chopped (~½ **cup**)
- 2 **cups** additional veggies, cut into very small pieces for quick cooking ( options include snow peas, asparagus, broccoli, cabbage, bell pepper, and/or fresh or frozen peas—no need to thaw first)
- ¼ **tsp** salt, more to taste
- 1 **tbsp** grated or finely minced fresh ginger

mains

- 2 large cloves garlic, pressed or minced
- Pinch of red pepper flakes
- 2 cups cooked brown rice (\*see notes!)
- 1 cup greens (optional), such as spinach, baby kale or tatsoi
- 3 green onions, chopped
- 1 tbsp reduced-sodium tamari or soy sauce
- 1 tsp toasted sesame oil
- Chili-garlic sauce or sriracha, for serving (optional)

## here's how

1. This recipe comes together quickly. Before you get started, make sure that all of your ingredients are prepped and within an arm's reach from the stove. Also have an empty bowl nearby for holding the cooked eggs and veggies. I'm suggesting that you start over medium-high heat, but if at any point you catch a whiff of oil or food burning, reduce the heat to medium.

2. Warm a large cast iron or stainless steel skillet over med-high heat until a few drops of water evaporate within a couple of secs. Immediately add 1 ½ teaspoons of oil and swirl the pan to coat the bottom. Add the scrambled eggs and swirl the pan so they cover the bottom. Cook until just lightly set, flipping/ stirring along the way. Transfer eggs to a bowl and wipe out the pan with a heat-proof spatula.
3. Return pan to heat and add 1 tbsp of oil. Add onion and carrots and cook, stirring often, until the onions are translucent and the carrots are tender, about 3 to 5 mins.
4. Add remaining veggies and salt. Continue cooking, stirring occasionally (don't stir too often, or the veggies won't have a chance to turn golden on edges), until the veggies are cooked through and turning golden, ~3 to 5 mins. In the meantime, use the spatula or a spoon to break up the scrambled eggs into smaller pieces.
5. Use a big spatula or spoon to transfer the contents of the pan to the bowl with the cooked eggs. Return the pan to heat and the remaining 1 tbsp of oil. Add ginger, garlic and red pepper flakes, and cook until fragrant while stirring constantly, about 30 secs. Add rice and mix it all together. Cook, stirring occasionally, until rice is hot and starting to turn golden on the edges, about 3 to 5 mins.

6. Add the greens (if using) and green onions, and stir to combine. Add the cooked veggies and eggs and stir to combine. Remove the pan from the heat and stir in the tamari and sesame oil. Taste, and add a little more tamari if you'd like more soy flavor (don't overdo it or it will drown out the other flavors) or salt, if the dish needs an extra boost of overall flavor.

7. Divide into bowls and serve immediately. I usually serve mine with chili-garlic sauce or sriracha on the side. Leftovers store well in the refrigerator, covered, for 3 to 4 days (if you used purple cabbage, it might stain your scrambled eggs a funny blue color, but it's fine to eat).

## helpful notes

\*RICE NOTES: You'll need to cook about 1 cup dry rice to yield enough for this recipe; be sure not to over-cook it or it will stick to the pan. I prefer short-grain brown rice since it's a little chewy, but medium-grain or jasmine rice will work, too. Here's how I cook brown rice. You can use freshly cooked rice if you spread it onto a large tray and let it cool for 5 to 10 minutes first (this gives it a chance to dry out a bit so it doesn't steam itself in the pan). Day-old leftover, refrigerator rice is great, too. Break up clumps of rice before you add it to the pan.

# One Pot Ground Chicken Fajita Pasta

prep time	cook time	servings
10 mins	20 mins	4 - 6

## ingredients

- 1 lb ground lean chicken
- 1 med to lg yellow onion, diced or cut into strips
- 1 red bell pepper, diced or cut into strips
- 1 yellow bell pepper, diced or cut into strips
- 2 cloves garlic, minced
- 2 tsp chili powder
- 1/2 tsp smoked paprika (I used 1 rounded tsp)
- 1/2 tsp cumin

Kosher salt, to taste

Black pepper, to taste

15 ounces tomato sauce

1-1/4 cup chicken stock (maybe more)

8 ounces dried pasta

1/4 cup sour cream (I didn't use)

1/4 cup minced cilantro

1/2 cup shredded Mexican blend cheese (I doubled this)

