

COOKBOOK



AGROPUR

1938 **85** 2023

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NUMBER OF PORTIONS
8

PREPARATION
10 MIN

COOKING
30 MIN

Sheet pan chocolate protein pancakes

Ingredients

FOR THE CHOCOLATE PROTEIN PANCAKE

500 ml (2 cups) Natrel Plus Chocolate 2%

125 ml (½ cup) sugar

3 eggs

30 ml (2 tbsp.) melted butter

15 ml (1 tbsp.) vanilla extract

1 ml (¼ tsp.) salt

375 g (1½ cup) unbleached all-purpose flour

60 ml (¼ cup) cacao

10 ml (2 tsp.) baking powder

TOPPINGS

Fruit of your choice

Maple syrup

Powdered sugar (optional)

Preparation

01. Preheat oven to 220 °C (425 °F). Put the rack in the middle of the oven. Cover a 13 x 18 inch sheet pan with parchment paper or a reusable baking sheet.
02. Pour these ingredients into your blender in the following order: Natrel Plus Chocolate 2%, sugar, eggs, melted butter, vanilla, salt, flour, cacao and baking powder. Blend for 1 to 2 minutes or until thoroughly combined. Scrape off any flour stuck to the sides of the blender.
03. Pour the batter onto the sheet pan. Bake for 15 to 20 minutes or until a toothpick inserted in the centre of the pancake comes out clean.
04. Serve with fresh fruit, maple syrup and a dusting of powdered sugar.



NUMBER OF PORTIONS
2

PREPARATION
5 MIN

COOKING
5 MIN

Protein-packed vanilla steamer

Ingredients

FOR THE VANILLA STEAMER

500 ml (2 cups) Natrel Plus Vanilla 2%

15 ml (1 tbsp.) honey or maple syrup,
to taste

CHOICE OF TOPPING

30 ml (2 tbsp.) whipped cream

15 ml (1 tbsp.) caramel

Cocoa powder

Ground cinnamon

Preparation

01. In a pot, on low heat, pour the Natrel Plus Vanilla 2% and optional honey or maple syrup. Bring to a simmer, making sure to increase the temperature gradually. Whisk frequently so that the Natrel Plus Vanilla 2% doesn't burn and to prevent a thin layer of protein from forming on top.
02. If you have a thermometer, make sure the temperature doesn't exceed 60 °C to 70 °C.
03. Using a mixer, whisk or milk frother, froth the Natrel Plus Vanilla 2%. Pour into a cup and top with whatever you want.

Note

For best results, increase the heat for the Natrel Plus Vanilla 2% slowly and gradually, like when you froth milk for your coffee. Don't heat it in the microwave because the thermal shock could denature the protein in our dairy beverage and form milk skin on the top. You want it creamy.



NUMBER OF PORTIONS
1

PREPARATION
5 MIN

Vanilla, Raspberry and Almond Butter Protein Smoothie

Ingredients

75 g (½ cup) frozen raspberries

1 banana

250 ml (1 cup) Natrel Plus Vanilla 2%

15 ml (1 tbsp.) almond butter

Preparation

01. Put all ingredients in a blender and blend until smooth.
02. Drink immediately or pour into an ice cube tray and freeze for at least 4 hours. It will keep in the freezer for 3 months in a sealed container.

Tip: Triple the recipe so you can freeze the extra smoothie and always have some on hand!



Protein-packed baked French toast

NUMBER OF PORTIONS	4
PREPARATION	15 MIN
COOKING	45 MIN
COOLING	2 H

Ingredients

4 eggs

430 ml (1 $\frac{3}{4}$ cup) Natrel Plus 2%

125 ml ($\frac{1}{2}$ cup) sugar

15 ml (1 tbsp.) vanilla extract

2.5 ml ($\frac{1}{2}$ tsp.) ground cinnamon

1 ml (1 tsp.) ground nutmeg

8 slices white bread (preferably sliced thick), lightly toasted

500 ml (2 cups) fresh raspberries

60 ml ($\frac{3}{4}$ tasse) crushed, toasted pecans

Preparation

01. Butter a 2-litre (8 cup) square or rectangular pan. Set aside.
02. Whisk the eggs, Natrel Plus 2%, maple syrup, vanilla, cinnamon and nutmeg in a bowl. Set aside.
03. Place the bread in an overlapping layer on a baking sheet. Pour the egg mixture and move the slices around gently so they are well coated. Cover with aluminum foil (see note).
04. Put the rack in the middle of the oven. Preheat oven to 180 °C (350 °F).
05. Bake for 20 minutes with the aluminum foil. Remove the foil and bake an additional 25 minutes. Let cool for 5 minutes.
06. Add the raspberries and top with pecans.
07. Serve with honey or maple syrup.



NUMBER OF PORTIONS
1

PREPARATION
15 MIN

Deluxe mochaccino

Ingredients

30 g (about 4 squares) of milk
or dark chocolate

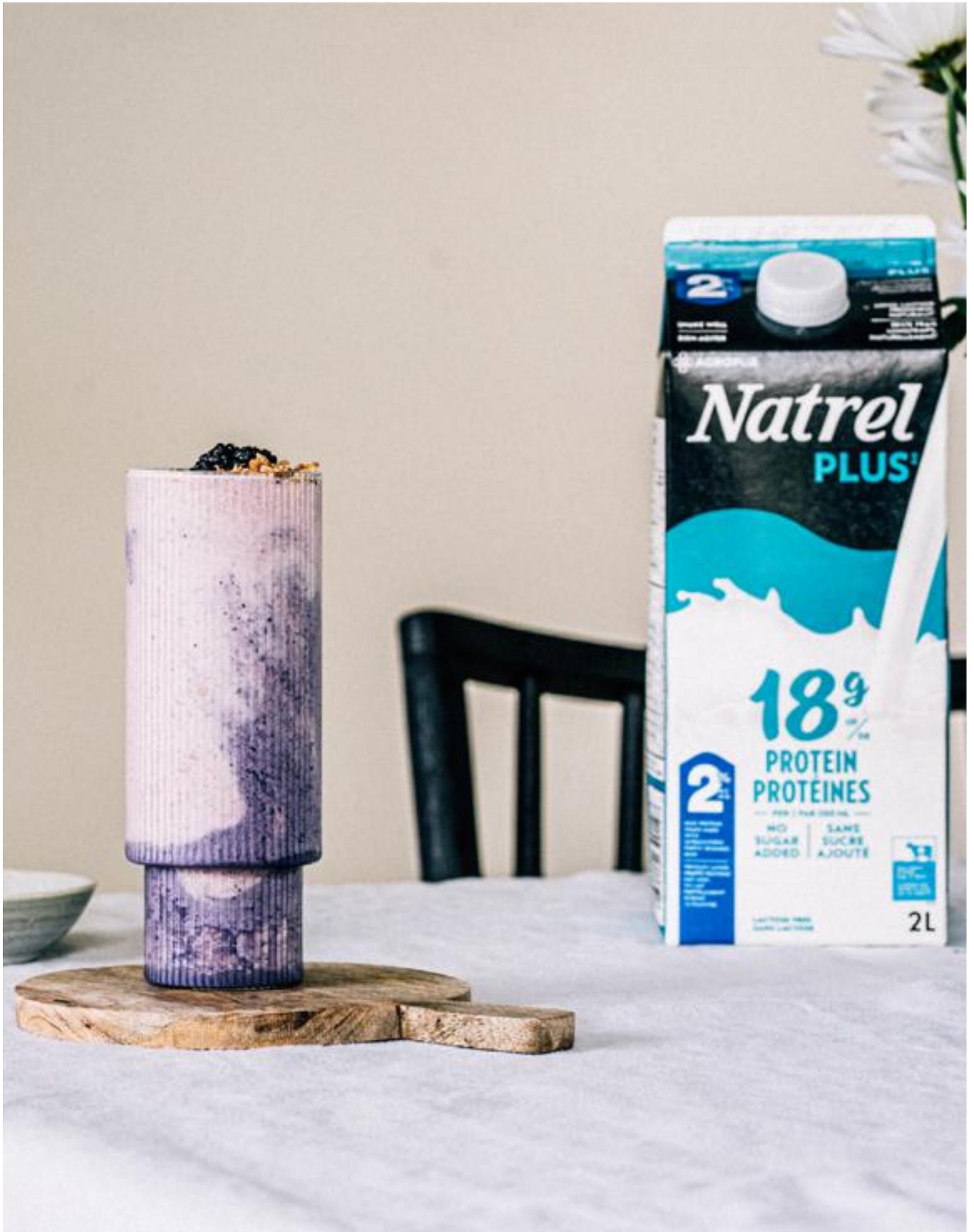
30 ml (1 shot) of espresso

250 ml (1 cup) Natrel Plus 2%

Cocoa powder, for sprinkling on top

Preparation

01. Melt chocolate for one minute in the microwave, 30 seconds at a time. Pour chocolate into a glass or mug.
02. Grind 18 g of espresso beans and make a short double espresso. Pour over chocolate.
03. Pour cold Natrel Plus 2% into a jar or milk pitcher. Froth according to your preferred method until it reaches about 140 °F or 60 °C.
04. Pour the hot Natrel Plus into a cup until it's about two-thirds full.
05. Spoon in one third of the foam. Sprinkle with cocoa.
06. To make your drink even more festive, add 30 ml (one ounce) of amaretto, cream liqueur, maple liqueur or gin syrup.



Blueberry and Raspberry Marble Protein Smoothie

NUMBER OF PORTIONS

2

PREPARATION

10 MIN

Ingredients

FOR THE BLUEBERRY SMOOTHIE

250 ml (1 cup) frozen blueberries

250 ml (1 cup) Natrel Plus 2%

15 ml (1 tbsp.) maple syrup (or to taste)

15 ml (1 tbsp.) white chia seeds

FOR THE RASPBERRY SMOOTHIE

375 ml (1 ½ cups) frozen raspberries

500 ml (2 cups) Natrel Plus 2%

1 banana

30 ml (2 tbsp.) maple syrup
(or to taste)

30 ml (2 tbsp.) white chia seeds

TOPPINGS (OPTIONAL)

Homemade or store-bought granola

Nuts (almonds, walnuts, cashews, pecans, etc.), chopped

Seeds (chia, hemp, pumpkin, sunflower, etc.)

Fresh, frozen or dried fruit
(strawberries, raspberries, blueberries, bananas, cherries, blackberries, dates, coconut, etc.)

Fresh herbs (mint, basil, thyme, etc.)

Preparation

01. In a blender, add all the ingredients from the "For the blueberry smoothie" section and blend until smooth. Pour the mixture into a measuring cup and set aside.
02. Rinse the blender and add all the ingredients from the "For the raspberry smoothie" section. Blend until smooth. Pour the mixture into a measuring cup and set aside.

To combine

01. Pour part of the blueberry smoothie into the bottom of the glass and then top with part of the raspberry smoothie. Using the back of a spoon, lightly swirl the smoothie layers to create a marbled effect, as desired. Add the toppings of your choice for a smoothie that's both simple and elegant!



NUMBER OF PORTIONS
1

PREPARATION
15 MIN

Pistachio Matcha Latte

Ingredients

1 tablespoon matcha powder

1 cup boiling water

½ cup blanched pistachios

1 tablespoon honey or maple syrup

½ cup 10% Natrel Organic 10% Half & Half Cream

Preparation

01. In a high-speed blender, mix the matcha powder, boiling water, pistachios and honey until you get a smooth, creamy consistency. At this point, you can add the Natrel Organic 10% Half & Half Cream. Serve in a cup and enjoy right away.



NUMBER OF PORTIONS
2

PREPARATION
5 MIN

Protein Choco-coffee Drink (for busy mornings)

Ingredients

125 ml (½ cup) freshly brewed French press or percolator coffee

1 banana (frozen)

500 ml (2 cups) Natrel Plus Chocolate

60 ml (¼ cup) quick-cooking oatmeal

Preparation

01. Grind 15 ml to 45 ml (2–3 tbsp.) of coffee beans. Push the ground coffee to the bottom of the coffee maker, add water, let steep and press. In a mill or mortar, grind the oatmeal into a fine powder. Set aside.
02. In your blender, put the banana, Natrel Plus 2% Chocolate and ground oatmeal. Blend all ingredients to a smooth consistency. Pour the mixture into a large glass and add the coffee. Serve with fresh fruit or a muffin.



Vanilla, Spicy Apples & Pistachios Pancakes

NUMBER OF PORTIONS	8-10
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PREPARATION	25 MIN
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COOKING	25 MIN
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Ingredients

FOR THE SPICY APPLES

4 apples

½ teaspoon cardamom or cinnamon

¼ cup maple syrup

FOR THE VANILLA PANCAKES

1 cup flour

2 tablespoons cane sugar

1 ¼ cups Natrel 2% Lactose Free

2 eggs

2 teaspoons vanilla extract

40 g melted butter

GARNISH

Spicy apples

Plain yogurt or vanilla

Roasted and crushed pistachios

Caramel or maple syrup

Preparation

01. Peel the apples and cut them into cubes.
02. Place them in a saucepan with ½ cup of water. Cover and cook for about 15-20 minutes over medium heat until the apples are tender. Add water as needed – be careful not to let it evaporate.
03. Once cooked, remove the remaining water, add the cardamom and maple syrup and mix well. Set aside.
04. In a blender, place all the ingredients and mix to a smooth, uniform consistency. Scrape the edges of the mixer with a spatula and mix again, if necessary. You can also use a food processor.
05. In a hot pan, place butter and cook about one ladle of pancake batter at a time for one to two minutes on each side.
06. To serve, place each pancake on a plate, add two heaping spoons of yogurt, close the pancake and garnish with cubes of spicy apples and chopped roasted pistachios. Top with caramel or maple syrup to finish.



Breakfast Cereal Bars with Lactose Free Vanilla Ice Cream & Raspberry

NUMBER OF PORTIONS	12
PREPARATION	35 MIN
COOKING	3 H
COOLING	3 H
CONSERVATION	1 MOIS

Ingredients

FOR THE CRUNCHY CEREAL CRUST

260 g (1 cup) peanut butter, nut butter
or soy butter (see note)

80 g (½ cup) Medjool type dates,
pitted (about 5 to 6 large dates)

125 ml (½ cup) of water

30 g (2 tbsp.) Chia or camelina seeds

50 g (1 ½ cups) whole wheat cereal
flakes (such as Bran Flakes)

40 g (1 cup) brown or white rice cereal,
puffed - 40 g (1/3cup) dried cranber-
ries,
finely chopped

FOR THE RASPBERRY ICE CREAM FILLING

1 container (473 ml) of Natrel Real
Vanilla Lactose Free ice cream,
softened

Fresh or frozen raspberries

For the crunchy cereal crust

01. Take the ice cream out of the freezer and let cool on the counter for about 30 minutes.
Note: We want the ice cream to be soft, but not liquid.
02. Line a 20 X 20 cm (8 X 8 inch) baking dish with parchment paper, letting it hang over two sides.
03. In the bowl of a food processor, combine the peanut butter, dates, liquid and chia seeds until combined. Pour the preparation into a bowl.
04. Using a spatula, add the rest of the "For the crust" ingredients. Mix well. Distribute in the bottom of the dish and press firmly with a spatula.

