



THE HIVE PRESENTS:

Free Breakfast and Lunch Program

COOKBOOK

A collection of our
favourite recipes
from the 2023-
2024 year

3rd edition of an annual
tradition

Dedication

This cookbook is dedicated to Elisabeth Goodhue and Tony Nguyen, the best kitchen support the world has ever seen. We would be nothing without your hard work, dedication, kind hearts and occasional well-timed prank.

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Land Acknowledgement

We would like to begin by acknowledging that Concordia University is located on unceded Indigenous lands. The Kanien'kehá:ka Nation is recognized as the custodians of the lands and waters on which we gather today. Tiohtià:ke/Montréal is historically known as a gathering place for many First Nations. Today, it is home to a diverse population of Indigenous and other peoples. We respect the continued connections with the past, present and future in our ongoing relationships with Indigenous and other peoples within the Montreal community.

About HFL/B

The Hive Free Breakfast & Lunch Program offers a free, vegan, nut-free breakfast & lunch every school day at the Loyola campus. The Hive FB/LP provides an essential service to students, faculty, and staff on Loyola campus, which is a food desert with very few dining options. The FB/LP aims to provide quality, nutritious food, while creating a sense of community within its space. The Hive Cafe Co-op is able to provide this free meal program thanks to funding from the Concordia Student Union and an Arts and Science Faculty Fee Levy.

About the Team



ALANNA SILVER- PROGRAM COORDINATOR

An alumni of Concordia, Alanna is passionate about fighting food insecurity and reducing food waste. Her favourite breakfast this year was the yachaejeon, and when she's not at the Hive she's probably working on her vegetable garden, trying out a new hobby, or out exploring new places and trying new foods.

JUSTIN KREIGER- LUNCH COORDINATOR

As an Alumni of Concordia, Justin has very much enjoyed giving back to the next generation of students who frequent the Hive FBLP. He is a firm advocate of knowing and informing people where food comes from ie: local, (inter)national. He is still taking french classes in the evenings and enjoys doing fibre arts in his spare time.



NICK RYAN- BREAKFAST COORDINATOR

A 2011 graduate of the Communications program and currently back at Concordia studying Therapeutic Recreation, Nick took a detour into the culinary world in the decade plus since first attending Concordia. Nick enjoys highlighting how delicious and comforting vegan food can be. Outside of Loyola life Nick can be found in the company of his two cats if he isn't outside enjoying nature.



Notes

COOKING ABBREVIATIONS

TSP..... Teaspoon
TBSP.....Tablespoon
C.....Cup
LB.....Pound
G.....Gram
F.....Fahrenheit

YIELD GUIDELINES

1 C. Lentils = 2.25 C. Cooked
1 C Black beans = 2 C. Cooked
1 C. Arborio Rice = 3 C. Cooked
1 C. Quinoa = 3 C. Cooked
1 C. Chickpeas = 3 C. Cooked

VEGAN V. NON-VEGAN

All the ingredients in this cookbook are vegan,
but it is possible to use non-vegan equivalents.
Feel free to substitute as you wish.

Flax eggs

SERVES: 1 recipe

PREP TIME: 10 minutes

COOKING TIME: 0

READY IN: 10 minutes

INGREDIENTS:

1 tbsp ground
flaxseed
3 tbsp liquid of
choice*



DIRECTIONS:

1. Grind flax seeds in a spice grinder. Add to a bowl, add liquid, stir.
2. Before starting any recipe that calls for flax egg, first make the flax egg mixture and set aside for a few minutes. The flax will start to thicken up the liquid.
3. If converting a recipe that calls for standard eggs, be wary when subbing for flax eggs. I have noticed that the ratio of flax to water is sometimes closer to 1:2 or 1:1

NOTES:

Flax eggs can be used as a general thickener or in place of eggs when veganizing recipes.

*Don't be afraid to use plant milk or fruit juice in place of water if it fits your recipe!

Banana bread

SERVES: 12

PREP TIME: 20 minutes

COOKING TIME: 20 minutes

READY IN: 45 minutes

INGREDIENTS:

1 cup mashed ripe
bananas
1/4 cup plant-based milk
1/3 cup vegetable oil or
melted vegan butter
2 flax eggs
2 cups all-purpose flour
1/2 cup sugar
1 tsp baking soda
1/2 tsp salt
3/4 cup chocolate chips

NOTE:

This banana bread can be made ahead of time and frozen so that you have breakfast for your whole week!