## here's how

1. In a large high sided skillet add 1 tablespoon olive oil and set over medium heat.
2. When the oil is hot, add in the ground chicken, yellow onion, bell peppers, garlic, chili powder, smoked paprika, cumin, kosher salt, and black pepper.
3. Cook until the meat is fully cooked and no longer pink and the vegetables have started to soften.
4. Pour in the tomato sauce, chicken stock, and the dried pasta. Stir to combine.
5. Let the mixture simmer for about 10 minutes or until the pasta is fully cooked. If mixture cooks down too much before the pasta is fully cooked add a bit more stock.
6. After the pasta is fully cooked the mixture should be creamy but thick. Turn heat to off. (Stir in the sour cream/cilantro.)
7. Top with cheese and let the warmth of the pasta melt the cheese.
8. Optional - Melt the cheese under an oven broiler if in an oven safe dish.



# **Soups and Chowders**



# Corn Chowder



prep time

10 - 15 mins

cook time

30 - 35 mins

servings

4 - 6

## ingredients

2 cans

kernel corn

2 cans

water

1 medium

yellow (cooking)

onion

4-6

potatoes

1 can

evaporated milk

2 tbsp

margarine or butter

1/2 tsp

pepper

1/2 tsp

salt

soups and chowders

## here's how

1. In a medium to large pot, empty the two cans of corn and use the empty can to add two cans of water.
2. Chop up and add the medium onion to the pot. Bring to a boil and let boil for 10 minutes.
3. In the meantime, peel and cube the potatoes. Rinse in cold water. Add the cubes to the boiling water.
4. When you are able to easily put the fork through the potatoes, add the evaporated milk, the butter or margarine, the salt and the pepper.
5. Cook for an additional 5 minutes.
6. Serve and enjoy!

## helpful notes

1. Chowder goes well with bread or toast. If you're a fan of garlic bread, that is also a great addition!
2. This recipe got me through university days and was a staple in my childhood, tied to some great memories! I hope you all enjoy it as much as I do.

# Pizza Soup

prep time

5 mins

cook time

20 mins

servings

4 meals or  
8 sides

## ingredients

3 cups

Beef or Chicken broth

1 – 28oz can diced  
tomatoes

2 cups tomato sauce

1 tsp dried oregano

1 tsp salt

1/4 tsp black pepper

2 tbsp olive oil

8 oz sliced mushrooms

1 green bell pepper,  
chopped

1 small onion, chopped

4 slices precooked  
bacon, chopped

4 oz pepperoni, chopped

## here's how

1. Add olive oil to a large stock pot and heat over medium heat.
2. Saute the chopped onion and bell pepper until the onions are beginning to soften.
3. Add the chopped bacon and pepperoni to the pot and saute until warmed through.
4. Add the broth, diced tomatoes, tomato sauce, oregano, salt and pepper to the pot.
5. Cook over medium heat until the vegetables are completely soft.

## helpful notes

1. This dish is gluten free.

# Chicken and Root Veggie Soup

prep time

20 mins

cook time

90 mins -

9 hrs

servings

~ 8-12

## ingredients

1 lb chicken wings

1 lb chicken

drumsticks or legs

14 to 16 cups water

to taste chicken

boullion (optional)

