



Cookbook

for Shinerama





About Shinerama

Shinerama is Canada's largest post-secondary fundraiser in support of Cystic Fibrosis Canada. Over 20,000 student volunteers from 36 Canadian universities and colleges come together every year to make a difference in the lives of those battling cystic fibrosis (CF).

Georgian College has participated in Shinerama since 1984 (Orillia) 1986 (Owen Sound), and 1982 (Barrie) raising over \$335,000 for the fight against cystic fibrosis. The funds raised by Georgian College students throughout the years have significantly helped to improve the lives and lengthen the lifespans of those living with cystic fibrosis. In 2021, Georgian College students will continue to #ShineforCF by fundraising for leading-edge research, high-quality care and advocacy efforts that will advance access to life-saving CF medicines in Canada.

Thank you for supporting this project!

GCSA is offering this Cookbook free and are graciously accepting voluntary donations at the link found here....



Appetizers



Hot Cheese Dip

Terri Edmonstone, Student Life Coordinator, Owen Sound Campus.



Ingredients

- 1 cup Hellman's mayonnaise (works best with this brand)
- ½ cup sweet onion chopped finely
- 1 cup old cheddar cheese shredded

Preparation

1. Mix all ingredients and add to an oven safe baking dish.
2. Bake in 400 F oven for 50 minutes.
3. Serve with bread, pita or crackers. "My favourite is a French stick loaf cut into small slices."

Note: Caution very hot

Jalapeno Popper Dip

Lori McPhee, Office of Academic Quality, Barrie Campus.



Ingredients

- 2-8 oz pkgs cream cheese, softened
- 1 cup mayonnaise
- 1-4 oz can chop green chilies, drained
- 4 oz pickled jalapeno peppers, drained and diced
- ½ cup grated parmesan cheese
- ½ cup grated cheddar cheese
- ½ cup panko
- ½ cup grated parmesan cheese

Preparation

1. Stir together the cream cheese and mayonnaise until smooth.
2. Stir in the chilies, peppers, cheddar and first amount of parmesan.
3. Pour into a microwave safe serving dish and microwave on high for about 3 minutes.
4. Combine the panko and parmesan and sprinkle on top.
5. Put under the broiler just until lightly browned.
6. Serve with Tostitos scoops.

Notes: I use light cream cheese and mayonnaise. This makes a very large quantity. I usually half the recipe, but I still use the full can of chilies. You can add as many jalapenos as you like, depending on how hot you like it.

Local 349 Hi-Test Granola

Craig MacKenzie, President Local 349, Full and part time support staff at Georgian College.



Ingredients

- 2kg rolled oats
- 100gr cocoa powder
- 200gr coconut milk powder
- 100gr peanut powder
- 200gr bran flakes
- 400gr chopped cashews
- 400gr shredded coconut
- 200gr dried cranberries
- 300gr dark chocolate pieces
- 300ml honey
- 300ml vegetable oil
- 15gr salt

Preparation

1. Combine oats, cocoa powder, coconut milk powder, peanut powder, salt and bran flakes.
2. Add honey and oil, mix well.
3. Place mixture on baking sheet (use parchment or silicon mat to stop sticking and easier clean up) and bake at 300F for 20 minutes, stirring every 5 minutes.
4. Add chopped cashews and shredded coconut to mixture and stir well.
5. Bake for another 20 minutes stir every 5 minutes, or until coconut is lightly toasted.
6. Remove from oven and stir in dark chocolate and cranberries while stir warm to allow chocolate to melt.
7. Cool and package.

Salchipapa

Sarah Ortiz, VP Equity and Inclusion, GCSA Orillia Campus.



