

# BAKE WITH COMPASSION

## FUNDRAISE FOR FARM ANIMALS

### INSIDE

16 compassionate  
recipes for humans  
and 2 for dogs!

Turn to page 11  
for Easy Vegan  
Brownies by  
Loving It Vegan

# Welcome to **BAKE WITH COMPASSION**

Thank you so much for becoming a Compassionate baker!

The following pages contain all the information you need to **BAKE WITH COMPASSION** and **FUNDRAISE FOR FARM ANIMALS**, including 18 delicious recipes donated by our celebrity and influential supporters!

No matter how big or small your event is, Compassion's Supporter Engagement Team is here to help you to make it a huge success!



If you need any further information, or would like materials to help make your event even more memorable than the food you'll be selling, or even have your own recipes you'd like to share with us, please don't hesitate in getting touch!

## **CONTACT US**

**CALL 01483 521 953**

(lines open Monday to Friday, 9am to 5pm)

## **EMAIL**

**supporters@ciwf.org**

## **WEB**

**ciwf.org.uk**

## **WRITE**

Supporter Engagement Team Compassion  
in World Farming River Court Mill Lane  
Godalming Surrey GU7 1EZ



# Factory farming is the single biggest cause of animal cruelty on the planet.

Besides the devastating impact it has on billions of farm animals, it is threatening human health, wildlife and the climate. Urgent action is required and solving a problem on this scale needs a lot of powerful people – **like you**.

## WHY HELP COMPASSION IN WORLD FARMING?

**Compassion is the leading specialist organisation for farm animal welfare worldwide.**

We are different to other organisations in the animal welfare sector in many ways:

- We were founded in 1967 by a British dairy farmer, Peter Roberts, who became horrified by the development of modern, intensive farming, and the suffering it caused animals.
- From the very beginning, we linked, through scientific evidence, the negative impact factory farming had on climate change, biodiversity loss and human health.
- We are present in the factory farming 'hotspots' of the world: from the UK, right across Europe; China, the US and South Africa.

## TOGETHER, WE GET THINGS DONE

**The generosity and actions of compassionate people like you have always been the backbone of the fight against factory farming. Because of you, we can:**

- **Investigate** and expose the reality of modern intensive farming systems; and bring the plight of farm animals to the attention of the world's media.
- **Lobby** for – and **win** – political legislation to protect farm animal welfare. Compassion was the driving force behind EU laws that recognise animals as being sentient beings, ban the use of barren battery cages for hens, and ban the use of veal crates and sow stalls.
- **Work with** some of the world's biggest food companies - retailers, producers and manufacturers - towards a more ethical and sustainable food supply.

## HOW BAKING WITH COMPASSION MAKES A DIFFERENCE

There are many challenges ahead to achieve our goal of ending factory farming and realising our vision of a world where all farm animals are treated with compassion and respect. By Baking with Compassion, you will be:

- **Raising vital funds** in support of all the work we must do – you will literally be helping us improve the lives of billions of farm animals!
- **Spreading the Compassion message** about the cruelty of factory farming, and the widespread damage inflicted on the environment and human health.
- **Raising awareness in your community** about how delicious food can also be cruelty free!

### Did you know?

The majority of farm animals are factory farmed worldwide – which is tens of billions of animals every year.



# Tips and hints ORGANISING YOUR EVENT

## PLAN

We have produced a whole 'host' of downloadable materials (such as posters and invitations) for you to advertise your fundraising event on social media, on community boards, in your local press, and in your workplace. Just visit **ciwf.org.uk/bake** to download!

Here are some event ideas to get you started, and if you have any more, please do share them with us!

**Dinner party:** Host your own 'Come Bake with Me' dinner party, and ask for a suggested donation to attend.

**Garden party:** Summer is the perfect time to host a garden party, and afternoon tea parties are a great cheer-me-up if the weather is bad. Just invite your friends and family and decide on a suggested donation for attending.

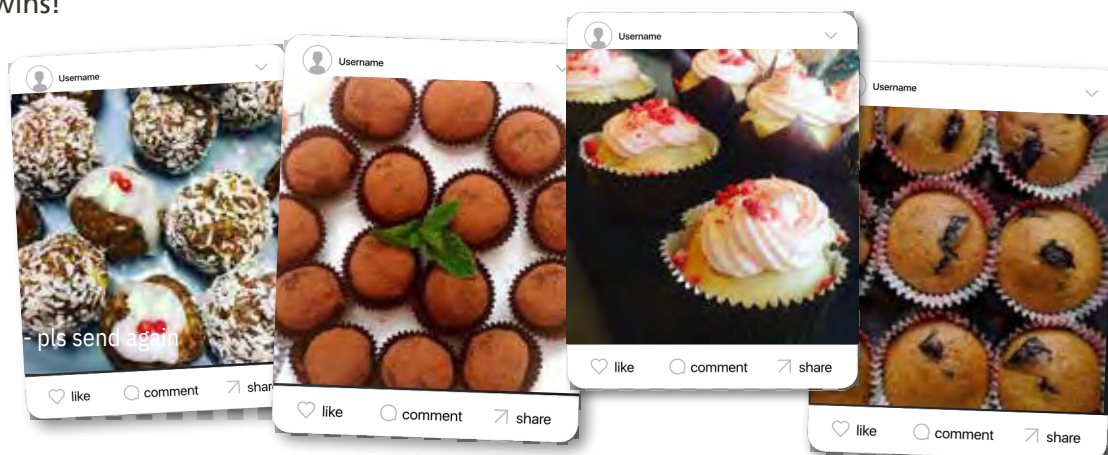
**Bake sale:** Arrange a bake sale at your school or place of work, or sign up to a Christmas fayre or summer fête in your area. Then sell your Compassionate sweets and savouries in aid of farm animals on a Compassion themed stall.

**Bake off:** Challenge your friends, family or co-workers to a cooking competition in the style of the Great British Bake Off. Charge an entry fee as a donation for attending, or charge per slice – and everyone wins!

**Cookery class** Confused about choosing compassionate ingredients? All you need to know is in this guide, so why not hold a 'how to Bake with Compassion' class with your friends (for a suggested donation) - then enjoy the tasty results at the end!

