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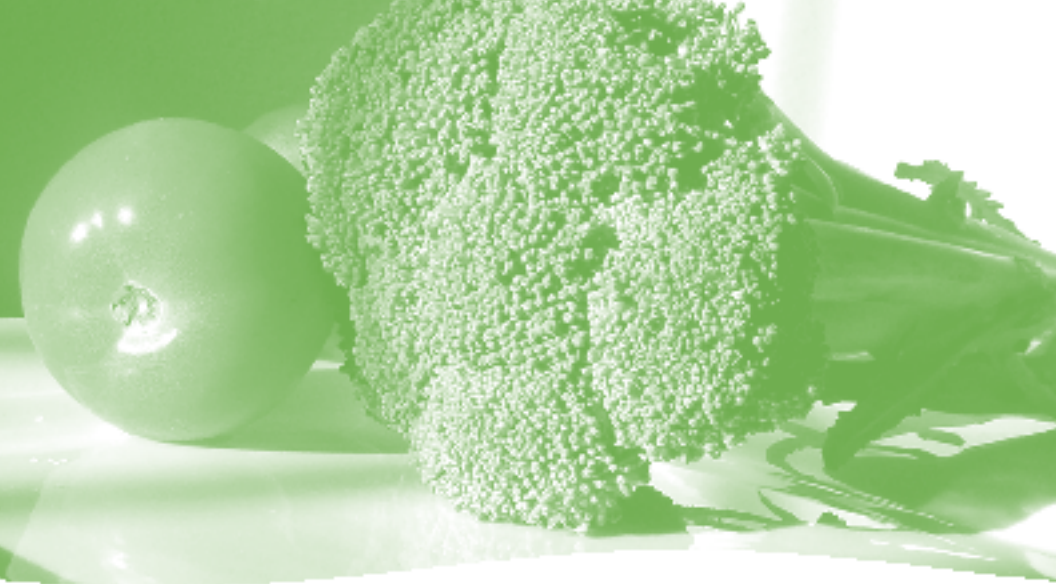
Welcome to the 2nd edition of Viva!USA's Vegan Basics, a one-stop resource for those interested in exploring alternatives to food and other products made from animals. Because you are reading this guide, you may already be taking your first steps toward choosing veganism — or maybe you're just thinking about it.

Either way, good for you! The public has the perception that eliminating the consumption of all animal products can be unhealthy or at least very difficult, but this is simply not true. As you'll find out with this guide, veganism is the healthy choice for you, the planet, and animals. With so many animal-free options readily available, and more entering the market everyday, going vegan is easier today than ever before!



TABLE OF CONTENTS

VEGANISM IS...	PG.4
NUTRITION	PG.9
SO WHAT DO YOU EAT?	PG.13
the soy dairy	pg.14
(non-)meaty products	pg.18
cheatin' meats	pg.21
the frozen section	pg.24
just add water	pg.25
salad	pg.28
condiments	pg.29
snacks, munchies & treats	pg.30
EATING OUT	PG.35
TOILETRIES & COSMETICS	PG.38
BOO-HISS! GLOSSARY	PG.43
HURRAY! GLOSSARY	PG.45
RECIPES	PG.46
ABOUT VIVA!USA	PG.54



VEGANISM IS...

GOOD FOR YOU

Research on vegetarians (including vegans) shows them to have lower rates of heart disease, obesity, high blood pressure, rheumatoid arthritis, and possibly some cancers. It also reduces the chance of food poisoning. And of course you avoid all the hormones and antibiotics that are pumped into animals raised for food. According to the American Dietetic Association, vegetarian and vegan diets are healthy and beneficial no matter what your age:

“Well-planned vegan and other types of vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence. Vegetarian diets offer a number of nutritional benefits, including lower levels of saturated fat, cholesterol, and animal protein as well as higher levels of carbohydrates, fiber, magnesium, potassium, folate, and antioxidants such as vitamins C and E and phytochemicals.”

American Dietetic Association; Dietitians of Canada. Position of the American Dietetic Association and Dietitians of Canada: Vegetarian diets. J Am Diet Assoc. 2003 Jun; 103(6):748-65.

GOOD FOR THE ANIMALS

If you're already a vegetarian you've undoubtedly helped reduce animal suffering, but the dairy and egg industries are no picnics for the animals involved.

Cows must be repeatedly impregnated for the production of milk, and their offspring may be sent straight to the slaughterhouse or reared for veal or milk, or sold for their flesh. Calves are often taken from their mothers immediately after birth, leaving both cows and calves to mourn the broken maternal bond. Both male and female calves are kept in confinement, unable to move freely. If raised for veal, males will be slaughtered after only 4 months, while female calves will likewise be kept strictly confined until they are able to produce milk. Then they are turned into milking machines. Cows' udders are often infected and swollen from the abuse of growth hormones and multiple milkings every day. Dairy cows are killed at about five years of age and sold for 'low grade' products such as burgers, sausages and other processed foods. Their natural life span would be at least twenty years.

