The background of the entire page is a light-colored, weathered wooden surface with horizontal planks. Scattered across this surface are several branches of cherry blossoms. The blossoms are in various stages of bloom, with some showing vibrant pink buds and others fully open as delicate, five-petaled flowers. Some petals have fallen and are scattered around the branches. The overall aesthetic is soft and spring-like.

The CPLF Cook Book

Delicious Recipes From CPLF Admin

A Message from Adrienne

We're excited to share something special from our hearts at CPLF to yours. Our admin staff has curated a selection of their favourite recipes, each to share the joy of creating together.

We're incredibly thankful for each person in our inclusive community, especially our clients who are the guiding lights behind our shared success. In expressing our gratitude, we would also like to extend a heartfelt thank you to our partners at PDD (Persons with Developmental Disabilities) for their ongoing support and collaboration, which enriches the lives of many within our community. A special acknowledgment to our amazing team and guardians; you all make CPLF feel like a welcoming home for everyone.

Your contributions, whether in plain sight or behind the scenes, forms the solid foundation of our extraordinary community. May the coming days be filled with warmth, joy, and fulfillment!

— ADRIENNE SABOURIN, CEO & FOUNDER

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Food Safety

It's important to follow some safety rules in the kitchen so that everyone can enjoy the delicious dishes you prepare for them. Luckily, we have provided a list of things you can do before, during, and after you cook!

USING A FOOD THERMOMETER

- 1 Sanitize** your counter tops, meat thermometer, cutting boards and utensils (use separate cutting boards for meat and produce). Wash your hands for at least 15 seconds, or with an alcohol-based hand rub.
- 2 Check the cooked meat:** Insert a digital thermometer it into the thickest part of the meat, avoiding the bones. Follow the cooking temperatures chart for different foods.
- 3 Clean up:** Once the meat is at the right temperature and all the cooking is done, repeat step 1.
- 4 Store food:** Store any leftover food in the refrigerator in a clean, seal-able container or store in the freezer in freezer bags.

Cooking Temperatures

Ground Red Meat

160°F

Red Meat Pieces and Whole Cuts

Medium-rare, 145°F

Medium, 160°F

Well done, 170°F

Tenderized Beef and Veal

145°F

Ground Pork

160°F

Ground Poultry and Poultry Pieces

165°F

Whole Poultry

180°F

Egg Dishes

165°F

Fish

158°F

Shellfish

165°F *Discard any that don't open when cooked*

Ground Game Meat

165°F

Whole Game Birds

180°F





CARRIE KIRSCH

Hot Pizza Dip

A cheesy delight that captures all the flavors of your favorite pizza in a dip. Perfect for parties or cozy nights in, it's a savory sensation that'll have everyone coming back for more.

INGREDIENTS

1 package (1 cup) cream cheese, softened

1 teaspoon Italian seasoning

1 cup shredded part-skim mozzarella cheese

3/4 cup grated Parmesan cheese

1 can (1 cup) pizza sauce

2 tablespoons chopped green pepper

2 tablespoons thinly sliced green onion

MAKE THE DIP

- 1** In a bowl, beat cream cheese and Italian seasoning. Spread in a non-greased 9 inch microwave-safe pie plate.
- 2** Combine mozzarella and Parmesan cheeses; sprinkle half over the cream cheese. Top with the pizza sauce, remaining cheese mixture, green pepper and onion.
- 3** Microwave, uncovered, on high for 2-3 minutes or until cheese is almost melted, rotating a half-turn several times.
- 4** Let stand for 1-2 minutes. Serve with bread sticks or tortilla chips.



TAMMY BENT

Tammy's "Famous" Spinach Dip

Dive into the goodness of this spinach dip, packed with spinach, gooey cheese, and flavorful spices. It's guaranteed to be a crowd pleaser every time without the stress of making it and minimal clean-up!

TO BUY

French Bread

Spinach Dip

TO SERVE

1 nice serving bowl

1 serving spoon

1 nice serving plate

BUY THE DIP

- 1 Go to your favourite grocery store.
- 2 Purchase a container of Spinach dip and a fresh loaf of French bread (best if it's baked that morning).
- 3 Return home and gather the French bread, spinach dip, a bread knife, cutting board, and your serving bowl and plate.
- 4 Open the package of spinach dip and scoop it into a nice bowl and add a serving spoon.
- 5 Cut the French bread into bite size pieces and arrange them on your serving plate.
- 6 Place out on your table, turn on some tunes, and enjoy with friends or family!



BRANDY SHORTRIDGE

Dill Pickle Dip

If you think pickles are delicious and you love to party, you're in for a treat! Whip up some of this tangy dip to share at your next gathering. It's always a hit when I bring it to any social event I go to!

INGREDIENTS

- 1 cup of cream cheese, softened
- 1/4 cup dill pickle juice, right from the jar
- 1/3 cup red onion, finely diced
- 2 teaspoons garlic, finely chopped or grated
- 1 teaspoon Bay seasoning
- 1 teaspoon course ground pepper
- 2 cups dill pickles (plus some extra), diced

MAKE THE DIP

- 1 Chop the onion, mince the garlic, and dice the dill pickles.
- 2 In medium mixing bowl, combine softened cream cheese with the dill pickle juice. Mix by hand or with an electric hand mixer.
- 3 Add the onion, garlic, seasoning, and pepper. Mix well.
- 4 By hand, fold in diced dill pickles.
- 5 Transfer the mixture to your favourite party dip serving bowl and sprinkle the top with extra diced dill pickles for garnish.
- 6 Refrigerate for at least 3 hours before serving.
- 7 Serve with raw cut veggies, sliced baguette, or crackers and enjoy!



JORDAN CARR

Shrimp Dip

My family has been making this dip since I was born. We make it for every holiday/family get together and I always look forward to it. I hope you enjoy this family fav recipe!

INGREDIENTS

- 2/3 cup cream cheese
- 1/2 cup sour cream
- 1/4 cup of mayonnaise
- 1/2 cup cocktail sauce
- 1/2 cup (1/2 can) shrimp, diced
- 1/2 cup cheese, shredded
- 1/2 bell pepper, diced
- 1 Roma tomato, diced
- 2 sprigs green onion, diced
- Optional - 1/4 cup red onion

MAKE THE DIP

- 1 Mix together the cream cheese, sour cream, and mayonnaise in a medium bowl.
- 2 Spread mixture onto a fancy serving plate of your choice with a spoon or spatula.
- 3 Add a layer of cocktail sauce (usually about half a jar) over the mixture.
- 4 Open a can of shrimp and dice into little pieces, and layer on top of the cocktail sauce.
- 5 Next add a layer of shredded cheese (can you any cheese you prefer).
- 6 Dice the bell pepper, roma tomato, and slice the green onion (if you are an onion fan, you can also dice some red onion as well).
- 7 Put all the vegetables on top of the cheese, and the dip is complete!