## SPREAD THE WORD

As well as using social media to promote your event, it's also a great way to showcase your bakes. Use the hashtag **#bakewithcompassion** or email us your photos and we can share them to celebrate your successes – and epic fails!!



@farm.animals



@ciwf



@ciwf





#### Did you know?

Agriculture is one of the principal causes of deforestation<sup>1</sup>, species extinction and biodiversity loss globally.<sup>2</sup>

## COLLECT AND DONATE

Collect your donations and store in a safe place during your event. When your farm animal fundraiser is complete, it's time to count the takings (and have a slice of cake!). The securest way to send the total donation is to deposit it in your own account and transfer to Compassion in any of the following ways:

**ONLINE** using your credit or debit card at [ciwf.org.uk/bake](http://ciwf.org.uk/bake)

**CHEQUE** (made payable to CIWF) to our HQ address (page 2)

**PHONE** 01483 521 953 (lines are open 9am to 5pm, Monday to Friday)

### ONLINE FUNDRAISING

Simply set up your own fundraising page selecting Compassion in World Farming as the charity, just visit **JustGiving** or **Virgin Money Giving**.

#### Did you know?

Animals on factory farms often inflict injuries to each other out of boredom, frustration and stress.<sup>3,4</sup>

## WE'RE HERE TO HELP

Remember, no matter how big or small your event is, Compassion's Supporter Engagement Team is here to help you to make it a huge success! We are here to:

- Offer you advice on how to plan your event
- Promote your event through our social media
- Provide you with information about Compassion's work and the welfare issues for all farm animals
- Provide you with Compassion materials for your event, from collecting tins to stickers and leaflets

**EMAIL:** [supporters@ciwf.org](mailto:supporters@ciwf.org)

**TEL:** 01483 521 953

(lines open Monday to Friday, 9am to 5pm)

# How to **BAKE WITH COMPASSION**

We have created this short guide to make it easier for you to shop compassionately for your ingredients, whether you choose to bake with eggs, dairy or plant-based alternatives.

## HIGHER WELFARE PRODUCTS

Choosing higher welfare animal products can be tricky due to confusing and misleading food labels. Here's a quick explanation of what to look for.

### Organic

Organic provides the highest potential standards of farm animal welfare in terms of eggs and dairy. Organic farms limit their use of chemical fertilisers or pesticides and the animals can go outside for part, or all, of their lives.

### Free range

Free-range farm animals can go outside for at least part of their lives. A varied environment allows them to be more active and exhibit more of their natural behaviours.

### Higher welfare indoor

Higher welfare indoors means the animals do not have access to the outside world, but they do have a better quality of life than in intensive factory farms, with more space and enrichment materials.

## PLANT-BASED ALTERNATIVES

Baking with plant-based ingredients may sound difficult, but it's actually very easy and yields egg-cellent results! Plus it supports a sustainable and ethical food system.



## HIGHER WELFARE INGREDIENTS: EGGS

Organic schemes such as Soil Association are the best in terms of animal welfare for laying hens, followed by free range schemes like RSPCA Assured. In both systems, hens live in sheds but can also go outside during daylight hours, where they often have trees and shrubs for shelter.

Organic hens are also farmed in smaller flocks, given extra space, and their beaks are not usually trimmed. All eggs must be stamped with a code to specify the method of production. Look at the first number in the code on the egg: 0 = Organic, 1 = Free-range, 2 = Barn, 3 = Caged.

### Farming Method

0 = Organic  
1 = Free Range  
2 = Barn  
3 = Cage

### Country of Origin

e.g. UK

OUK12345

### Farm ID

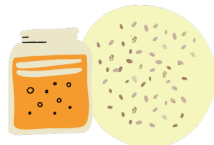
A specific code denoting the actual farm where your eggs were produced

## PLANT-BASED ALTERNATIVES TO EGGS

Replacing eggs in baking is surprisingly simple, and there are a variety of easily accessible ingredients you can swap them out for!



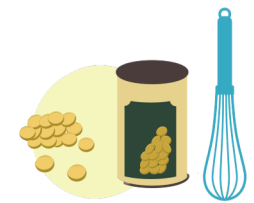
**Banana (ripe, mashed):** half a banana replaces one egg. Good for: pancakes, cakes, brownies and muffins.



**Chia seeds:** 1 tbsp of chia seeds with 3 tbsp of water, set aside for a few minutes. This replaces one egg. Good for: pancakes, muffins and oatly cookies.



**Applesauce:** one quarter of a jar of applesauce to replace one egg. Good for: brownies, muffins, cookies and cakes.



**Aquafaba (chickpea brine):** Drain a can of chickpeas and retain the brine. Add the brine to a mixer and beat until stiff peaks form. Good for: meringues.



**Ground flaxseed:** combine 1 tbsp of flax meal with 3 tbsp of water and set aside for a few minutes. This replaces one egg. Good for: pancakes, muffins and oatly cookies.



**Silken tofu:** One quarter of a cup (~240ml) replaces one egg. Good for: cheesecakes.



**Egg replacer:** Follow the instructions on the packet. Good for: recipes which require 4+ eggs.

### Did you know?

An estimated additional two billion people could be fed if we halved global consumption of grain-fed animal products.<sup>5</sup>



## HIGHER WELFARE INGREDIENTS: DAIRY



When it comes to buying dairy products, organic schemes, such as Soil Association, are the best widely available choices for animal welfare.

Pasture Promise Free Range and RSPCA Assured are also good for animal welfare but are less commonly found. These schemes mean that cows have access to pasture in the grass-growing season and they are less crowded when they are inside.

## PLANT-BASED ALTERNATIVES TO DAIRY

Dairy replacements are readily available and are easy to use!



### Milk replacement

There are many plant-based milks available for you to choose from, including oat, soy, almond, hemp, rice, coconut and so on! (Tip: Be sure to use unsweetened versions when baking savoury dishes!)



### Buttermilk replacement

Combine ~240ml of plant-based milk with 2 tbsp apple cider vinegar or lemon juice and allow this to sit for several minutes. This yields one cup of buttermilk.



### Butter replacement

Vegetable oil of your choice in a one to one ratio.

You could also use a plant-based margarine or spread!



### Cream replacement

Coconut cream in a one to one ratio.