Ingredients

- 3 large potatoes (500 g)
- 2 cups oil
- 250 g. Wiener sausages
- ½ cup mayonnaise
- 1 tablespoon aji Amarillo paste
- ¼ cup tomato sauce (optional)
- ¼ cup mustard
- 2 tablespoons coriander chopped
- pinch of salt

Preparation

1. Wash the potatoes and peel.
2. Rinse the peeled potatoes and pat dry with a tea towel.
3. Place them on the cutting board and cut into slices about 1 cm thick.
4. While you are peeling the potatoes, immerse the sticks in water to prevent them from turning black.
5. When you have peeled all the potatoes and cut into sticks. Drain the water, pat dry, and add salt to the potato sticks.
6. Pour the oil into a skillet over medium-high heat. When you see small bubbles rising from the bottom, add the potato sticks. Make sure they are dry to avoid boiling oil bubbles that can cause injury.
7. Fry the potatoes for about three minutes, then carefully, flip the potato sticks until they are evenly browned on all sides.
8. When the potatoes are golden brown, remove them from the oil, let them drain a little on the kitchen spatula and then place them on a flat plate covered with absorbent paper.
9. Cut the sausages into pieces to your liking (or use small cocktail-style sausages) and fry them for about a minute in the still-hot oil where the potatoes were cooked.
10. Drain the sausages and place them on a plate covered with absorbent paper.
11. Mix half a cup of mayonnaise with the “aji Amarillo” paste. Stir with a fork until you have a completely homogeneous mixture.
12. Arrange the potato chips on a plate, add the sausages on top, and parsley to your liking. Place the sauces in small containers near the plate and enjoy while it's still hot.

Vegetable Dip

Madeline Collins, VP Public Relations, GCSA Owen Sound Campus.



Ingredients

- 1 cup sour cream
- 1 cup miracle whip
- ½ tsp garlic powder
- 2 drops Tabasco Sauce
- 1 tbsp dried parsley flakes
- 1 tbsp celery salt
- 1 tbsp Accent Flavor Enhancer

Preparation

1. Mix well all ingredients.
2. It will keep refrigerated up to 2 weeks



Entree

Bacon & Tomato Pasta

Lori McPhee, Office of Academic Quality, Barrie Campus.



Ingredients

- 10 slices of bacon, diced
- 1 ½ cups chopped onions
- 3 cloves garlic, minced
- 1 tsp. dried basil
- ¼ cup chopped fresh parsley
- 4 tomatoes, peeled, seeded and chopped (or 1-28 oz can dice tomatoes)
- salt and pepper to taste
- 2 tbsp. butter
- Fresh, grated parmesan cheese
- 1 lb. fettuccini or spaghetti, cooked according to package directions (reserving ½ cup pasta water)

Preparation

1. Sauté bacon until cooked, but not too crisp. Remove bacon. Sauté onions in bacon drippings until soft. Add garlic and soften, but do not brown. Add basil and salt and pepper. Next add the tomatoes and warm through. Finish with parsley, butter and reserved bacon.
2. Toss with pasta (add some of the pasta water if you want it saucier).
3. Top with parmesan.

This is best when tomatoes are in season. To peel tomatoes, cut a shallow "X" in the bottom of the tomato skin. Immerse the tomatoes in boiling water for about 1 minute. When cool enough to handle, the skins should come away easily

Broccoli Cheddar Soup – Instant Pot Recipe

Terri Edmonstone, Student Life Coordinator, Owen Sound Campus.



Ingredients

- 5 tbsp butter
- 1 white onion
- 4 cups broccoli (~3 small heads of broccoli)
- 1 ½ cup shredded carrot (2-3 carrot sticks)
- 2 cups chicken broth
- 1 tbsp corn starch
- 1 cup milk or cream
- 1-16 oz block mild cheddar cheese shredded
- 1 tsp chili flakes
- 1 tsp cayenne pepper powder (optional)
- 1 tsp salt
- 1 tsp black pepper

Preparation

1. Prepare all your veggies eddying the carrots and dicing the onion.
2. Set the instant pot to sauté mode and add the butter to the pot as well as the onion. Cook it down until it starts to turn a light brown color (about two minutes).
3. Turn the instant pot off and add in the carrots, broccoli and chicken broth.
4. Cover with the lid and set the pot to manual and cook for four minutes.
5. In the meantime, mix the cornstarch, milk, chili flakes, cayenne pepper powder, black pepper and salt in a bowl together until well combined.
6. Release the pressure from the instant pot when ready and let it cool for a minute or two.
7. Open the lid and pour in the milk mixture and the cheese.
8. Turn the pot to sauté mode again and cook for one minute, until the cheese has melted. Stir constantly to avoid burning.
9. Turn it off and carefully remove the pot from the machine to avoid burning.