LINDSAY WATKINS

Energy Bites

Elevate your snack game with some Energy Balls – a wholesome blend of nutrient-packed ingredients like oats, seeds, and butters, rolled into bite-sized bursts of energy! These flavourful and satisfying treats are perfect for a quick pick-me-up during your busy day. Fuel your body with some goodness and enjoy!

INGREDIENTS

- 1 cup dry oatmeal
- 1/2 cup dark chocolate chips/chunks
- 1/2 cup peanut butter
- 1/2 cup ground flaxseed
- 1/4 cup chia seeds
- 1/3 cup honey or maple syrup
- 1 teaspoon vanilla extract

MAKE THE BITES

- 1** In a bowl, mix together oatmeal, chocolate chips, peanut butter, ground flaxseed, chia seeds, honey or maple syrup and vanilla extract.
- 2** Shape the mixture into golf-sized balls and arrange on a cooking sheet lined with parchment or wax paper. This recipe makes about 30 bites.
- 3** Place the bites into the freezer until they have hardened.
- 4** Place the bites into a sealed container that can be stored in the freezer and label it “Energy Bites” (if you like). Place them back into the freezer.
- 5** Grab an energy bite whenever you’re feeling sluggish or for a yummy snack!



SAVANA CORMACK

Apple Pancakes

I absolutely love these pancakes on a Saturday morning. They're fluffy, yet dense and packed with delicious shredded apple. My favourite way to have them is with a side of Spolumbos breakfast sausages and coffee!

INGREDIENTS

- 2 small (1 cup) green apple, shredded
- 1 cup milk
(I use FairLife for added protein)
- 1 egg
- 1/4 cup melted butter
- 1 1/4 cup flour
- 1 tablespoon sugar
- 1 1/4 teaspoon baking powder
- 1/4 teaspoon ground cinnamon

MAKE THE PANCAKES

- 1 Preheat your oven to the lowest bake setting.
- 2 Shred the apple and add it to a medium sized bowl. Add the milk, egg, and melted butter and mix well.
- 3 In a separate large bowl, combine the flour, sugar, baking powder, and cinnamon.
- 4 Heat a large pan over medium-low heat and add some butter to the pan to coat.
- 5 Pour the wet mixture from step 1 into the dry mixture from step 2. Mix only until they are combined and don't worry if the batter is lumpy - don't over mix the batter!
- 6 Scoop about 1/2 cup of the batter onto the pan and cook about 2 minutes or until that side is golden brown. Flip over and repeat. The pancakes are done when the centre is soft but does not have raw batter inside. Place the cooked pancakes into the oven as you are done frying each one to keep warm.
- 7 Serve with butter, maple syrup and your favourite protein side or fruit. Enjoy!



IRELA MONTES

Huevos Montados/ A caballo

This dish is special to me as I make it at Christmas time and my family loves it, we gather around the kitchen to eat and spend quality time together. You can add bacon or sausages on the side if you'd like to add some extra protein!

INGREDIENTS

- 3 eggs
- 1/2 onion, cut into rings
- 1/2 sweet red pepper, cut into rings
- 2 tablespoons olive oil
- 6 corn tortilla (Spanish market)
- 90 grams of Queso Fresco, shredded (Spanish market)
- Salt and pepper to taste

MAKE THE DISH

- 1 Heat a large frying pan over medium heat and add a bit of olive oil to coat. Cut up your onion and red pepper.
- 2 To the heated frying pan, add one corn tortilla, place a couple onion rings on top, add a couple sweet red bell peppers. Cook until slightly softened.
- 3 Crack open one full egg into the middle of the pan. Sprinkle some Queso Fresco on top, season with salt and pepper.
- 4 Place another tortilla on top and let cook. Flip with a spatula, and cook the other side. Use the spatula to flip and press down if needed. Cook the egg based on your preference of done-ness.
- 5 Serve and enjoy! Buen Provecho!



AMANDEEP SANDHU

Chickpea Shawarma Wraps

Bold flavours and wholesome ingredients unite for this masterpiece! Immerse yourself in the aromatic blend of spiced chickpeas, fresh veggies, and creamy sauces – all in a wrap.

INGREDIENTS

2 cups small floret cauliflower
1 can chick peas,
drained, rinsed and dried
1 teaspoon cumin
1 teaspoon garlic powder
1 teaspoon smoked paprika
1 teaspoon turmeric
1 teaspoon coriander
1/2 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon ginger powder
1/4 teaspoon black pepper
1/8 teaspoon cayenne
1 cup non-dairy plain yogurt
Juice of 1/2 a lemon

1/4 olive oil
2 garlic cloves minced
1 tablespoon of fresh dill
1 mini cucumber,
grated and drained dry
Salt and pepper, to taste

MAKE THE DISH

- 1 Preheat your oven to 425 F°.
- 2 In a medium bowl combine chickpeas and cauliflower.
- 3 In a small bowl, combine spices, oil, and lemon mix well. Pour the mix over veggies till everything is coated.
- 4 On a parch lined large baking sheet, roast chickpeas and cauliflower for 25-30 minutes in the oven, rotating and flipping half way through.
- 5 To make the tzatziki sauce combine the olive oil, minced garlic, dill, cucumber, salt and pepper and mix well.
- 6 Wrap it all up in your favourite wrap style bread. Drizzle with tzatziki sauce and feel free to add pickled red onions, cucumbers, pickles, hummus and parsley. Enjoy!



SAVANA CORMACK

Easy Salad Dressing

If you're tired of the same old salad dressing from the grocery store, try out this super simple salad dressing that goes with almost any meal! Chances are, you'll have all the ingredients so it's nice and quick to throw together.