Or, many brands make their own plant-based creams which can also be used in a one to one ratio.




# RECIPES

We would like to say a huge THANK YOU to all the featured bakers for kindly allowing Compassion to include their amazing recipes in this guide.

All the delicious recipes included are made with higher welfare or plant-based ingredients.

## TIME TO BAKE A DIFFERENCE FOR FARM ANIMALS!



Turn to page 17  
for the Fluffy  
Lemon Cake recipe  
by The Tasty K

**10 SWEET TREATS**

**23 SAVOURY SNACKS**

**26 PAW-SOME NIBBLES**








Evanna Lynch

# CHERRY CAKE

BY EVANNA LYNCH

EGG FREE,  
DAIRY FREE,  
VEGAN

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 [www.instagram.com/msevylynch/](https://www.instagram.com/msevylynch/)

 [www.twitter.com/evy\\_lynch](https://www.twitter.com/evy_lynch)



15 MINUTES



45 MINUTES

## INGREDIENTS

### For the cake:

- 200g self-raising flour • 150g ground almonds • 200g coconut sugar • 1 tsp baking powder • 120ml coconut oil (melted) • 300ml unsweetened soy milk • 1 tbsp apple cider vinegar • 1½ tsp almond/vanilla essence • 200g cherries (or as many as

you like)

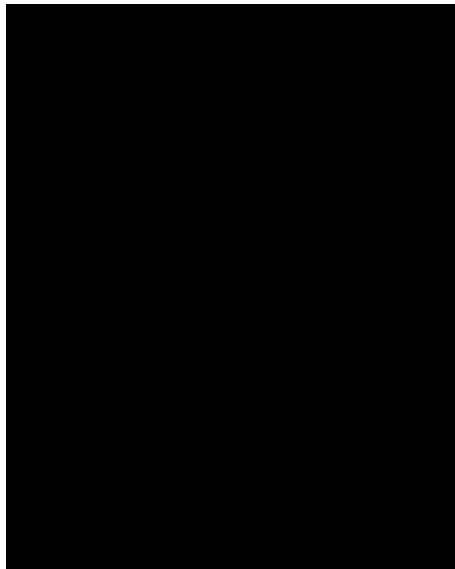
### For the icing:

- 1-1½ cups of icing sugar
- 1 tsp lemon juice
- 1 tbsp soy milk

## METHOD

1. Preheat oven to 180°C.
2. Line a cake tin with coconut oil and parchment paper.
3. Sieve flour, coconut sugar and baking powder into a bowl.
4. Add ground almonds. Stir to combine.
5. In a separate bowl, add melted coconut oil, soy milk, apple cider vinegar and vanilla essence. Whisk together.
6. Create a well in your dry ingredient bowl and gradually pour in wet ingredients, stirring in between.
7. Gently fold ingredients.
8. Add cherries.
9. Pour batter into tin.
10. Put in oven for 45 minutes.
11. Sieve icing sugar into a bowl. Add lemon juice and add 1 tsp soy milk. Whisk until silky.
12. Test centre of cake with a toothpick to see if it comes out clean.
13. When ready, remove from baking tin. Allow to cool for 1 hour.
14. Pour icing onto the centre of the cake, using a spatula to spread over the top. Sprinkle on the flaked almonds.





Alison Andrews



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# SIMPLE BROWNIES

BY LOVING IT VEGAN

EGG FREE,  
DAIRY FREE,  
NUT FREE,  
VEGAN



20 MINUTES



40 MINUTES

## INGREDIENTS

- 250g all-purpose flour
- 86g cocoa powder (unsweetened)
- 400g white sugar
- 1 tsp baking powder
- ½ tsp salt
- 240ml vegan buttermilk (see step 4 opposite)
- 240ml vegetable oil of choice
- 1 tsp vanilla extract
- 1 tbsp instant coffee powder

### For Serving (optional):

- Vegan whipped cream or vegan vanilla ice cream
- Melted vegan chocolate

## METHOD

1. Preheat oven to 180°C.
2. Spray a square 9x9" baking dish with non-stick oil and line with parchment paper.
3. Sift flour and cocoa powder into a mixing bowl and add sugar, baking powder and salt.
4. Prepare a batch of vegan buttermilk: add some lemon juice to a measuring jug, then add soy milk up to the 1 cup line (you can also use almond milk for this step). Let it curdle.
5. Add the vegan buttermilk to the mixing bowl, along with the instant coffee powder, some vegetable oil, vanilla, and mix in.
6. Pour out into your prepared baking dish and smooth down with the back of a spoon. The batter will be very thick.
7. Bake for 35-40 minutes or until a toothpick inserted into the centre comes out mostly clean. Moist crumbs are okay but wet batter is not!
8. Allow to cool before cutting into squares.



Parkash Bains

# GLUTEN FREE LEMON CRANBERRY LOAF

BY PARKASH BAINS

VEGETARIAN  
GLUTEN FREE  
NUT FREE



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[www.globalvegetarian.ca/](http://www.globalvegetarian.ca/)



20 MINUTES



55 MINUTES

## INGREDIENTS

- ½cup (approx. 113g) organic organic butter at room temperature
- 1cup (approx. 201g) white sugar
- 3large free range eggs (room temperature)
- 2tbsp lemon zest (from 1 large lemon)
- 1 tbsp lemon juice
- 2 tsp vanilla
- 1½ cups (approx. 180g) gluten free flour (or use **Parkash's gluten free flour blend**)
- ¼ tsp sea salt
- ¼ tsp baking soda
- ¼ tsp baking powder
- 1 tsp xanthan gum
- ½ cup (approx. 140g) organic low fat Greek yogurt (room temperature)
- ½cup (approx. 60g) dried cranberries