Broccoli Salad

Madeline Collins, VP Public Relations, GCSA Owen Sound Campus.



Ingredients

- 1 large broccoli
- 1 large onion
- 3 slices bacon (cooked)
- Cubed cheese (i.e., feta)
- 1 cup of mayonnaise
- ¼ cup sugar
- 1 tbsp vinegar

Preparation

1. To make the sauce, mix the mayonnaise, sugar and vinegar.
2. Cut the broccoli and the onion in cubes.
3. Mix the rest of ingredients and pour the dressing on.
4. Let stand for a couple of minutes before eating.

Cauliflower Soup

Madeline Collins, VP Public Relations, GCSA Owen Sound Campus.



Ingredients

- 1 chopped onion
- 1 tbsp butter
- 2 tbsp flour
- 2 ½ cup chicken broth
- 2 cup cauliflower
- ¾ cup milk
- ½ cup heavy cream
- Salt and pepper
- A small pinch of cayenne pepper

Preparation

1. In a saucepan, add the butter, onion, flour and salt. Cook for 3 mins and remove from heat.
2. In the same saucepan add the chicken broth, and the cauliflower. Simmer for 20 min until tender. puree in a blender and return to saucepan.
3. Add the fried onion, milk, heavy cream, and more salt, pepper and a pinch of cayenne pepper .
4. Bring to boil for 5 min in low flame.

Egg Fried Rice

Jonathan Rodriguez, VP Health and Wellness, GCSA Owen Sound Campus.



Ingredients

- 2 cup of white cooked rice (cold)
- 1 green bell pepper
- 3 red hot chili peppers
- 4 dry shallots
- 5 eggs
- 6 green onion sticks chopped (just the green part)
- 3 tbsp vegetable oil
- 1 tsp sesame oil
- 3 tbsp soy sauce
- Salt to taste

Preparation

1. Chop all the veggies in small pieces.
2. Add vegetable oil in a wok or saucepan. Heat for 1 min and add the shallots and peppers. Fry for 2 min, stir regularly.
3. Add 5 eggs and scramble for 2 mins or until cooked.
4. Add rice and mix all together. Crush the rice well to avoid lumps.
5. Add the soy sauce, sesame oil, and salt as your preference. Mix very well.
6. Add the chopped green onion. Mix and heat all together for 1 minute.

Filipino Pork Adobo

Jessaden Badoria, VP Internal Relations, GCSA Owen Sound Campus.



Ingredients

- 2 lbs. pork belly
- 2 tbsp of garlic minced or crushed
- 5 dried bay leaves
- 4 tbsp of vinegar
- 1/2 cup soy sauce
- 1 tbsp peppercorn
- 2 cup water
- Salt to taste

Preparation

1. Combine the pork belly, soy sauce, and garlic then marinate for at least 1 hour.
2. Heat the pot and put-in the marinated pork belly then cook for a few minutes.
3. Pour remaining marinade including garlic.
4. Add water, whole pepper corn, and dried bay leaves then bring to a boil. Simmer for 40 minutes to 1 hour.
5. Put-in the vinegar and simmer for 12 to 15 minutes.
6. Add salt to taste.
7. Serve hot. Share and enjoy!

Green Enchiladas

Jonathan Rodriguez, VP Health and Wellness, GCSA Owen Sound Campus.