For the raspberry ice cream filling

01. In a bowl, pour the ice cream. Using a whisk, mix the ice cream to make sure it has a smooth consistency as it will melt faster on the rims of the jar. 6. Spread the ice cream over the surface of the crunchy cereal base. Garnish with raspberries.
02. Cover and freeze for 3 hours or until mixture is firm. Unmold. On a work surface, cut into bars and serve immediately.



NUMBER OF PORTIONS
2

PREPARATION
5 MIN

Blueberry-peanut protein smoothie

Ingredients

1 banana

½ cup blueberries, fresh or frozen

1 tbsp. peanut butter

1 tbsp. pumpkin (or sunflower) seeds

½ tbsp. blue spirulina

1 cup Natrel Plus 2%

Preparation

01. Put all the ingredients in a blender. Blend for a few minutes until smooth and consistent.
Pour into a glass and enjoy.



Cinnamon Buns

NUMBER OF PORTIONS	12
PREPARATION	45 MIN
COOKING	15 MIN
COOLING	2 H

Ingredients

FOR THE DOUGH

2 ½ teaspoons active dry yeast

1 cup lukewarm Natrel Fine-Filtered 2% Milk

⅓ cup sugar

⅓ cup Natrel unsalted butter, melted

1 teaspoon salt

2 room-temperature eggs

4 ½ cups flour

FOR THE FILLING

1 cup brown sugar

2 ½ tablespoons ground cinnamon

⅓ cup Natrel unsalted butter, softened

FOR THE ICING

1 cup icing sugar

4 tablespoons Natrel Lactose Free 35% Whipping Cream

1 tablespoon vanilla

Preparation

01. In a large bowl, dissolve the yeast in the lukewarm water. Add the sugar, butter, salt, eggs and lastly the flour and combine well.
02. Knead the dough and shape it into a ball, then place in a greased bowl, cover with a damp cloth and let rest for 1 hour in an unheated oven with the oven light on. The dough should double in size.
03. In a bowl, combine the brown sugar and cinnamon.
04. Roll out the dough into the shape of a 40 x 50 cm rectangle. Brush with ⅓ cup of butter, then sprinkle with the sugar-cinnamon mix.
05. Roll up the dough to form a cylinder, then slice it into 12 equal-size pieces. Arrange the 12 rounds on a greased 25 x 38 cm (10 x 15 in.) cookie sheet. Cover with a damp cloth and let rest again for 30 minutes, until the dough has nearly doubled in size.
06. Next preheat the oven to 375 °F (190 °C).
07. Bake the buns for about 15 to 20 minutes, until golden brown.
08. While they are baking, combine the icing ingredients in a small bowl. Spread the icing on the buns when you remove them from the oven and serve warm.



NUMBER OF PORTIONS
10

PREPARATION
15 MIN

COOKING
15 MIN

COOLING
30 MIN

Lactose free apple, honey, and ginger scones

Ingredients

1 ¼ CUPS whole wheat or unbleached all-purpose flour

¼ CUP hemp seeds, shelled

1 TBSP. baking powder

1 TSP. salt

3 TBSP. honey (or sugar)

4 TBSP. coconut oil

¾ CUP Natrel Lactose Free 0%

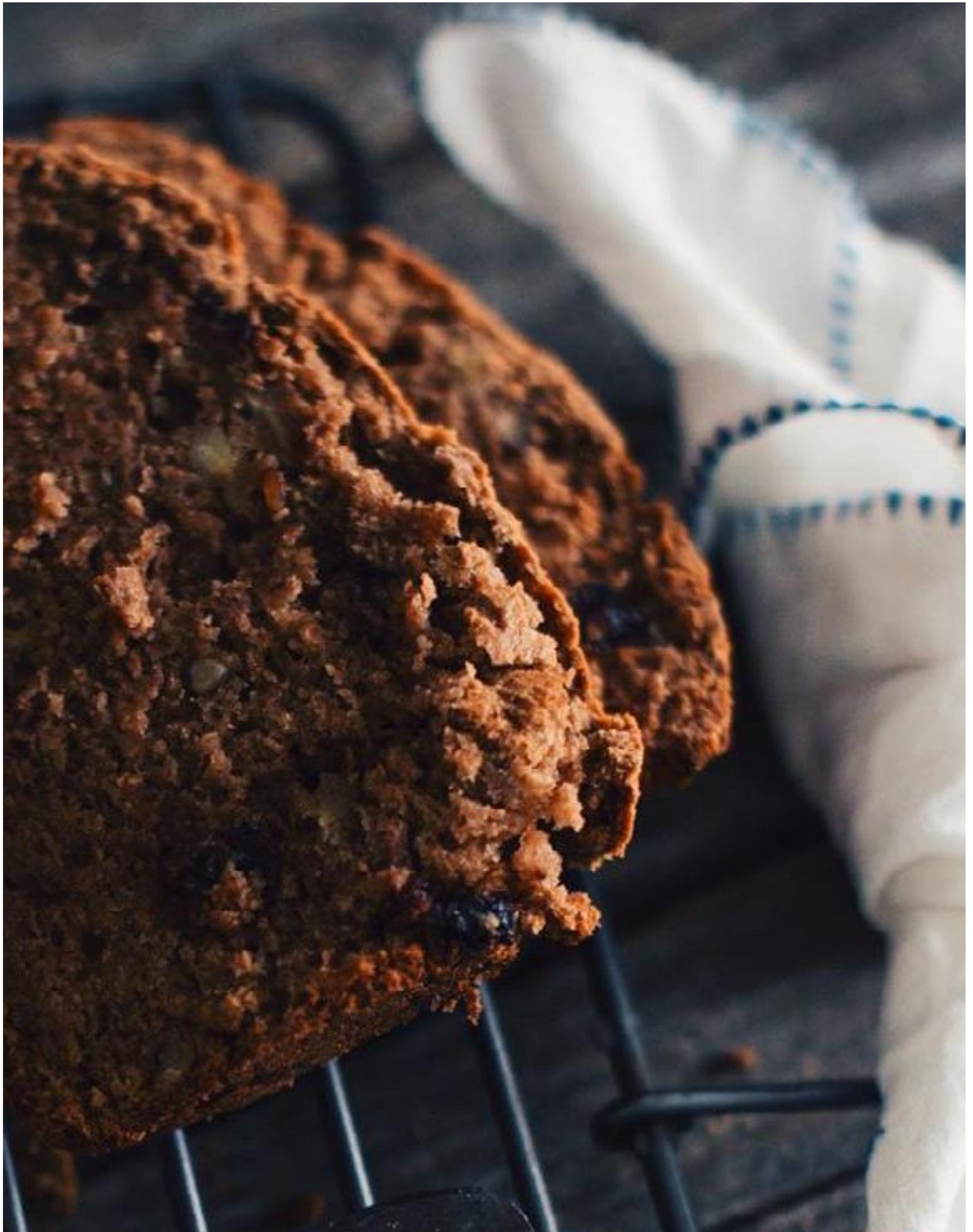
1 apple, peeled and diced, or 60 ml (¼ cup) dried apples, cubed

1 TBSP. ground dried ginger

Serve with a Natrel Lactose Free 2% on the go

Preparation

01. Place the oven rack in the middle position. Preheat oven to 180 °C (350 °F). Line a baking sheet with parchment paper.
02. In a bowl, combine flour, hemp seeds, baking powder, salt, ginger and sugar. Cut in the coconut oil using two table knives. Add diced apples and Natrel Lactose Free. Mix well using a knife.
03. Knead just enough to get a smooth, non-sticky dough. Too much kneading will result in dense scones. Add flour if necessary.
04. On a floured work surface, flatten the dough using a rolling pin or your fingers to about 1 to 2 cm (½" to ¾"), as desired. Using a 6 cm (2 ½") diameter cookie cutter, divide the dough into 10 circles. Arrange the scones on the baking sheet. Cover with a cloth and leave to rest in a warm place for 30 minutes.
05. Bake 15 to 20 minutes. Let cool. Serve at room temperature with sugar-free apple sauce or cheese and a Natrel Lactose Free 2% on the go.



Chocolate Banana Bread

NUMBER OF PORTIONS	6
PREPARATION	15 MIN
COOKING	1 H 10

Ingredients

1 cup Natrel Chocolate milk

1 tbsp fresh lemon juice

2 cups all-purpose flour

$\frac{3}{4}$ cup whole wheat flour

$\frac{1}{2}$ tsp baking soda

1 tsp baking powder

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp ground nutmeg

$\frac{1}{2}$ cup butter, softened

$\frac{3}{4}$ cup brown sugar

1 egg

1 tsp vanilla extract

1 tsp brown rum

1 $\frac{1}{4}$ cup mashed bananas
(approx. 3 bananas)

3 tbsp pecans, coarsely chopped

2 tbsp chocolate chips

Preparation

01. Preheat oven to 350°F.
02. Butter a rectangular 9"x5" cake pan.
03. Pour chocolate milk and lemon juice in a measuring cup. Mix well and set aside.
04. In a large bowl, blend flours, baking soda, baking powder, salt and nutmeg.
05. With an electric mixer at medium speed, beat butter and sugar. Add eggs, vanilla, and rum; beat to combine. Add bananas and beat for an additional 10 seconds.
06. Remove bowl from electric mixer. Add $\frac{1}{3}$ dry ingredients. Using hands, combine until just moist. Add $\frac{1}{2}$ chocolate milk and blend by hand 1 minute. Repeat process with another $\frac{1}{3}$ dry ingredients and rest of chocolate milk. Finish with last $\frac{1}{3}$ dry ingredients, adding nuts and chocolate chips before combining.
07. Pour mixture into cake mold. Bake 1 hour or until inserted toothpick comes out clean.
08. Remove from oven. Allow to cool 5 to 10 minutes before loosening from pan to serve.



NUMBER OF PORTIONS
2

PREPARATION
3 MIN

COOKING
5 MIN

COOLING
5 MIN

Chai Tea Latte

Ingredients

½ cup water

½ cup Natrel Fine-filtered Organic Milk

1 pouch chai tea

Preparation

01. In a saucepan over medium heat, bring water and milk to a boil.
02. Set aside for a few minutes before adding chai tea bag. Allow to steep 4 to 5 minutes.
03. Sweeten with honey to taste.



Lactose free eggs benedict

NUMBER OF PORTIONS	4
PREPARATION	20 MIN
COOKING	5 MIN

Ingredients

FOR THE HOLLANDAISE SAUCE

2 egg yolks

½ cup melted Natrel Lactose Free butter

1 tsp. Dijon mustard

1 tsp. lemon juice

Salt and freshly ground pepper

FOR THE EGGS BENEDICT

1 tbsp. vinegar

4 or more eggs

2 English muffins, halved

1 tbsp. Natrel Lactose Free butter

½ cup leeks, sliced

A few slices of ham

For the Hollandaise Sauce

01. Place all the sauce ingredients in a Mason jar. Mix for several seconds using a handheld mixer, resting the beater on the bottom and then slowly drawing it up to thicken the mixture. The sauce is ready when it is nice and thick. Season with salt and pepper. (Do not cook the sauce. The poached eggs will heat it up enough.)

For the Eggs benedict

01. In a saucepan, add the vinegar to a good quantity of water and bring to a boil.
02. Carefully break the eggs into coffee cups and then place them in the water by gently sliding them out of the cups. Cook for 4 to 5 minutes. Place the cooked eggs on a sheet of paper towel. Set aside.
03. While the eggs are cooking, melt a little lactose free butter in a skillet. Cook the leeks for a few minutes. Season with salt and pepper. Set aside.
04. Toast the English muffins. Add one or two slices of ham to each half. Add an egg and drizzle with the sauce. Top the sauce with some leeks. Season with pepper and enjoy!



Country-Style Souffléed Omelette

NUMBER OF PORTIONS	8-12
PREPARATION	15 MIN
COOKING	40 MIN
COOLING	40 MIN

Ingredients

2 tbsp (30 mL) olive oil

2 tbsp (30 mL) butter

8 slices of lean bacon, chopped

2 large potatoes, peeled and cut in cubes

2 onions, chopped

4 garlic cloves, finely chopped

2 tsp (10 mL) fresh thyme, chopped

2 tsp (10 mL) fresh oregano, chopped

6 oz (180 g) cheddar cheese, grated

12 eggs

1 container (237 mL) 15% M.F. Québon Ultra'Cream Cooking Cream

2 tbsp (30 mL) baking powder

¼ cup (60 mL) fresh parsley, chopped

½ tsp (2 mL) ground cayenne pepper

Salt and pepper, ground

Preparation

01. Preheat the oven to 180° C (350° F).
02. In a 25 cm (10") frying pan that go in the oven, melt butter in oil and cook bacon with potatoes, onions and garlic until the onions are lightly browned.
03. Add thyme and oregano.
04. Season and garnish with cheese.
05. In a large bowl, thoroughly whip the eggs and cream together.
06. While whipping continually, sprinkle in the baking powder; add the parsley and the cayenne pepper.
07. Season and pour the mixture into frying pan.
08. Bake for 40 to 50 minutes, until the omelette is puffed up, browned on top, and cooked throughout. The omelette will flatten a little when taken from the oven.



Raspberry Cranberry Smoothie

Ingredients

250 g (1 cup) fresh or frozen raspberries
(or other berries)

500 mL (2 cups) Island Farms Milk

250 mL (1 cup) Island Farms by Natrel
18% Table Cream

125 mL (½ cup) cranberry juice

30 mL (2 tbsp) grenadine

Fresh berries to taste

Fresh mint to taste

Preparation

01. Combine all the ingredients in a blender jar and blend until smooth.
02. At serving time, pour over crushed ice in a tall glass, garnish with berries and a sprig of mint.



Grilled Jarlsberg French toast with caramelised maple apples

Ingredients

FOR THE CARAMELIZED APPLES WITH MAPLE

2 apples, washed, cored and quartered

30 ml (2 tbsp) butter

125 ml (½ cup) maple syrup

FOR THE FRENCH TOAST

2 eggs, beaten

125 ml (½ cup) milk

15 ml (1 tbsp) sugar

4 large slices rustic bread

15 ml (1 tbsp) butter

*4 slices Jarlsberg cheese,
about a ½ cm thick*

Preparation

01. Heat a non-stick skillet over medium-high heat and melt the butter. Add the apples and cook for about 5 minutes until brown. Stir in the maple syrup, bring to a boil and remove from heat. Set aside.
02. In a rectangular dish, add eggs, milk and sugar, and mix well. Soak the slices of bread in the egg and milk mixture. Shake off excess.
03. Heat a non-stick skillet and melt the butter. Cook slices of bread on both sides until golden brown. Divide the Jarlsberg cheese on two slices of bread and cover with the other two slices. Reduce heat and continue cooking for a few minutes while the cheese melts slightly.
04. Remove from heat, slice grilled cheese in half and garnish with maple apple mixture. Serve hot.