INGREDIENTS

- 1 garlic clove, minced
- 1 tablespoon balsamic vinegar or reduction
- 3 tablespoons olive oil
- Pinch of salt and pepper
- Herb blend (optional)
- 1/2 bunch of Romaine lettuce, torn
- 2 medium tomatoes, cubed
- 1 avocado, sliced
- 1 small onion, chopped

MAKE THE DRESSING

- 1 Chop the garlic clove into a fine mince and place in a measuring glass. Add the balsamic vinegar, olive oil, salt, pepper, and herb blend to the measuring glass and stir well.
- 2 Add all of the torn lettuce pieces, cubed tomatoes, sliced avocado, and chopped onion to a large bowl.
- 3 If other dishes are not ready to serve yet, keep the salad in the fridge and add the dressing later. If all other dishes are ready to be served, you can pour the salad dressing over the salad and toss.
- 4 Serve the salad and enjoy as a side to any meal!



MELISSA BECKETT

Meatballs (Keftedes)

In Greece, Easter is a cherished time for my family, marked by our lively Big Fat Greek Easter Feast. The air is filled with the tantalizing aroma of roasting lamb as we enjoy a full meal amid music, conversation, and laughter. My kids' favorite part is the bite-sized meatballs, and with the leftovers, I create a delicious meatloaf. These moments, steeped in tradition and shared joy, make Easter a heartwarming celebration of family and flavor.

INGREDIENTS

1 cup whole milk
1 slice day-old bread, cubed
1 medium yellow onion, grated
3 garlic cloves, minced
1/4 cup + 2 tablespoons extra virgin olive oil
1 kg lean ground beef
2 cups ground lamb or pork
1 large egg PLUS 1 egg yolk, divided
1/4 cup chopped fresh mint leaves
1 tablespoon organic ground coriander
1 teaspoon dried oregano, preferably Greek oregano
1 teaspoon organic ground cumin
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
Kosher salt and black pepper
3 lemons, zested and juiced
Flour for dredging
1 1/4 cups chicken broth

MAKE THE DISH

- 1 Add the cubed bread to a bowl with the milk and let it soak for 5 minutes. In a large skillet, heat 2 tablespoons oil over medium heat. Add onions and garlic to cook until caramelized. Transfer to a large mixing bowl to cool. Set the skillet aside for later.
- 2 Wring the excess milk out of the soaked bread. Add the bread, ground beef, lamb (or pork), 1 egg, fresh mint, spices, salt, pepper, and 1 tablespoon lemon zest to the mixing bowl and stir to combine.
- 3 Form the meat mixture into balls (about a heaping tablespoon). Roll meatballs into the flour to lightly coat and place them on a large tray. Add the remaining 1/4 cup of oil to the skillet you used earlier and cook the meatballs for 10 minutes over medium heat (do this in batches if you need to) until fully cooked and crusted on all sides.
- 4 With a slotted spoon, remove meatballs from the skillet onto paper towels to drain any excess fat. Carefully discard most of the cooking fat from the skillet. Return the skillet to the stove top over medium heat.
- 5 Whisk the egg yolk with chicken broth and lemon juice. Add to the skillet with the remaining lemon zest, then add the meatballs back in. Cook over medium heat for another 5 minutes until the lemon sauce thickens. Serve hot in bowls with pita bread, Greek salad and Tzatziki sauce.



DONNA BECK

Skyline Cincinnati Chili

My family refers to this dish as Chili Pasta and we discovered it on one of our trips to Cincinnati. The fun part is that you can make it four ways!

INGREDIENTS

- 5 cups water
- 6 oz can tomato paste
- 1/2 oz baking chocolate unsweetened - I use Baker's brand
- 1/4 cup chili powder
- 1 teaspoon cinnamon
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/4 teaspoon allspice
- 1/4 teaspoon ground cloves
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon black pepper
- 3/4 teaspoon salt
- 1/2 teaspoon sugar
- 2 tablespoon apple cider vinegar
- 1 1/4 lb lean ground beef

MAKE THE CHILI

- 1 Add the water to a large pot.
- 2 Add the tomato paste and chocolate then warm over medium heat stirring to combine for about 3 minutes (use a whisk to really break up the tomato paste).
- 3 Add chili powder, cinnamon, garlic powder, cumin, allspice, cloves, red pepper flakes, black pepper, salt, sugar and vinegar.
- 4 Next, crumble the raw ground beef into the pot with your fingers, then use a potato masher, whisk or fork to break up the meat into very fine pieces. Turn heat to high to bring to a boil.
- 5 Once boiling, turn the heat down to med-low. Cook, uncovered, for 1 to 1 1/2 hours, at a low boil, stirring occasionally until sauce has thickened quite a bit.

TO SERVE

- 2-way = spaghetti and chili.
- 3-way = spaghetti, chili, cheese.
- 4-way = spaghetti, chili, onions or beans, cheese (my fav is with onions!).
- 5-way = spaghetti, chili, onion and beans, cheese.



SHAUKAT SHAFQAT

Chicken Lahori Boti

When we get a craving for some spicy and scrumptious food at home, we go for Chicken Lahori Boti as it is always a treat due to its inviting aroma, wonderful taste and beautiful presentation. My family just loves it!

INGREDIENTS

- 5-6 boneless chicken breasts, cut into bite-sized cubes
- 1/2 cup white vinegar
- 1 1/2 teaspoon salt
- 2 tablespoons ginger garlic paste
- 1 1/4 cup plain Greek yogurt
- 1 tablespoon yellow mustard
- 1 tablespoon garam masala powder
- 1 tablespoon red chili powder
- 1 tablespoon cumin powder
- 1/4 cup lemon juice
- 1/4 teaspoon yellow food colouring
- 1 serving cooked rice
- 1 1/2 each of red & green bell peppers, cut into cubes
- 1/4 cup cooking oil or butter
- Sweet and sour sauce to taste

PRE-MARINATION

- 1 Wash the chicken, then dip it in the solution of vinegar, salt and ginger garlic paste for 10 minutes and then drain it.

MARINATION

- 2 In a large bowl, add yogurt, mustard paste, food colouring, all the spices (garam masala powder, red chili powder, cumin powder, and salt) and lemon juice. Mix well and add the chicken to coat each cube well with spice mixture thoroughly and put it in refrigerator for 30 minutes.
- 3 Make the rice according to your package's directions.

MAKE THE SKEWERS

- 4 Preheat your barbecue to medium heat. Grease the barbecue skewers.
- 5 Alternate the marinated chicken and bell peppers by stacking them on the skewers. Coat each stacked skewer with cooking oil or butter and grill for 5 minutes. Turn the skewers and grill again for 5-7 minutes. Delicious Lahori Boti BBQ is now ready to serve!