Ingredients

- 1 pack of 7 inches wheat flour tortillas
- 1 skinless chicken breast
- 1 can of La Costena green Mexican sauce
- 100 gr shredded mozzarella cheese
- 1 avocado
- 1/4 raw onion diced or rounds
- 1 tbsp of salt

Preparation

1. Clean the chicken. In a pot, add enough water to cover the chicken. Add salt and boil in medium flame for 15 min, or until the inside is well cooked.
2. Drain the cooked chicken and reserve for 5 min. Then, shred into fine pieces. Reserve the chicken broth.
3. Heat the Green Mexican Sauce with 2 cup of the reserved chicken broth for around 5 mins.
4. Place 1 bended by half with the chicken inside, like a taco. Repeat this 3 or 4 times. Add the hot green sauce on top with some mozzarella cheese. Microwave for 1 minute.
5. Add raw onion and slices of avocado on top.

Simple Pickled Eggs

Madeline Collins, VP Public Relations, GCSA Owen Sound Campus.



Ingredients

- 3 - 4 dozen eggs
- 3 cup vinegar
- 1 cup cold water
- 1 tbsp salt
- 1 tsp sugar
- 1 tsp garlic chips
- Sliced onions to please yourself

Preparation

1. Boil the eggs for 7 minutes, peel, and rest until cold.
2. In a gallon jar add the vinegar, cold water, salt, sugar and garlic chips. Mix well.
3. Add the eggs in the jar with the sliced onion.
4. Let stand 4 hours, don't refrigerate.
5. Refrigerate after opening.

Note: If using small eggs, 4 doz will fill in jar. If liquid doesn't cover eggs, add straight vinegar.

Red Mole

Jonathan Rodriguez, VP Health and Wellness, GCSA Owen Sound Campus.



Ingredients

- 1 bottle of Doña Maria Red Mole
- 8 pieces chicken thighs or legs
- 1 cup cooked white rice
- 1 tbsp salt
- 1 tbsp toasted sesame seed (optional)
- 1 pack of corn tortillas (optional)

Preparation

1. Clean the chicken and heat in a pot with water just to cover the chicken. Add 1 tbsp salt and boil for 15 min. Reserve the broth and the chicken separately.
2. Add 1 bottle of “Dona Maria Red Mole” with 3 cups of chicken broth to heat for around 5 min. Stir constantly to mix well and avoid burning.
3. Put two chicken pieces in a plate, add the mole sauce on top and decorate with sesame seeds.
4. Serve with warm rice and corn tortillas.

Squash Puff

Lori McPhee, Office of Academic Quality, Barrie Campus.



Ingredients

- 3 cups cooked, mashed butternut squash (drain really well if it's watery)
- ½ cup chopped spanish onion (don't use cooking onion as it's too strong)
- 2 tbsp butter
- 2 eggs, separated
- ¼ cup milk
- 3 tbsp. all purpose flour
- 3 tsp. baking powder
- ¾ tsp. salt
- 1/8 tsp. pepper
- ½ cup buttered, fresh bread cubes

*"It's just not
Christmas or
Thanksgiving for
my family without
Squash Puff!"*

Preparation

1. Glaze onions in butter until soft, but not browned (I soften them in the microwave). Mix with cooked squash.
2. Beat egg yolks with milk and add to squash. Add all dry ingredients. Beat egg whites until stiff peaks form. Fold gently into squash.
3. Pour into greased casserole. Top with buttered fresh bread cubes.
4. Bake uncovered at 350 degrees for 1 hour. If the bread cubes brown too quickly, you can loosely cover with foil.
5. It is best if you make when ready to bake. Sometimes I mix the squash, onions, yolks and milk together and then mix the dry ingredients together separately. Add the dry ingredients, and then whip the egg whites and add when ready to bake.

Sweet and Sour Meatballs

Madeline Collins, VP Public Relations, GCSA Owen Sound Campus.



