



# Nativity Fast

## *Pantry staples*

Nuts

Nut butters

Tahini

Jellies and jams

Rice cakes, crackers, paximadia

Fresh fruit and vegetables

Dry fruit (dry figs, raisins, dates)

Olives, pickled vegetables

Hummus

Non-dairy milk (oat, soy, coconut etc...)

Flax seeds & Chia seeds

Canned & dry beans and legumes



## Lent friendly substitutions:

*Easy tips and tricks to turn regular recipes into Lenten recipes.*

### Egg substitutes:

1 egg = 1 tablespoon ground flaxseeds + 2.5 tablespoons water

Or

1 egg = 1 tablespoon chia seeds + 2.5 tablespoons water

*Mix seeds with water and let thicken for about 5 minutes before use*

### Dairy substitutes:

In most recipes, dairy milk can be replaced with a non-dairy options. Some of our favourites include oat milk, coconut milk and cashew milk.

### Butter substitutes:

In most recipes butter can be replaced, in equal parts, with either margarine, vegan “butter”, or oil. This works in cooking, but also in most baking.

### Ground meat substitutes:

Soy crumbles can be used, or cooked lentils (which we prefer)