3 carrots, peeled and  
chopped

1 parsnip, peeled and  
chopped

1/4 cup green onions,  
chopped

1 medium sweet potato  
or 2 medium white  
potatoes, peeled and  
chopped

2 tsp ginger root, peeled  
and finely chopped

1 to 2 tsp salt

1 tsp thyme

1/4 tsp basil

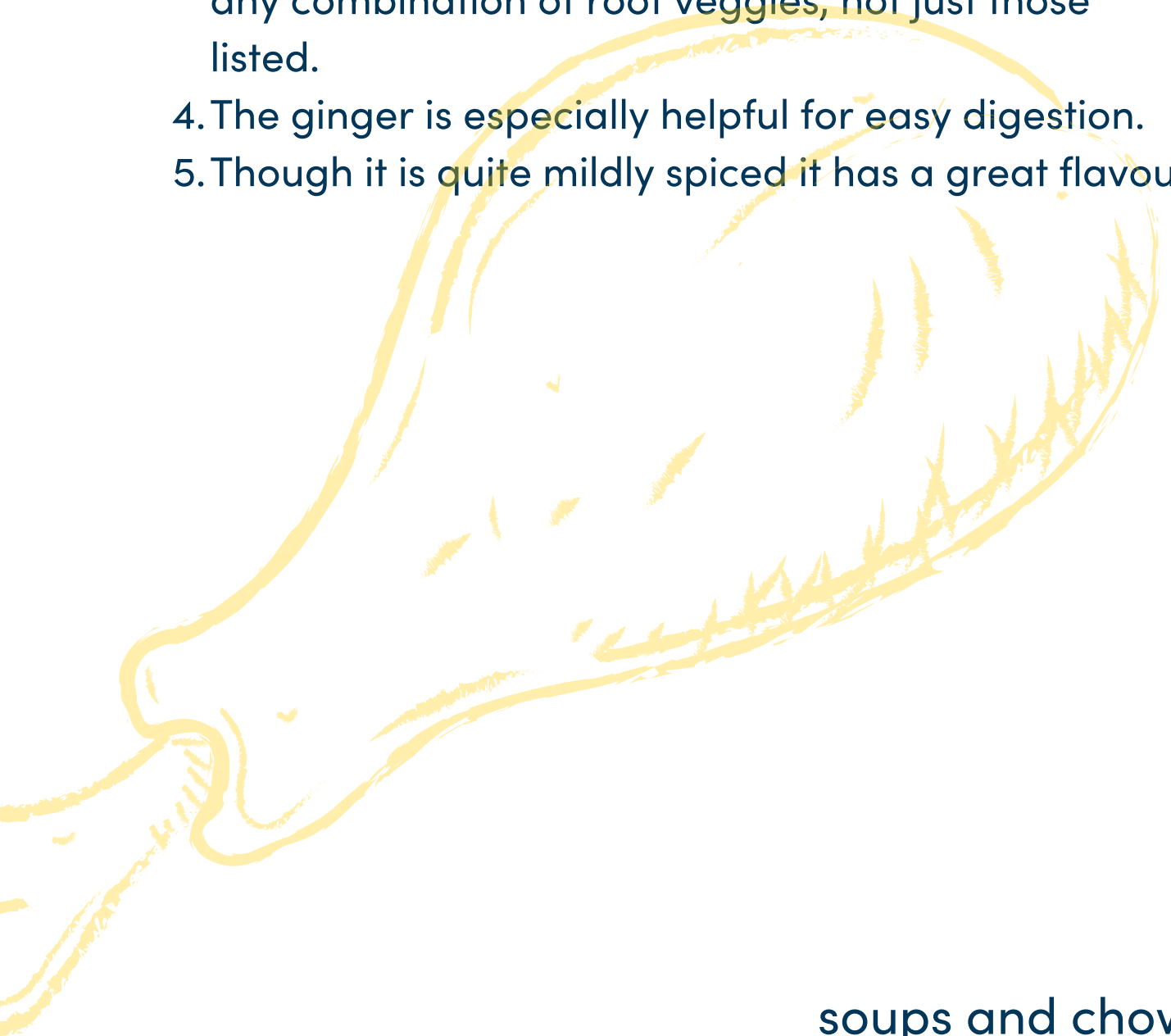
1/4 tsp oregano

## here's how

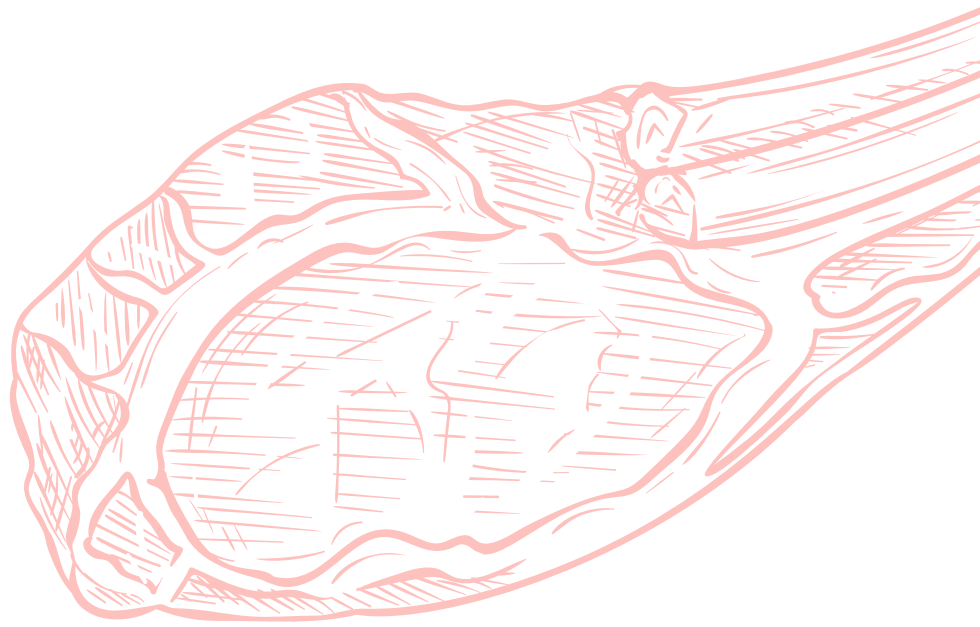
1. Place chicken in either instant pot or slow cooker and cover with water, approx 14 to 16 cups.
2. Instant Pot: Cook on high pressure for 1 hour and then quick release pressure.
3. Slow Cooker: Cook on low 8 hours or high 4 hours.
4. Use tongs to remove the chicken pieces. Discard bones and skin. Reserve meat.
5. Strain the broth through a fine mesh sieve or cheese cloth. Remove fat from the broth (use a ladle to skim off the fat or refrigerate until the fat solidifies on top and then scrape off. Add broth back to instant pot or a large stock pot. Add chicken bouillon if desired to enhance taste. I use 4 cubes.
6. Chop or shred the reserved chicken meat. Add the meat, chopped veggies and spices to the broth.
7. Instant Pot: Cook on high pressure for 15 mins and then quick release pressure.
8. Stock Pot: Gently boil until veggies are soft, approx 40 mins.