## METHOD

1. Preheat oven to 160°C.
2. Grease a 8x4" loaf pan with butter, and dust with gluten-free flour. Or line with parchment paper.
3. Place softened butter and sugar in a large mixing bowl. Beat with an electric mixer until light and fluffy, about 3 minutes.
4. Add eggs one at a time, beating after each addition and scraping down the sides of the bowl.
5. Beat in lemon zest, lemon juice and vanilla.
6. In a separate, smaller bowl, whisk together gluten-free flour, salt, baking soda, baking powder and xanthan gum.
7. Add this flour mixture to the butter mixture, alternating with the Greek yogurt, mixing it at low speed until blended (starting and ending with flour). Stir in cranberries.
8. Scrape batter with a rubber spatula into prepared loaf pan. Level the batter. Sprinkle a layer of desiccated coconut evenly on top.
9. Put in oven for 55-60 minutes until top of loaf is a nice light golden colour. Test centre of cake with a toothpick to see if it comes out clean.
10. Allow to cool in tin for 15 minutes.
11. Run a dull knife around the edges. Invert onto wooden board and allow to cool at room temperature before cutting into slices.
12. Top with desiccated coconut





Kate Ford



[www.instagram.com/realKate1/](https://www.instagram.com/realKate1/)



[www.twitter.com/kateford76](https://www.twitter.com/kateford76)



## BANANA & WALNUT LOAF

BY KATE FORD

VEGETARIAN



30 MINUTES



40 MINUTES

### INGREDIENTS

- 90g organic butter
- ½cup (approx. 67g) granulated or brown sugar
- 1 free range egg
- 1 large banana
- 1 tsp lemon juice
- 1cup (approx. 156g) self-raising flour • Pinch of salt • ⅓cup (approx. 93g) organic plain yoghurt
- 2 tbs finely chopped walnuts

### METHOD

1. Preheat oven to 180°C.
2. Grease and paper line 25x8cm (10x3 inch) bar tin.
3. Beat butter and sugar until light and creamy.
4. Add lightly beaten egg, and beat well.
5. Stir in combined mashed banana and lemon juice.
6. Fold in sifted flour and salt alternately with yoghurt.
7. Stir in half the chopped walnuts, mix until smooth.
8. Spoon mixture into the tin and sprinkle with remaining walnuts.
9. Bake for 40 minutes or until cooked when tested.
10. Cool for 5 minutes in tin, turn out and cool on wire rack.

**When cold, cut into slices, serve with organic butter!**





Kirsten Kaminski

# CHOCOLATE SWISS ROLL

BY THE TASTY K

DAIRY FREE,  
EGG FREE,  
VEGAN



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[www.thetastyk.com/](http://www.thetastyk.com/)



10 MINUTES



NO COOKING!

## INGREDIENTS

### Chocolate dough:

- ¾cup (approx. 90g) almond meal
- ¾cup (approx. 75g) oat flour (gluten free if desired)
- 10 Medjool dates, pitted
- ¼ tsp ground vanilla bean
- ¼cup (approx. 31g) raw cacao powder
- 2-3 tbsp water

### Coconut whip cream:

- 1chilled can full fat coconut cream (only the hard part)
- 1 tbsp maple syrup
- ¼ tsp vanilla extract

### Chocolate:

#### EITHER

- 200g of melted dark vegan chocolate OR
- ½cup (approx. 73g) coconut oil, melted
- ½ cup (approx. 63g) raw cacao powder
- 3 tbsp maple syrup

## METHOD

1. For the **dough**, simply place all the ingredients in a high-speed blender and mix until you get a smooth dough.
2. Line a square baking tin with parchment paper. Once the dough is ready, spread it evenly in the tin, pressing down with your fingers.
3. Place the baking tin in your freezer for 10 minutes.
4. Prepare the **coconut whip** by scooping out only the firm part of cream from the can and placing it in a chilled bowl. Add the remaining ingredients and use a mixer to whip it up.
5. Take out the dough from the freezer, take it out of the tin with the parchment paper and evenly spread the coconut whip on top.
6. Slowly start rolling up the dough from one side until you have a firm roll.
7. Place the roll back into the freezer and prepare your chocolate.
8. Either melt your vegan dark chocolate or whisk together the ingredients for your homemade chocolate sauce.
9. When ready, pour the chocolate over the roll, add toppings and let it dry in the fridge or freezer.
10. Let sit at room temperature for 5 minutes before eating/ storing in the freezer!
11. Top with desiccated coconut and crushed almonds



Philipp Ertl



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## APRICOT SUMMER CAKE

BY EXCEEDINGLY VEGAN

NUT FREE,  
DAIRY FREE,  
EGG FREE,  
VEGAN



30 MINUTES



40 MINUTES

### INGREDIENTS

#### Wet ingredients:

- 250ml plant-based milk
- 100ml sunflower oil
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tsp vanilla extract

#### Dry ingredients:

- 300g flour (any that's good for baking really)
- 150g brown sugar
- 6g baking powder

#### Other ingredients:

- Roughly 10-12 apricots, halved
- Plant based margarine
- Icing sugar

### METHOD

1. Preheat oven to 180°C.
2. Line a baking tin with baking paper and grease the sides with margarine.
3. Mix all wet ingredients together in a large bowl.
4. In a separate bowl, mix all dry ingredients, then pour into the bowl with the wet ingredients.
5. Mix together until you have a smooth dough.
6. Pour the dough into the baking tin.
7. Halve 10-12 apricots and add to the batter (looking up).
8. Bake for 35-40 minutes.
9. Stick a toothpick into the cake; if it comes out dry with no batter sticking to it, then it should be done. Let rest for about 30 minutes or until it has cooled down.

**Sprinkle some icing sugar on top and enjoy!**





© Philipp Ertl



Philipp Ertl

# EASY BLUEBERRY CAKE

BY EXCEEDINGLY VEGAN

NUT FREE,  
DAIRY FREE,  
EGG FREE,  
VEGAN



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15 MINUTES



35 MINUTES

## INGREDIENTS

### Dry ingredients:

- 200g self-raising flour
- 110g brown sugar
- 1 tsp baking powder

### Wet ingredients:

- 150ml dairy free milk
- 75ml sunflower oil
- 2 tsp vanilla essence
- 1 tbsp apple cider vinegar

### Other ingredients:

- 200g blueberries • Vegan butter to grease the baking tin
- Icing sugar

## METHOD

1. Preheat oven to 180°C.
2. Line a baking tin with baking paper and grease the sides with vegan butter.
3. Mix together all dry ingredients in a large bowl. Make sure that there are no lumps. If you don't have self-raising flour, then just use normal flour and add 2 tsp baking powder instead of just 1.
4. Mix together all wet ingredients in a separate bowl.
5. Combine the dry and wet ingredients and mix well until you get a smooth batter (with no lumps).
6. Carefully fold in the blueberries.
7. Pour the batter into the baking tin and even it out with a spatula.
8. Bake for 35 minutes.
9. Take out of the oven and let cool down thoroughly. Then sprinkle icing sugar on top.

