

## **COFFEE HOUR INTSTRUCTIONS DURING A LENTEN PERIOD**

Beloved Faithful,

Thank you for giving your time and offering to host coffee hour. A few things to keep in mind when offering coffee hour:

**Christmas Fast/Great Lent:** During this blessed time, our Holy Church teaches that we should keep the sacred fast. Therefore during this time we refrain from all meat and dairy products. Out of respect for the fast and to those keeping the fast, please see that you adhere to the following items acceptable for coffee hour. The following is a list of suggested items you can bring:

1. Bagels
  2. Margarine
  3. Jam
  4. *Tarama*
  5. Almond butter/peanut butter
  6. Oreos
  7. Costco's brand of Apple Pie
  8. Marie Calandar's frozen apple/razzleberry pie (located in freezer section of grocery store) please bake ahead of time
  9. Most Every Day Essential Cookies (at Jewel/Osco-this can be found in the cookie section- wafers, chocolate covered wafers, graham cracker cookies, coconut cookies...check the label please)
  10. Graham crackers
  11. Dark chocolate covered almonds from Trader Joe's
  12. Rice crispy treats made with margarine
- **Quick Recipe for Lenten Chocolate cake/cupcake:**
    - 1 can of coke
    - 1 box of Pillsbury cake mix
    - ½ cup of chopped walnuts (optional)
    - ½ cup of mini-dark chocolate chips (optional)
    - Mix all together, bake as directed

- **Most Pillsbury frosting does not contain dairy (check the label) or dust with powdered sugar**
- **Lenten Banana Bread:**
- **1 ¾ cup of flour**
- **2/3 cup of sugar**
- **1 tsp. baking soda**
- **¼ tsp. salt**
- **½ tsp. baking powder**
- **1/3 cup of veg. oil**
- **¼ cup water**
- **3-4 Ripe mashed bananas**
- **½ cup of walnuts and ½ cups of dark chocolate chips**
- **Combine dry ingredients/add wet ingredients mix well together**
- **Bake at 350 for about 35-40 mins or until the top is golden**
- **Please do not bring Dunkin Donuts as they contain dairy products.**
- **There is a great cookbook called “The Festive Fast” by Marigoula Kokkinou and Georgia Kofinas for more Lenten options**

**Thank you and have a blessed Lent!**

**In Christ,**

*Rev. Fr. Sotirios P. Malamis*