DIRECTIONS:

1. Preheat oven to 375F. Prepare loaf pan or muffin tin.
2. Mix together 2 flax eggs and set aside.
3. Combine dry ingredients: the flour, sugar, baking powder and salt in a bowl.
4. In a separate mixing bowl, combine the mashed bananas, milk, vegetable oil and flax eggs.
5. Add the dry ingredients to the wet mix, mix lightly.
6. Stir in the chocolate chips & finish mixing, being careful not to over mix.
7. Scoop batter into prepared loaf pan or muffin tins.
8. For a loaf pan: Bake for 20 minutes, rotate pan and bake for another 20 minutes. For muffins: Bake for 10 minutes, rotate pan and bake for another 10 minutes. Use a toothpick to check that the batter is fully cooked inside.
9. Remove and cool. Store in an airtight container, best consumed within a few days.

Yachaejeon

SERVES: 1-2

PREP TIME: 10 minutes

COOKING TIME: 20 minutes

READY IN: 30 minutes

INGREDIENTS:

2-3 cups veggies sliced
into matchsticks

3/4 cup flour

1/2 tsp salt

3/4 cup water

Pinch of ground turmeric
(optional)



DIRECTIONS:

NOTE:

When we made this for the free breakfast we used carrot, green onion, mushrooms, sweet potato, pepper and onion. However you can use any vegetable- its a great way to clear out your fridge and reduce food waste!

1. Slice your veggies.
2. In a medium sized bowl, add your flour, salt, turmeric, and mix. Add your water, whisk together until a batter forms. Add your sliced veggies to the batter.
3. Heat a frying pan on medium heat with a splash of oil. Once the pan is hot, add a couple scoops of the batter until it forms a large pancake. Fry until crispy and golden, flip and fry the other side until cooked through.
4. Serve warm. This pancake can be prepped ahead of time and reheated for a quick breakfast on the go!

Homemade granola

SERVES: 2-4

PREP TIME: 5 minutes

COOKING TIME: 20 minutes

READY IN: 25 minutes

INGREDIENTS:

1/4 cup brown sugar
1 tsp cinnamon
1 tsp salt
1/3 cup maple syrup
1 tsp vanilla extract
1/4 melted coconut oil
5 cups of oats
OR
3 cups of oats &
2 cups sunflower seeds
(or any seeds of your
choice)

Suggested mix-ins

1/2 cup chocolate chips
1/2 cup chopped dried
fruit

NOTE:

This recipe can be
made ahead of time
and eaten as a snack,
cereal or on top of
oatmeal!



DIRECTIONS:

1. Preheat your oven to 350F.
2. Line a pan with parchment paper.
3. In a bowl, combine oats, seeds (if using), brown sugar, cinnamon and salt.
4. Pour in maple syrup, vanilla extract and oil. Stir to combine.
5. Spread evenly on your prepared baking sheet. The more the mixture is a singular mass, the bigger the chunks you'll get.
6. Bake for 10 minutes, then remove, add your mix-ins and gently combine, being careful to press the mixture back down onto the pan after.
7. Bake for another 10-15 minutes, until golden brown.
8. Remove from oven, let cool in pan for 45 min to 1 hour

Carrot cake muffins

SERVES: 12

PREP TIME: 20 minutes

COOKING TIME: 20 minutes

READY IN: 1 hour

INGREDIENTS:

1.5 cups flour
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp ground ginger
2 flax eggs
1 cup packed, grated
carrot
1/2 cup oil
1 tsp vanilla
1 tsp apple cider vinegar

NOTE:

This muffin
recipe is
perfect on a fall
morning!



DIRECTIONS:

1. Turn oven to 350F.
2. Mix flax eggs in a small bowl and set aside for a few minutes.
3. Add flour, baking soda, baking powder, salt, and spices to a large bowl, mix with whisk until combined.
4. Add the remaining ingredients to the dry mix.
5. Mix carefully until a "shaggy" texture is achieved. Be sure to not over mix!
6. Let batter rest for 5-15 minutes-Overnight in the fridge is even better!
7. Scoop batter into prepared muffin tins.
8. Bake for 20-30 minutes, rotating every 10 minutes.