## helpful notes

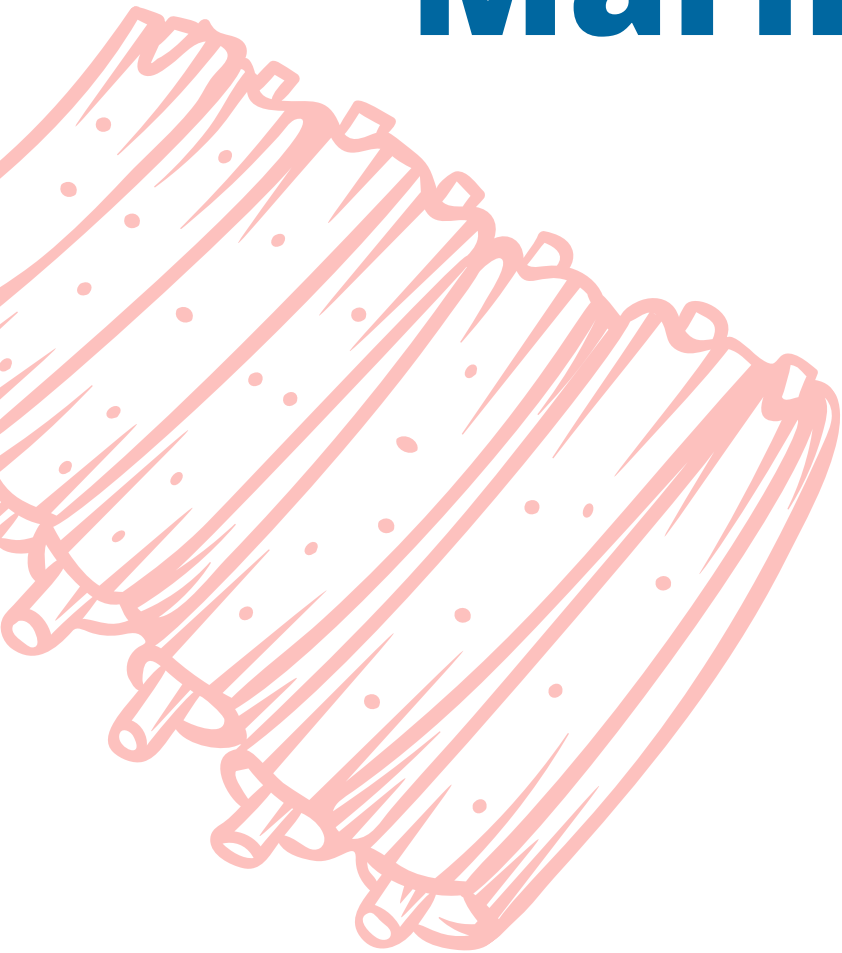
1. This soup is gluten free and dairy free.
2. This is an alternative to chicken noodle soup. It's a great pick me up when under the weather and is extremely easy on the tummy.
3. I like to freeze it in single serving containers so it's ready to go when I'm not well. It's also great with any combination of root veggies, not just those listed.
4. The ginger is especially helpful for easy digestion.
5. Though it is quite mildly spiced it has a great flavour.