And as for typical (battery cage) egg production, since only the females lay eggs, 100-150 million day-old male chicks are killed every year, many suffocated in garbage bags. The industry average is less than one-half square foot of space per bird — less space than a sheet of paper! They have the tips of their beaks cut off to prevent feather pulling caused by the intensive confinement. These poor animals live with barely enough room to move for up to two years until their egg production goes down. Then they are either killed or forced into molting. To induce a molt, egg producers take away food and water from the birds, forcing them into another egg laying cycle.

Chickens and turkeys raised for meat fare no better — they are crammed by the thousands in sheds, some with no windows. Breeding has caused them to grow at an incredible pace, one that their bodies have a hard time catching up to. Turkeys have the tips of their beaks and some toes cut off. Chickens have been known to be boiled alive during the slaughter process.

And the label 'free range' does not mean cruelty-free; in fact, free range hens live in very crowded conditions, have the tips of their bills cut off, and are slaughtered no differently than conventionally raised animals.

Life for pigs on factory farms is dreadful too! Over 80% of pigs who are raised for food (like sausages, hot dogs, bacon and ham) live their lives in sheds thick with the overwhelming smell of urine and feces. A mother pig (sow) is forced to give birth in a tiny crate where she cannot walk or even turn around. This is also where she will spend her pregnancy. She moves between these two small crates for four to five years until she is killed. The piglets spend their lives in squalid conditions until at six months they are shackled by one leg and have their throats slit.

Billions of sea animals are caught each year. Those fish who are still alive by the time they make it to the decks of fishing boats have one of two fates. Either they are allowed to suffocate to death or they are disemboweled with a gutting knife. In addition to this, countless other sea creatures are caught in fishing nets and discarded as by-catch.

GOOD FOR THE ENVIRONMENT

Treating animals like food factories has a negative impact on our water and air. Vast expanses of wilderness are converted to pastureland, resulting in a loss of habitat for countless species.

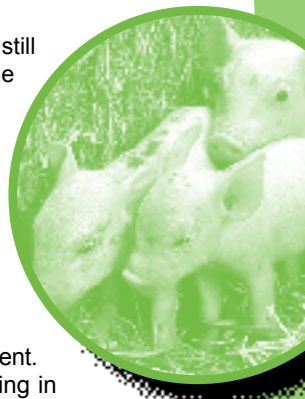
Commercial fishing of the oceans has decimated the aquatic environment. Shrimp nets, which are dragged through the water, catch everything in their path — thousands of sea turtles are killed this way every year.

A branch of the USDA kills wildlife, such as coyotes and bobcats, to protect farmers' livestock.

The factory farming industry is creating environmental problems of its own.

According to the Environmental Protection Agency (EPA), dairy farms have created an environmental crisis in California, the number one dairy producing state. In fact, California alone produces an astounding 30 million tons of manure each year. The EPA states that a single cow produces approximately 120 pounds of wet manure per day. Estimates equate the waste produced per day by one dairy cow to that of 20-40 humans per day.

Manure lagoons designed to contain livestock waste can leak or spill over into waterways, contaminating our drinking water. Pig farms with 100,000 animals produce as much waste as a city of a quarter-million people; but the pig farms have no wastewater treatment system. Pig waste often spills into nearby rivers, sometimes killing many thousands of fish.



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GOOD FOR THE PLANET'S PEOPLE

Every day, 840 million people around the world, including 200 million children, go hungry. But much of the world's grain harvest, 40%, is used to feed livestock, not people. U.S. livestock alone consumes about one-third of the world's total grain harvest, as well as more than 70% of the grain grown in the United States. In fact, the more a cow is milked, the more grain concentrates she needs. High quality foods such as wheat and soy, which could be fed to humans, are being fed to animals. On average, you can get about five times as much biologically available protein from eating plant foods directly as you can from using them to produce meat.

A slaughterhouse may be the worst workplace in the U.S. The workers are poor and often illiterate or unable to speak English. They are treated almost as callously as the animals dying by the billions in those same facilities. The pay is low, turnover is high, and injuries and illnesses are frequent and often severe. Turnover rate at all processing plants runs close to 100% per year.

Increasingly, both slaughterhouses and factory farms are located in poverty-stricken areas. Factory farms tend to be located in predominantly non-white, low-income areas.

WHAT IS A VEGAN ANYWAY?