Ingredients

For the Meatballs

- 3 lb. ground beef
- 2 eggs
- ½ cup evaporated milk
- 1 tsp Worcestershire sauce
- ½ tsp celery salt
- ½ tsp pepper
- 1 diced onion

For the Sauce

- ¾ cup vinegar
- ¼ cup lemon juice
- 1/3 cup corn starch
- 2 ½ cup consommé
- ¼ cup brown sugar
- ½ cup corn syrup
- A pinch of garlic powder

Preparation

1. Mix the meatballs ingredients and form the balls. Bake in oven at 350F until brown.
2. Combine the sauce ingredients and bring to a boil.
3. Pour over the browned meatballs and bake in oven for 30 min at 350F.



Desserts

Churros

Jonathan Rodriguez, VP Health and Wellness, GCSA Owen Sound Campus.



Ingredients

- $\frac{3}{4}$ cup of granulated sugar
- 1 tbsp cinnamon
- $\frac{1}{2}$ cup whole milk
- 6 tbsp unsalted butter
- 1 tbsp brown sugar
- $\frac{1}{4}$ tsp salt
- 1 cup all-purpose flour
- 3 eggs
- Canola oil

Preparation

1. On a plate, combine granulated sugar and cinnamon; set aside.
2. In saucepan, heat milk, butter, brown sugar, salt and $\frac{1}{2}$ cup water over medium-high heat until butter is melted, and liquid begins to bubble.
3. Remove from heat; add flour all at once, stirring vigorously with spoon until mixture forms ball and peels of side of saucepan. Transfer mixture to bowl. Using eclectic mixer on medium speed, beat in eggs 1 at a time, until batter is smooth and shiny.
4. Spoon batter into piping bag fitted with $\frac{1}{2}$ -inch star tip. Pipe 20 four-inch lengths of dough onto parchment paper-lined baking sheets. Refrigerate until dough is firm, about 30 minutes.
5. In a large heavy-bottomed saucepan or deep fryer, heat oil over medium-high heat until deep fryer thermometer reads 35-F. Using tongs, gently place dough pieces in oil, 4 at a time. Fry turning halfway through cooking time. until golden brown, about 4 minutes.
6. Using tongs ore slotted spoon, remove churros from oil and transfer to paper towel-lined plate. while still warm, roll in cinnamon-sugar mixture.
7. Serve immediately.

Corn Flakes Squares

Madeline Collins, VP Public Relations, GCSA Owen Sound Campus.



Ingredients

- 3 cup corn syrup
- 2 cup Corn Flakes
- ½ cup brown sugar
- ½ cup peanut butter
- 1 tsp vanilla

Preparation

1. Melt the corn syrup, brown sugar and peanut butter, bring to a boil.
2. Add the vanilla and the Corn Flakes
3. Mix well and drop on wax paper or press into a square pan
4. Rest for 5 mins, cut and serve.

Homemade Soft Pretzels!

Lisa Horner, Testing Specialist & Adaptive Tech., Owen Sound Campus.



Ingredients

- 1 ½ cups water (warm, not hot)
- 1 tablespoon salt
- 1 tablespoon sugar
- 1 packet active dry yeast
- 4 ½ cups flour
- 3 tablespoons oil, divided
- ⅔ cup baking soda
- 2 eggs, beaten (1 works fine, with a splash of milk or water)
- Coarse Salt to top (also recommend sesame seed or Everything Bagel mix.)

Preparation

1. In a mixing bowl, mix water, salt, and sugar until combined. Add yeast and let rest 5 minutes until yeast starts to foam. If it doesn't foam, your yeast is old, and it won't work.
2. Add flour, a bit at a time and 2 tablespoons of oil and mix thoroughly until a dough forms. It looks like it won't mix, but it will.
3. Grab another bowl, preferably a glass one, and spread remaining oil around the inside, then place dough within.
4. Cover bowl with plastic wrap and leave in a warm place for 1 hour. (Turn your stove to 450 and place on top, or in the sun works too) Watch it rise!
5. Preheat oven to 450°F (230°C).
6. After an hour, remove dough from bowl and cut dough into 8 equal pieces and roll them out into thin ropes, twisting the two ends to form a pretzel shape.
7. Add baking soda to a large pot of water and bring to a rolling boil. Boil each pretzel for 30 seconds per side. Use a big slotted spoon to remove.
8. Transfer pretzels to a baking sheet, lined with parchment paper. Brush with egg wash, and sprinkle with salt. Bake for 10-15 minutes, until golden brown.

