



**HONESTLY
IT'S VEGAN!**



by ZENA KHAN

**Honestly delicious plant-based
recipes in aid of**

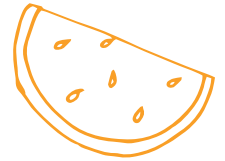


**2nd Chance
dogs**

Adopt a dog and make a friend for life!
www.2ndchancedogs.org



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PAWS FOR THOUGHT

In Cyprus, conditions for most dogs are very different from in the UK. Hunting is a popular activity, and many dogs are used for a season, often badly cared for, starved and mistreated, and then dumped when they are no longer wanted. Many hunting dogs are abandoned every year, often in remote locations where they are left to starve or die from heat stroke. Stray dogs are taken to local community pounds where the dogs are frequently kept in terrible conditions for the statutory 15 days after which time, if unclaimed, they are put to sleep. The dogs are usually all kept together in one pen; young, old, puppies, male, female, healthy, ill or injured, all left to fend for themselves. Often there is just a bucket of putrid water, and no food, no care, no medical treatment, unless they are lucky enough to be looked after by volunteers.

The idea for the 2nd Chance Dogs rescue centre was conceived in 2015, by Doris Karayianni and her partner, Mario Papadimas. The vision was to create a refuge where dogs could be given the best possible food, care, medical treatment and rehabilitation. Additionally, they would receive training, socialisation and professional evaluation in order to find the most appropriate, loving, forever

homes. At the appropriate age, all dogs are spayed or neutered. Doris and Mario have both trained in dog behaviour and both are Positive Reinforcement Trainers.



The centre has thirty-two spacious runs, each of which has its own insulated kennel area. Some dogs enjoy company and may share a run, while some of the larger dogs have a run to themselves. There are eight large play areas, all of which have agility and enrichment activities. All of the dogs have two designated playtimes daily; time to socialise with some of the other dogs, have a paddle and a play, or do some lead-work and other training. There is a kitchen for preparing the meals and a grooming facility too. The centre has a quarantine intake section for new arrivals, and also a separate puppy wing to ensure the health and wellbeing of all the animals.

It costs a tremendous amount of money to run the centre. Doris and Mario have built a fantastic team of volunteers who work very hard with them. Many of 2nd Chance Dogs' supporters are people who have adopted from them, myself included! We have seen the passion and integrity of all the team and want to help.

It is a very special haven for dogs, and I feel proud to be a part of their wide network of supporters.

www.2ndchancedogs.org





A FEW WORDS ABOUT CREATING THIS BOOK...

Why vegan? Both of the founders of 2nd Chance Dogs rescue centre are vegan, so it seemed appropriate to create a book that would not only benefit the dogs and the centre, but also have the endorsement of the team!

There is a real shift happening in people's eating habits. Many people are turning to plant-based eating, not always for the same reasons. As a qualified nutritional therapist, I think it's important to point out that vegan food is not synonymous with healthy food. A meringue, at the end of the day, is basically just sugar, vegan or not. It's also delicious, and good for your soul occasionally, if not for your waistline or blood sugar! Everyone needs treats from time to time.

I feel that it's also worth pointing out that many commercially produced "vegan alternatives" are all too often actually less healthy, less sustainable, and in some cases, even less ethically produced than the original substance. Palm oil is one such example. There are many healthier oils to eat, however it crops up in many vegan products due to its long shelf life, particularly anything to do with baking e.g. vegan butters, pastry, cakes, biscuits, cream alternatives etc. It is also difficult to know if it really has been responsibly sourced.

That said, most unprocessed and natural plant-sourced foods are extremely nutritious and beneficial. Vegan or not, most of us could do with adding more of these foods into our diets.

I hope you enjoy the recipes as much as I've enjoyed creating them, and thank you for helping to give these dogs a 2nd Chance.

Zena 

Lemon Poppyseed Pancakes

Ingredients

130g plain flour
2 tsp sugar
1 tsp baking powder
1½ tbsp poppy seeds
pinch of salt
250ml oat milk
1 tsp vanilla extract
1 lemon
2 tsp coconut oil for frying
maple syrup to serve

Total Time: 15-20 minutes

Serves 2. Makes 8 small pancakes

Instructions

Mix flour, sugar, baking powder, poppy seeds and salt together.

Add the oat milk and vanilla extract and whisk until smooth.

Grate the lemon rind into the mixture and stir well to incorporate.

Heat a large frying pan and add a small amount of coconut oil; just enough to coat the pan.

Pour the batter into the pan in small circles. If you are using a large pan, you will probably get three or four small pancakes in together.

Cook for approximately 2 minutes on each side – they set fairly quickly so check that they are golden underneath before turning.

Cook in batches until all the batter is used – you should end up with 8 small pancakes.

Cooked pancakes can be kept warm in the oven at a low heat, or popped back in the pan to reheat before serving.

Serve with maple syrup and lemon wedges.