Buttermilk Pancakes

Ingredients

30 mL (2 tbsp) Natrel Butter, plus more
for the skillet

30 mL (2 tbsp) sugar

1 large egg

2.5 mL (½ tsp) vanilla extract

125 mL (½ cup) plus 30 mL (2 tbsp)
Farmers Buttermilk, plus more,
if necessary

2.5 mL (½ tsp) baking soda

1.25 mL (¼ tsp) salt

250 mL (1 cup) all-purpose flour

Preparation

01. Preheat the oven to 105 °C (225 °F) and place a lined baking sheet inside.
02. Melt the Natrel Butter in a microwave-safe bowl. Add the sugar and whisk to combine.
Cool slightly and add the egg, vanilla and Farmers Buttermilk; whisk to combine.
03. Add the baking soda and salt; whisk to combine. Add the flour and stir until just combined. Don't overmix. The mixture should be quite thick, but if it's too stiff, add 15–30 mL (1–2 tbsp) more buttermilk and stir to combine.
04. Melt a little butter in a large nonstick skillet or griddle. Add small mounds of batter. Cook for about 2 minutes on the first side or until lightly golden browned; flip and cook the second side.
05. Place the pancakes on the baking sheet and bake for about 8–10 minutes, so that the centres set; flip halfway through baking.
06. Serve with maple syrup or your favorite pancake toppings. Pancakes will keep airtight in the fridge for up to 1 week or in the freezer for up to 3 months; reheat as necessary.



NUMBER OF PORTIONS
2-4

PREPARATION
15 MIN

COOKING
25 MIN

OKA Cheese Breakfast Sandwich

Ingredients

6 slices bacon

4 eggs, lightly beaten

1 tbsp Natrel Fine-filtered 2% milk

1 tbsp finely chopped chives

1 pinch salt

1 pinch pepper

6 slices white bread

2 tbsp mayonnaise (add 1 tsp Sriracha to kick it up a notch)

1 head of frisée lettuce, leaves picked and washed

1 tomato, sliced

OKA cheese, cut into 8 slices

For the bacon

01. Preheat the oven to 350°F and line a baking sheet with parchment paper.
02. Arrange the slices of bacon on the baking sheet and cook to desired crispiness; about 12 minutes for soft and 15 minutes for very crispy. Drain the bacon on paper towel and set aside.

For the omelette

01. While the bacon is cooking, mix the eggs, milk, chives, salt and pepper together in a medium bowl. Pour the mixture into a non-stick skillet over medium-low heat. Place a cover on the pan and cook until the egg mixture is set, about 5-7 minutes. Transfer the omelette onto a plate and cut into 4 pieces. Set aside and keep warm with the bacon.

Assembly

01. Toast the bread. To assemble, spread the mayonnaise on a piece of toast. Top with the lettuce and two pieces of omelette. Spread mayo on both sides of the next piece of toast and place on top of the omelette pieces. Add tomato slices, 3 slices of bacon and 4 slices of OKA cheese. Spread the third piece of toast with mayo and cover the sandwich.



Breakfast tacos with eggs, potato, chorizo and Jarlsberg cheese

Ingredients

FOR THE BREAKFAST POTATOES

1 large potato, cubed

¼ tsp. smoked paprika

½ tsp. herbes de Provence

Sea salt and ground pepper

2 tbsp. olive oil

FOR THE TACOS

1 small chorizo, in small cubes

3 eggs

1 ripe avocado, sliced

A few leaves of greens (spinach, arugula, etc.)

150 g Jarlsberg cheese, thinly sliced

4 small wheat or corn tortillas

Preparation

01. Preheat the oven to 400 °F (205 °C).
02. In a small bowl, combine the potato cubes, smoked paprika, herbes de Provence and olive oil. Season with salt and pepper. Bake for 15 to 20 minutes, or until the potatoes are golden brown.
03. In a small bowl, beat the eggs. Add the cubes of chorizo. Pour the egg mixture into a hot, pre-oiled frying pan. Cook over medium-low heat, stirring constantly for 5 minutes, or until the eggs are just cooked. Remove the pan from the heat. Season with salt and pepper.
04. Fill the tortillas with greens, potato, egg, avocado slices and Jarlsberg cheese. Serve immediately.



Agropur Grand Cheddar, apple and camembert scones

Ingredients

2 cups all-purpose flour

4 ½ tsp. baking powder

1 teaspoon salt

½ cup (6 tbsp.) chilled butter, in cubes

1 cup Agropur cheddar aged 1 year, grated

¾ cup buttermilk

½ cup apple, in cubes

12 slices Le Rustique Camembert

2 tbsp. butter, melted

Preparation

01. Preheat the oven to 425 °F (220 °C).
02. In a bowl, combine the flour, baking powder and salt. Add the cubes of butter and mix by hand to obtain a sandy texture.
03. Add the grated cheddar cheese and then the buttermilk, mixing with a fork.
04. Add the cubes of apple, then form the dough into a ball with your hands. Do not overmix the dough.
05. On a clean and floured surface, press the dough down to about 2.5 cm (1 in.) thick. Using a round cookie cutter, carefully shape the scones without flattening them.
06. Place the scones on a baking sheet covered with parchment paper. Add a slice of Le Rustique Camembert to each one and bake for 15 minutes.
07. After removing the scones from the oven, brush them generously with melted butter. Serve warm.



NUMBER OF PORTIONS
4

PREPARATION
15 MIN

COOKING
15 MIN

Coddled Eggs, Spinach and OKA cheese Casserole

Ingredients

15 ml (1 tbsp) olive oil

1 grey shallot, finely chopped

1 L (4 cups) fresh spinach

5 ml (1 tsp) white balsamic vinegar

4 large fresh eggs

250 ml (1 cup) 35% cream

Salt and pepper, to taste

4 slices OKA cheese, about ½ cm thick

1 green onion, chopped

Grilled rustic bread, buttered and sliced in strips

Preparation

01. Preheat oven to 425°F.
02. In a non-stick skillet over medium heat, heat the oil and sauté the shallot for 2 minutes. Add the spinach and continue cooking for 1 minute. Deglaze with balsamic vinegar, season with salt and pepper, remove from heat and set aside.
03. Arrange a quarter of the spinach mixture in an ovenproof ramekin, then gently break one egg over the spinach mixture. Pour 65 ml (¼ cup) of cream over all and cover with a slice of OKA cheese. Repeat with 3 other ramekins.
04. Bake for about 10 minutes or until the egg whites are cooked and the cheese starts to brown.
05. Garnish the ramekins with green onions and ground pepper. Serve with grilled and buttered bread strips.

Appetizers & Side dishes

- 42. Cream of Roasted Red Bell Pepper Soup
- 43. Creamy Dips
- 44. Warm Asparagus Salad, Creamy Parmesan Dressing
- 46. Avocado and Spicy Shrimp Salad
- 48. Swiss Cheese and Bacon Scalloped Potatoes
- 49. Layered Shrimp and Cheese Spread
- 50. Blue beef carpaccio with Saint Agur
- 52. Fried Mac & Cheese balls with Agropur Grand Cheddar and Jarlsberg
- 54. Cambozola PLT
- 55. Goat cheese with apples, walnuts and fleur de sel
- 56. L'Extra Brie with figs
- 57. L'Extra Double Cream Brie open-faced sandwiches
- 58. Cheesy Mexican Dip
- 60. Tzatziki
- 61. Spicy Dipping Sauce
- 62. Nacho Cheese Dip
- 64. Baked Cheesy-Bacon Dip
- 65. High-protein onion and chive veggie dip
- 66. Parmesan and Herb Biscuits
- 68. Comforting Organic Vegetable Soup
- 70. Allégro 9% Mini-Brochettes



NUMBER OF PORTIONS
4

PREPARATION
25 MIN

COOKING
25 MIN

Cream of Roasted Red Bell Pepper Soup

Ingredients

2 large red bell peppers

1 tbsp (15 mL) olive oil

1 onion, chopped

1 clove garlic, chopped

1 tbsp (15 mL) butter

4 cups (1 L) chicken broth

*½ cup (125 mL) 15% M.F. Québon
Ultra'cream Cooking Cream*

2 potatoes, peeled and cubed

Salt and pepper

Preparation

01. Preheat the oven to broil. Cut the peppers in half, remove the seeds and oil lightly. Place on a baking sheet, skin side up. Roast in the upper third of oven for 5 minutes or until the skin blackens. Cool slightly, remove skin, cut into cubes and set aside.
02. In a saucepan, soften the onion and garlic in the butter for 2 minutes. Add salt and pepper.
03. Add the broth, cream, potatoes and red peppers, bring to a boil and simmer over medium-low heat until the potatoes are tender.
04. Purée in the blender until smooth. Adjust the seasoning.



NUMBER OF PORTIONS
2 $\frac{3}{4}$ TASSES

PREPARATION
10 MIN

Creamy Dips

Ingredients

FOR THE GREEN ONION DIP

250 g (8 oz) cream cheese, softened

175 mL ($\frac{3}{4}$ cup) mayonnaise

150 mL ($\frac{2}{3}$ cup) 15% M.F. Québon Ultra'cream Country Style Cream

30 mL (2 tbsp) each chopped green onion and parsley

30 mL (2 tbsp) finely chopped fresh basil

Salt and pepper to taste

FOR THE RED ONION & CARROT DIP

250 g (8 oz) cream cheese, softened

125 mL ($\frac{1}{2}$ cup) mayonnaise

125 mL ($\frac{1}{2}$ cup) 15% M.F. Québon Ultra'cream Country Style Cream

60 mL ($\frac{1}{4}$ cup) each chopped red onion and grated carrot

15 mL (1 tbsp) each chopped fresh parsley and basil

10 mL (2 tsp) Worcestershire sauce

Salt and pepper to taste

Preparation

01. Combine all ingredients.
02. Mix well.
03. Cover and chill 1 hour or overnight to blend flavours.



Warm Asparagus Salad, Creamy Parmesan Dressing

NUMBER OF PORTIONS	4
PREPARATION	20 MIN
COOKING	20 MIN

Ingredients

20 medium asparagus spears, trimmed

1 tbsp (15 mL) olive oil

1 tbsp (15 mL) butter

1 garlic clove, minced

2 tbsp (30 mL) white wine vinegar

1 tsp (5 mL) Dijon mustard

*½ cup (125 mL) 5% M.F. Québon
Ultra'cream Dairy Blend for Cooking*

*½ cup (125 mL) grated Parmesan
cheese*

3 cups (750 mL) baby spinach

*¼ cup (60 mL) thinly sliced toasted
almonds*

Salt and pepper to taste

Preparation

01. Preheat the barbecue to medium heat.
02. Coat the asparagus with oil. Season with salt and pepper. Grill on the barbecue until they are tender.
03. In a saucepan, melt the butter. Add the garlic and sweat 1 minute over medium heat.
04. Deglaze with the vinegar, add the mustard and reduce until almost dry.
05. Add the dairy blend and Parmesan. Bring to a boil. Let cool 2 minutes. Adjust the seasoning.
06. Place the asparagus on the spinach. Add the creamy dressing. Garnish with almonds. Add pepper.



Avocado and Spicy Shrimp Salad

NUMBER OF PORTIONS	4
PREPARATION	15 MIN
COOKING	3 MIN

Ingredients

2 ripened avocados, pitted and halved

½ cup (125 mL) 35% M.F. Québon Ultra Cream Whipping Cream

2 tsp (10 mL) lemon zest, finely grated

2 tbsp (30 mL) fresh coriander, chopped

2 tbsp (30 mL) Québon

2 tbsp (30 mL) olive oil

1 tsp (5 mL) curry powder

½ tsp (2 mL) ground coriander

½ tsp (2 mL) ground cumin

½ tsp (2 mL) ground cayenne pepper

20 medium shrimp, peeled and de-veined

2 tbsp (30 mL) lemon juice

Salt and ground pepper to taste

Preparation

01. Carefully remove flesh of the avocados, setting shells aside for presentation purposes.
Dice the flesh and place cubes in bowl.
02. Mix whipped cream with lemon zest and fresh coriander. Season and set aside.
03. In a pan, heat butter and oil with spices over medium heat for 2 minutes. Add shrimp and cook on high heat for 3 minutes each side. Add lemon juice, season, and add to avocado mixture. Mix well.
04. Divide among the shells and set on plates. Top with one or two spoonfuls of cream, if desired. Serve hot or cold.



NUMBER OF PORTIONS
6

PREPARATION
20 MIN

COOKING
75 MIN

Swiss Cheese and Bacon Scalloped Potatoes

Ingredients

2 lbs (1 kg) potatoes

1 large onion, chopped

1 ½ cups (375 mL) shredded Swiss cheese

8 slices bacon, cooked and diced

3 tbsp (45 mL) all-purpose flour

Salt and pepper to taste

2 cups (500 mL) 15% M.F. Québon Ultra'cream Cooking Cream, heated

Preparation

01. Peel and thinly slice potatoes.
02. Combine onion, cheese, bacon, flour, salt and pepper.
03. Layer one third of the potatoes in a buttered 2L (8 cup) casserole.
04. Sprinkle one third of the cheese mixture on top. Repeat layering twice.
05. Pour hot cream on top.
06. Cover and bake at 180 ° C (350 ° F) for 45 minutes.
07. Uncover and bake 25 to 30 minutes longer or until potatoes are tender.



NUMBER OF PORTIONS
12

PREPARATION
15 MIN

Layered Shrimp and Cheese Spread

Ingredients

375 mL (1 ½ cups) Sealtest
2% Cottage Cheese

180 mL (¾ cup) Sealtest
14% Sour Cream

Salt and pepper to taste

375 mL (1 ½ cups) small shrimp,
cooked

158 mL (⅔ cup) seafood sauce

250 mL (1 cup) Monterey Jack cheese,
shredded

250 mL (1 cup) cheddar cheese,
shredded

158 mL (⅔ cup) cucumber, diced

158 mL (⅔ cup) tomatoes,
seeded and diced

1 green onion, chopped

Tortilla chips, crackers

Preparation

01. Combine the Sealtest 2% Cottage Cheese and Sealtest 14% Sour Cream. Spread the mixture evenly in a 23-cm (9-in.) quiche pan or pie plate. Scatter the remaining ingredients on top, in the order listed, to make layers. Chill until ready to serve.
02. Serve with the tortilla chips or crackers.



Blue beef carpaccio with Saint Agur

Ingredients

FOR THE CARPACCIO

500 g filet mignon
(or other high-quality beef)

2 cups baby arugula

1 tsp olive oil

1 tbsp butter

Fleur de sel

Freshly ground pepper

Grap must or olive oil for garnish

FOR THE SAINT AGUR DRESSING

1 ½ cup crumbled Saint Agur
or Agropur Import Collection Roquefort

1 cup mayonnaise

½ cup buttermilk

½ cup greek yogurt

1 tbsp lemon juice

1 tbsp prepared horseradish

Freshly ground pepper to taste

Preparation

01. In a pan, heat the olive oil and butter to medium-high heat. Season the meat and brown on all sides, about 5 minutes total. (You can also do this step in a cast iron pan heated over hot coals.) Remove from heat and let cool slightly. Wrap tightly in plastic wrap and chill for at least 2 hours, preferably overnight.
02. Mix 1 cup of the crumbled cheese with the rest of the dressing ingredients in a small food processor or with a hand blender. Adjust the seasoning and set aside in refrigerator. If it's too thick, add a little more buttermilk.
03. To serve, slice beef into thin slices and place on the plates. Season each piece with fleur de sel, pepper and a dab of grape must or olive oil. Top with a drizzle of the blue cheese dressing. Place some baby arugula on top with a few crumbled pieces of Saint Agur and finish with olive oil.