Breakfast burritos

SERVES: 4-8

PREP TIME: 1 hour

COOKING TIME: 30 minutes

READY IN: 1.5 hours

INGREDIENTS:

2 cups leftover cooked rice
1 block extra firm tofu
1 red bell pepper
1 large onion
1/4 head of cabbage
2 sweet potatoes
wheat flour tortillas
A few drops liquid smoke (optional)
1 tbsp cumin
1 tsp chili powder
hot sauce (optional)
Oil for cooking
Salt and pepper to taste

TOFU MARINADE:

1 tbsp soy sauce
1 tsp garlic powder
1 tbsp maple syrup

NOTE:

These burritos can be prepped, frozen and reheated quickly for a easy weekday breakfast!



DIRECTIONS:

1. Set oven to 350F. Cut block of tofu in half horizontally, then cut into strips roughly 1/2 cm thick.
2. In a bowl, make marinade. Add the tofu strips and gently toss to coat with the liquid.
3. Wash sweet potatoes and cut into 1" cubes. Toss with a few tbsp of oil. Place tofu and sweet potato on a baking tray and bake for 15 minutes, remove tofu, bake potato for another 10-15 minutes or until soft.
4. Sauté remaining vegetables for a few minutes until softened. Add cumin and chili powder and fry for another 5 minutes. Toss in cooked rice and mix. Cook for a few minutes, stirring constantly.
5. To assemble: Start with scoop of rice/veg mixture. Add a slightly smaller amount of sweet potato chunks. Add 2-4 tofu strips. Drizzle with hot sauce of choice. Wrap burrito tightly.
6. In a dry pan, toast wrapped burritos over medium heat on either side until golden brown and crunchy.

Squash and pea risotto

SERVES: 2-4

PREP TIME: 1 hour

COOKING TIME: 20 minutes

READY IN: 1.5 hours

INGREDIENTS:

3 cups vegetable stock
2 golden beets cooked
whole, peeled and diced
2 cloves garlic
1 onion, diced
 $\frac{3}{4}$ cup arborio rice
2 tbsp white wine
vinegar
3 tbsp nutritional yeast
 $\frac{1}{2}$ cup frozen peas
3 tbsp canola oil
1 tsp turmeric

NOTE:

This meal makes a
cheap and easy lunch
or dinner, and the
leftovers taste even
better!



DIRECTIONS:

1. Bring vegetable stock to a boil in a saucepan.
2. While the stock is heating up, heat vegetable oil and add onion, garlic and sauté in a separate saucepan until translucent.
3. Add the arborio rice, turmeric and stir for about one min to make a light nutty aroma (do not brown).
4. Add white wine vinegar to deglaze and stir until it has been absorbed by the rice.
5. Add one ladle of veggie stock at a time waiting in between each addition until the rice has absorbed it and repeat this process until rice grains are tender without being crunchy and the dish is creamy.
6. Add diced beets, peas and season to taste with nutritional yeast, salt and pepper.

Homemade flatbread

SERVES: 4

PREP TIME: 2 hours

COOKING TIME: 30 minutes

READY IN: 2.5 hours

INGREDIENTS:

2 cups AP flour (plus extra as needed)
3/4 tsp (1 packet)
instant dry yeast
3/4 cup warm water
1 tbsp oil (plus extra as needed)
1/2 tbsp sugar
1/2 tsp salt

NOTE:

These flatbreads go great with our lentil eggplant stew!



DIRECTIONS:

1. In a medium bowl mix together oil, sugar, water, and yeast. In another medium bowl mix together flour, and salt.
2. Add the wet mixture to the dry mixture and mix with a wooden spoon until a loose dough is formed and no flour crumbs are on the bottom of the bowl. Dough should be soft. Let rest for 1-2 hours until almost double in size.
3. Fold a few times and shape into a ball with a small amount of oil.
4. Using flour, divide into six pieces and roll into balls, then while a pan is heating up on medium heat, roll the balls into a thin circle.
5. Cook like a pancake- flip after bubbles rise to the top, flip and finish cooking taking care that the centre is cooked.