# Marinade



# The only meat marinade you'll ever need!

prep time **10 mins**

## ingredients

**1 ½ cups** cooking oil  
(canola, olive, your choice!)

**¾ cup** soya sauce

**¼ cup** Worcestershire sauce (bonus points if you can pronounce Worcestershire!)

**2 Tbsp** dry mustard

**2 tsp** salt

**1 tsp** pepper

**½ cup** red wine vinegar  
(also works well with balsamic vinegar)

**1 ½ tsp** parsley flakes

**2** crushed cloves of garlic

**1/3 cup** lemon juice

marinade

## here's how

1. Mix all ingredients well
2. Marinate meat for at least 4-6 hours before cooking for best results

## helpful notes

1. This marinade is perfect for steak or chicken and is great for barbecuing!
2. Can be made ahead of time and kept in a jar in the refrigerator.
3. Try freezing fresh chicken breasts in a Ziplock bag with a ½ cup of this marinade in it. When they're defrosting the marinade will sink into the chicken.
4. When I received this recipe from my mother it was called "Steak Marinade". Over the years I have used it more on chicken than on beef and just love the flavor on either.
5. It truly is the only meat marinade I ever use!

# Snacks



# No-Bake Energy

GF V

## Bites

prep time

10 mins

cook time

30 mins to  
chill

servings

~ 20-25  
balls

## ingredients

1 cup dry oatmeal (I use old-fashioned oats)

2/3 cup coconut flakes (I toast these and add while warm to the chocolate chips and peanut butter to melt)

1/2 cup peanut butter

1/2 cup ground flax seed

1/2 cup chocolate chips or cacao nibs (optional)

1/3 cup honey or agve nectar

1 tbsp chia seeds (optional)

1 tsp vanilla extract

snacks

## here's how

1. Stir all ingredients in a medium bowl until thoroughly mixed. See toasting coconut suggestion. Cover and chill in fridge for 30 mins.
2. Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep in fridge or freezer.

## helpful notes

1. I toast the coconut and add while warm to the chocolate chips and peanut butter to melt.
2. This recipe is vegetarian and gluten free.



# No-Bake Granola Bars

prep time

10 mins

cook time

5 mins + chill  
time

servings

20-25  
bars

## ingredients

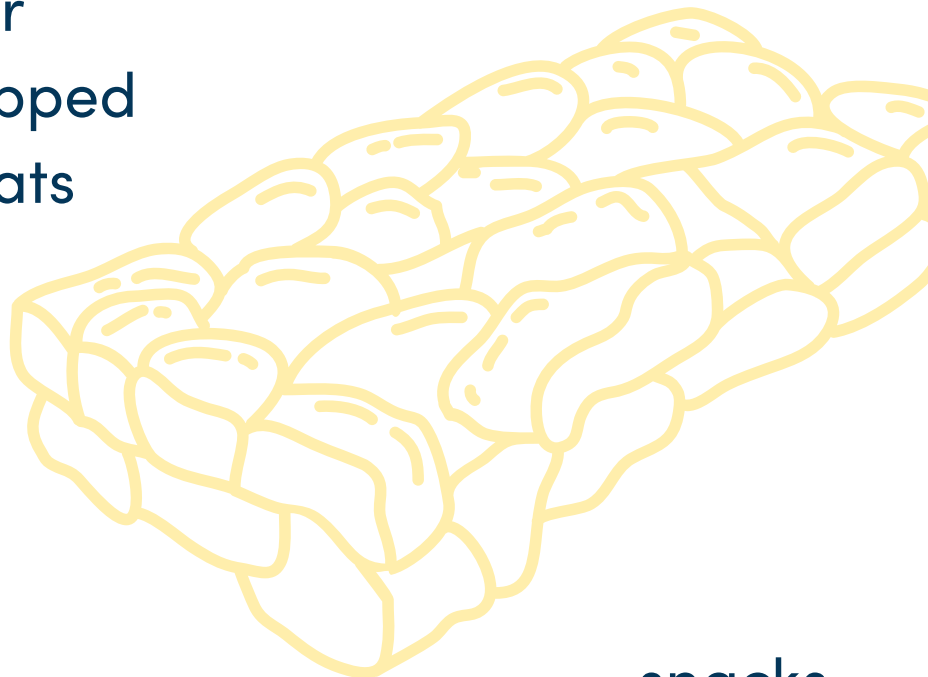
2 cups packed dates

1/2 cup honey

1/2 cup peanut butter

2 cups almonds, chopped

3 cups quick rolled oats



## here's how

1. Process dates in a food processor until smooth.
2. Melt the peanut butter and honey in a medium saucepan over medium heat.
3. Mix all ingredients together thoroughly.
4. Spread the mixture on a parchment lined cookie sheet.
5. Refrigerate for at least 1 hour.
6. Slice into 20 bars and store in an airtight container

## helpful notes

1. This dish is vegetarian. To make vegan, substitute 1/3 cup maple syrup for the honey.
2. To make this dish gluten free you will need to buy certified gluten free oats.
3. The bars will stay more firm if stored in the fridge but they can also be stored at room temp.