**Done! That was it! Cut yourself a nice slice and enjoy!**





Kirsten Kaminski



© Kirsten Kaminski

## FLUFFY LEMON CAKE

BY THE TASTY K

DAIRY FREE,  
EGG FREE,  
VEGAN



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45 MINUTES



30 MINUTES

### INGREDIENTS

#### For the cake:

- 2 cups (250g) all-purpose flour (or you can mix it half/half with rice or spelt flour)
- 1 tbsp baking powder
- Juice of 1 lemon
- Zest of 1 lemon
- ½ cup (approx. 79ml) water
- ⅓ cup (approx. 113ml) maple or pure date syrup
- ⅓ cup (approx. 73g) melted coconut oil (more for greasing)

#### For the frosting:

- 1 cup (approx. 150g) of cashews (soaked for minimum 4 hours, preferably overnight)
- Juice of 1 lemon
- 2 tbsp melted coconut oil
- 1 tsp vanilla bean powder
- ¼ cup (approx. 85ml) maple syrup
- More lemon zest and lemon slices for topping

### METHOD

1. Preheat oven to 200°C.
2. Place all the cake ingredients into a medium sized bowl and mix well together.
3. Grease a cake tin with coconut oil and put the mixture inside.
4. Bake for 30 minutes.

#### Prepare the frosting:

5. Place the soaked cashews and all other ingredients into a blender and mix well until smooth.
6. Place the frosting into the refrigerator for about 15-20 minutes.
7. When the cake has cooled down, coat it with a thick layer of the frosting and place everything in the fridge for another 15 minutes to allow frosting to set.
8. Add more lemon zest and lemon slices as topping.

**Enjoy either chilled or let cool down a bit at room temperature!**



# CHOCOLATE & ORANGE CAKE

BY JOANNA LUMLEY

VEGETARIAN



Joanna Lumley



30 MINUTES



45 MINUTES

## INGREDIENTS

### For the cake:

- 1 small orange
- 100g self-raising flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp ground coriander
- 2 tbsp Fairtrade cocoa powder
- 100g ground almonds
- 175g softened organic butter
- 175g light muscovado sugar
- 4 free range eggs, separated

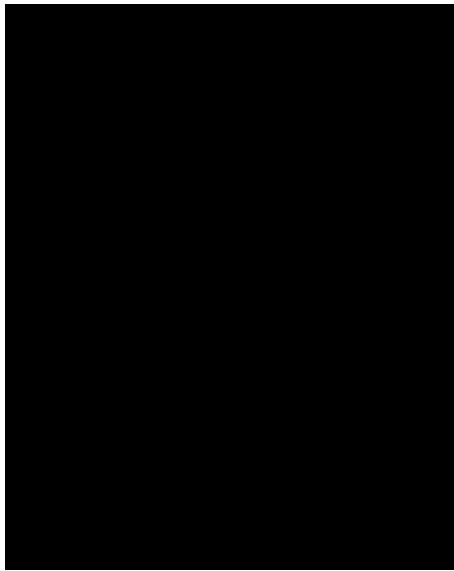
## METHOD

1. Preheat oven to 180°C.
2. Butter and line the base of a 22-23cm round cake tin with baking parchment.
3. Put the orange in a smallish pan and cover with water.
4. Bring to the boil, simmer partly covered for one hour, then drain and leave to cool.
5. Halve the orange, remove the pips, then chop the whole fruit.
6. Put into a food processor and work to a rough purée.
7. Sift together the flour, baking powder, spices and cocoa.
8. Stir in the ground almonds.
9. Whisk together the butter and sugar until light and fluffy, beat in the egg yolks and the orange, then fold in the flour mix.
10. With a clean whisk, beat the egg whites until stiff, then fold into the cake mix in two batches, gently cutting through the mixture to preserve as much air as possible.
11. Pour into tin and cook for 40-45 minutes until firm to the touch.
12. Cool for five minutes in the tin, then turn out and cool on a wire rack.

### To serve:

Put on an oven-proof serving plate and wrap in foil. Reheat in a moderate oven for 10-15 minutes. Cut into thin wedges and serve warm with cream or ice cream!





Alison Andrews



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## BAKED DONUTS

BY LOVING IT VEGAN

DAIRY FREE,  
EGG FREE,  
VEGAN



15 MINUTES



15 MINUTES

### INGREDIENTS

- 190g all-purpose flour
- 150g white sugar
- 2 tsp baking powder
- ¼ tsp salt
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 180ml soy milk
- 1 tsp vanilla extract
- 2 tbsp applesauce
- 60ml coconut oil (melted)
- 200g vegan chocolate
- Vegan sprinkles

### METHOD

1. Preheat oven to 180°C.
2. Sift the flour into a mixing bowl, add the sugar, baking powder, salt, cinnamon and nutmeg; mix together.
3. Add the soy milk, vanilla, applesauce and melted coconut oil and whisk in, removing any large lumps.
4. Spray a donut pan with non-stick oil and using a spoon, distribute the batter evenly.
5. Bake in the oven for around 15 minutes or until a toothpick inserted into a donut comes out clean. They should be lightly browned on top.
7. Remove from the oven and transfer to a wire cooling rack.
8. Allow to cool completely before adding the chocolate topping.
9. When completely cool, melt the chocolate topping – either over a double boiler or in a microwave – by breaking up the chocolate into pieces and placing in a microwave safe bowl. Heat for 30-second intervals, taking out to stir each time until completely melted.
10. Dip the top of each donut in the melted chocolate and immediately place onto a parchment lined baking tray and add sprinkles.