Fried Mac & Cheese balls with Agropur Grand Cheddar and Jarlsberg

Ingredients

FOR THE MAC AND CHEESE

2 cups macaroni

2 tbsp. butter

2 tbsp. flour

2 cups milk

2 ½ cups grated Agropur Grand Cheddar (1 year)

¼ tsp. nutmeg

Sea salt and ground pepper

20 cubes Jarlsberg cheese

FOR THE BREADING

2 eggs

¼ cup milk

1 ½ cups panko

1 tsp. smoked paprika

1 cup vegetable oil (for cooking)

Preparation

01. Cook macaroni in a large volume of salted water according to manufacturer's instructions. Set aside.
02. Melt butter in a medium-sized saucepan. Add flour and mix continuously for 1 minute.
Once flour begins to brown, add milk and nutmeg while continuing to whisk until mixture thickens. Let simmer for 2 minutes, then add grated cheddar cheese. Season with salt and pepper.
03. Add cooked macaroni to sauce and mix.
04. Spread mixture in a gratin dish and put in refrigerator for 2 to 4 hours, preferably all night.
05. Use an ice cream scoop to form macaroni and cheese balls, placing a cube of Jarlsberg cheese in centre of each ball. Place balls on a baking sheet covered with parchment paper and put in freezer for 2 hours.
06. In a bowl, mix panko with smoked paprika. In another bowl, beat eggs and milk.
07. Heat oil in a large, high-rim, non-stick pan. Roll each ball in milk and egg mixture, then in panko. Fry a few balls at a time until golden-brown and crispy. Reheat in oven if desired to melt cheese inside.



Cambozola PLT

Ingredients

225g Cambozola cheese,
cut into 24 pieces

6 thin slices pancetta

24 gem lettuce leaves

12 cherry tomatoes, cut in half

½ c. à thé de sel

Pepper

3 tbsp olive oil

2 tbsp pomegranate molasses
or balsamic vinegar

For the Pancetta Crumble

01. Preheat oven to 425° F.
02. On a rimmed baking sheet, arrange pancetta in a single layer.
03. Bake on lower rack until golden brown, 10 to 12 minutes.
04. Crumble the pancetta in small pieces.

For the Tomatoes

01. Preheat oven to 325° F.
02. Spread tomatoes on a baking sheet.
03. Drizzle with oil and sprinkle with salt and pepper.
04. Bake until tomatoes are wrinkled and fragrant, about 45 minutes.

Assembly

01. Fill each gem lettuce leaf with Cambozola cheese.
02. Top with tomato, pancetta crumble and drizzle with pomegranate molasses.



Goat cheese with apples, walnuts and fleur de sel

Ingrédients

PER PERSON

30 g Goat cheese

4 toasted walnuts

3 slices of apple

Fleur de sel



L'Extra Brie with figs

Ingredients

225g L'Extra Brie cheese

6 fresh figs, sliced in 4

1 baguette bread, sliced into ¼-inch rounds

¼ cup crushed amaretti cookies or sliced almonds

2 tbsp of honey

For the Crostinis

01. Preheat oven to 350° F.
02. Place bread slices on a baking sheet.
03. Toast in the oven until crisp and golden, 15 to 20 minutes.
04. Set aside.

Assembly

01. Top each crostini with slices of L'Extra Brie cheese, fresh figs, crushed amaretti and a drizzle of honey.



NUMBER OF PORTIONS
24

L'Extra Double Cream Brie open-faced sandwiches

Ingredients

225 g of L'Extra Double Cream Brie

Loaf of raisin bread

Butter

Maple butter

Preparation

01. Cut a loaf of raisin bread into 12 slices. From each slice, form 2 rectangular pieces or use a cookie-cutter of your choice. Fry them in butter.
02. Cut 225 g (½ lb) of the L'Extra Double Cream Brie into slices.
03. Spread each toasted piece of bread with a generous amount of maple butter, and garnish with pieces of Brie.



Cheesy Mexican Dip

Ingredients

1 x 227-g (8-oz.) pkg. cream cheese, softened

250 mL (1 cup) Farmers by Natrel Restaurant Style 18% Sour Cream

454 g (1 lb.) ground beef

60 mL (¼ cup) onion, chopped

1 pkg. taco seasoning mix

177 mL (¾ cup) water

1 x 397-g (14-oz.) jar salsa

500 mL (2 cups) Farmers Cheddar Cheese, shredded

Olives and jalapeños

Preparation

01. In a skillet, brown the ground beef with the chopped onions. Drain any excessive fat, and then stir in the taco seasoning mix and the water. Simmer for 15 minutes, stirring occasionally, and then cool.
02. In a medium bowl, beat the cream cheese. Add the Farmers by Natrel Restaurant Style 18% Sour Cream and mix well. Spread into a shallow dish. Spoon the meat mixture evenly over the cream cheese layer. Spread salsa over the meat layer. Top with the Farmers Cheddar Cheese and garnish with olives and jalapeños, as desired.
03. Broil in the oven until the cheese has melted. Serve with tortilla chips as an appetizer.



Tzatziki

Ingredients

*¼ seedless cucumber, peeled
(approx. 6–8 cm or 2.5–3 in.)*

*125 mL (½ cup) Farmers
by Natrel Restaurant Style 18%
Sour Cream*

1 garlic clove, minced

2.5 mL (½ tsp) dried dill

Salt to taste

Preparation

01. Grate the cucumber onto cheese cloth or paper towel and press to squeeze out excess liquid.
02. Combine all the ingredients in a bowl and beat together until smooth



Spicy Dipping Sauce

Ingredients

125 mL (½ cup) Farmers
by Natrel 14% Sour Cream

125 mL (½ cup) mayonnaise

10 mL (2 tsp) Sriracha

2.5 mL (½ tsp) lemon juice

Preparation

01. Combine all the ingredients in a bowl and start dipping!



Nacho Cheese Dip

Ingredients

30 mL (2 tbsp) *Farmers Butter*

1 medium onion, chopped

250 mL (1 cup) tomatoes,
finely chopped

250 mL (1 cup) *Farmers 1% Milk*

22 mL (1 ½ tbsp) flour

375 mL (1 ½ cups) *Farmers Cheddar Cheese, shredded*

30 mL (2 tbsp) jalapeño chillies
or small hot peppers, chopped

Hot pepper sauce or chili powder

Tortilla chips

Preparation

01. In a medium frying pan, melt the *Farmers Butter*. Add the onion and tomatoes and sauté over medium heat until the onion is tender.
02. In a small bowl, gradually stir the *Farmers 1% Milk* into the flour until smooth. Add to the pan.
03. Cook over low heat, stirring until the mixture boils and thickens.
04. Remove from the heat, add the *Farmers Cheddar Cheese* and stir until it has melted.
05. Stir in the chillies and add hot pepper sauce or chili powder to taste.
06. Serve hot with tortilla chips for dipping.



PREPARATION
10 MIN

COOKING
25 MIN

Baked Cheesy-Bacon Dip

Ingredients

250 g (1 cup) *Island Farms*
by *Natrel* cream cheese

500 mL (2 cups) *Island Farms*
by *Natrel* sour cream

375 mL (1 ½ cups) shredded cheddar
cheese or *Tex Mex* cheese

6 slices of double-smoked bacon,
cooked and crumbled

125 mL (½ cup) green onion or chives,
chopped (optional)

Preparation

01. Preheat the oven to 200 °C (400 °F).
02. Combine all the ingredients in a baking dish and bake for 25–30 minutes or until the cheese is bubbling.
03. Serve with bread, crackers or fresh veggies.



NUMBER OF PORTIONS
4

PREPARATION
5 MIN

High-protein onion and chive veggie dip

Ingredients

1 can of white beans (540 ml or 19 oz),
rinsed and drained

125 ml (½ cup) Natrel Plus 3.25%

30 ml (2 tbsp.) mayonnaise

15 ml (1 tbsp.) olive oil

10 ml (2 tsp.) onion powder

Salt and pepper

15 ml (1 tbsp.) fresh chives or 5 ml
(1 tsp.) dried chives (or dried herbs
of your choice)

Vegetables of your choice

Chips of your choice

Preparation

01. Using a food processor or electric mixer, blend all of the ingredients except the chives until smooth and well blended. Add more Natrel Plus 3.25% to obtain the desired consistency (see note). Add a generous helping of pepper and a pinch of salt.
02. Add the chives and mix well. Spoon the dip into a serving dish or store in the refrigerator in an airtight container.
03. Serve with your choice of vegetables and chips.

Note

Depending on the firmness of the white beans and desired consistency of the dip, you may need to add more Natrel Plus. Start with 125 ml (½ cup) of Natrel Plus, then adjust the texture by adding 15 ml (1 tbsp.) at a time.

The dip can be kept 5 days in the refrigerator in an airtight container.



Parmesan and Herb Biscuits

NUMBER OF PORTIONS	12-24
PREPARATION	30 MIN
COOKING	15 MIN

Ingredients

1 ¼ cups flour

1 cup parmesan cheese, grated

2 tbsp. rosemary, finely chopped

¼ tsp. pepper

½ cup Natrel Organic Butter, at room temperature and cut into pieces

Fresh herbs to garnish before baking

Preparation

01. Put the flour, parmesan, rosemary, salt and pepper in the bowl of a food processor. Add the pieces of butter and pulse several times to obtain a sandy consistency. Continue pulsing until you get a uniform consistency (add ½ tbsp. of water if required).
02. On a clean surface, shape the dough into a ball and cover it in plastic wrap. Let it stand for 1 hour in the refrigerator.
03. Preheat the oven to 350 °F (177 °C).
04. On a clean and lightly floured surface, roll out the dough until it is about 1 cm (½ inch) thick. If desired, place fresh herb leaves (basil, thyme, rosemary, sage, etc.) on top of the dough and roll it in slightly until evenly blended.
05. Make biscuits from the dough using a round cookie cutter. Repeat the operation until no more dough is left.
06. Place the biscuits on a baking sheet lined with parchment paper or a silicone baking mat. Bake for 10 to 15 minutes, until golden brown. Let them cool for a few minutes on a rack. The biscuits will harden as they cool.



Comforting Organic Vegetable Soup

NUMBER OF PORTIONS	4-6
PREPARATION	20 MIN
COOKING	30 MIN

Ingredients

FOR THE SOUP

1 large yellow onion, peeled
and coarsely cut

2 tbsp (30 mL) oil

1 tbsp (15 mL) butter

6 cloves of garlic, peeled and cut into 2

1 tsp (5 mL) maple syrup or honey

250 ml (1 cup) of organic carrots,
peeled and coarsely cut into slices
(about 2 medium carrots)

250 ml (1 cup) potato, peeled and coarsely
cut (about 2 medium potatoes)

250 ml (1 cup) cauliflower, roughly cut
into florets

250 ml (1 cup) butternut squash,
peeled and coarsely cut

500 ml (2 cups) chicken or vegetable
broth

500 ml (2 cups) of Natrel Organic
Fine-Filtered 3.8% Milk

FOR THE HASH BROWN POTATO FILLING

2 small organic potatoes, unpeeled,
cut into small cubes

30 ml (2 tbsp) olive oil

2.5 ml (½ tsp) cumin

1 clove garlic, finely chopped

chives, chiseled

Preparation

01. In a large, thick-bottomed casserole, sauté the onion in oil and butter over medium heat for 4 to 5 minutes or until the onion is translucent. Add the garlic and maple syrup and continue cooking for 1 minute, without browning the garlic. Add the vegetables (carrots, potatoes, cauliflower and squash). Continue cooking for a few minutes.
02. Deglaze with the chicken broth while scraping the bottom of the casserole to release the juices of cooking. Cover and simmer for 15 to 20 minutes or until the vegetables are tender. for garnished hash browns Meanwhile, in a pan over medium high heat, heat the oil. Add the potatoes and brown until golden brown and crispy, about 10 minutes.
03. Reduce to medium low heat and add the cumin seeds and garlic. Pepper and salt. Continue cooking for 5 minutes to allow the flavours to develop, then remove from heat.
04. Add the chopped fresh chives and set aside. for the final preparation of the comforting soup with organic autumn vegetables Once the vegetables are cooked, pass the preparation to the blender to obtain a smooth and homogeneous preparation. Add the milk and adjust the seasoning. Divide the soup into the bowls. Top with hash brown potato topping.



PREPARATION
5 MIN

Allégro 9% Mini-Brochettes

Ingredients

*Allégro 9% white and coloured,
cut in small cubes*

*Small tomatoes or other chopped
vegetables (peppers, celery, broccoli)*

Fresh basil leaves

Preparation

01. On mini-brochettes, alternate different coloured miniature tomatoes with cubes of white and coloured Allégro 9% cheese.
02. Garnish with some refreshing basil leaves and you've got a marvellous treat to satisfy the tummies of hungry kids and grown-ups as they wait for dinner!