REHAN SARFRAZ

Duck Karahi

If you're diving into the world of Pakistani cuisine, the humble karahi pot is your trusty sidekick, made of duck meat and a rainbow of spices. Originating from south Asia, the karahi is a deep, circular, thick-bottomed wok-like utensil. It was my parent's favourite dish every weekend so it holds a special place in my heart.

INGREDIENTS

- 1 kg (4 1/4 cups) duck meat
- 2 finely sliced onions
- 4 chopped tomatoes
- 1 cup plain Greek yogurt
- 1 teaspoon chili powder
- 2 teaspoon turmeric powder
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 teaspoon salt
- 3/4 cup olive oil
- 1 teaspoon black pepper
- Chopped green chilies, to taste
- 1 teaspoon Karahi's spice
- 1 teaspoon cumin powder
- 1 teaspoon dried fenugreek leaves
- 2 cups water

MAKE THE CURRY

- 1 Heat oil in a wok or karahi pot on low-medium heat. Add the onions and cook for 3-4 minutes until they start to soften and become translucent.
- 2 Add the meat and allow to cook for 5-10 minutes then add the salt and mix.
- 3 Add the tomatoes and cook for 2-3 minutes until they are soft. Add the chili powder, turmeric powder, ginger paste, garlic paste, black pepper and Karahi's spice then cook the spices for 5 minutes.
- 4 Add the water and reduce the heat to low-medium then leave to cook for 45-60 minutes until the water dries up and the meat is soft – if the meat is still tough add more water and cook for longer.
- 5 Increase the heat to medium and add the yogurt, stirring immediately to prevent it from curdling and cook for 10-15 minutes. Add the cumin seeds, dried fenugreek leaves, chilies and ginger and cook for 2-3 minutes.
- 6 Garnish with coriander and enjoy with garden salad and naan bread.



PENNY TATARYN

Penny's Hearty Beef Stew

A substantial meal, great on cold winter nights! Making it in a crock pot/slow cooker means you can prep the ingredients the night before and leave it to cook itself the next day. Come home to a hot, ready-to-serve meal!

INGREDIENTS

1/4 cup flour
1/4 teaspoons pepper
1 kg stewing beef
2 cups water or beef both
1 can of beer (or substitute
1 1/2 cups water or broth)
1 teaspoons white vinegar
1 tablespoons Worcestershire sauce
2 to 3 cloves of garlic, minced
1 large onion chopped (~1 1/2 cups)
2 stalks of celery chopped (1/2 cup)
3 medium carrots (~1 1/2 - 2 cups)
3 medium potatoes (~2 cups)
1/2 cup frozen peas
3 bay leaves
Salt to taste
1 tablespoon flour
1/3 cup water

MAKE THE STEW

- 1 Trim gristle and visible fat from the stew meat. Chop into cubes.
- 2 Put the first measure of flour and pepper into a plastic bag. Add the beef cubes a few at a time and shake to coat. Place the beef cubes into a pan lightly sprayed with cooking spray and bake at 350 F° for about 20 minutes or until browned.
- 3 Transfer the beef to the slow cooker. Put some of the water or broth into the pan then scrape up the browned bits and add to the slow cooker.
- 4 Add the water, beer and/or beef broth, vinegar and Worcestershire sauce, bay leaves, and the vegetables.
- 5 Set the slow cooker to low and cook for 8 to 10 hours.
- 6 If the gravy is not thick enough when the meat and vegetables are tender put about 1 tablespoon of flour in 1/3 cup of water and whisk with a fork until the mixture has no lumps. Pour slowly into the crock pot mixing while you do so. Let the stew cook for several more minutes until at desired consistency. Discard the bay leaves and enjoy!



LINDSAY WATKINS

Slow Cooker Butter Chicken

An easy peasy recipe for those busy times that everyone will enjoy. Just dump everything in your slow cooker and go!

INGREDIENTS

- 8 boneless, skinless chicken breasts, diced
- 2 yellow onions
- 1/4 cup butter
- 2 tablespoons curry powder
- 2 tablespoons garam masala
- 8 garlic cloves, minced
- 2 - 156 ml cans tomato paste
- 2 teaspoons grated ginger
- 4 teaspoons chili powder, or more to taste
- 1 tablespoon salt, or more to taste
- 1/2 teaspoon cayenne pepper, optional*
- 2 - 400 ml cans coconut milk

TO SERVE

- 2 cups rice
- 8 naan - optional
- 2 tablespoons cilantro

MAKE THE DISH

- 1 Grab your slow cooker or Instant Pot and all your ingredients.
- 2 Dice the chicken breast into cubes.
- 3 Add all of the ingredients to your slow cooker or Instant Pot and stir to combine to cook on high (or “Slow Cook” for the Instant Pot) for 4 hours.
- 4 Serve over jasmine rice, garnish with cilantro if desired, and add a piece or two of naan bread to your plate. Enjoy!



CHINWE KADE

Classic Nigerian Jollof Rice

Savor the rich and aromatic flavors Jollof Rice, a timeless dish that's a staple at celebrations and family gatherings. This vibrant and spicy one-pot rice dish is a taste of West African culinary heritage.

INGREDIENTS

- 1/3 cup oil (vegetable, canola or coconut oil)
- 6 medium-sized fresh tomatoes, chopped
- 6 red poblano peppers (or 4 large red bell peppers), seeds discarded
- 3 medium-sized red onions (1 sliced thinly, 2 roughly chopped)
- 1/2 - 1 habanero or scotch bonnet pepper
- 3 tablespoons tomato paste
- Caribbean/Jamaican-style curry powder, to taste
- Dried thyme, to taste
- Dried bay leaves, to taste
- Black and white pepper, to taste
- 5 - 6 cups chicken or beef stock
- 2 teaspoons unsalted butter (optional)
- 4 cups rinsed converted long-grain rice or golden sella basmati
- Salt, to taste