Lemon Delight

Beverly MacNeil, Practicum Clinician, Health Wellness and Sciences, Georgian College.



Ingredients

- 1 pound cake sliced approximately 3/4" thick
- 1 envelope lemon pie filling
- 1 bag mini-colored marshmallows
- 1 tub frozen whipped topping

Alternative. Pour the pie filling over top of the cake and sprinkle the marshmallows on top and let them sink. They will also melt.

Preparation

1. Lay slices of pound cake in the bottom of a square cake pan.
2. Sprinkle marshmallows on top (however many you wish).
3. Make lemon pie filling as per package directions.
4. While still hot, pour the pie filling over top of the marshmallows.
5. Allow to cool completely. As it cools you will see the marshmallows melt and the colors will spread.
6. When ready to serve, spread the whipped topping over top.

Lime Cream Pie

Jonathan Rodriguez, VP Health and Wellness, GCSA Owen Sound Campus.



Ingredients

- 180 g cream cheese
- 1 can condensed milk
- ½ can evaporated milk
- ½ cup natural lime juice

For the base:

- 2 cup Arrowroot original biscuits or similar
- 3 oz butter

Preparation

1. Ground the cookies with a food processor and mix with melted butter until forms a uniform paste. Make a base at the bottom of a pie plate and refrigerate for 20 mins.
2. Blend the cream cheese, condense milk, evaporated milk and lime juice. Pour over the cookie base and refrigerate for 2 hours.

Macaron Cookies

Madeline Collins, VP Public Relations, GCSA Owen Sound Campus.



Ingredients

- 2 cup white sugar
- ½ cup water
- ½ cup shortening
- 6 tsp cocoa
- 1 tsp vanilla
- 3 cup oatmeal
- 1 cup coconut

Preparation

1. Bring sugar, water, shortening and cocoa to a boil.
2. Add vanilla, oatmeal and coconut.
3. Drop on wax paper and cool.

Nana's Butter Tarts

Madeline Collins, VP Public Relations, GCSA Owen Sound Campus.



Ingredients

- 2 beaten eggs
- ½ cup butter
- ½ cup raisins
- 1 cup brown sugar
- 1 cup corn syrup
- 1 pack of premade Tart Shells

Preparation

1. Mix the ingredients together.
2. Pour the filling into the pre-made shells, around $\frac{3}{4}$ of each tart.
3. Bake at 375 F for 15 to 18 minutes.

You can substitute raisins with coconut, nuts or whatever you like

Nutella Pizza

Sarah Ortiz, VP Equity and Inclusion, GCSA Orillia Campus.



Ingredients

- 7 cup flour
- 2 cup warm water
(not cold, not boiling, just warm)
- 2 tbsp salt
- 2 tbsp yeast
- 1 jar Nutella
- Powdered sugar

Preparation

1. Put the hot water in a pan. Add Yeast and stir gently, let sit for 5 to 10 min, or until the yeast turns into a foam on top of the water. Then, add the salt.
2. Gradually add in the flour as you stir the mixture simultaneously. You know you added enough flour when the mixture becomes too thick to stir.
3. Knead the dough. Take the dough out of the bowl and put a clean and well flowered surface (a marble counter or clean table is best). Gather the dough into a pile and begin pressing it together. Press the heels of your hands firmly into the dough pushing forward slightly. Fold the far edge of the dough upwards, towards you, and press it into the middle of the ball. Rotate it slightly too. Repeat this press-fold-turn sequence for the duration of the kneading process.
4. Let the dough rise up for 1 hour at room temperature or 5 hours in the refrigerator. Place on a floured counter and flour the top of the dough.
5. Cut the dough into round balls. Flatten one ball with your hand until about 2 cm - 4cm / 0.7in - 1.5in thick.

Continued next page...