Main Dishes

- 72. Peanut chicken
- 74. Linguine Alfredo
- 75. Two Tomato Rosé Sauce for Pasta
- 77. Mini-Pitas with Grilled Garlic Chicken and Cream
- 78. Shrimp Alfredo Linguini
- 79. Sublime Salmon
- 80. Lazy Lasagna
- 82. Veggie burgers with Jarlsberg cheese
- 84. Champfleurette (Tartiflette with Champfleury cheese)
- 85. Gnocchi with prosciutto, Cambozola cheese, spinach and walnuts
- 87. The chef's fondue
- 88. Baked Macaroni and Cheese
- 89. Macaroni Celebration with Allégro 9% Jalapeño
- 90. Vegetable and Tofu Stir-Fry with Peanuts, Lemon and Allégro 9% Herb & Spices Cheese
- 92. OKA Swiss-Style Smoke Cheese Onion Soup
- 93. OKA Swiss-Style Cheese and Apple Salad
- 95. Macaroni with OKA, Mushrooms and Truffle
- 97. OKA Cheesesteak Sandwich



Peanut chicken

NUMBER OF PORTIONS	4
PREPARATION	20 MIN
COOKING	20 MIN
COOLING	60 MIN

Ingredients

FOR THE CHICKEN

1 $\frac{2}{3}$ lb. boneless, skinless chicken breast, chopped into medium cubes

1 cup Natrel Lactose free 2%

3 tbsp hoisin sauce

1 tsp lime zest, grated

4 drops toasted sesame oil

1 tbsp nuoc-mâm (fish sauce)

1 tbsp brown sugar

1 tbsp rice vinegar

1 tbsp white wine

1 medium spanish onion, minced

$\frac{1}{2}$ cup light coconut milk

1 cup chicken broth

1 cup asian peanut sauce (or more, to taste)

1 tbsp peanut butter

$\frac{1}{2}$ tsp sriracha (or more, to taste)

2 red peppers, cut into strips

200 g sugar snap peas, trimmed

Salt and freshly ground pepper

A handful of fresh parsley, chopped

A handful of unsalted, skinned peanuts, coarsely chopped

FOR THE ASIAN PEANUT SAUCE

3 tbsp tamari soy sauce

3 tbsp rice vinegar

2 tbsp sugar

2 tbsp peanut oil

1 tbsp toasted sesame oil

2 tsp fresh ginger, grated

2 tsp garlic, chopped

$\frac{1}{2}$ tsp salt

1 tsp sriracha

$\frac{1}{4}$ cup cold water

1 cup roasted unsalted, skinned peanuts

Preparation

01. Place all the Asian peanut sauce ingredients in a food processor and purée for about 10 seconds. Do not overmix – you still want a bit of texture! Set aside in the refrigerator.
02. Place the chicken in a large bowl. Pour the Natrel Lactose Free over it. Set aside in the refrigerator for 1 hour to allow the chicken to become tender and juicy. Drain the chicken and add the hoisin sauce, lime zest, sesame oil, nuoc-mâm, brown sugar, rice vinegar and white wine. Mix well and set aside on the counter to marinate.
03. In a large work or pot, add the onion, coconut milk and chicken broth. Bring to a boil. Reduce the temperature slightly and add the Asian peanut sauce, peanut butter and sriracha. Season with salt and pepper. Mix well until smooth.
04. Add the chicken and its marinade. Cook, stirring regularly, for about 5 to 6 minutes.
05. Add the vegetables and cook for about 8 to 10 minutes, or until the chicken is well cooked. Serve on your favourite rice and garnish with the parsley and peanuts.



NUMBER OF PORTIONS
4

PREPARATION
10 MIN

COOKING
10 MIN

Linguine Alfredo

Ingredients

500 g fettuccine or linguine

1 tbsp. Natrel Lactose Free Salted Butter, cubed

2 cups Natrel Lactose Free 35% Whipping Cream

½ cup Natrel Lactose Free Salted Butter, cubed

¼ cup fresh italian parsley, chopped

1 tbsp. fresh oregano leaves

1 cup lactose-free Parmesan, grated (plus a little more for garnish)

1 pinch of red pepper flakes

2 small garlic cloves, thinly sliced

1 small shallot, minced

Zest of half a lemon

Salt and freshly ground pepper

Preparation

01. Cook the pasta according to package instructions. Set aside.
02. In a saucepan, melt 1 tbsp. (15 g) of butter on medium heat. Add the shallot, garlic and red pepper flakes. Cook for 1 to 2 minutes.
03. Add the cream and gently heat to a simmer. Using a whisk, incorporate the remaining butter a few pieces at a time until well blended. Simmer for approximately 5 minutes, making sure not to let the mixture boil to prevent the butter from separating.
04. Add the Parmesan, parsley, oregano and lemon zest. Season with a few pinches of salt and pepper to taste.
05. Pour the sauce over the pasta and gently mix until well coated.
06. Serve garnished with some Parmesan and fresh herbs. Finish with some freshly ground pepper.



Two Tomato Rosé Sauce for Pasta

NUMBER OF PORTIONS	4-6
PREPARATION	10 MIN
COOKING	20 MIN

Ingredients

2 tbsp (30 mL) olive oil

4 shallots, finely chopped

4 garlic cloves, finely chopped

*½ cup (125 mL) dried tomatoes in oil,
drained and finely chopped*

½ cup (125 mL) dry white wine

*1 can (28 oz/796 mL) diced tomatoes
with Italian spices*

2 bay leaves

½ tsp (2 mL) hot chillies, crushed

*1 cup (237 mL) 15% M.F. Québon
Ultra'Cream Cooking Cream*

1 lb (500 g) penne, cooked

½ cup (125 mL) fresh basil, chopped

*½ cup (125 mL) fresh Parmesan
cheese, grated*

Preparation

01. In a casserole, heat oil and cook shallots, garlic and dried tomatoes for 3 minutes.
02. Deglaze with white wine, reduce 3 minutes and add diced tomatoes, bay leaves and crushed hot chillies. Simmer for 10 minutes on low heat.
03. Add cream and simmer for 5 minutes.
04. Remove bay leaves.
05. If desired, use an electric mixer to obtain a smoother sauce.
06. Serve the sauce on hot pasta and garnish with basil and fresh Parmesan.



NUMBER OF PORTIONS
12

PREPARATION
20 MIN

COOKING
8 MIN

COOLING
8 MIN

Mini-Pitas with Grilled Garlic Chicken and Cream

Ingredients

FOR GRILLED GARLIC CHICKEN AND CREAM

1 container (237 mL) 35% M.F. Québon Ultra'Cream Cooking Cream

$\frac{3}{4}$ tsp (3.5 mL) freshly ground cumin seeds

2 or 3 garlic cloves, finely chopped

1 tbsp (15 mL) lemon juice

Zest of half a lemon, finely grated

1 pinch Espelette or cayenne pepper

4 skinless, boneless chicken breasts, cubed

Salt and freshly ground pepper

FOR THE TOPPINGS

Mini pitas

Cherry tomatoes, lettuce, sour cream, hummus, tahini sauce, mayonnaise, etc.

Preparation

01. In a large freezer bag (such as Ziploc) or in a large bowl, combine cream, cumin, garlic, lemon juice and zest, and hot pepper.
02. Add cubed chicken, mixing well.
03. Seal bag or cover bowl and marinate in refrigerator for 8 to 24 hours.
04. Drain chicken and thread on skewers.
05. Lightly oil grill and heat barbecue to high.
06. Salt and pepper kebabs to taste. Grill over medium heat for 8 to 10 minutes or until cooked.
07. Serve chicken on pita with your choice of toppings.



NUMBER OF PORTIONS
4

PREPARATION
10 MIN

COOKING
10 MIN

Shrimp Alfredo Linguini

Ingredients

12 oz (375 g) fettuccine

*1 container (237 mL) 35% M.F. Québon
Ultra'cream Country Style Cream*

¼ cup (60 mL) butter

*1 cup (250 mL) freshly grated
Parmesan cheese*

1 lb (500 g) cooked shrimp

Salt and pepper to taste

Preparation

01. Cook pasta until tender. Drain well.
02. Return to pot. Heat cream and butter. Stir in remaining ingredients.
03. Add to hot pasta and toss to coat.
04. Season to taste with salt and pepper.



NUMBER OF PORTIONS
4

PREPARATION
15 MIN

COOKING
15 MIN

Sublime Salmon

Ingredients

*4 salmon cutlets, 250 g (8 oz) each,
or 1 whole salmon fillet, about 1 kg (2 lb)*

1 cup (250 mL) dry white wine

*¾ cup (180 mL) 15% M.F. Québon
Ultra'Cream Country Style Cream*

Salt and freshly ground pepper to taste

4 shallots, thinly sliced

8 oz (250 mL) mushrooms, thinly sliced

¼ cup (60 mL) chopped fresh chervil

Preparation

01. Preheat oven to 180°C (350°F) or barbecue to medium heat.
02. Make 4 squares or 1 rectangle of foil; place salmon in centre and raise sides.
03. Pour white wine over salmon, then add the cream. Salt and pepper well.
04. Sprinkle with shallots, mushrooms and chervil. Seal packets, being careful not to drip wine and cream.
05. Place packets on a cookie sheet and bake in oven or on upper barbecue grill for 12 minutes (for cutlets) or 20 minutes (for whole fillet).
06. Serve with rice pilaf and grilled vegetables.



Lazy Lasagna

NUMBER OF PORTIONS	8
PREPARATION	25 MIN
COOKING	85 MIN

Ingredients

450 g (1 lb.) lean ground beef

1 L (4 cups) pasta sauce

45 mL (3 tbsp) fresh basil, chopped

500 mL (2 cups) Sealtest
2% Cottage Cheese

250 mL (1 cup) Sealtest
14% Sour Cream

1 egg

Salt and pepper to taste

12 no-boil lasagna noodles

500 mL (16 oz.) mozzarella cheese,
shredded

125 mL (½ cup) Parmesan cheese,
grated

250 mL (1 cup) water

Preparation

01. Preheat the oven to 180 °C (350 °F).
02. Cook the meat in a large frying pan until no longer pink. Drain any excess fat, add the pasta sauce and fresh basil, and heat through.
03. Combine the Sealtest 2% Cottage Cheese, Sealtest 14% Sour Cream, egg, salt and pepper in a small bowl.

Assemblage

01. Using a 32.5 x 23-cm (9 x 13-in.) pan, put 250 mL (1 cup) of the meat sauce on the bottom, then 3 lasagna noodles, one-third of the cottage cheese mixture, and another 250 mL (1 cup) of the meat sauce.
02. Repeat the layers two more times. Top with last 3 noodles, the last of the meat sauce and the remaining mozzarella and Parmesan.
03. Cover and bake for 1 hour. Uncover and bake for 15 more minutes.
04. Let it stand for 10–15 minutes before serving.



Veggie burgers with Jarlsberg cheese

Ingredients

FOR THE VEGGIE PATTIES WITH BROWN RICE AND LEGUMES

1 small onion, chopped

*1 cup cooked brown rice**

1 cup panko breadcrumbs

*2 cups canned mixed legumes,
rinsed and drained*

1 tbsp. smoked paprika

1 tsp. cumin

2 tbsp. olive oil

1 tbsp. Dijon mustard

Sea salt and ground pepper, to taste

½ cup sunflower seeds

Vegetable oil (for frying)

**You can use pre-cooked brown rice
to save time.*

FOR THE BURGERS

6-8 burger buns

Jarlsberg cheese, sliced

Avocado, sliced

Leaves of lettuce

Preparation

01. Preheat the oven to 350 °F (180 °C). Line a baking sheet with parchment paper.
02. In the bowl of a food processor, combine all ingredients except the sunflower seeds until you get a lumpy and slightly sticky paste. Season generously with salt and pepper.
03. Add the sunflower seeds, mix briefly with a spatula, then run the food processor for about 30 seconds to blend the paste while maintaining the crunchy texture of the seeds.
04. Using your hands, shape the paste into patties. To keep the patties together, add some liquid if needed.
05. Heat the vegetable oil and fry the patties in a non-stick pan for about 5 minutes on each side, or until each surface is golden brown.
06. Transfer the patties to the lined baking sheet and place them in the preheated oven for 15 minutes, turning them halfway through.
07. Assemble the burgers by placing each patty on a bun. Garnish with your choice of condiments, Jarlsberg cheese, avocado and lettuce.



Champfleurette (Tartiflette with Champfleury cheese)

Ingredients

1 kg (2 ¼ lbs) of firm potatoes

200 g smoked bacon, diced

1 chopped onion

*1 Champfleury of 300g
or 1 ½ Champfleury of 180g*

2 tbsp. oil soup

1 garlic clove

Salt and pepper

Preparation

01. Peel potatoes. Cook the potatoes in salted boiling water. Be careful not to overcook them so that it keeps their consistency. Drain and let cool.
02. Preheat the oven to 390 ° F (200 ° C). Prepare a gratin dish by rubbing the bottom and edges with the peeled garlic clove.
03. Heat the oil in a pan, cook the onions in it until they are very tender. Add the diced potatoes and brown them on all sides.
04. In another pan, cook the bacon. Add the cooked bacon to the potato and onion mixture. Pepper and salt lightly; Champfleury brings a good dose of salt.
05. In the gratin dish, distribute the mixture of potatoes, onions and bacon.
06. Cut the Champfleury in half horizontally. Place the two pieces of cheese on top of the potato mixture, crust side up.
07. Bake for 20 minutes. If necessary, grill the last 2 minutes.
08. Serve hot, accompanied by a green salad.



Gnocchi with prosciutto, Cambozola cheese, spinach and walnuts

Ingredients

500 g gnocchi

2 cups fresh spinach

6 slices prosciutto

2 egg yolks, beaten

1 cup (250 mL) 15% cream

½ tsp. nutmeg

1 pinch cayenne pepper

160 g Cambozola cheese

¼ cup walnuts

Preparation

01. Preheat oven to 400 °F (200 °C).
02. Grease a large, oven-proof pan.
03. Cook gnocchi according to manufacturer's instructions and rinse with cold water to stop cooking.
04. In a bowl, combine cooked gnocchi, spinach, coarsely sliced prosciutto, beaten egg yolks, cream, nutmeg, cayenne pepper, half of cambozola and walnuts.
05. Pour into pan, garnish with a few spinach leaves and rest of cambozola, then bake in oven for 20 minutes. Serve immediately.



The chef's fondue

Ingredients

1 garlic clove, cut in half

300 g (2/3 lb) Le Superbe Emmental, grated

300 g (2/3 lb) gruyere cheese, grated

225 g (1/2 lb) Swiss Vacherin cheese, grated or cut into cubes

375 ml (1 1/2 tasse) white wine

10 ml (2 tsp) cornstarch

30 ml (2 tbsp) kirsch

Ground black pepper, to taste

Ground nutmeg, to taste

Preparation

01. Rub the bottom of the fondue pot with garlic.
02. Add the three cheeses, wine, cornstarch, kirsch, pepper, nutmeg, and garlic then stir.
03. Heat the pot over medium heat on the stovetop while stirring constantly with a wooden spoon, until the cheese is melted.
04. Place the fondue pot at the centre of the table and serve with bread or your choice of garnishes.



PREPARATION
30 MIN

COOKING
40 MIN

Baked Macaroni and Cheese

Ingredients

1 pkg (375 g) whole wheat macaroni, cooked

cooking spray

500 mL (2 cups) mild cheddar cheese, grated, divided

250 mL (1 cup) sharp cheddar cheese, grated

125 mL (½ cup) Island Farms by Natrel sour cream

125 mL (½ cup) Island Farms by Natrel cottage cheese

1 egg

5 mL (1 tsp) garlic powder

2.5 mL (½ tsp) dry mustard

Salt and ground black pepper to taste

125 mL (½ cup) Panko breadcrumbs

Preparation

01. Preheat the oven to 350 °F (175°C).
02. Spray a 22 x 33-cm (9 x 13-in.) baking dish with cooking spray.
03. Reserve 125 mL (½ cup) of the shredded mild cheddar cheese for later use.
04. Mix the cheeses, sour cream, cottage cheese and the egg together in a bowl; season with the garlic powder, dry mustard, salt and pepper.
05. Stir the cooked macaroni into the cheese mixture.
06. Pour the macaroni mixture evenly into the prepared baking dish and sprinkle with the reserved 125 mL (½ cup) cheddar cheese, then the Panko breadcrumbs.
07. Cover and bake for 20 minutes. Uncover and bake another 20 minutes until cheese is bubbling.
08. Let cool for 10 minutes before serving.



