

EVERYONE'S INVITED

When you're an allergen-conscious host



There's nothing better than gathering loved ones to enjoy a warm, home-cooked meal around your own table.

A little goes a long way to make sure everyone can have the same fun.

The most welcoming host is an allergen-conscious host. Try some allergen-friendly takes on festive favourites and get inspired to create your own to suit your guests' tastes.



"Food is a big part of celebrations all around the world. It's how we connect with each other.

When I host, I want all my guests to share in the experience, so I plan a menu I know everyone can enjoy."

Chuck Hughes

Chef, television personality & restaurateur



Chef Chuck Hughes' Breakfast Casserole

It's called breakfast, but this bread pudding casserole bake can be enjoyed any time of day.

[VIEW RECIPE](#)



Lentil & Squash Soup

A rich and hearty, nut-free and dairy-free soup to warm the soul.

[VIEW RECIPE](#)



Shepherd's Pie

Bring this fan-favourite to your table without dairy or eggs.

[VIEW RECIPE](#)



"Cheesy" Crackers

Made with nutritional yeast for an allergen-conscious cheese and cracker experience.

[VIEW RECIPE](#)



Festive Brownie Pops

No-bake, flavourful bites that will make any dessert table pop.

[VIEW RECIPE](#)



Pouding chômeur

This take on a classic Quebecois maple cake uses wheat, egg, and dairy alternatives.

[VIEW RECIPE](#)



Gingerbread Cookies

Delightfully chewy and spicy, these classic cookies contain no dairy, eggs or wheat.

[VIEW RECIPE](#)

BE THE MOST WELCOMING HOST

Entertaining this season?
Make sure you prepare your home so Everyone's Invited.

[FIND OUT HOW](#)