MAKE THE DISH

- 1 In a blender, combine tomatoes, red poblano (or bell) peppers, chopped onions, and hot peppers, blend till smooth, about 1 - 2 minutes. Pour into a large pot or pan and bring to a boil allowing mixture to reduce then turn down and let simmer, partly covered for 10 - 12 minutes
- 2 In a large pan, heat oil and add the remaining sliced onions. Season with a pinch of salt, stir-fry for 2 - 3 minutes, then add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3 - 4 minutes on medium heat. Add the tomato paste and stir for 2 minutes. Stir in the reduced tomato and pepper mixture and set on medium heat for 10 - 12 minutes until reduced by half, with the lid partly on.
- 3 Add 4 cups of the stock to the cooked tomato sauce and bring it to boil for 1 - 2 minutes. Add the rinsed rice and butter, stir, cover with a double piece of foil/baking or parchment paper and put a lid on the pan. Turn down the heat and cook on the lowest possible heat for 30 minutes, stirring half way through.
- 4 Stir rice, taste and adjust as required; if the rice isn't soft enough add 1/4 - 1/2 cup of stock or water, stir through and continue to steam, on low till cooked through.
- 5 If you like, stir in sliced onions, fresh tomatoes and the second teaspoon of butter. Let rest, covered for 5 to 6 minutes. Serve with chicken, beef or fish.



RAMI SHARMA

Ground Turkey Sheppard's Pie

Enjoy this savory Shepherd's Pie with a healthy twist. Packed with flavourful ground turkey and a medley of veggies, this hearty pie is a delightful and nutritious addition to your dining table!

INGREDIENTS

- 1 kg tray of extra lean ground turkey
- 1 large red onion, sliced
- 3/4 cup green peas (1 small bag)
- 1 tablespoon seasoning salt
- 3 large russet potato's
- 1 tablespoon red chili flakes
- 1 cup fat free shredded cheese

MAKE THE PIE

- 1** Cut the onion into small chunks. Wash the green peas and the potatoes.
- 2** Boil a large pot of water and add the potatoes to cook until they are soft (about 20 minutes). Pre-heat your oven to 550 F° or "Broil". While the potatoes are boiling, cook the onion and green peas in a medium-sized pan until they are softened. Cook the ground turkey in separate large pan until well-done.
- 3** After boiling the potatoes, blend them in the food processor (if you do not have a food processor, you can also use a potato masher).
- 4** Spread the cooked ground turkey in medium casserole dish and layer the onion and green peas on top. Sprinkle the cheese on over the dish.
- 5** Broil the Sheppard's pie in the oven for 7 minutes. Let it sit & cool for 10 minutes at room temperature and then serve.



DOUG CHAN

Delicious Soy Sauce Chicken

My mom showed me how to make this wonderful dish when I moved out for university and this has been a family favourite with my two little munchkins as well. When I was trying to court my wife, she told me that she really liked the recipe so I have continued to make it since then!

INGREDIENTS

- A few star anise
- 6 tablespoons dark soy sauce
- 1 tablespoon sugar
- 2 regular rice bowls of water
- 1/2 teaspoon salt
- 1 teaspoon of chicken broth mix powder/chicken bouillon
- 2 tablespoons Chinese cooking wine
- 1 large soup spoon sesame oil
- 6 - 8 slit chicken drumsticks, defrosted and rinsed

STOCK POT METHOD

- 1 Add star anise, soy sauce, sugar, water, salt, chicken broth mix powder or chicken bouillon, and chicken into a stock pot and bring it to a boil.
- 2 Turn down the heat to medium high and add the cooking wine to cook for 15 to 20 minutes.
- 3 Serve, let cool and enjoy!

INSTANT POT METHOD

- 1 Add star anise, soy sauce, sugar, water, salt, chicken broth mix powder or chicken bouillon, chicken and cooking wine into an Instant Pot and set it to medium-high pressure or Meat/Stew for 40 minutes, sealed.
- 2 Once the timer has gone, add the sesame oil and stir.
- 3 Serve, let cool and enjoy!



PENNY TATARYN

Penny's Tacos

A simple but delicious dish that we have often at my house! The left-over meat is great for lunches the next day, just prep more cheese and vegetables.

INGREDIENTS

1/2 kg lean ground beef
2 - 3 tablespoons taco seasoning
(I use Club House)
1 cup water
Lettuce
Chopped green onion
Chopped Tomatoes
Shredded cheddar cheese
Flour tortillas
Condiments of your choosing – sour cream, salsa, hot sauce, guacamole

MAKE THE TACOS

- 1** Scramble fry the ground beef then drain well. Add water and the taco seasoning to the pan, bring to a boil then reduce heat to a simmer. Simmer until the beef has absorbed the water and seasoning mixture, approximately 20 minutes to half an hour. The meat should look juicy but not wet.
- 2** While the meat is cooking, wash and chop the lettuce, tomatoes and green onions. Grate enough cheese for approximately 1 to 2 tablespoons per person.
- 3** Put out the ingredients, including condiments, for people to make their own individual tacos.
- 4** Optional step - Pop the finished taco into the microwave for 15 seconds so the tortilla is nice and soft.



NANCY FROST

Family Favourite Lasagna

Enjoy this mouthwatering Lasagna, a perfect medley of zesty sauce, meat, and gooey cheese, making every bite a flavor-packed adventure. It's the ultimate comfort food that's sure to feed a whole family.

INGREDIENTS

- 9 lasagna noodles
- 1 medium package ground beef
- 1 small can tomato paste
- 1 can tomato soup
- 2 cans mushrooms
- 2 cans mushroom soup
- 16 slices mozzarella cheese

MAKE THE DISH

- 1 Preheat your oven to 350° F.
- 2 Bring a pot of water to a boil. Add the noodles and cook until soft. Drain the water and set the noodles aside.
- 3 To a large pan, add the beef and cook until well done. Add the tomato paste, tomato soup, a can of mushrooms with liquid and a can of mushrooms without liquid and mix.
- 4 Put small amount of the meat mixture into a large baking pan spread across the bottom. Add 3 cooked noodles flat, evenly across the meat. Spread some mushroom soup over noodles, then put the cheese over the soup layer. Repeat step 3 until all of your ingredients have been layered in the pan.
- 5 Bake for 1 hour. Let sit to cool, cut into large square pieces



AZEEZAT LASISI

Azeezat's Fab Spaghetti

Each twirl of the fork brings together the perfect harmony of flavours, inviting you to enjoy this yummy pasta dish. Get cookin' and start a culinary journey that captures the essence of home-cooked warmth and delight.