NUMBER OF PORTIONS
4

PREPARATION
10 MIN

COOKING
45 MIN

Macaroni Celebration with Allégro 9% Jalapeño

Ingredients

Approximately 250 g (8 ½ oz) piece of Allégro 9% Jalapeño cheese, cut into 1 ¼ cm (½ in) cubes.
18 cubes per serving.

30 ml (2 tbsp) olive oil

1 small onion, minced

500 g (1 lb) lean minced beef

125 ml (½ cup) beef bouillon

375 ml (1 ½ cups) tomato juice

1 celery stalk, chopped

½ red pepper, cubed

Salt and pepper to taste

2.5 ml (½ tsp) dried oregano

2.5 ml (½ tsp) dried savoury

450 g (3 cups) macaroni, cooked and cut

125 ml (½ cup) corn niblets (optional)

Preparations

01. In a pan, cook onion in olive oil. Add the minced beef and cook well. Pour in beef bouillon, tomato juice and stir well. Add the cut vegetables and spices, mixing well.
02. Cover and let simmer over low heat for 20 minutes. Blend in pasta, cover and let simmer for 5 minutes. Garnish with cubes of Allégro 9% Jalapeño. Serve immediately.



Vegetable and Tofu Stir-Fry with Peanuts, Lemon and Allégro 9% Herb & Spices Cheese

NUMBER OF PORTIONS	4
PREPARATION	15 MIN
COOKING	4-5 MIN

Ingredients

5 ml (1 tbsp) of vegetable oil

500 ml (2 cups) of your choice of fresh vegetables (peas, bean sprouts, cherry tomatoes, broccoli, cauliflower, etc.), cut into thin strips or small florets

125 ml (½ cup) of tofu, cubed

15 ml (1 tbsp) of ginger, finely chopped

Juice of 1 lemon

60 ml (¼ cup) of unsalted peanuts, crushed

125 ml (½ cup) of Allégro 9% Herbs & Spices cheese, cut into small cubes

Salt and pepper to taste

Preparations

01. In a wok, heat the oil over high heat. Add the vegetables and the tofu, and sauté for 3 minutes, stirring constantly. Reduce heat to medium.
02. Add the ginger and the lemon juice. Continue cooking for 1 minute, and then add the peanuts and the Allégro 9% Herbs & Spices cheese.
03. Season lightly with salt and pepper.
04. Continue stir-frying for 30 seconds. Serve immediately.

Note

This recipe combines the heart health benefits of soy protein and peanuts with the tasty herbs and spices of Allégro cheese. It cooks in less than 5 minutes and tastes superb the next day for lunch too!

Suggestion

Serve over jasmine rice garnished with coriander leaves.



NUMBER OF PORTIONS
4

PREPARATION
15 MIN

COOKING
60 MIN

OKA Swiss-Style Smoke Cheese Onion Soup

Ingredients

¼ cup Natrel salted butter

2 large onions, thinly sliced

Salt

1 clove garlic, finely chopped

1 bay leaf

1 sprig fresh thyme or pinch dry thyme

Pepper

½ cup dark beer (stout or porter)

1 tbsp all-purpose flour

5 cups chicken broth

4 baguette slices, about ¾" thick

*150 g OKA Swiss-style Smoke,
grated salt, pepper*

Preparation

01. Melt the butter in a saucepan over medium heat and add the onions and a pinch of salt. Cook until the onions wilt and begin to caramelize, about 5–10 minutes.
02. Add the garlic, bay leaf, thyme and pepper to the saucepan. Cook until the onions are deep golden brown and caramelized, about 10–15 minutes. Stir occasionally to make sure the onions do not burn.
03. Add the beer to deglaze the saucepan. Simmer over high heat until the beer has evaporated, and onions are almost dry, about 5 minutes. Discard the bay leaf and sprig of thyme.
04. Over medium heat, stir in the flour and cook until it takes on a faint beige colour and makes a slight hissing noise, about 5–8 minutes.
05. Add the broth and simmer over medium-high heat for 20 minutes. Season to taste with salt and pepper.
06. Preheat the oven to broil.
07. Ladle the hot soup into 4 ramekins or any ovenproof serving bowls. Place a slice of baguette over each soup and sprinkle with OKA Swiss-style Smoke, grated.
08. Place ramekins or ovenproof serving bowls on a rimmed baking sheet.
09. Broil in the oven until cheese is melted and bubbling, about 5 minutes.
10. Carefully remove from the oven and serve.



OKA swiss-style cheese and apple salad

NUMBER OF PORTIONS

4

PREPARATION

25 MIN

Ingredients

FOR THE OKA SWISS-STYLE CHEESE AND APPLE SALAD

1 Macintosh apple, julienned

1 beat, julienned and rinsed in cold water to limit salad discoloration

1 carrot, julienned

1 asparagus bunch, blanched and cut in pieces

3 endives

½ container cherry tomatoes, sliced in halves

2 Lebanese cucumbers or ½ large one, sliced

1 ½ cup OKA Swiss-style, julienned (150 g)

1 romaine or leaf lettuce

Grapes cut in halves and/or nuts (optional)

FOR THE LEMON AND HONEY VINAIGRETTE

1 tablespoon honey

1 tablespoon Dijon mustard

3 tablespoons lemon juice

1 garlic clove

½ cup canola or vegetable oil

Preparation

01. Mix all vinaigrette ingredients in an electric mixer or blender, except oil. Slowly add oil during the mixing.
02. Mix all salad ingredients and vinaigrette, toss and serve immediately.



Macaroni with OKA, Mushrooms and Truffle

NUMBER OF PORTIONS	6-8
PREPARATION	30 MIN
COOKING	45 MIN

Ingredients

FOR THE MACARONI

250 g (2-2 ½ cup) macaroni or other short pasta

½ cauliflower (cut in small pieces) (1 lb.)

FOR THE CHEESE SAUCE

225 g shredded OKA Mushrooms and truffle

1 onion, diced

2 garlic cloves

30 ml (2 tbsp.) olive oil

500 ml (2 cups) milk

30 ml (2 tbsp.) all-purpose flour

Salt, pepper

FOR THE GRATIN

125 ml (½ cup) breadcrumbs

2 garlic cloves

5 ml (1 tsp.) crushed chili

15 ml (1 tbsp.) butter

½ tsp. salt

Preparation

01. In a food processor, combine all gratin ingredients: breadcrumbs, garlic, chili and salt. Add butter. Set aside.
02. Sauté onion and garlic in oil at medium heat without browning them.
03. Add flour and cook for about 1 minute.
04. Add milk and continue cooking until béchamel sauce thickens, about 3 to 4 minutes.
05. Add OKA and let completely melt in the white sauce.
06. In a large pot, cook pasta for approximately 5 minutes. Add cauliflower and continue cooking for about 1 to 2 minutes. Drain.
07. In a large oven-proof dish, place pasta and cauliflower, pour béchamel sauce and cover with breadcrumb mix.
08. Cook in a 180°C (350°F) oven for about 45 minutes or until topping is golden.



NUMBER OF PORTIONS
4

PREPARATION
30 MIN

COOKING
45 MIN

OKA Cheesesteak Sandwich

Ingredients

350 g flank steak

¼ tsp salt

¼ tsp freshly ground black pepper

2 tbsp olive oil

1 medium onion, thinly sliced

225 g cremini mushrooms, thinly sliced

1 red bell pepper, thinly sliced

1 clove garlic

½ tsp soy sauce

½ tsp Worcestershire sauce

1 tbsp Natrel salted butter,
room temperature

4 sourdough buns or any crusty bread
roll, cut in half without cutting through

180 g OKA L'Artisan cheese, grated

For the steak

01. Cut the steak across the grain as thinly as possible. Season with the salt and pepper.
02. Add 1 tbsp of the olive oil to a large skillet pan. Over medium-high heat, add the onion and sauté until they begin to colour, about 3–5 minutes.
03. Add the mushrooms and sauté for 2 more minutes.
04. Add the red pepper and garlic and sauté until the pepper softens and the onions begin to caramelize, about 5 minutes. Reserve.
05. In the same skillet, add the remaining olive oil and sauté half the steak. Season with half the soy sauce and half the Worcestershire sauce. Cook until the meat is no longer visibly red. Reserve. Repeat for the other half.

Assembly

01. Meanwhile, preheat the oven to 375°F. Spread the butter inside the buns and toast in the oven cut side up for 3–4 minutes.
02. Remove from the oven and place the meat and vegetables on each bun and top with OKA L'Artisan cheese. Return to the oven until the filling is hot and the cheese is melted.
03. Serve with mayonnaise or mustard if desired.

Desserts

- 99. Lactose-free sugar cream pie
- 101. Lactose Free Chocolate Milk Minute Pudding
- 102. Lactose Free Salted Caramel Ice Cream & Chocolate S'mores
- 103. Brownies with chocolate chunks
- 105. Lactose Free Maple Milkshake
- 106. Pastry cream and strawberry trifle
- 108. Vanilla panna cotta
- 109. Chocolate éclairs
- 111. Grilled Pineapple and Fruit Salad with Lime Cream
- 112. Breton Shortbread Cookies with Lemon Cream
- 114. Marshmallow Fudge
- 115. Apple Pastry Baluchon
- 117. Key Lime Pie
- 118. Lemon Loaf
- 120. Apple pie with Agropur's cheddar cheese crust
- 122. Brownies
- 123. Lemon Pie
- 124. Homemade Dulce de Leche
- 125. Sour Cream Coffee Cake
- 127. Creamy Lemon Mousse
- 128. Peanut Butter Pie
- 129. Apple Croustade with Allégo 9% White



Lactose-free sugar cream pie

NUMBER OF PORTIONS	8
PREPARATION	20 MIN
COOKING	40 MIN
COOLING	3 H

Ingredients

FOR THE SUGAR CREAM FILLING

For the sugar cream filling

250 mL (1 cup) brown sugar

60 ml (¼ cup) unbleached all-purpose flour

30 ml (2 tbsp.) cornstarch

Pinch of salt

375 ml (1 ½ cup) Natrel Lactose Free 35% Whipping Cream

125 mL (½ cup) maple syrup

1 shortcrust pastry crust (ideally lactose-free), store-bought or homemade (see instructions below)

FOR THE RICH WHIPPED CREAM TOPPING

250 ml (1 cup) Natrel Lactose Free 35% Whipping Cream

30 ml (2 tbsp.) maple syrup

Maple sugar nuggets (optional)

FOR ONE HOMEMADE SHORTCRUST PASTRY CRUST (OPTIONAL)

170 g (1 cup) unbleached all-purpose flour

1 ml (1 ¼ tsp.) salt

85 g (½ cup) of our unsalted lactose-free butter, cold and diced

45 ml (3 tbsp.) ice water

For the sugar cream filling

01. In a large saucepan, combine brown sugar, flour, cornstarch and salt. Add 35% lactose free whipping cream and maple syrup and bring to a boil, stirring with a whisk. Remove from heat and let cool.
02. Place rack in bottom of oven. Preheat oven to 200 °C (400 °F).
03. Line a 23-cm (9-inch) deep-dish pie pan with shortcrust pastry crust. Press around the edge of the pie with a fork or your fingers. Remove excess dough. Pour sugar cream filling over the crust.
04. Bake for 35 to 40 minutes or until crust is golden brown and filling is bubbly. Let stand at room temperature or in the refrigerator until fully cool. (This step is important if you want to top your sugar cream pie with the rich whipped cream filling).

For the rich whipped cream topping

01. Whip the 35% lactose-free whipping cream until stiff peaks form, following the steps in our classic whipped cream recipe.
02. Once the pie has completely cooled, use a small spatula or a pastry bag fitted with a plain or fluted tip to garnish the sugar cream pie with the rich whipped cream topping. Sprinkle with maple sugar nuggets, if desired.

For one homemade shortcrust pastry crust (optional)

01. In a food processor, combine flour and salt. Add lactose-free butter and process a few seconds at a time until butter is in pea-sized chunks. Add water and process again until dough just begins to form. Add more water if needed. Remove dough from food processor and form into a disk.
02. Wrap with plastic wrap and refrigerate for 30 minutes.
03. On a floured work surface or between two sheets of parchment paper, roll out the dough to a thickness of 3 to 4 mm (⅛ in).



NUMBER OF PORTIONS
6

PREPARATION
5 MIN

COOKING
10 MIN

Lactose Free Chocolate Milk Minute Pudding

Ingredients

½ cup cane sugar

¼ cup cornstarch

2 cups Natrel Lactose Free Chocolate

*100 g dark chocolate in pieces
(about ½ cup chocolate chips)*

1 tablespoon vanilla extract

1 tablespoon hazelnut butter (optional)

Preparation

01. In a saucepan, combine the sugar and starch. Add Natrel Lactose Free Chocolate and bring to a boil, stirring until the mixture thickens. Add the dark chocolate pieces, vanilla extract and hazelnut cream and stir until melted. Remove from heat.
02. Pour into a bowl or six small individual ramekins and enjoy still warm or refrigerate for at least two hours. When serving, add the topping of your choice. The recipe yields about six medium-sized jars (each with ½ cup/125ml of pudding each).



NUMBER OF PORTIONS
6

PREPARATION
30 MIN

COOKING
20 MIN

COOLING
10 MIN

Lactose Free Salted Caramel Ice Cream & Chocolate S'mores

Ingredients

1 box Natrel Lactose Free Salty Caramel Ice Cream

1-2 boxes of Graham Cookies

Milk chocolate bar

1 bag of Marshmallows

Preparation

01. Line a cookie sheet with graham crackers.
02. Place a few pieces of chocolate on the graham crackers and marshmallows on top.
03. Broil for 2-4 minutes. Keep an eye on them so they roast to your liking!
04. Place one scoop of salty caramel lactose free ice cream on room temperature Graham crackers for the base of your s'mores
05. Top off with the warm Graham crackers covered in melting chocolate and roasted marshmallows as soon as they come out of the oven.



Brownies with chocolate chunks

NUMBER OF PORTIONS	16
PREPARATION	15 MIN
COOKING	30 MIN

Ingredients

½ cup Natrel Unsalted Butter

1 cup chopped good quality dark chocolate (6–6 ⅓ oz.)

1 ¼ cups granulated sugar

3 large eggs

½ tsp. salt

1 tsp. vanilla extract

¾ cup all-purpose flour

½ cup cocoa powder, sifted

1 cup chunks of good quality chocolate (dark, milk and/or white chocolate), divided

Preparation

01. Preheat the oven to 350°F (180°C). Butter a 9" x 9" brownie pan and line it with parchment paper so that it hangs over two of the sides. Dust the two other edges with cocoa powder. Set aside.
02. In a medium saucepan, heat the butter and dark chocolate on medium, stirring every so often. When everything is melted, take the pan off the heat.
03. Add the granulated sugar and stir it in, then add the eggs, one at a time, making sure to stir well after each addition. Mix in the salt and vanilla.
04. Stir in the flour and cocoa powder. Next add three-quarters of the chunks of chocolate.
05. Pour the brownie batter into the prepared pan and smooth the surface with the back of a spoon or small offset spatula. Scatter the remaining chocolate chunks on top.
06. Bake the brownies for 30 to 40 minutes or until a cake tester inserted into the centre comes out clean. For fudgier brownies, bake them for 30 minutes.
07. Cool completely at room temperature before cutting.