So, now that you're convinced that veganism is a beneficial lifestyle, you'll want to know what it involves, won't you? One thing it doesn't involve is deprivation and martyrdom — there really is no need to sit around munching your way through a head of lettuce and feeling sorry for yourself (unless, of course, you REALLY like lettuce). Ask any vegan what they eat and they will look at you in astonishment.

The foods available are so varied, so tasty and so easy to prepare, it's a miracle that we do anything other than eat! (Truth be told, some of us don't!) Now we aren't saying you won't miss a few things at first - cheese and milk chocolate are always the hardest to kiss goodbye, but there are vegan alternatives available, so don't despair.

WHAT'S THE DIFFERENCE BETWEEN A VEGETARIAN AND A VEGAN?

Well, a vegetarian simply does not eat any dead animals, or parts of them. So this means no meat, poultry (chickens, turkeys, ducks, etc.), fish or other watery creatures (like shrimp and crabs), or any by-products of these animals, like gelatin or animal fats. This also means eating only 'vegetarian' cheese, as some cheeses are made using rennet (taken from the stomachs of calves — yuck!).

A vegan will not eat any of these either but will also strive to avoid all animal products to avoid partaking in the exploitation, abuse, and slaughter of animals. This includes eggs, milk, cream, yogurt, cheese and anything that contains these products or derivatives of them.

Vegans also avoid honey, because bees are frequently killed during its production, and finally, a vegan will not wear wool, leather or silk, or use personal care and household products that contain animal substances or are tested on animals. In fact, a vegan won't eat, wear or use anything that comes from any animal, dead or alive. Cane sugar is sometimes processed through bone char so some vegans avoid eating it. If you're interested in finding out which products definitely do not have bone char, please see www.VeganProducts.org/sugar.html.

Sounds like a lot to remember, huh? To begin with, you will feel like you need to be reading every label in the cupboard, looking up things like 'lanolin' in your dictionary and trying to remember why you decided to go vegan in the first place! But it does get easier — and no one will blame you if you make a mistake! We all do. Just take things at your own pace and remember why you're doing this, for yourself, the planet, and animals.

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NUTRITION

A balanced vegan diet can be extremely healthy. Some people still have a few concerns about whether they will receive all the nutrients that they require. Read this guide and check out our sources to put your mind at ease.

PROTEIN

Protein is essential for growth, repairing tissues and protecting against infections. The American Dietetic Association states that the vegan diet provides enough protein.

Protein is most concentrated in legumes (peas, beans, lentils, peanuts, soy products), but can also be found in nuts (brazils, hazels and almonds etc.) and seeds (sunflower, pumpkin, sesame), grains (rice, wheat, oats, barley, millet, buckwheat, pasta, bread), and vegetables. Tofu and other soy products are high in protein.

VITAMIN B12

Vitamin B12 prevents permanent nerve damage (e.g., blindness, deafness, and dementia); keeps the digestive system healthy; and reduces the risk of heart disease by lowering homocysteine levels. Early deficiency symptoms sometimes include fatigue and tingling in the hands or feet.

Unfortified plant foods (including seaweeds and tempeh) are not reliable sources of B12. Vegans who get a regular source of vitamin B12 through fortified foods or supplements can have even better B12 status than many non-vegans who do not supplement. B12 intake is especially critical during pregnancy, lactation, childhood, and old age.

Vitamin B12 can be found in fortified foods such as soy milk and breakfast cereals.

Microgram =
“µg” or “mcg”

One of the following daily recommendations should maximize B12 status:

- fortified foods (in at least 2 servings, spaced 6 hours apart): 3-5 μg
- 1 supplement: 10-100 μg
- 2 supplements spaced at least 6 hours apart: 5 μg

VITAMIN D

Regulates calcium absorption and excretion, especially when calcium intake is low. Vitamin D can be made by the action of sunlight (UV rays) on skin. Light-skinned, non-elderly adults exposing their hands and face to sunlight for 10-15 minutes, 2-3 times/week can get enough vitamin D. Above the 42nd Latitude (which runs through Denver, Indianapolis, and Philadelphia), vitamin D is not synthesized during the winter. Vegans who do not get much sunlight exposure should supplement with vitamin D, especially during the winter or cloudy months. Elderly people may need up to 4 times the amount of sunlight exposure listed above, and dark-skinned people may need up to 6 times this amount in order to meet vitamin D needs through sunshine alone. The Daily Value for vitamin D is 10 mcg (400 IU). If a food label says 25% of the Daily Value, it has 2.5 mcg (100 IU) per serving. Typical fortified soy, almond, or rice milk has 2-3 mcg (80-120 IU) per cup.