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# CHOCOLATE CHIP COOKIES

BY LOVING IT VEGAN

NUT FREE,  
DAIRY FREE,  
EGG FREE,  
VEGAN



20 MINUTES



15 MINUTES

## INGREDIENTS

- 112g vegan butter
- 200g brown sugar
- 60ml soy milk (or other non-dairy milk)
- 15ml vanilla extract
- 250g all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 2 tsp cornstarch
- ½ tsp salt
- 175g vegan chocolate chips or chunks, and more to press into the tops when they come out the oven

## METHOD

1. Preheat oven to 180°C.
  2. Line baking tray with parchment paper.
  3. In an electric mixer, cream the butter and sugar together.
  4. Add the soy milk and vanilla, and mix in.
  5. Add your flour, baking soda, baking powder, corn starch and salt to a mixing bowl and mix together.
  6. Add the dry ingredients to the wet and mix in by hand until properly mixed into a thick cookie dough.
  7. Add the chocolate chips or chunks and mix in to distribute as evenly as possible.
  8. Roll into balls and place evenly on baking tray.
  9. Place in oven for 15 minutes until the edges are set and they are very slightly browned on top.
  10. When they come out of the oven, press a few more chocolate chips or chunks into the tops of the cookies (optional).
  11. Allow to cool and firm before transferring to a wire cooling rack.
- Once properly cooled store in an airtight container.**

Alison Andrews



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Parkash Bains



© Parkash Bains

## LEMON PECAN SHORTBREAD

BY GLOBAL VEGETARIAN

VEGETARIAN,  
EGG FREE



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15 MINUTES



18 MINUTES

### INGREDIENTS

- 3½ cups (approx. 396g) spelt flour; (Parkash used 2 cups spelt flour; 1½ cups millet flour)
- ¼ tsp sea salt
- 2 tbsp lemon zest
- ½cup (approx. 65g) finely chopped pecans (can also be roasted first)
- ¼pound (approx. 113g) unsalted organic butter, at room temperature
- ½cup (approx. 101g) granulated or brown sugar
- ½cup (approx. 61g) powdered sugar
- 1 tsp pure vanilla extract

### METHOD

1. Preheat oven to 180°C.
2. Mix the flour and salt in a medium bowl. Mix in lemon zest and chopped pecans.
3. In a large bowl, mix the softened butter and sugar with an electric mixer until creamed. Add the vanilla.
4. Add flour mixture to the butter mixture. Mix together with a spatula or wooden spoon to combine. Then mix on low speed until the dough starts to come together. Dump onto a surface dusted with flour and shape into two flat disks. Wrap in plastic and chill in fridge for 30 minutes.
5. Roll the dough about an inch thick (you can shape/smooth the edges as you roll).
6. Cut into approx. 2½ x 1 inch slices with a sharp knife (or use a cookie cutter).
7. Place the cookies about one inch apart on parchment lined baking trays. Bake for 18-20 minutes until edges begin to brown.

**Allow to fully cool before storing in an airtight container.**



# LEMON ENERGY BALLS

BY ZANNA VAN DIJK

DAIRY FREE,  
GLUTEN FREE,  
EGG FREE,  
VEGAN



10 MINUTES



NO COOKING!



Zanna Van Dijk



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## INGREDIENTS

- 12 large pitted dates
- 35g walnuts (you can use other nuts if you prefer)
  - 2tbsp unsweetened desiccated coconut
- 2 tbsp chia seeds
- Grated zest of 1 lemon

## METHOD

1. It is super simple, just throw all the ingredients into a food processor or blender until they form a thick paste.
2. Use your hands to mould the mixture into 4-6 equal sized balls.  
Easy!

**They can even last a week in the fridge!**





Ruxandra Micu



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## BROCCOLI CAKES

BY GOURMANDELLE

GLUTEN  
FREE,  
VEGETARIAN



15 MINUTES



30 MINUTES

### INGREDIENTS

- 1cup (approx. 175g) broccoli florets
- 3 boiled potatoes • 1 onion, chopped • 1 clove garlic, minced • ½cup (approx. 60g) organic or vegan cheese of your choice, shredded
- 3 tbsp olive oil

### METHOD

1. Rinse and drain the broccoli florets.
2. Add them to a food processor and pulse until the florets have a small size.
3. Add the oil, onions, and garlic to a medium skillet over medium heat. Cook for 4 minutes until soft.
4. Add the broccoli florets, 2 tbsp water and continue to cook until soft, for about 7 minutes.
5. Slice the cooked potatoes and add them to the broccoli mixture.
6. Cook for about 5 more minutes and mix to incorporate ingredients.
7. Cool for about 10 minutes.
8. Add the cheese into the broccoli mixture. Mix.
9. Form the patties using a measuring cup or a circle baking shape.
10. Heat a large skillet over medium heat. Cook the patties for about 5 minutes on each side or until the bottom is golden.



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Ruxandra Micu

# GLUTEN FREE MUSHROOM BREAD WITH WINE & THYME

BY GOURMANDELLE

VEGETARIAN,  
DAIRY FREE

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10 MINUTES



40 MINUTES

## INGREDIENTS

### For the loaf:

- 180g gluten free flour (if you're not gluten intolerant, you can use regular flour)
- 4 free range eggs, separated
- 10g baking powder
- ½cup (approx. 118ml) grapeseed/sunflower oil
- 1 tsp sea salt
- 1 tsp dry thyme

### Toppings:

- 6 button mushrooms, sliced
- ½ onion, diced
- ¼ glass white wine
- ½ tbsp olive oil
- 1 tsp dry thyme
- 1 tsp sea salt
- ½ tsp ground pepper

## METHOD

1. Preheat oven to 180°C.
  2. Grease a 30x10cm pan with oil and powder with flour.
- Topping:**
3. Heat ½ tbsp olive oil in a small pan.
  4. Add chopped onion, sliced mushrooms, thyme, salt and pepper. Sauté for 2 minutes.
  5. Add white wine. Sauté for another 3 minutes.
  6. Cover with a lid and remove from heat.
- Loaf:**
7. Separate egg whites from egg yolks.
  8. Whisk egg whites in a large bowl (use a hand mixer or food processor).
  9. Add salt and thyme. Mix.
  10. Combine gluten-free flour with baking powder.
  11. Add beaten egg yolks and combine together with the foamy egg whites using a spatula.
  12. Start adding flour in the bowl, little by little, while continuously incorporating using a spatula.
  13. When all flour is incorporated, add oil, mix until well blended.
  14. Pour batter to the pan and spread evenly.
  13. Using a tablespoon, add the mushroom topping. Press gently into the batter.
  14. Put in the oven for 25 minutes.
  15. Check with a toothpick if ready.