NUMBER OF PORTIONS
2

PREPARATION
5 MIN

Lactose Free Maple Milkshake

Ingredients

FOR THE MILKSHAKE

1 banana

¼ tsp of vanilla extract

1 cup of Natrel Lactose Free 2%

*1 scoop of Natrel Maple Lactose Free
ice cream*

FOR THE DECORATION

*1 scoop of Natrel Maple Lactose Free
ice cream*

Preparation

01. Pulsate all ingredients in a blender and pour into a glass.
02. Add a scoop of ice cream on top and serve.



Pastry cream and strawberry trifle

NUMBER OF PORTIONS	4
PREPARATION	30 MIN
COOKING	20 MIN
COOLING	3 H

Ingredients

500 ml of Natrel organic Fine-Filtered 3.8% milk

¾ cup of flour

125 ml of sugar

5 egg yolks

1 vanilla bean

Preparation

01. In a bol, mix together egg yolks and sugar. Whisk to obtain a white mixture and smooth texture.
02. Slowly add flour to the egg and sugar mixture and mix well. Set aside.
03. Heat up milk. Once it's lukewarm (after about 3-4 min.), add the mixture and vanilla bean seeds.
04. Whisk together until boiling.
05. Once the desired texture is obtained, remove from heat. Be careful not to burn the cream!
06. Let cool.
07. Place the mixture in a piping bag and refrigerate for 3 hours or more.
08. You can also flavour your cream with lemon, chocolate, or even lavender.



NUMBER OF PORTIONS
6

PREPARATION
10 MIN

COOKING
5 MIN

COOLING
3 H

Vanilla panna cotta

Ingredients

2 sheets of gelatin

1 cup (250 mL) Natrel Lactose free 2%

*1 cup (250 mL) Natrel Lactose free 35%
whipping cream*

1 tbsp. vanilla extract

3 generous tablespoons of sugar

Preparation

01. Soften the gelatin sheets in a bowl of cold water.
02. Pour the milk and cream into a saucepan. Add the sugar and vanilla, and then mix it all together. Bring it to a boil and remove from heat.
03. Squeeze the water out of the gelatin sheets and add them to the preparation.
04. Stir with a wooden spoon or a whisk to incorporate the gelatin.
05. Pour the mixture into verrines or small ramekins.
06. Let them cool to room temperature before refrigerating for a few hours.



Chocolate éclairs

NUMBER OF PORTIONS	24-48
PREPARATION	5 MIN
COOKING	40 MIN
COOLING	8 H

Ingredients

FOR THE CHOCOLATE PASTRY CREAM

4 large egg yolks

½ cup granulated sugar

3 tbsp. all-purpose flour

1 tbsp. cornstarch

2 cups Natrel Dark Chocolate
Flavoured Milk

¼ tsp. vanilla extract

FOR THE CHOUX PASTRY

½ cup water

½ cup Natrel Lactose Free 3.25%

½ cup Natrel Unsalted Butter

¼ tsp. salt

2 tsp. granulated sugar

1 ⅓ cup all-purpose flour

4 large eggs

FOR THE CHOCOLATE GANACHE

¾ cup Natrel Lactose Free 35%
Whipping Cream

170 g good-quality dark chocolate

Preparation

01. Place a strainer over a large bowl. Set aside.
02. In a heatproof bowl, beat the egg yolks with the sugar until the mixture is very light in colour. Whisk in the flour and then the cornstarch. Beat until smooth. Set aside.
03. In a saucepan, heat the milk on medium-high. Bring to almost a boil and then remove from heat.
04. Pour the hot milk over the egg mixture and whisk well. Pour the mixture back into the saucepan and return the pan to the stove.
05. Bring the mixture to a boil, whisking constantly, and cook for 1 minute. Immediately remove the pan from the heat and transfer the pastry cream to the strainer. Whisk it through the strainer into the bowl. Cover with a layer of plastic wrap pressed down onto the surface.
06. Refrigerate for at least several hours or overnight.
07. Preheat the oven to 375°F (190°C). Line a couple of large baking sheets with parchment paper.
08. Bring the water, Natrel Lactose Free 3.25% and butter to a boil. Mix in the salt and the sugar. Add the flour and stir vigorously using a wooden spoon until the mixture is thick and lumpy.
09. Continue cooking, stirring constantly, until the mixture is thick and consistent with a glossy shine. There will be a thin floury film that adheres to the bottom of the pan (that's normal!).
10. Transfer the mixture to an electric mixer fitted with the paddle attachment. With the mixer on low, add the eggs, one at a time. Make sure each egg is fully incorporated before you add the next.
11. Transfer the dough to a piping fitted with a large tip (at least 12 mm). Pipe the éclairs onto the parchment-lined sheets, spacing them at least 1.5" apart.
12. Bake the éclairs for 35 to 45 minutes (until they are an even golden brown). Never open the oven. If you do, they may collapse and you will end up with pancakes.
13. Remove from the oven and let cool enough to touch. Slice them in half horizontally. Let cool completely before filling them.
14. Heat the cream in a small saucepan. When the cream is hot, but not boiling, pour the cream over the chocolate. Let stand for 1 minute and then stir slowly and continuously until the chocolate has completely melted and the ganache is glossy and runny.
15. Let the ganache stand for 5 to 10 minutes to thicken to a spreadable consistency.
16. Take the pastry cream out of the fridge. Remove the plastic wrap. Whisk the pastry cream to loosen it. Whisk in the vanilla. Working with about half of the pastry cream at a time, fill a piping bag fitted with a small 6 to 8 mm tip and pipe the cream onto each bottom half of the éclair shells.
17. When the ganache has thickened a little, smear the top halves of the éclair shells with ganache. Place the éclair tops on the filled bottoms.
18. Serve the éclairs immediately or refrigerate before serving.



NUMBER OF PORTIONS
4-6

PREPARATION
20 MIN

COOKING
20 MIN

Grilled Pineapple and Fruit Salad with Lime Cream

Ingredients

1 pineapple, peeled and cut into long strips

1 tbsp (15 mL) vegetable oil

2 tbsp (30 mL) sugar

½ cup (125 mL) mixed fruits

½ cup (125 mL) 15% M.F. Québon Ultra'cream Country Style Cream

Zest of 1 lime

Preparation

01. Preheat barbecue to medium heat.
02. Brush pineapple slices with oil. Sprinkle with sugar. Grill 2 minutes on each side.
03. Cut mixed fruits into cubes. Spoon into glasses.
04. In a bowl, blend the cream, zest and sugar.
05. Pour the cream over the fruit salad.



Breton Shortbread Cookies with Lemon Cream

NUMBER OF PORTIONS	12-24
PREPARATION	30 MIN
COOKING	15 MIN
COOLING	35 MIN

Ingredients

FOR THE BRETON SHORTBREAD

*½ cup Natrel Lactose Free butter,
at room temperature*

½ cup cane sugar

1 cup flour

1 egg yolk

FOR THE LEMON CREAM

½ cup cane sugar

*¼ cup Natrel Lactose Free butter,
cut in cubes*

4 egg yolks, with no trace of white

Peel of 1 lemon, grated

Juice of 2 lemons

For the Breton Shortbread

01. In an electric mixer bowl, mix the butter and sugar until you get a creamy consistency. Add the egg yolk and mix for a few more minutes.
02. Gradually fold in the flour until a ball forms. Add a little extra flour if the dough seems too sticky.
03. On a floured work surface, knead the dough by hand and form a ball. Cover it in plastic wrap and refrigerate it for 30 minutes.
04. Preheat the oven to 350 °F (177 °C).
05. On a floured work surface, roll out the dough to a thickness of about 6 or 7 mm ($\frac{1}{4}$ inch).
06. Using a fluted cookie cutter, cut the dough into small shortbreads.
07. Place the shortbreads on a baking sheet lined with parchment paper or a silicone baking mat. Bake for 12 minutes.
08. Let the shortbreads cool on a rack for a few minutes. They will harden as they cool.

For the Lemon Cream

01. Beat the egg yolks, strain them through a sieve and pour them into a saucepan.
02. Stir in the lemon juice and sugar.
03. Over medium heat, stir the mixture with a soft spatula for about 10 minutes, until it thickens slightly. The cream will continue to thicken as it cools.
04. Remove the pan from the heat. Add the lemon peel and cubes of butter. Stir until the butter has completely melted.
05. Let the lemon cream cool in a small glass container.

Assembly

01. Generously spread lemon cream on a shortbread and create a sandwich type of cookie using another shortbread. Enjoy!



NUMBER OF PORTIONS
81

PREPARATION
20 MIN

COOKING
5 MIN

Marshmallow Fudge

Ingredients

1 $\frac{2}{3}$ cups (400 mL) sugar

*$\frac{3}{4}$ cup (180 mL) 15% M.F. Québon
Ultra'cream Cooking Cream*

$\frac{1}{3}$ cup (75 mL) butter

$\frac{1}{2}$ cup (125 mL) brown sugar

30 marshmallows cut in two

8 oz (250 g) milk chocolate chips

6 oz (6 squares) semi-sweet chocolate

1 tsp (5 mL) vanilla extract

*1 cup (250 mL) chopped pecans
(optional)*

Preparation

01. Place the cream, butter, sugar and brown sugar in a saucepan.
02. Bring to a boil and cook for 5 minutes, stirring constantly.
03. Remove from heat and add marshmallows. Stir until melted.
04. Add chocolate chips and semi-sweet chocolate and stir until melted.
05. Add vanilla extract and pecans; stir well.
06. Pour into greased 9" square pan (22 cm) and let cool completely before refrigerating.
07. Cut into 1" (2.5 cm) squares.



Apple Pastry Baluchon

NUMBER OF PORTIONS	12
PREPARATION	20 MIN
COOKING	50 MIN

Ingredients

1 package of puff pastry (400 g)

3 large eggs

½ cup (125 mL) sugar

*½ cup (125 mL) 35% M.F. Québon
Ultra'cream Country Style cream*

*½ cup (125 mL) 5% or 10% M.F. Qué-
bon Ultra'cream Coffee Cream*

2 tbsp (30 mL) apple liqueur (optional)

1 tsp (5 mL) vanilla extract

½ tsp (2 mL) ground cinnamon

1 pinch ground nutmeg

3 tbsp (45 mL) butter

*4 or 5 Yellow Delicious apples, peeled,
cored and cut into ½ inch (1 cm) slices*

3 tbsp (45 mL) additional sugar

Preparation

01. Preheat oven to 200 ° C (400° F).
02. Roll the puff pastry to form 12 4" (10 cm) squares.
03. Place each square in a muffin tin and press the pastry to cover the bottoms and sides, leaving the four corners over the edges. Refrigerate.
04. In a bowl, whip together eggs, sugar, two creams, apple liqueur, vanilla, cinnamon and nutmeg. Set aside.
05. In a skillet, melt the butter on medium-high heat and cook the apples with the additional sugar until golden. Let cool. Divide the apples among the puff pastry squares. Pour the cream mixture over the apples.
06. Bake in oven for 30 to 40 minutes, until the pastry is golden. Let cool slightly and serve with a touch of whipped cream, if desired.



NUMBER OF PORTIONS
8

PREPARATION
15 MIN

COOKING
25 MIN

Key Lime Pie

Ingredients

1 graham cracker crumb crust
(23 cm/9")

3 egg yolks

1 (300 mL) can sweetened
condensed milk

2 tbsp (30 mL) grated key lime zest

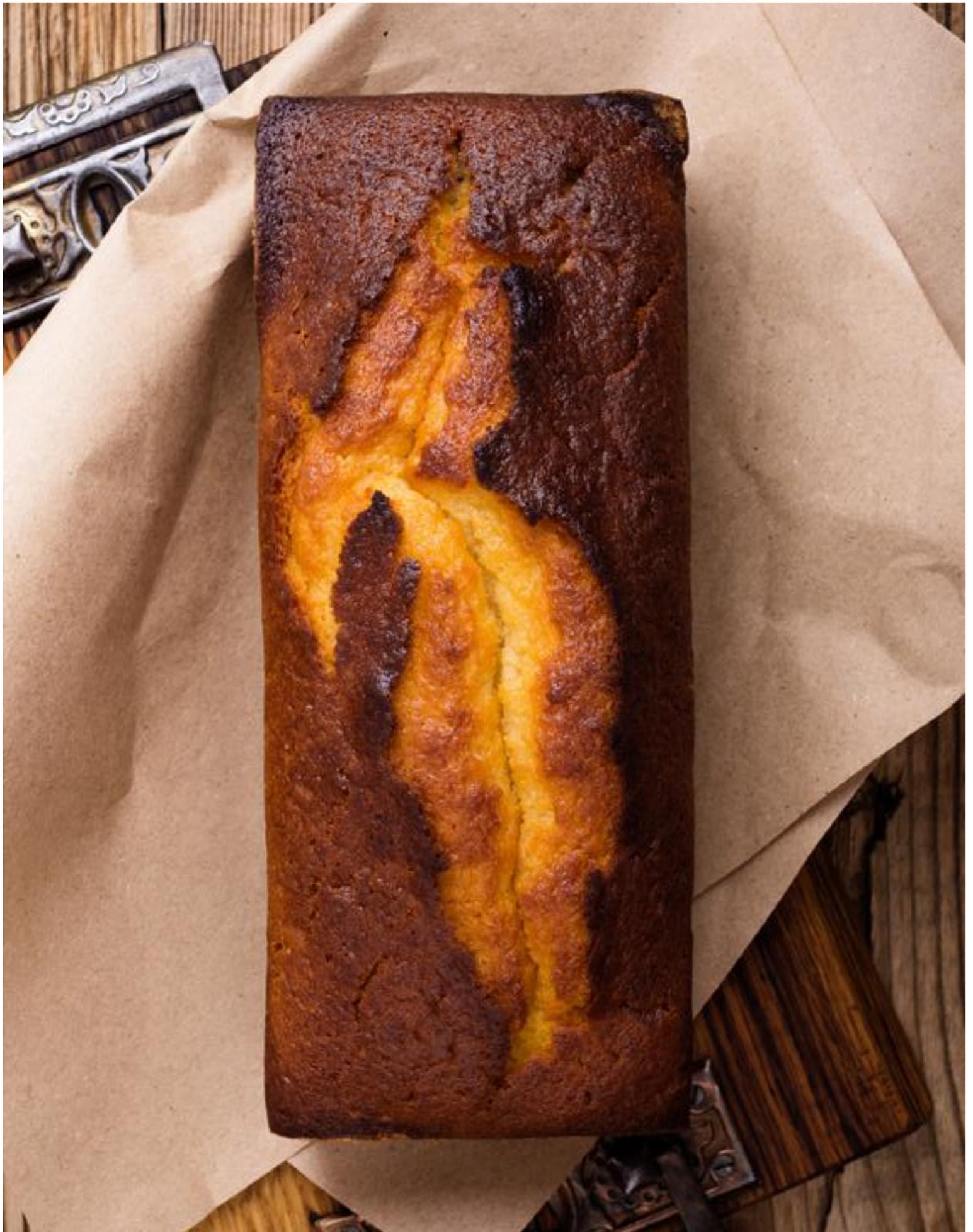
½ cup (125 mL) key lime juice

1 container (237 mL) 35% M.F. Québon
Ultra'cream Whipping Cream

2 tbsp (30 mL) icing sugar, sifted

Preparation

01. Combine egg yolks, sweetened condensed milk, lime zest and juice. Mix well and pour into crust.
02. Bake at 180° C (350° F) for 20 to 25 minutes or until set. Cool completely.
03. Beat cream and icing sugar until stiff. Spread over filling.
04. Chill until serving.