Lentil and eggplant stew

SERVES: 2

PREP TIME: 10 minutes

COOKING TIME: 20 minutes

READY IN: 30 minutes

INGREDIENTS:

4-5 tbsp olive oil
1 onion (small diced)
4-6 cloves garlic
(minced)
2 medium sized eggplant
(diced to bite sized
pieces)
1 tbsp cumin
1 tsp coriander
1 tsp chili flakes
320g (1 1/2 cups) brown
lentils (rinsed)
3 1/2 cups water
1 1/4 cups pomegranate
juice
1 tbsp flour
2 tbsp tahini
Parsley and pomegranate
seeds for garnish

NOTE:

This recipe goes
perfectly with our
flatbread recipe!



DIRECTIONS:

1. Sauté garlic until lightly caramelized and add diced onion and sauté until translucent in a large saucepan.
2. Add lentils and water to onions and bring to a boil then reduce to a simmer until they start to soften.
3. Add spices and eggplant to pan and cover and cook on low/medium until eggplant is soft - approx. 15 - 20 min.
4. In separate bowl whisk pomegranate juice, tahini, flour and add to the pan and stir till thickened for about 5 min.
5. Optional: garnish with chopped parsley, fresh pomegranate seeds and serve with flatbread.

Kale caesar

SERVES: 2-4

PREP TIME: 15 minutes

COOKING TIME: 15 minutes

READY IN: 30 minutes

INGREDIENTS:

1 bunch kale (peeled, washed and cut into bite sized pieces)

1 small head napa cabbage (cut into bite sized pieces)

1 head cauliflower (cut into bite sized florets)

1/2 red onion (sliced thinly)

1 roma tomato (diced)

1/2 cucumber (diced)

1 cup red lentils
croutons of choice
vegan parm cheese
topping

NOTE:

This was the most popular salad we made in 2023/24!



DIRECTIONS:

1. Bring a large pot of water to boil and cook red lentils like a pasta. Strain when tender and whole but not falling apart. Cool. In the meantime, chop veggies for the salad.
2. Make salad dressing (see next page).
3. Assemble all veggies, lentils and croutons in a bowl and dress liberally.
4. Top with seed topping (if using) and serve.

Seed topping & Salad dressing

SERVES: 2-4

PREP TIME: 5 minutes

COOKING TIME: N/A

READY IN: 5 minutes

INGREDIENTS:

1/2 cup sunflower
seeds soaked
1 lemon (zest and
juice)
3/4 cup olive oil
2 tbsp capers
1/4 cup red wine
vinegar
1 tbsp dried oregano
1/2 tbsp dried basil
salt & pepper to
taste

INGREDIENTS:

1 cup sunflower seeds,
roasted and salted
1/4 cup nutritional yeast
1 tsp salt
1 tsp garlic powder
1 tsp dried parsley
(optional)

SALAD DRESSING DIRECTIONS:

1. Soak sunflower seeds 8 hours or overnight to soften them. After soaking, strain to remove excess water.
2. Place seeds and all other ingredients in a blender and blend till smooth. Season to taste.

SEED TOPPING DIRECTIONS:

1. Add all ingredients into a blender or mortar and pestle, grind until blended. It should resemble powdered parmesan cheese.
2. Sprinkle over Kale Caesar or store in a container in the fridge for up to a month.

NOTE:

Feel free to add whatever other herbs and spices you want to your seed topping. It is intended to be used with our kale caesar but goes great on top of other salads, pasta or soup.

Spaghetti lentil bolognese

SERVES: 2

PREP TIME: 15 minutes

COOKING TIME: 45 minutes

READY IN: 1 hour

INGREDIENTS:

1 onion, peeled and diced
1 cup mushrooms, washed and chopped
1/2 cup sunflower seeds, chopped
2 small carrots, chopped
2 stalks of celery, chopped
1/4 cup olive oil
4 cloves of garlic, peeled and minced
1/4 cup white wine (optional)
1 can diced tomatoes (28oz)
1 1/2 tsp salt
1/2 tsp nutmeg
1 bay leaf
2/3 cup red lentils