INGREDIENTS

5 large Roma/Plum tomatoes

1 large onion

1 red bell pepper

2 Scotch Bonnet peppers

2 3/4 cups chicken stock
(I use homemade)

2 tablespoons olive oil

2 teaspoon boullion powder

1 teaspoon dried thyme

1 teaspoon curry powder

Small handful of fresh basil
(optional)

Salt, to taste

1 lb thin spaghetti
(about 1 box)

MAKE THE SPAGHETTI

- 1** In a blender or food processor, blend the tomatoes, onions, and peppers until smooth.
- 2** In a large pot, boil down the tomato sauce on medium-high heat until the sauce is about half the amount and has thickened significantly to look like a paste. This takes about 15-20 minutes, depending on how high the heat is. Be sure to stir the sauce occasionally to prevent it from burning.
- 3** Once the sauce is reduced, pour in the stock, oil, thyme, curry powder and boullion. At this stage, taste the sauce and adjust for salt.
- 4** Add in the uncooked spaghetti, pushing it down or breaking it to fit into the pot. Cover and allow to cook for 5 minutes on low-medium heat.
- 5** Stir, turn down the heat to low, and allow to cook for another 8-10 minutes.
- 6** Serve and enjoy!

SHAUKAT SHAFQAT

Japanese Chicken Tempura

Chicken tempura is a Japanese dish that originated in the Oita region. It is made of lightly battered chicken breast or thigh strips and served with delicious sweet & sour sauce.



INGREDIENTS

- 1 chicken breast fillet strips
- 3 tablespoons Worcestershire sauce
- 1 teaspoon paprika
- 1/4 tablespoon salt
- 1 cup cooking oil
- Sweet & Sour sauce, for dipping

BATTER INGREDIENTS

- 2 cups water, chilled
- 1 cup flour
- 1 egg
- A pinch baking soda
- 1/4 teaspoon white pepper
- 1/2 teaspoon salt

MARINATION

- 1 In a large bowl, mix together the Worcestershire sauce, paprika and salt.
- 2 Coat the chicken strips thoroughly with the mixture. Put the coated strips in the refrigerator for 25-30 minutes for marination.

MAKE THE BATTER

- 3 In a small bowl filled with very cold water, add the egg and mix together. Now add the baking soda, white pepper, salt and 2/3 cup of flour. Mix it again thoroughly.

FRY THE CHICKEN

- 4 Heat a shallow pan over medium-high heat and add the cooking oil.
- 5 In a separate flat, shallow dish spread out the remaining 1/3 cup of flour. Coat the chicken strips in the flour, then dip it into Tempura Batter.
- 6 Place the strips into the hot oil (carefully) and fry until they are a light, golden brown.
- 7 Crispy and delicious Japanese tempura is ready to eat! Feel free to serve it with sweet & sour sauce.



LAUREN MIHOLIC

Potato Paprikash

Enjoy this warm, comforting dish with tender potatoes in a rich and savory paprika-infused sauce. Each hearty bite makes it the perfect companion for chilly evenings or even a heartwarming gathering with friends and family.

INGREDIENTS

- 1 whole white or yellow onion, diced
- 1 teaspoon olive oil
- Salt and pepper, to taste
- 1 tablespoon paprika
- 6 white or red potatoes, cubed
- 3 or 4 peeled carrots, cubed
- 4 1/4 vegetable broth
- 2 tablespoons flour
- Splash of warm water
- 1 - 2 cups sour cream
- 1 - 2 bunches of fresh dill

MAKE THE DISH

- 1 Pre-heat a large pot over medium heat. Dice the onion and add it to the hot pot to saute with the olive oil (or whatever oil you prefer) for a few minutes until the onion is softened.
- 2 Add the salt, pepper, and paprika and mix together.
- 3 Cut the potatoes and carrots into small chunks and add them to the pot. Mix well with the onions and spices. The pot should be about halfway full.
- 4 Add the vegetable broth to the mixture. The broth should cover the potatoes and carrots. Cover and let simmer until the potatoes and carrots are soft. Stir occasionally.
- 5 It's time to thicken the mixture. In a separate small bowl, add the flour and a bit of warm water. Mix together until there are no chunks.
- 6 Add the flour and water mixture to the pot. Bring the pot to boil, then let simmer for a couple of minutes.
- 7 Add the sour cream and chopped fresh dill. Mix well and serve.



AZEEZAT LASISI

Puff Puff Dough

Dive into this delectable creation of golden, airy goodness, with a hint of sweetness that lingers on your taste buds. Enjoy these puff puffs on their own or sprinkled with icing sugar.

INGREDIENTS

- 1 1/2 cups warm water
- 1/2 cup granulated sugar
- 2 teaspoons yeast
- 2 cups flour
- 1/2 teaspoon nutmeg
- 3 pinches salt
- 2 - 5 cups cooking oil

MAKE THE BATTER

- 1 Mix the warm water and sugar in a large bowl. Mix in the yeast and leave it to rest for 5 minutes to activate the yeast.
- 2 Add the flour, nutmeg and salt and mix into a smooth batter. If the batter is too thick, then add in 2 tablespoons of water. Cover the puff puff batter and leave in a warm place for at least 1 hour until it has doubled in size.
- 3 Add the oil into a pan over medium-high heat until it is 3-5 inches deep. Test the hot oil by placing a small amount of puff puff batter into the oil; if the batter floats to the top, then you are good to go.
- 4 Drop golf sized balls of batter into the hot oil, making sure not to overcrowd the pot. Fry until the bottom of the puff puffs are golden brown, then turn them around and fry the top side until golden brown too. Carefully remove the puff puff from the oil with a hand strainer or tongs and place on a flat piece of paper towel to drain and cool.
- 5 Cover the puff puffs to keep them warm and repeat till the rest to the batter is cooked.
- 6 You can now sprinkle on some icing sugar, nutmeg or cinnamon flavored icing sugar on the deep-fried dough balls before serving.



EWURABENA SACKY-FORSON

Soft + Chewy Saucepan Oatmeal Cookies

Warm and oh-so-yummy homemade cookies are the absolute best! Add a little peanut butter and coconut if you wish or enjoy them as-is.