Lemon Loaf

PREPARATION

25 MIN

COOKING

60 MIN

Ingredients

FOR THE LEMON LOAF

375 mL (1 ½ cups) all-purpose flour

8.5 mL (1 ¾ tsp) baking powder

2.5 mL (½ tsp) salt

80 mL (⅓ cup) Natrel Butter, softened

250 mL (1 cup) granulated sugar

2 eggs

15 mL (1 tbsp) lemon zest, grated

125 mL (½ cup) Sealtest 2% Milk

FOR THE GLAZE

60 mL (¼ cup) granulated sugar

30 mL (2 tbsp) lemon juice

For the Lemon Loaf

01. Preheat oven to 180 °C (350 °F).
02. Combine the flour, baking powder and salt.
03. Cream the butter and sugar in mixing bowl with an electric mixer until blended. Add the eggs, beating until light.
04. Add the dry ingredients alternately with the Sealtest 2% Milk to the creamed mixture, blending well after each addition. Spread the batter in a greased 1.5-L (8 ½ x 4 ½-in.) loaf pan.
05. Bake for 50–60 minutes, or until a toothpick inserted in the centre comes out clean. Leave in the pan and glaze immediately.

For the Glaze

01. Heat the sugar and lemon juice in a small saucepan (or microwave), stirring until the sugar has dissolved. Pierce the top of the loaf with a fork. Brush the glaze over the top of the hot loaf. Let it cool on a rack for 15 minutes, and then remove from the pan. Allow it to cool completely.



Apple pie with Agropur's cheddar cheese crust

Ingredients

FOR THE PASTRY

2 ½ cups all-purpose flour

1 tbsp. sugar

1 tsp. salt

1 cup cold butter, cut into small cubes

1 ½ cups Agropur 1-year-old cheddar cheese, grated

½ cup ice water

FOR THE FILLING

8 apples, peeled, cored and sliced

The juice of half a lemon

½ cup brown sugar

3 tbsp. cornstarch

½ tsp. cinnamon

¼ tsp. salt

2 tbsp. cold butter, cut into small pieces

1 egg + 1 tbsp. Water

For the Pastry

01. Combine the flour, sugar and salt in the bowl of the food processor. Add the butter. Pulse until the mixture looks like crumbly sand.
02. Place the dough in a large mixing bowl. Add the cheese and stir by hand. Add ice water and mix with a wooden spoon or a spatula. Add another tablespoon of water if needed.
03. Transfer dough on a clean and floured surface and shape it in a smooth ball. Divide into 2 parts, wrap each in plastic wrap and refrigerate for 30 minutes.

For the Filling

01. In a large bowl, combine the apples and lemon juice.
02. In a small bowl, combine the brown sugar, cornstarch, cinnamon and salt. Add this mixture to the apples and coat the pieces well.
03. Preheat the oven to 350 °F.
04. Brush a 9-inch pie plate with butter.
05. On a clean, floured surface, roll out a ball of dough and fit into the pie plate, pressing firmly against the edges. Roll out the second ball of dough to form a disc.
06. Spread the apple mixture uniformly in the pie plate, add the cold butter cubes on top and cover with the second pastry round. Pinch the edges to seal the pie. Brush the top with the egg and water mixture.
07. Bake in the oven for 45 min to 1 h. Halfway through the baking, if the top is already golden brown, place a sheet of aluminum foil on the pie and continue baking.
Let stand for one hour before serving.



Brownies

Ingredients

250 mL (1 cup) all-purpose flour

2.5 mL (½ tsp) baking soda

250 mL (1 cup) sugar

125 mL (½ cup) Natrel Butter, softened

45 mL (3 tbsp) Farmers 2% Milk

10 mL (2 tsp) vanilla extract

250 mL (8 oz.) white chocolate chips

3 eggs

160 mL (2/3 cup) butterscotch chips

Preparation

01. In a bowl, mix the flour with the baking soda.
02. In a small saucepan, bring the sugar, butter and milk to a boil over low heat, stirring regularly.
03. Remove from the heat and stir in the white chocolate and vanilla; stir gently until smooth.
04. Let it cool completely in a large bowl.
05. One at a time, beat the eggs into the mixture, and then stir in the dry ingredients until smooth.
06. Add the butterscotch chips and mix well.
07. Pour the mixture into a buttered 20-cm (8-in.) square pan.
08. Bake at 180 °C (350 °F) for 40 minutes, or until a toothpick inserted in the centre comes out clean.
09. Cool on a wire rack.



Lemon Pie

Ingredients

52 mL (3 ½ tbsp) cornstarch

250 mL (1 cup) sugar

15 mL (1 tbsp) lemon zest, grated

125 mL (½ cup) lemon juice

250 mL (1 cup) Farmers 2% Milk

3 egg yolks

60 mL (¼ cup) Natrel Butter

250 mL (1 cup) Farmers by Natrel Restaurant Style 18% Sour Cream

250 mL (1 cup) Farmers 35% Whipping Cream, whipped

1 pie crust, ready to fill, cooled

Preparation

01. In a heavy saucepan, combine the egg yolks, cornstarch, sugar, lemon juice, lemon zest and Farmers 2% Milk.
02. Stir constantly over medium-high heat until it starts to boil; stir until thick.
03. Remove from heat and stir in Natrel Butter until combined.
04. Allow to cool for a few minutes, and then stir in Farmers by Natrel Restaurant Style 18% Sour Cream.
05. Cool to room temperature and pour the filling into the pie crust. Refrigerate until ready to serve.
06. Serve with whipped Farmers 35% Whipping Cream.



Homemade Dulce de Leche

Ingredients

1 L (4 cups) *Farmers 2% Milk*

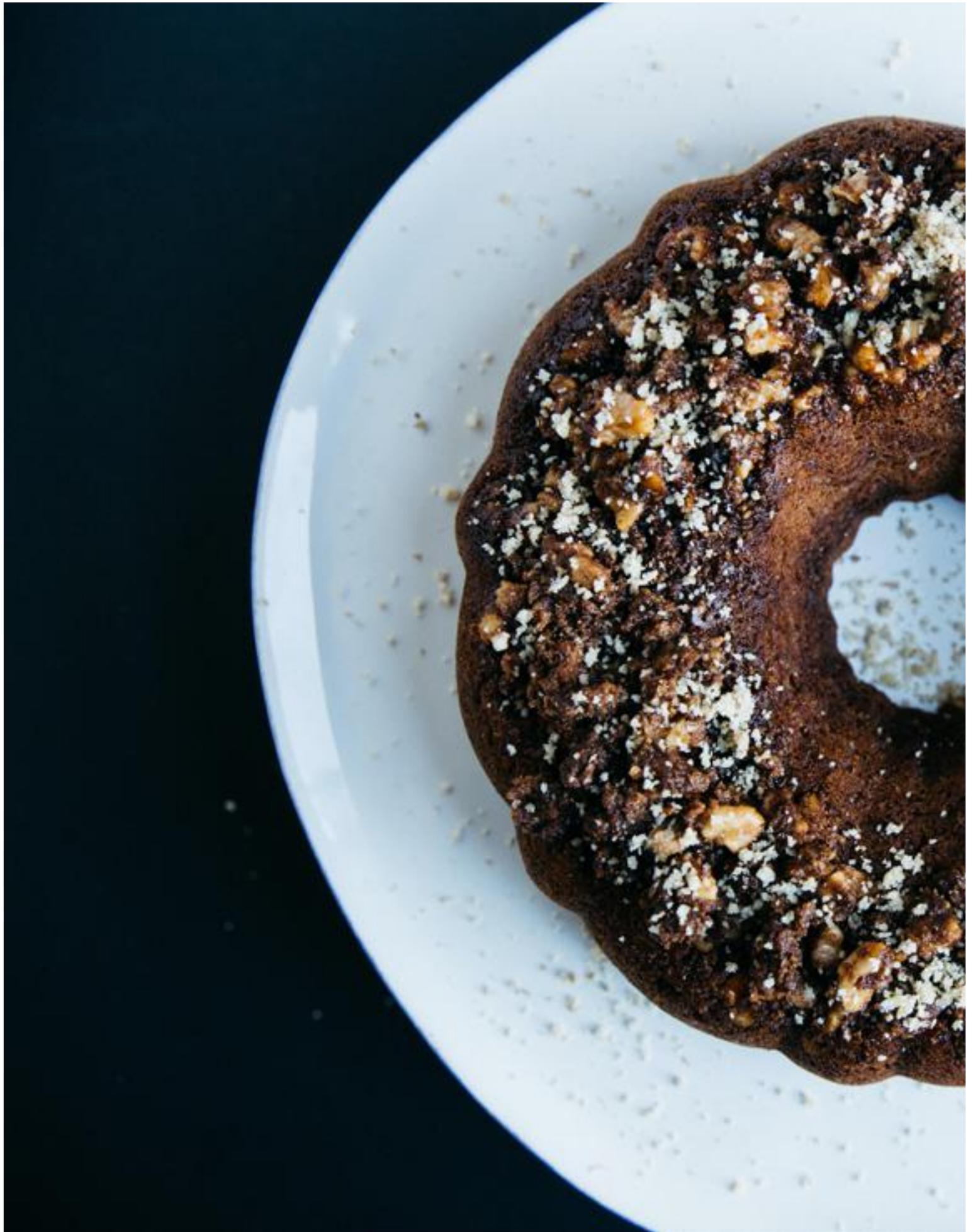
310 mL (1 ¼ cups) *sugar*

1.65 mL (⅓ tsp) *baking soda*

5 mL (1 tsp) *of vanilla*

Preparation

01. Stir together and bring to a boil the *Farmers 2% Milk*, sugar and baking soda. Reduce the heat and simmer, stirring frequently, for 1 ½ hours.
02. Stir in the vanilla and transfer into a bowl to cool.
03. Makes 355 mL or 1 ½ sweet and delicious cups.



Sour Cream Coffee Cake

NUMBER OF PORTIONS	8
COOKING	40 MIN

Ingredients

FOR THE COFFEE CAKE

500 mL (2 cups) white flour

5 mL (1 tsp) baking soda

5 mL (1 tsp) baking powder

123 mL (½ cup) Natrel butter

250 mL (1 cup) sugar

1 egg, lightly beaten

5 mL (1 tsp) vanilla

250 g (1 cup) Island Farms sour cream

FOR THE TOPPING

60 mL (¼ cup) flour

250 mL (1 cup) brown sugar

1.2 mL (¼ tsp) salt

7.5 mL (1 ½ tsp) cinnamon

125 mL (½ cup) chopped pecans

60 mL (¼ cup) Natrel butter
at room temperature

Preparation

01. Make the topping mixture first. Mix everything together except the butter; work the butter in with your hands until the mixture is crumbly. Set it aside.
02. Sift together the flour, baking powder and baking soda.
03. In large bowl, cream the butter and sugar. Mix in the egg and vanilla.
04. Add half of the dry ingredients. Blend in the sour cream.
05. Stir in the rest of the dry ingredients.
06. Spread half of the batter into a greased and floured 25-cm (10-in.) tube pan.
07. Sprinkle half of the topping over the batter.
08. Spread the rest of the batter; add the remaining topping.
09. Bake at 175 °C (350 °F) for 40 minutes. Picture Perfect!



NUMBER OF PORTIONS
8

Creamy Lemon Mousse

Ingredients

370 mL (1 ½ cups) boiling water

85 g (1 pkg) lemon-flavoured Jell-O®

355 mL (½ can) frozen lemonade

741 mL (3 cups) Island Farms by Natrel whipping cream

82 mL (⅓ cup) icing sugar

1 medium lemon for zesting

Preparation

01. Pour boiling water over the Jell-O®. Stir to dissolve.
02. Add the frozen lemonade. Crush and stir in.
03. Chill for 30 minutes in the refrigerator-freezer to thicken.
04. Whip together the cream and icing sugar until soft peaks form.
05. Fold in the lemonade mix.
06. Spoon into individual serving bowls. Chill until set.
07. Top with the lemon zest before serving.



NUMBER OF PORTIONS
16

PREPARATION
4 MIN

COOKING
10 MIN

Peanut Butter Pie

Ingredients

FOR THE CRUST

2 cups chocolate cookie crumbs

½ cup white sugar

½ cup Natrel butter, melted

FOR THE FILLING

1 ½ cups Island Farms by Natrel cream cheese

1 ½ cups peanut butter

1 ½ cups white sugar

1 ½ tsp. vanilla extract

1 ½ cups Island Farms by Natrel whipping cream

¾ cup semi-sweet chocolate chips

For the Crust

01. Preheat oven to 375 F.
02. Combine crust ingredients in large bowl, then press into 10-inch round spring form pan.
03. Bake 10 minutes.
04. Remove from oven and cool.

For the Filling

01. Use large mixing bowl and combine cream cheese, peanut butter, sugar and vanilla and beat on medium speed until smooth.
02. In separate bowl, beat whipping cream until stiff peaks form.
03. Fold into peanut butter mix, then pour all onto crust.
04. In microwave-safe bowl, melt chocolate chips, stirring occasionally, until smooth.
05. Drizzle over top of pie.
06. Refrigerate about 4 hours or until set.



NUMBER OF PORTIONS
9

PREPARATION
15 MIN

COOKING
30 MIN

Apple Croustade with Allégro 9% White

Ingredients

3 ½ oz (100 g) Allégro 9% White,
shredded

3 cups (750 ml) apples, peeled, cored
and sliced

2 tsp (10 ml) lemon juice

¼ cup (80 ml) brown sugar

2 tbsp (30 ml) pecans, finely minced

2 tbsp (30 ml) raisins

¾ cup (180 ml) all-purpose flour

¾ cup (180 ml) oat flakes

¼ cup (80 ml) brown sugar

½ tsp (2.5 ml) cinnamon, ground

½ cup (125 ml) soft butter

Preparation

01. Preheat oven to 375°F (190°C). Butter a 7" (18 cm) square ovenproof dish.
02. In a bowl, mix apples, lemon juice, brown sugar, pecans and raisins.
03. Pour into buttered dish.
04. Add in half the Allégro 9% White. In another bowl, mix all dry ingredients, blend in butter and stir well.
05. Spread mixture over apples. Bake 15 minutes.
06. Remove from oven and add the other half of cheese.
07. Bake 15 more minutes. Serve immediately.



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