# Desserts



# Chocolate Pudding

prep time

5 mins

cook time

20 mins,  
+2 hrs to chill

servings

7

## ingredients

1/3 cup

cocoa powder

1-3/4 cups

milk of choice

1/3 cup

water

1/4 cup

cornstarch

1 cup

granulated sugar

1 cup

plain or vanilla greek yogurt

1 tbsp

molasses

2 tsp

vanilla extract

1/8 tsp

salt

## here's how

1. In medium saucepan, combine cocoa powder, water, sugar, salt and molasses. Whisk until smooth. Heat over medium heat, stirring constantly, until simmering.
2. Combine cornstarch and milk. Mix into cocoa mixture. Heat, stirring constantly, until boiling.
3. Boil, stirring constantly, for approximately 1 min until thickened.
4. Remove from heat. Stir in vanilla and greek yogurt.
5. Pour into bowl or 7 individual dishes and refrigerate for 2 hours or until chilled.

## helpful notes

1. This dish is gluten free.
2. Non-dairy milks can be used to make this dish vegan. Substitute the milk and yogurt for a non-dairy milk. However the taste will be different.
3. This is a great higher protein dessert. I like to add even more protein by stirring in a scoop of chocolate protein powder when I add the milk.

# Skor Trifle

prep time

1 hr

cook time

35 mins

servings

unknown

## ingredients

1 box Betty Crocker Devil food Chocolate cake

3 boxes JELL-O chocolate pudding

2 tubs Whipped Cream

4 crushed Skor bars



desserts

## here's how

1. Follow the instructions on the Betty Crocker devil food cake box. Prepare cake in two pans. The shape does not matter as you will be ripping up the cake anyway!
2. Prepare the JELL-O pudding and refrigerate.
3. Crush the Skor Bars as small as you like. I like to keep some big chunks. It will be helpful to do this while the chocolate is still in the wrapper.
4. Once the cake has cooled (completely!) start to layer your trifle. Start with a layer of cake followed by a layer of pudding; followed by a layer of whip cream and then topped with the crushed Skor pieces. Repeat until you get to the top and Voila :)

## helpful notes

1. Your choice if you want thin or generous layers.
2. I opt for sugar free JELL-O and reduced sugar whipped cream (its super rich already)
3. Crushed Skor pieces can be purchased in the baking aisle for convenience
4. Once complete, refrigerate Trifle for at least 1 hr
5. Use paper towel to clean the edges of your dish before serving (makes for a better presentation)

# Koeksisters

## South African Donuts

prep time

1hr

cook time

30 mins

servings

depends  
on size

## ingredients

Donuts:

2 cups all purpose flour

1 tbsp yeast

(fast-rising dry)

1/4 tsp. salt

1 tsp. sugar

1 cup milk (warm)

2 tbsp butter/margarine  
(melted)

3 tbsp vegetable oil

1 tsp. vanilla extract

1 tsp aniseed (optional)

Syrup:

2 cups of sugar

1 cup of water

1 tsp lemon juice

1 tsp Ground ginger

1 Cinnamon stick

1/4 tsp Cream of tartar  
(makes shine)



desserts

## here's how

1. In a large bowl, mix the flour, yeast, salt and sugar.
2. Warm the milk and melt the butter
3. Add milk, butter, oil, and vanilla to mixture.
4. Add aniseed if you wish to use it.
5. Beat with spoon into a soft dough (add more milk if necessary).
6. Let dough rise until it has doubled in size.
7. Roll into shapes and let rise again to double size.
8. Deep fry.
9. Mix all ingredients for the syrup. Coat donuts based on your preference.