INGREDIENTS

- 1 cup butter
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 cups quick-cooking rolled oats
- 1 1/4 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 eggs
- 1/2 cup coconut, chopped (optional)
- 1/2 cup peanut butter (optional)

MAKE THE DOUGH

- 1 Preheat oven to 375° F. Grease a cookie sheet; set aside.
- 2 In a medium saucepan combine butter, granulated sugar, and brown sugar. Cook and stir over medium heat until melted.
- 3 Remove from heat. Add oats, flour, baking powder, baking soda, and salt. Stir until combined. Add eggs; mix well. If desired, stir in coconut and or peanut butter.
- 4 Drop batter by rounded teaspoons 3 inches apart in the prepared cookie sheet, stirring the batter often.
- 5 Bake for 6 - 7 minutes or until edges are firm. Cool on a cooking sheet for 1 minute. Transfer cookies to a wire rack and cool. Enjoy fresh out of the oven!



HODA TAGHAVIAN

Vegan Chocolate Cookies

Enjoy this rich, dairy-free chocolatey goodness in every bite, making these cookies a perfect choice for vegans and cookie enthusiasts. Share the joy of compassionate baking with this scrumptious recipe!

INGREDIENTS

1/2 cup natural peanut butter - smooth, fresh, no added sugar, no added oil

1/4 cup maple syrup - or agave syrup, date syrup or monk fruit syrup

3/4 cup almond flour - or oat flour

4 tablespoons unsweetened cocoa powder

OPTIONAL

1/2 teaspoon vanilla extract

1/4 teaspoon salt

*if peanut butter unsalted

MAKE THE DOUGH

- 1 Preheat the oven to 350° F. Line a cookie sheet with parchment paper. Set aside.
- 2 In a large mixing bowl, combine natural peanut butter and maple syrup until creamy and smooth. Add vanilla and salt now (if you like).
- 3 Add unsweetened cocoa powder and almond flour into the bowl and stir until combined. When it starts to be difficult to stir, use your hands to squeeze and knead the dough and form a cookie dough ball.
- 4 Divide the cookie dough into 8 balls of the same size and place each cookie dough ball onto the prepared cookie sheet leaving 1 thumb space between each ball.
- 5 Press down the cookie dough ball with the back of the fork to form a cross on top of the cookies. If you like, decorate with sprinkles and press them in using the fork again.
- 6 Bake cookies for 8-12 minutes or until set on top.
- 7 Cool on a cooling rack. They firm up and get very crunchy when completely cooled down.
- 8 Store in a cookie jar for up to 5 days at room temperature.



ROSE ONDIEKI

Mandazi (African Doughnuts)

Mandazi is a delicacy for many families. I enjoyed it growing up as a kid due to its sweet nature. You can add flavors of your choice, but I like mine simple/original. Mandazi can be enjoyed with tea or just a snack in between meals. So yummy!

INGREDIENTS

- 2 1/2 cups all-purpose flour
- 1 1/2 tablespoons baking powder
- 1 egg
- 1/2 cup milk or half and half
- 4 tablespoons sugar
- 1 tablespoon margarine

MAKE THE DOUGH

- 1 Mix the flour, baking powder, cardamom, margarine, lemon zest and sugar in a large bowl.
- 2 In a separate bowl whisk the egg into the milk.
- 3 Make a well at the centre of the dry mixture and add the milk and egg mixture and slowly combine to form a dough.
- 4 Cover the dough with cellophane wrap and allow to rest for 30 minutes or up to 1 hour (the longer it rests the softer it gets).

DEEP FRY

- 5 Heat the oil in a pot on high. Roll the dough on into a 1/2 inch thick pieces. Using a sharp knife, cut the dough into 2 inch square pieces and set aside.
- 6 Once the oil is hot enough to deep fry, place the dough squares in the oil until golden brown and then remove them with a long handle spatula or serving spoon (be careful). Serve the doughnuts warm or cold.



MICHELE SABOURIN

Chocolate No-Bake Cookies

This is one of my favourite cookies. My mom used to make these for my brother and I when we were kids. Any chocolate lover will absolutely love these! Chocolatey but not overpowering. Perfectly balanced texture and easy to make.

INGREDIENTS

- 1 cup semi-sweet chocolate chips
- 1 teaspoon vanilla extract
- 1/2 cup butter
- 1/2 cup milk
- 2 cups white sugar
- 3 cups rolled oats (quick oats)
- 1 cup unsweetened coconut, grated (course)

MAKE THE COOKIES

- 1 Line 2 cookie sheets with parchment paper.
- 2 Combine the rolled oats and the grated coconut in a bowl. Set aside.
- 3 In a medium sized pot or saucepan, combine chocolate chips, vanilla, butter, milk and sugar.
- 4 While stirring, melt the chocolatey mixture on med heat until all the chocolate chips and butter are completely melted. Bring to a gentle boil for 1 minute while continuing to stir. Turn off the stove.
- 5 Slowly add the mixture of rolled oats and coconut to the hot chocolatey mixture. Stirring in a little at a time. Stir the mixture until all the coconut and oats are completely mixed in.
- 6 Transfer hot mixture to work area, next to your 2 cookie sheets.
- 7 Using a tablespoon, spoon cookies onto cookie sheet. If the mixture starts to stiffen up and stick to the spoon, use a second spoon to release it. Don't use your fingers as it is still very hot!
- 8 Chill in fridge for 1 hour to let cookies cool and harden. Enjoy!



DONNA BECK

3-Ingredient Peanut Butter Cookies

3 ingredient cookies: it's the no fail recipe that everyone in the family can enjoy! These treats are a breeze to make, requiring just peanut butter, sugar, and an egg.

INGREDIENTS

1 cup peanut butter

1/2 cup sugar

1 egg

MAKE THE DOUGH

- 1** Pre-heat your oven to 325° F.
- 2** In a large bowl, mix peanut butter, sugar, and the egg with large spoon until well blended.
- 3** Roll the dough into 24 balls, about 2 heaping tablespoons each.
- 4** On a baking sheet with parchment paper, place the dough balls 4 inches apart and flatten them with a fork in a criss cross pattern to be about 1/2 inch thick.
- 5** Bake for 18-20 minutes or until lightly browned (do not over bake). Cool for 5 minutes on the baking sheets then transfer them to wire racks to cool completely.
- 6** Serve the cookies on their own or with a glass of milk.



JESSICA LUTZ

“Homemade” Cookies

Everyone loves a homemade baked cookie, especially around the holidays, but finding the time to bake amongst the hustle and bustle of the holiday season can be tricky. Fear no more, I have the perfect “recipe” to ease your holiday baking stress, without creating a huge mess in your kitchen!