Parkash Bains



© Parkash Bains

## VEGETABLE FRITTATA WITH ASPARAGUS & MUSHROOMS

BY GLOBAL VEGETARIAN

NUT FREE,  
VEGETARIAN



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40 MINUTES



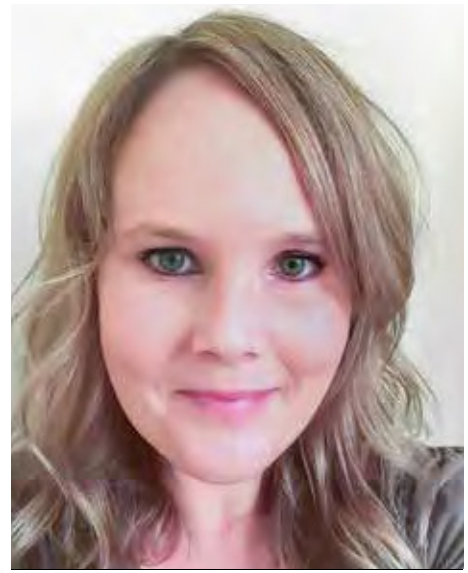
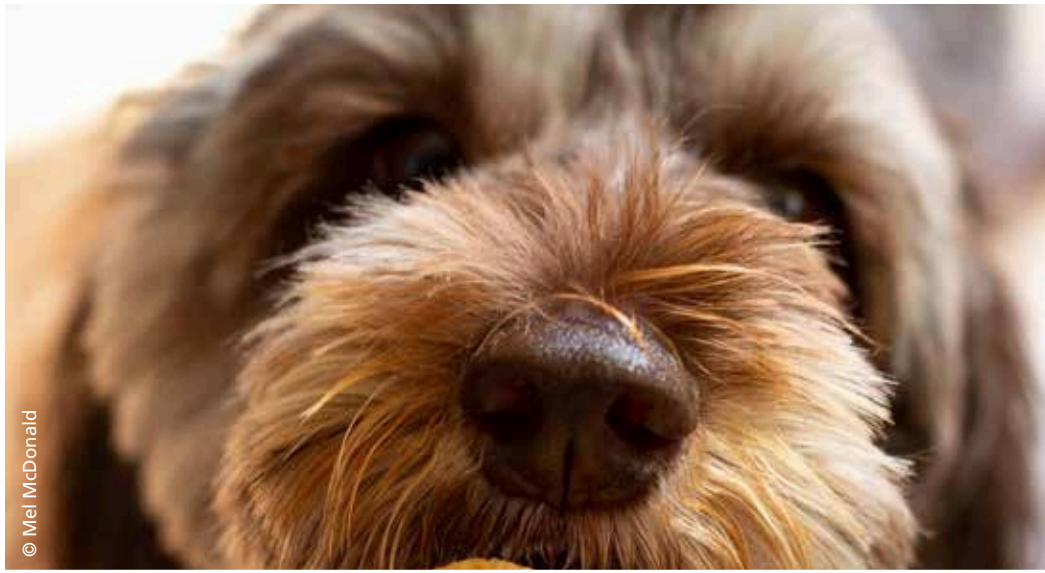
25 MINUTES

### INGREDIENTS

- 3 small gold flesh potatoes, chopped into 1" cubes
- 1 small to medium sweet potato, peeled and cubed
- ½ small red or yellow onion, chopped (or 1 shallot)
- 5 large mushrooms, sliced
- 6 asparagus spears, trimmed
- 8 free range eggs
- ¾ cup (approx. 188ml) organic cream
- Sea salt & fresh ground pepper
- ½ tsp cumin seeds
- 1 tbsp chopped fresh rosemary (or 1 tsp dried herbs)
- ¼ cup (approx. 30g) shredded organic cheese of choice

### METHOD

1. Preheat oven to 220°C.
2. Brush a large quiche dish with olive oil.
3. Heat skillet on stove on medium heat. Drizzle some olive oil.
4. Add cumin seeds to hot oil, followed by onion, potato and sweet potato cubes.
5. Add rosemary and some sea salt to taste; cook for 8 or so minutes until slightly browned and tender. Remove from skillet and set aside.
6. In the same skillet, cook sliced mushrooms for a few minutes until browned. Remove from skillet and set aside.
7. In a large mixing bowl whisk together eggs, cream, about ½ to ¾ tsp salt and some black pepper.
8. Arrange roasted potatoes and sweet potatoes at the bottom of a quiche dish. If you would prefer to use an oven-proof skillet, please see Parkash's recipe online.
9. Pour egg mixture on top. Do not stir.
10. Arrange cooked mushrooms and fresh asparagus spears on top of egg mixture.
11. Sprinkle shredded cheese on top.
12. Cook for 25 minutes or until frittata is puffed and set in the middle.





Mel McDonald

# SWEET POTATO DOG TREATS

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WHEAT FREE,  
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5 MINUTES



25 MINUTES

## INGREDIENTS

- 180g rolled oats or quick oats
- 100g cooked sweet potato
- 2 tbsp coconut oil
- 2-3 tbsp water

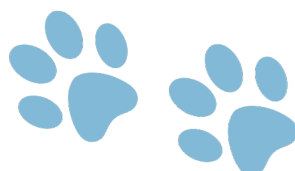
I roll mine out on a silicone mat but if you don't have one, you can sprinkle some flour on the surface to stop the dough sticking.

If your dog is wheat intolerant be sure to use oat flour (just process a few more oats until they are flour).

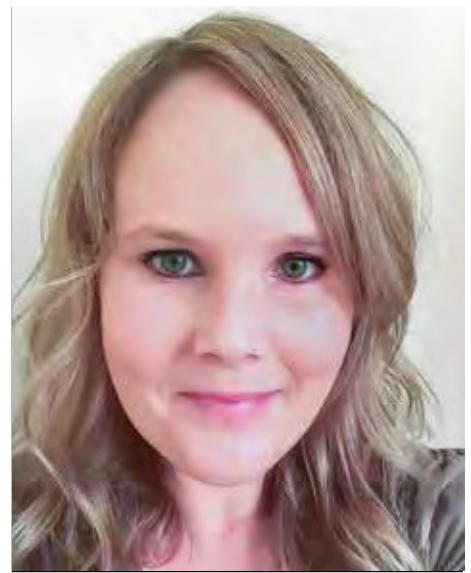
You can also roll it out between two sheets of parchment paper if you prefer.