CALCIUM

Finally, calcium. There are many sources of calcium available to vegans — broccoli, collard greens, kale, legumes, nuts, seeds, fortified soy milk, hummus, and figs.

As a child, you were probably told to drink cow's milk for good strong bones, but studies of bone fractures have failed to show that milk protects bones and in some cases is actually associated with increased fractures.

Factors that can prevent osteoporosis (a disease that makes bones brittle):

- Weight-bearing exercise throughout one's lifetime is one of the most important.
- Adequate calcium, vitamin D, vitamin K, protein, potassium, and magnesium intakes.
- Adequate estrogen levels (for women)

Factors that can contribute to osteoporosis:

- High sodium and caffeine intake
- Smoking
- Too much, or too little, protein

The calcium in kale, broccoli, collard greens, and soy milk are all absorbed about the same as cows' milk. The calcium in spinach, swiss chard, and beet greens is not well absorbed due to their high content of oxalates which bind calcium.

Many non-dairy milks are now fortified with calcium, vitamin D, and/or vitamin B-12. Many orange juices are fortified with calcium.

The Daily Value for calcium on food labels is 1,000 mg for adults. If a food label says 25% of the daily value, it has 250 mg of calcium per serving. Vegans should ensure a good source of calcium on a daily basis. A cup or two of fortified soy milk is an excellent option.

FATS

Higher fat foods like nuts and seeds (and their butters), avocados, and small amounts of vegetable oils (especially canola and olive) should be part of a healthy diet. These foods are particularly important for meeting children's caloric needs.

A large body of scientific evidence shows that omega-3 fatty acids have anti-blood-clotting, anti-inflammatory, and cholesterol-lowering properties. Vegans can most easily obtain omega-3 fats by eating 1–2 tsp of flaxseed oil per day. The oil may be added to warm food, but cooking will damage it. Flaxseed oil, sold in many natural food and grocery stores, should be kept refrigerated.

IODINE

Needed for healthy thyroid function, which regulates metabolism. Does not appear to be as much of a problem for U.S. vegans as it is for European vegans, whose food supply contains less iodine. In the U.S. vegans should take a modest iodine supplement on a regular basis to ensure they are meeting requirements because it's very hard to predict how much is in any given person's food supply.

75-100 mcg every few days should be ample. Do not take more than 150 mcg/day.

IRON

Iron-deficient anemia is probably one of the most inaccurately self-diagnosed illnesses and those who think they may be suffering from it should see a doctor. Iron deficiency symptoms include pale skin, brittle fingernails, fatigue, weakness, difficulty breathing upon exertion, inadequate temperature regulation, loss of appetite, and apathy.

Iron in vegetarian diets is a somewhat controversial topic because:

- Vegetarians' ferritin (the storage form of iron) levels are normally lower than non-vegetarians, even though vegetarians are no more likely to have iron deficiency anemia.
- Low iron stores are associated with higher glucose tolerance and therefore could prevent diabetes.
- High iron stores are associated with cancer, and to a lesser extent, heart disease.

You do not need to worry about iron if you are otherwise healthy and eat a varied vegan diet. If you suspect an iron deficiency, see a doctor. If your doctor thinks your iron stores are too low, he/she may suggest you start eating meat (which is unnecessary) or that you take an iron supplement.

Eating 100 mg of vitamin C with 2 meals a day should help cure the anemia. Iron from plants is best absorbed when consumed in conjunction with vitamin C. Vegans tend to have iron intakes at least as high as nonvegetarians.

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CONSIDER A MULTIVITAMIN

Many well-respected health professionals suggest that everyone (including meat-eaters) take a modest (25-100% of the RDA) multivitamin supplement for insurance purposes. A typical multivitamin and mineral supplement will ensure an adequate source of vitamin B12, vitamin D, and iodine. The only other nutrients you would need to concern yourself with are omega-3 fatty acids and calcium.

There is little chance of a deficiency of calcium, or any other food group, vitamin or mineral, as long as you eat a balanced diet and follow the recommendations above.

If you want to know more about nutrition, read Viva!USA's Guide *Nutrition in a Nutshell*.