TO SERVE

1 fancy serving tray or plate

A glass of milk - optional

BUY THE COOKIES

- 1 Go to Safeway (any other grocery store will work, but Safeway or Sobey’s are definitely the best).
- 2 Purchase your favorite flavour of cookie.
- 3 Return home and gather your fancy serving tray and cookies.
- 4 Arrange the cookies on your tray when you bring them to any event. You can also simply enjoy them at home with a glass of milk if you wish!

HOT TIP

For added pizzazz, place cookies on a holiday cookie tray and voila; you’ve got “homemade” cookies to contribute to any gathering or celebration, mess free!



DORA MEJIA

Rice Pudding (Arroz Con Leche)

This creamy Spanish arroz con leche recipe is my mother-in-law's favorite. It's Spanish rice pudding done right!

INGREDIENTS

1 cup short grain rice -
arroz Bomba or arborio

1-2 wide slices lemon rind

1 cinnamon stick

1 teaspoon ground cinnamon

1 pinch salt

4 1/4 cups whole milk
or full-fat coconut milk

Sugar to taste

MAKE THE PUDDING

- 1** Rinse the rice under cold water, and then put it in a saucepan. Pour in enough milk to barely cover the rice, then place over medium heat.
- 2** Add the cinnamon stick and lemon rind, and stir continuously until all of the milk is absorbed.
- 3** Add the rest of the milk about a 1/2 cup at a time, stirring between each addition until all the milk is absorbed.
- 4** Once all the milk is added, taste to see if the rice is cooked to your liking. Some like it al dente, while others like it almost mushy.
- 5** When the rice is cooked, remove the rice from the heat, and add a pinch of salt and the ground cinnamon. Add the sugar a few tablespoons at a time until it is sweet enough for you.
- 6** Serve warm or cold with a garnish of cinnamon on each dish. Enjoy!



ADRIENNE SABOURIN

Fruit Salad

Create a vibrant fruit salad that's bursting with freshness and colour. This dish is a perfect snack or dessert for hot summer days, or to enjoy at any time of the year. Dive into a bowl of nature's sweetness with this simple and delicious dessert that everyone is sure to love!

INGREDIENTS

1 package vanilla instant pudding

2 cups buttermilk

500 ml tub Cool Whip

Canned or fresh fruit (peaches, frozen strawberries, mandarin oranges)

MAKE THE SALAD

- 1 In a large bowl, add the pudding, buttermilk, and Cool Whip. Beat the ingredients together to make sure they are well-combined. Set the mixture aside in refrigerator for 5 minutes to keep cool.
- 2 Once the 5 minutes has passed, drain and/or cut up any kind of canned or fresh fruit you like and mix into the creamy mixture you previously beat and make sure the fruit is coated in the mixture.
- 3 Refrigerate the fruit salad for several hours to keep fresh and then serve.



COLIN CHAMBERS

Colin's Chocolate Crinkle Cookies

Chocolate crinkle cookies have become a holiday staple for my family, but they're also great any time of year. They're cake-like cookies made with unsweetened cocoa powder, vegetable oil, and a handful of other pantry staple ingredients.

INGREDIENTS

- 2 cups white sugar
- 1 cup unsweetened cocoa powder
- 1/2 cup vegetable oil
- 4 large eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup confectioners' sugar

MAKE THE DOUGH

- 1 Gather ingredients.
- 2 Mix sugar, cocoa, and oil together in a medium bowl. Beat in eggs, one at a time, until combined. Stir in the vanilla.
- 3 Combine flour, baking powder, and salt in another bowl. Gradually stir flour mixture into the cocoa mixture until thoroughly mixed. Cover dough and refrigerate for at least 4 hours.
- 4 Preheat the oven to 350° F. Line two cookie sheets with parchment paper.
- 5 Roll or scoop chilled dough into 1-inch balls. Coat each ball in confectioners' sugar and place 1 inch apart on the prepared cookie sheets.
- 6 Bake in the preheated oven for 10 to 12 minutes. Let stand on the cookie sheet for a few minutes before transferring to wire racks to cool.
- 7 Repeat steps 4 and 5 to make the remaining batches. Enjoy!



KYLIE ROBINSON

Delicious Apple Nachos

Indulge in a delightful twist on classic nachos with sweet, crisp apple! This decadent, crunchy and utterly delicious treat is perfect for satisfying your cravings in a fun way. A quick dish, perfect for a snack or even a healthier dessert option when you're wanting to add some more fruit to your day.

INGREDIENTS

1 Fuji apple, (or slicing apple of your choice), cut into 32 thin slices

1/4 cup smooth peanut butter, melted

1/4 cup semi-sweet chocolate chips, melted

1 handful of chocolate chips
(I use a combination of mini semi-sweet chips and regular sized dark chocolate chips), for sprinkling

MAKE THE NACHOS

- 1 Slice the apple and arrange the slices on a plate.
- 2 Melt the peanut butter and chocolate separately in bowls. You can do this in a double boiler method or microwave them at 20 second intervals.
- 3 Drizzle the melted peanut butter and chocolate over the apple slices with a spoon.
- 4 Sprinkle a handful of chocolate chips over the plate as topping.
- 5 Serve immediately and enjoy!



NANCY FROST

Nancy's Banana Bread

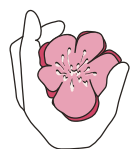
Savour the heartwarming goodness of this banana bread, made with love and the best ingredients. This moist and flavorful treat is a delightful blend of ripe banana with a touch of sweetness. Dig into a freshly made loaf and share the love with each delicious bite.

INGREDIENTS

1/2 cup butter, softened
1/2 cup sugar
2 eggs
2 ripe bananas
2 cups flour
1/2 teaspoon salt
1 teaspoon baking soda
1 cup chocolate chips

MAKE THE BATTER

- 1 Preheat the oven to 350° F.
- 2 In a medium bowl, mash the bananas with a fork. Mix in the butter and sugar until smooth. Add the eggs and mix well to combine all wet ingredients.
- 3 In a large bowl, add the flour, salt, and baking soda. Mix well.
- 4 Pour the wet ingredients into the dry mixture and mix to combine.
- 5 Grease a loaf pan and then pour the batter into it. Bake in your preheated oven for 1 hour until a toothpick is inserted into the bread and it comes out clean.
- 6 Let cool out of the oven. Slice the bread and spread a bit of butter over the slice to serve (if you like).



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