



Great Lent 2022

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)