Nutella Pizza

Sarah Ortiz, VP Equity and Inclusion, GCSA Orillia Campus.



Preparation cont'd

6. Pick up the disk of dough and pinch the dough about 1.5cm / 0.5in from the edge. Try and stretch as you pinch, repeat this all around the edge. When the disk of dough has been stretched enough to start to be floppy, proceed to tossing.
7. Make a fist and drape the dough over your fist. Make a fist of the other hand and slip it under the dough next to your other fist. Carefully move your fists apart stretching the dough more. Shift your fists (left towards your face, right away) so the dough rotates while stretching.
8. When the dough has reached about 20cm / 8in in diameter, you can quickly move your left fist in an arc that goes backwards towards your face, Do this while twisting your right fist forward away from your face. If you give a little push upwards with your right fist, the dough will spin like a Frisbee. Practice how it feels to balance the force of the fist twists equally. This will keep the Pizza from spinning of into the corner. Be sure to catch the falling spinning Pizza as gently you can with your two fists to avoid tearing. But if tearing, just start over and do the spinning process again.
9. Bake in preheat oven at 230C / 450F for 10 to 15 minutes until the pizza is crispy and golden round the edges. Let it cold for a couple of minutes.
10. Spread Nutella on top. Sprinkle powdered sugar. Serve warm or cold.

Oatmeal Cookies

Lori McPhee, Office of Academic Quality, Barrie Campus.



Ingredients

- 1 cup butter
- $\frac{3}{4}$ cup white sugar
- $\frac{1}{2}$ cup brown sugar
- $\frac{3}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp salt
- 1 $\frac{1}{2}$ cups oatmeal
- 1 cup flour
- 1 egg
- $\frac{1}{2}$ cup coconut
- 1 tsp vanilla

Preparation

1. Mix all ingredients together (one at a time in order shown) with a hand mixer.
2. Bake at 350 degrees for approx. 10 min.

“These are a food memory from my childhood.”

Pecan Pie

Madeline Collins, VP Public Relations, GCSA Owen Sound Campus.



Ingredients

- 3 eggs
- 1 cup corn syrup
- 1 cup brown sugar
- 1 cup pecans
- 1 premade pie shell
- 1 tbsp vanilla

Preparation

1. Mix well the eggs, corn syrup, brown sugar and vanilla.
2. Fill into the pie shell, break pecans and put on top.
3. Bake in oven at 350F for 1 hour or until a knife inserted comes out clean.

White Chocolate Bark

Asya Giles, Legal Services Coordinator, Barrie Campus.



Ingredients

- 4 cups of Golden Graham cereal (No Name brand is fine as well)
- 1 lb. of white chocolate merckens wafers
- 1 cup of dried cranberries
- 1 cup of cashew pieces

Preparation

1. Put merckens in a large bowl. Microwave for one minute (microwaves may vary). Stir and then put back in the microwave for another minute.
2. Add cereal, dried cranberries and cashews (and anything else you want (i.e., chocolate chips, pumpkin seeds, etc.) and mix everything together.
3. Spread out on a cookie sheet lined with parchment paper. Let sit for approximately 30 minutes or place in refrigerator.
4. Break into pieces with a knife or hands.



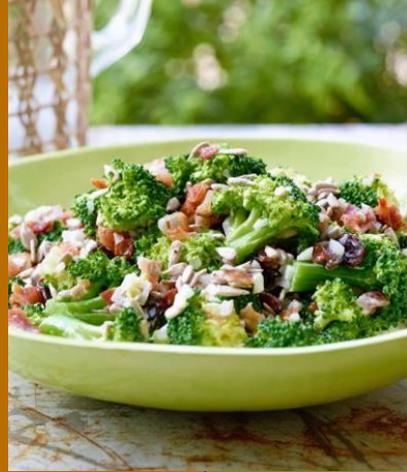
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Thank you for supporting this great cause!



GCOSA
GEORGIAN COLLEGE STUDENTS' ASSOCIATION



Shinerama
STUDENTS FIGHTING CYSTIC FIBROSIS