Nutritional information reviewed & edited courtesy of Jack Norris, RD (www.veganhealth.com)

VEGAN VITAMINS & SUPPLEMENTS

Many vitamins and supplements may be vegan by accident, but with all the scientific sounding names, it can be hard to figure out which are which. Here are a few companies that manufacture vegan vitamins (without gelatin capsules or animal-derived ingredients)

- DEVA — produces a line of vegan vitamins, including vegan glucosamine, MSM, Omega-3 DHA, and multivitamins. www.devanutrition.com
- GarlicBoy — a wide variety of all vegan vitamins and supplements www.garlicboy.com
- Nutraceutical — makers of VegLife vitamins, many of which are vegan www.nutraceutical.com
- Nutrition Now — Rhino children's gummy vitamins including Calci-bears, Multivitamins, and chewable Ester-C www.nutritionnow.com
- NuTru — vegan nutritional and dietary supplements www.nutru.com
- VeganLife — vegan vitamin line from Pangea www.veganstore.com
- Vitamec — Mr. Tumeer vegan gummie vitamins for kids www.vitamec.com
- Whole Foods — Chewable Vitamin C

Hormones such as estrogen, progesterone and testosterone may be animal-derived. For example, the hormone replacement therapy Premarin is derived from the urine of pregnant mares. Both natural and synthetic supplements are available as alternatives.



NOTE: SAFEWAY

Safeway was unable to verify ingredient information for all their products. Currently, according to their customer affairs department, their products will list allergens including eggs, dairy and dairy derivatives such as casein. Natural flavors on non-meat flavored items should not be animal-derived unless specifically listed. They hope to have a comprehensive list of their vegan products available early in 2006, so check our website for updates.

Safeway's has introduced a new line of organic products called "O Organics". It features a slew of vegan staples like canned beans, pasta, pasta sauce, peanut butter, jams, chocolate chips, soymilk, cereals, condiments, juices, crackers, creme cookies and a few convenience foods like french fries and black bean enchiladas with nutritional yeast.

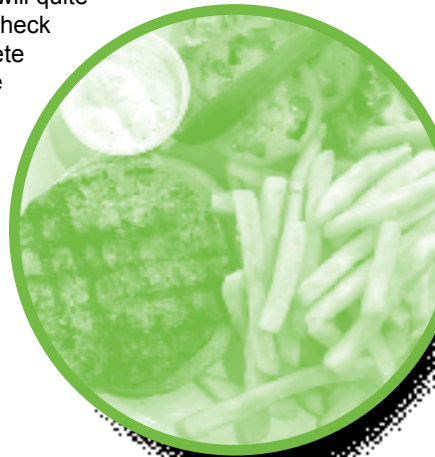


SO WHAT DO YOU EAT?

The thought of preparing a vegan meal can be daunting — where do you start?! Most vegetarian and even meat-based meals can be easily modified and turned into vegan delights.

And if you feel lost or frustrated, there are always lots of resources you can access to find your way. There are some great cookbooks out there, including everything from simple meals for single vegans to gourmet feasts. Check out our vegan meal ideas at the end of this guide! The Internet is also a great resource for recipes, and there are many websites completely dedicated to vegan fare.

Many of the products listed in this guide are made by conscientious companies whose products are vegan intentionally and the integrity of their products can generally be trusted. However, some products listed here (under ‘Vegan by Accident’) are not intentionally vegan and ingredients of these products will quite often change without notice, so be sure and double-check those labels! Keep in mind that this list is not complete — there are loads of vegan foods out there...we hope this helps! Also, some of these products are regional and may not be available everywhere, though they may be available through internet or mail order companies.



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THE SOY DAIRY

MILK

Soy milk is made from... wait for it... soy beans, and is available in many supermarkets and all health food stores. It comes in a variety of types: sweetened, unsweetened, enriched, organic, and as flavored milk shakes. It can be used in hot drinks and cooking in the same way that you would use cow's milk. You can also find milk substitutes made from rice, oats and nuts! They all taste different, so if you don't like one, pick another brand or style until you find the ones that suit your taste. We recommend Vitasoy*, Edensoy, WestSoy, Wildwood, Organic Valley*, Rice Dream and Chicago Soydairy soy milks. Also, try Silk soymilk, available both in the refrigerated section and in boxes; it comes in different flavors including delicious chocolate, chai, and, for the holidays, Silk Nog.



CREAMERS

Westsoy — Crème de la Soy

White Wave — Silk Creamer (great in place of half & half — delicious and creamy!). Also comes in Hazelnut and French Vanilla flavors.

vegan by accident:

Rich Products — Coffee Rich Non-Dairy Creamer

BUTTERS

Butter is obviously made from milk, so it is easiest to switch to margarine, many of which are vegan. Some margarine contains milk derivatives such as whey or vitamins from an animal source, but there are plenty that do not. Most supermarkets stock at least one suitable margarine.

- **Smart Balance** — Smart Beat Super Light, Smart Beat Smart Squeeze Fat-Free Margarine, Smart Balance Light, Earth Balance non-GMO All Natural Buttery Spread, and Smart Balance Shortening Aerosol Cooking Spray
- **Soy Garden** — Natural Buttery Spread

vegan by accident:

- **Nucoa** — the original dairy-free margarine, good for all around cooking and baking
- **Shedd's** — Willow Run (these sticks are great for baking)
- **Spectrum Naturals** — Spread, Essential Omega-3 Spread



MAKE IT YOURSELF!