# Katharine

## Hepburn's Brownies

prep time

10 mins

cook time

40 mins

servings

unknown

### ingredients

1 stick (8 tbsp) butter

2 squares unsweetened chocolate or 1/2 cup  
cocoa

1 cup sugar

2 eggs

1/2 tsp vanilla

1/4 cup all-purpose flour

1/4 tsp salt

1 cup chopped walnuts (optional)

desserts



## here's how

1. Melt together 1 stick butter and 2 squares unsweetened chocolate and take the saucepan off the heat.
2. Stir in 1 cup sugar, add 2 eggs and 1/2 teaspoon vanilla, and beat the mixture well.
3. Stir in 1/4 cup all-purpose flour and 1/4 teaspoon salt. (In the original recipe, 1 cup chopped walnuts is added here as well.)
4. Bake the brownies in a buttered and floured 8-inch-square pan at 325°F for about 40 minutes.



# Oatmeal Jumble

## Cookies

prep time

20 mins

cook time

45 mins

servings

unknown

### ingredients

$\frac{3}{4}$  cup butter at room temperature

$\frac{3}{4}$  cup light brown sugar

$\frac{1}{2}$  cup granulated sugar

1 egg

1 tsp vanilla

$\frac{1}{4}$  cup water

3 cups old-fashioned oats

1 cup whole-wheat flour

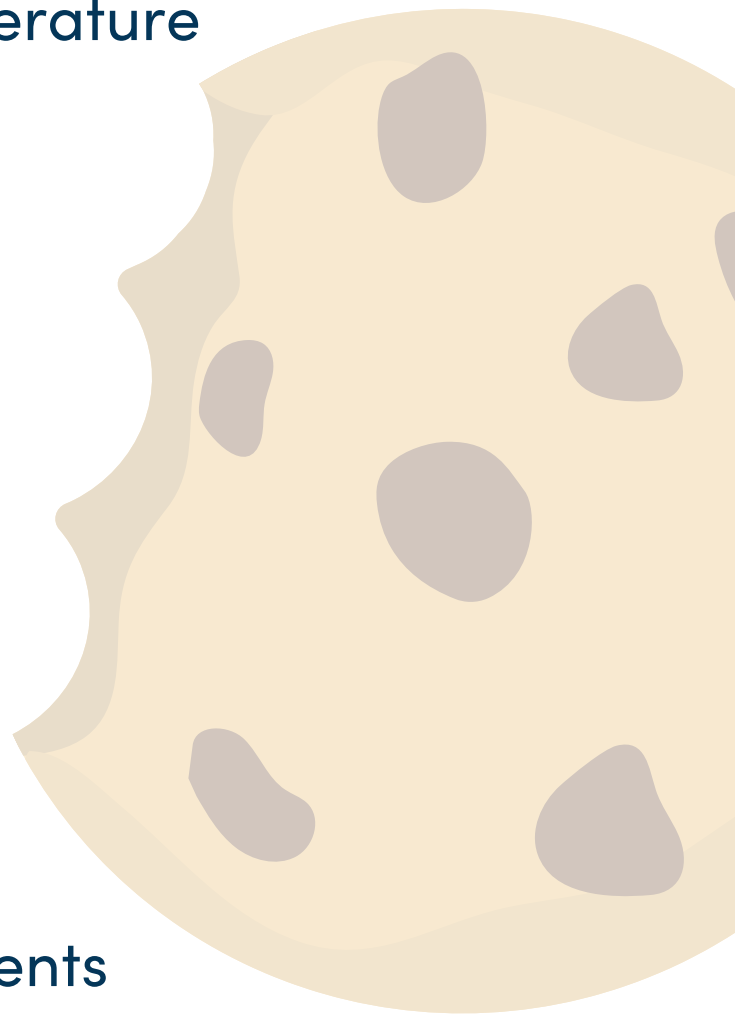
1 tsp cinnamon

$\frac{1}{2}$  tsp baking soda

$\frac{1}{4}$  tsp salt

1  $\frac{1}{2}$  cups of jumbled ingredients

(Anything: sweetened coconut, dark chocolate chips, toffee bits, dried fruits, nuts)



desserts

## here's how

1. Heat oven to 350 F.
2. Beat together butter, brown sugar, and granulated sugar in a large bowl until fluffy.
3. Add egg, vanilla, and water and beat until smooth and light in colour.
4. Combine oats, flour, cinnamon, baking soda, and salt in a medium sized bowl. Add dry ingredients to the wet and combine well with the beater.
5. Roll the dough into balls and drop onto baking sheet lined with parchment paper. Allow room for the cookies to spread. Press down on the cookies with your finger to flatten them.
6. Bake 12 mins or until cookies are evenly browned.
7. Cool slightly on baking sheet to firm, then move to a wire rack to cool completely.