## METHOD

1. Preheat oven to 180°C.
2. Add oats to a food processor and blend until a course, flour like consistency.
3. Add the cooked sweet potato and coconut oil.
4. Process until well combined.
5. Add the water 1 tablespoon at a time, pulsing in between each addition, until the mixture can be squeezed into a dough with your fingers.
6. Tip out and knead together a bit so it's all in a big firm ball.
7. Roll out to about 3-4 mm thick
8. Cut out into cookie shapes using a cookie cutter or just cut the dough into even pieces with a knife or pizza cutter.
9. Carefully transfer the cookies to a cookie sheet and bake in the oven for 20-25 minutes. **Keep an eye on them towards the end as they go from ok to slightly over done very quickly.**
10. Cool on a cooling rack and store in an airtight container, and they will keep for around 2 months









Mel McDonald

# BANANA PEANUT BUTTER DOG TREATS

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30 MINUTES



35 MINUTES

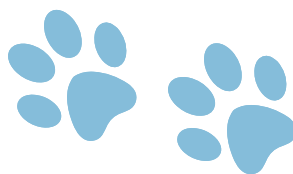
## INGREDIENTS

- 180g rolled oats, or quick oats
- 85g peanut butter
- IMPORTANT: Do not use low or no salt, or peanut butter containing xylitol or other additives**
- 1 medium overripe banana

Watch them carefully near the end. You want them hard but keep an eye on the bottoms, so they don't go too brown.

## METHOD

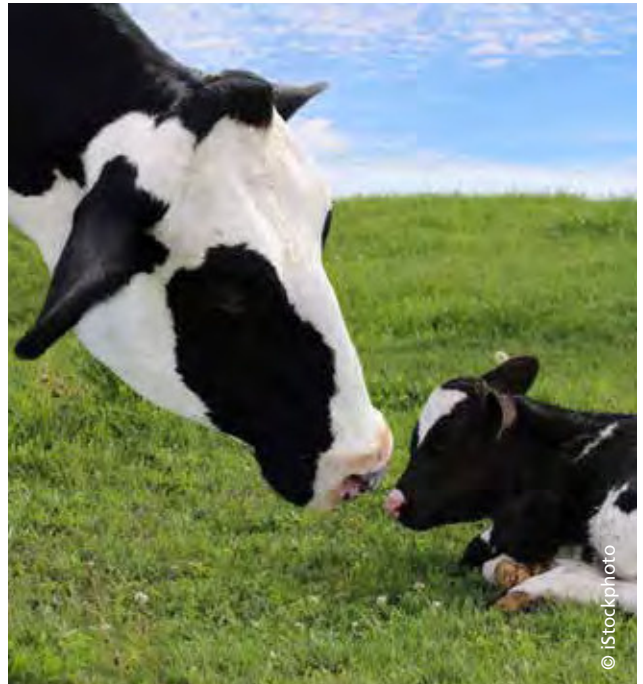
1. Preheat oven to 180°C.
2. Add oats to a food processor and process until a flour like consistency.
3. Add peanut butter and banana.
4. Process until a dough ball starts to form. Add a drop or two of water if it won't come together. Usually it does without any though.
5. Turn out onto a clean surface and roll out to about 3mm thick.
6. Cut into shapes with a cookie cutter and place on a baking tray lined with parchment paper or a silpat.
7. Bake for 20-30 minutes.
8. Leave to cool on the tray then transfer to an airtight container.



# ABOUT COMPASSION IN WORLD FARMING

Compassion in World Farming was founded in 1967 by a British farmer who became horrified by the development of modern, intensive factory farming.

Today, we campaign peacefully to end all factory farming practices. We believe that the biggest cause of cruelty on the planet deserves a specialised approach – so we are relentlessly focused on ending factory farming.



## Our Achievements

- Our political lobbying and campaigning has resulted in the EU recognising animals as sentient beings, .....

capable of feeling pain and suffering. We have also secured landmark agreements to outlaw the barren battery cage for egg-laying hens and ban narrow veal crates across Europe.

- Compassion in World Farming's Food Business Team works with some of the world's biggest food companies – retailers, food service providers, producers and manufacturers – to raise the baseline standards of farm animal welfare. The companies we work with are a key part of the drive towards a more ethical and sustainable food supply. Through our partnerships, corporate pledges and of course our Good Farm Animal Welfare Awards, our work with the food industry is already set to benefit billions of animals.

## OUR CAMPAIGNS TO CHANGE THE WORLD

- **Honest Labelling** - The cruelty to animals on factory farms is hidden from public view. So honest food labelling

is vital to help consumers make higher welfare choices. We're calling for mandatory method of production labelling on all meat and dairy products, to show the conditions in which each animal was reared. Everyone should know the truth.

- **End the Cage Age** - Hundreds of millions of farm animals across the EU are forced to live some, if not all, of their lives imprisoned in cages, never getting the chance to feel the grass beneath their feet, or the sunshine on their skin. We want to banish these cages for good.
- **Eat Less, Eat Better** - Intensive farming causes immense harm to wildlife and is one of the biggest drivers of species extinction on the planet. Two thirds of wildlife loss is driven by food production. Huge areas of grassland and rainforest are converted to crop plantations to feed factory farmed animals. We are campaigning for global action to end factory farming and deliver a regenerative, 'eat less, eat better' food system.
- **Ban Live Exports** - Each year, millions of farm animals around the world are transported hundreds, or even thousands of miles to be fattened or for slaughter. They can be in transit for days or weeks, suffering extremes of temperature and often without sufficient food, water or rest. Together, we expose this suffering and campaign to end it.
- **Save our Antibiotics** - To counteract the health challenges presented by overcrowded and stressful living conditions on factory farms, antibiotics are used extensively, which can contribute to the spread of drug-resistant bacteria and put human health at risk. Drug-resistant infections could kill 10 million people a year by 2050. We're working to end the routine misuse of antibiotics and avert an apocalypse.



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