FIND A RECIPE ON PAGE 46!

CHEESE

Cheese is also made from milk, and in some cases uses an extract from calves' stomachs, called rennet, to curdle the milk, so often cheese isn't even vegetarian. However, there are more and more vegan cheeses available these days that are made from vegetable sources instead of milk.

- **Follow your Heart** — Vegan Gourmet cheese blocks in Monterey Jack, Nacho, Cheddar and Mozzarella (it melts and is great on pizza!)
- **Parma!** — Non-dairy Parmesan seasoning
- **Road's End Organics** — Nacho Cheese Dip - Mild and Spicy; Cheese Packets Original Cheddar, Mozzarella Style, Original Gluten Free, Alfredo Style Gluten Free
- **Soymage** — Vegan grated Parmesan, Vegan Singles and Vegan Chunk Cheese (flavors include Mozzarella, Yellow American)
- **VeganRella** — Hard cheeses in both Cheddar and Mozzarella styles
- **Veggie Kaas** — Cheddar and Mozzarella style blocks (it melts)

vegan by accident:

- **Tofutti** — Sliced as well as shredded cheeses in Mozzarella, American and Roasted Garlic the garlic slices are great!

Nutritional Yeast can also be used to give foods a cheesy kick. Make your own!

CREAM CHEESE

- **Field Roast** — Herbed Chao Cheese, a soft, creamy and spreadable tofu cheese
- **Soymage** — vegan cream cheese that is non-hydrogenated
- **WholeSoy** — cream cheese style soy spread in both original and garlic and herb

vegan by accident:

- **Tofutti** — 'Better Than Cream Cheese' in French Onion (yum!), Herbs and Chives, and Original flavor

YOGURT

As with most things, there are vegan alternatives available to the usually milk-based yogurts. Again, some are better than others, but there's nothing wrong with trying them all, just to be on the safe side!

- **Nancy's Soy Yogurt** — A very fruity soy yogurt in raspberry, strawberry and plain flavors, among others.
- **Silk** — Cultured Silk Soy Yogurt, variety of flavors such as Banana-Strawberry, Black Cherry, and Key Lime as well as delicious standards like Lemon, Raspberry and Plain.
- **Sol Cuisine** — Soygurt in Natural, Raspberry, Blueberry and Strawberry flavors. Sol Cuisine also carries Sol Shakes that come in Vanilla, Tropical and Berry flavors.
- **Wholesoy** — a wide variety of different fruit flavors such as Apricot-Mango, Peach, Vanilla and Strawberry. Also makes drinkable soy yogurt for those on the go.
- **Wildwood** — cleverly named and delicious flavors include Vivacious Vanilla, Razzmatazz Raspberry, Blue Moon Blueberry and Precocious Peach. Also Soy Yogurt Smoothies in Kickin' Key Lime, Mango-Apricot Tango, Wildly Berry and Orange Orange.

vegan by accident:

- **Stoneyfield Farm** — O'Soy fruit-on-the-bottom in strawberry, raspberry, blueberry and peach. Also comes in vanilla and organic chocolate*.
- **Trader Joe's** — cultured soy in variety of flavors

ICE CREAM & FROZEN TREATS

Dairy ice cream obviously contains dairy products, usually in the form of milk or milk derivatives. If the label on your ice cream, however, reads 'nondairy' or uses the phrase 'non-milk fats', don't assume that this makes it vegan, these may contain animal by-products. The good news is there are loads of scrumptious vegan ice creams widely available! If you find it difficult to get a hold of vegan ice cream or prefer something fruity, you could try sorbets and frozen fruit snacks instead. But more and more regular grocery stores are starting to carry these vegan ice cream treats!