## helpful notes

1. The addition of water creates a chewy and moist cookie. Do not over bake. The recipe boasts three cups of oats and a cup of whole-wheat flour, which replaces the white flour entirely, creating a decadent yet healthy treat.

# Pumpkin Pie Pudding

prep time

10 mins

cook time

20 mins  
+ 2 hrs to chill

servings

7

## ingredients

2 cups milk

3/4 cup sugar

1 tsp molasses

1/4 cup cornstarch

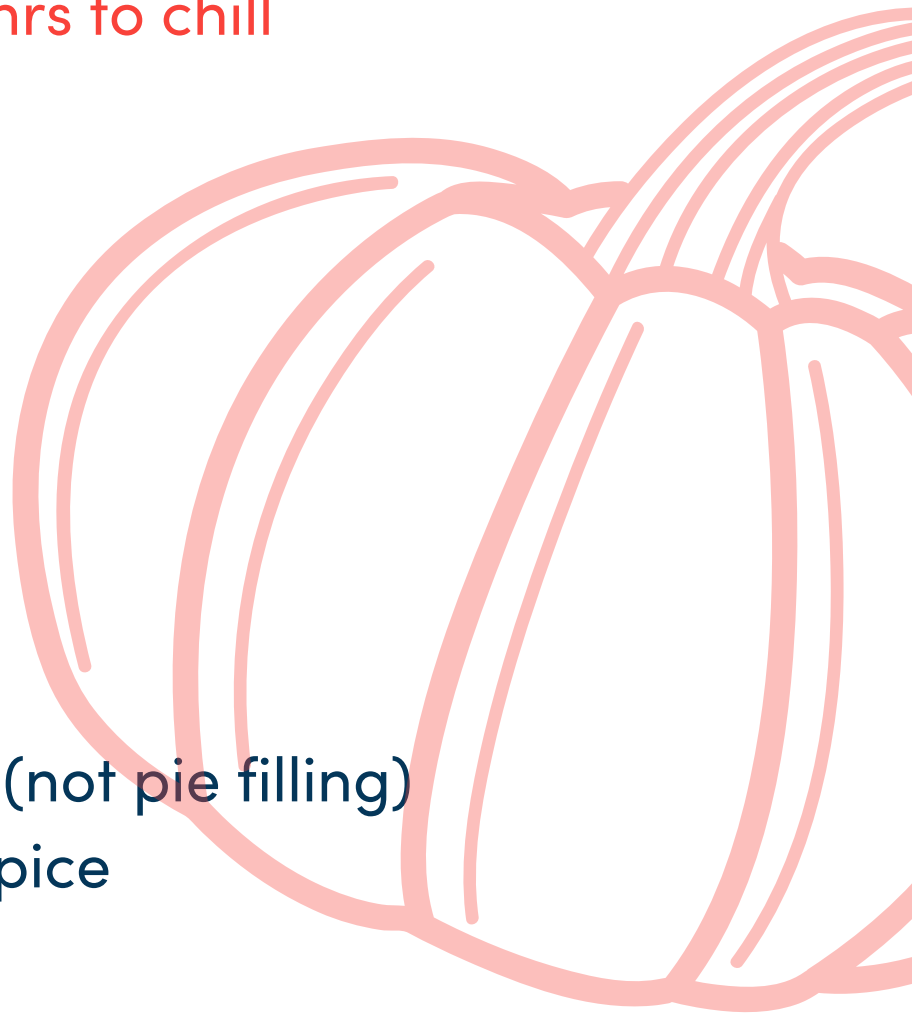
2 eggs, large

1/4 tsp salt

1 cup pumpkin puree (not pie filling)

1/2 tsp pumpkin pie spice

1 tsp vanilla extract



## here's how

1. Add milk, sugar, molasses, cornstarch, eggs and salt to a medium sauce pot and whisk well.
2. Heat over medium heat, stirring constantly, until boiling.
3. Boil, stirring constantly, for approximately 1 min until thickened.
4. Remove from heat. Stir in vanilla, pumpkin puree and pumpkin pie spice.
5. Pour into bowl or 7 individual dishes and refrigerate for 2 hours or until chilled.

## helpful notes

1. This dish is gluten free and low in fat.
2. This pudding tastes just like pumpkin pie. If a "crust" is desired you can sprinkle some graham cracker crumbs on top just before serving.
3. This dish works just fine with non-dairy milks.

# **What is one thing you're grateful for?**

I am grateful for the opportunity to assemble this Cookbook from the contributions of each and every one of you, imagining the connection it will build in our community.

May your adventures in the kitchen bring you joy!