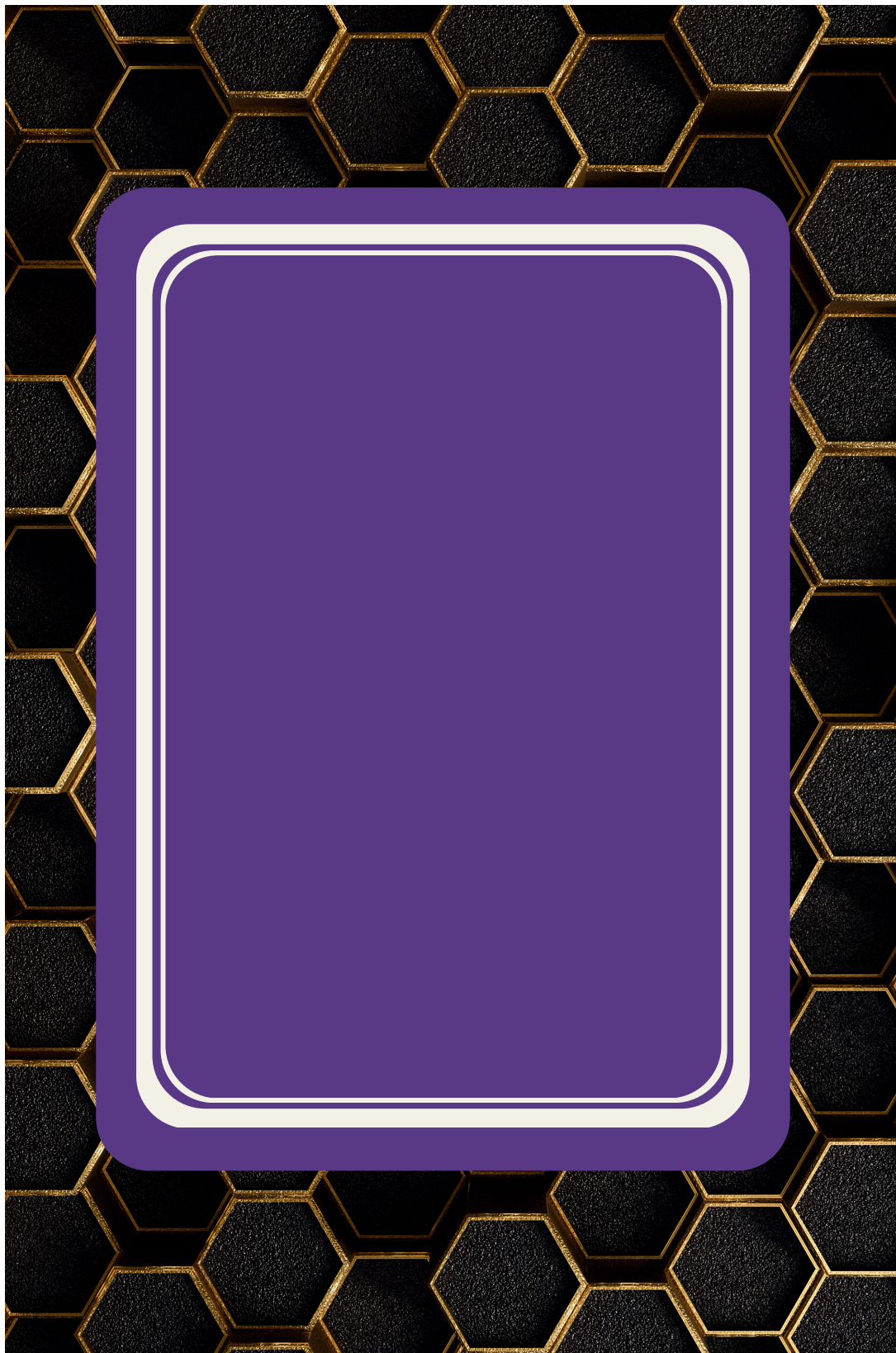
NOTE:

This sauce tastes great on any kind of pasta!



DIRECTIONS:

1. Heat large pot on medium heat with olive oil. Dice onions, mushrooms, garlic and sunflower seeds and add to the pot. Sauté until cooked through, stirring every minute or so.
2. Add white wine (if using) to the pot, let cook down to 1/2 while scraping the brown bits off the bottom of the pan (this is deglazing).
3. Add carrots, celery, tomato, salt, spices, lentils and water. Simmer for 45 minutes or until everything is soft, stir every few minutes so nothing burns to the bottom. Season according to taste.
4. When the sauce is close to done, boil water to cook your pasta according to package directions. Plate your pasta, add sauce on top, and serve.



Try our recipes at home!

Now you can enjoy your favourite
vegan breakfast and lunch recipes
at home! Easy, nutritious and
delicious recipes for breakfast,
lunch, or dinner.