- **Chicago Soydairy*** — Temptation Frozen Soy Dessert in delicious Chocolate Chip Cookie Dough, Peach Cobbler, Green Tea, and Fair Trade Organic Coffee and Chocolate flavors. Mmmm . . .
- **Cool Fruits** — Fruit Juice Freezers Grape and Cherry Flavors
- **Double Rainbow Soy Cream** — all varieties are vegan. We like Blueberry, Coffee Almond Fudge, Cookie Vanilla and Mint Chocolate Chip! Their sorbets are also vegan (Chocolate, Lemon, Mango Tangerine, Marion Blackberry, Rainbow and Raspberry). Both are available in parlors featuring Double Rainbow Ice Cream and health food grocery markets and specialty grocery markets.
- **Let's Do...Organic** — Organic Waffle Cones, Waffle Bowls, Confetti, Chocolate and Carnival Sprinkelz
- **Natural Choice** — Full of Fruit Organic Fruit Bars in Coconut, Orange, Pink Lemonade, Raspberry, Grape, and Strawberry. Also Try Natural Choice's Sorbets.
- **Rice Dream** (Imagine) — In tubs, Cappuccino, Carob, Carob-Almond, Cocoa Marble Fudge, Cookies and Dream, Mint Chocolate Chip among others. Also makes Rice Dream Bars, Rice Dream Nutty Bars (delicious!), and Dream Pies.
- **Soy Delicious** (Turtle Mountain)* — everything Turtle Mountain makes is vegan. Purely Decadent is exactly that! Delicious pints of Peanut Butter Zig Zag, Cherry Nirvana and Turtle Trails with loads of goodies added in them are a sure way to cure an ice cream craving. Organic Soy Delicious comes in Butter Pecan, Dulce de Leche, Chocolate Peanut Butter and many other great creamy flavors as well. Organic Li'l Buddies 6 pack sandwiches are available in 4 great flavors. They also make Sweet Nothings which include delicious non-dairy fudge bars, and Carb Escapes pints and novelties. Check out all the great flavors on their website at www.turtlemountain.com
- **Soy Dream** — Unusual flavors like Green Tea, Chocolate Fudge Brownie as well as Vanilla Fudge Swirl, Mint Chocolate Chip and Strawberry Swirl. Also makes Lil' Dreamers and Dreamwich soy cream sandwiches and yummy Dream Pies.
- **Whole Soy** — Frozen cultured soy yogurt in flavors like Lemon Ginger, Crème Caramel, and Swiss Chocolate with live probiotics. Delicious and nutritious.

vegan by accident:

- **Keebler** — Waffle Cones and Ice Cream Cups
- **Klein's** — Non-dairy flavors include: Cookie N Cream, Coffee Royale, Vanilla, Pistachio Almond, Tin Roof Sundae, Strawberry, Chocolate, Vanilla Chocolate, Vanilla Fudge and Orange Vanilla.
- **Safeway** — Sorbets that are vegan (Lemon, Mango, Raspberry, Chocolate and Pineapple Passion).
- **Tofutti** — In tubs in a variety of flavors, Tofutti Cuties (ice cream sandwiches), Tofutti Too-Toos (ice cream sandwich cookies), and Tofutti Kids Desert Bars
- **Whole Fruit** (used to be Dreyers) — Sorbets are vegan in boysenberry, lemon, mandarin orange, mango, peach, raspberry, strawberry (but not coconut). Whole

PBS is airing **The Emotional** **World of Farm Animals** — a documentary by Animal Place —

Visit www.animalplace.org to learn when it will be aired on your local PBS station and how you can order a copy.



Animal Place

Sanctuary & Education Center for Farmed Animals

3448 Laguna Creek Trail, Vacaville, CA 95688

Viva!

fruit bars include lemonade, lime, strawberry, tangerine and wild berry (but not orange and crème or coconut).

WHIPPED CREAM

- **Hip Whip** — Vegan whipped cream in a tub

vegan by accident:

- **Rich Food Products** — Rich Whip Non-Dairy Topping (the frozen liquid)

SOUR CREAM

- **Soymage** — Vegan Sour Cream



vegan by accident:

- **Tofutti** — Sour Supreme, sour cream substitute
- **Trader Joes** — Soy Sour Cream Alternative
- **Wildwood** — Sour Cream Alternative

EGGS

How do you replace eggs? Well, if you're hoping for a vegan hard-boiled egg you really are out of luck. No one has invented the 'soy egg' yet (thankfully!), but the good news is that you can buy egg-replacers from most health food shops. These are really only useful as a binding agent in baking, but it does mean you need not go without your cakes.

There are many ways to bake fantastic cakes without using eggs — one suggestion is to use one half ripe mashed banana, 1/4 cup blended tofu, or 1/4 cup applesauce per egg. Another excellent option is ground flaxseed. One Tbs. ground flaxseed with 3 Tbs. water replaces one egg in baking. Also try Ener-G Foods powdered egg replacer for baking. See <http://www.ener-g.com> or call toll free at 1-800-331-5222.

If you miss your morning scrambled-egg on toast, try making **scrambled tofu** instead. You can buy packaged Fantastic Foods Tofu Scrambler, Nasoya Tofu-Mate Tofu Scramble, or make your own with our easy recipe.



(NON-) MEATY PRODUCTS

Not every vegan wants to replace meat with a 'meaty' alternative, but there are so many yummy products out there that chances are you'll be tempted by some of them.

Although the words sausage and burger suggest meat, or at the very least 'meat flavor' it is important to bear in mind that quite a few will taste nothing like meat, especially if they are made with nuts or tofu. Try the following...

SAUSAGE

- **El Burrito Mexican Food** — Soyrizo (Meatless Soy Chorizo)
- **Field Roast** — Sausages in three flavors: Italian, Mexican Chipolte and Smoked Apple Sage

- **Gardenburger** — Meatless Breakfast Sausage
- **Lightlife** — Gimme Lean sausage style in a tube, Country Breakfast Links, Smart Links Breakfast, Smart Menu Breakfast Patties
- **Loma Linda** — Soyage (all varieties), Linkette's and Little Links
- **Mother Earth's Baked Goods** — vegetarian Chorizo
- **SoyBoy** — Tofu Breakfast links
- **Yves** — Veggie Breakfast Links, Veggie Breakfast Patties

BURGERS

- **Amy's** — California Veggie Burger, Texas Burger
- **Boca Burgers** — Organic Vegan, Vegan Original. Boca's website claims Roasted Garlic and Roasted Onion are now vegan, but check packages for egg whites.
- **Gardenburger** — Garden Vegan, Flame Grilled Hamburger Style, Black Bean, Veggie Medley, Homestyle Classic
- **Lightlife** — Light Burgers, Organic Tempeh Grilles (lemon and tamari flavors), Smart Menu Burgers
- **Loma Linda** — Vege-Burger, Vita-Burger, Redi-Burger
- **Morningstar Farms** — Grillers Vegan (formerly known as Better'n Burgers), Vegan Burger
- **Sol Cuisine** — Original Burger, Vegetable Burger, Spicy Bean Burger
- **Turtle Island** — Super Burgers
- **Wildwood Natural Foods** — Tofu Vegie Burgers — Original, Mexican and Southwestern
- **Whole Foods "365"** — Organic Vegan Veggie Burger
- **Yves** — The Good Burger



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HOT DOGS

- **Field Roast** — Italian Sausage, Mexican Chipotle, Smoked Apple Sage
- **Lightlife** — Smart Dogs, Smart Dogs Jumbo, Wonderdogs, Tofu Pups
- **Loma Linda** — Big Franks
- **Sol Cuisine** — Sol-Dog
- **SoyBoy** — Not Dogs, Vegetarian Franks
- **Tofurky** — Gourmet Sausages, Beer Brats, Sweet Italian Sausage, Kielbasa
- **Yves** — Veggie Dogs, Tofu Dogs, Original Jumbo Veggie Dogs, Hot & Spicy Veggie Chili Dogs

GROUND BEEF SUBSTITUTES

- **Boca Burger** — Original Meatless Ground Burger
- **Gardenburger** — Meatless Crumbles
- **Lightlife** — Gimme Lean beef style in a tube, Smart Ground, Smart

Menu Crumbles

- **Morningstar Farms** — Morning Star Grillers Burger Style Recipe Crumbles
- **Sol Cuisine** — Sol-Ground Tex-Mex and Sol-Ground Original
- **Yves** — Veggie Ground Round (Original, Mexican)

TVP

You can also use Textured Vegetable Protein (TVP), which can be bought in most health food stores in either chunks or pieces. TVP needs to be rehydrated in water before use. You can also just simply add TVP to foods such as chili or spaghetti sauce while heating them up. Just remember to add extra liquid if you do.

GRAVY

Now you've got your sausage and potato dinner, all you need to complete this gourmet meal is gravy.

- **Field Roast** — Porcini Mushroom gravy (available in certain delis)
- **Hain** — Vegetarian 'Chicken' Gravy, Vegetarian Brown Gravy
- **Loma Linda** — Gravy Quick-Brown
- **Organic Gourmet** — Brown Gravy Mix
- **Road's End Organics** — Three varieties of gravy mix: Shiitake Mushroom, Savory Herb, and Golden Gravy

If you prefer to make your own gravy using stock instead, here are some ready made options

- **Imagine** — Organic No-Chicken, Organic Vegetable Broth
- **Organic Country** — Bouillon Cubes in Vegetable Harvest or Herb Medley
- **Organic Gourmet** — Vegan Just-Like-Chicken, Mixed Vegetable, Low Sodium, and Mushroom
- **Rapunzel** — Vegan Vegetable Bouillon
- **Whole Foods "365"** — Organic Vegetable and Organic Miso Broths

CHEATIN' MEATS

Viva!

BABE-FREE BACON

- ◉ **Lightlife** — Smart Bacon, Fakin' Bacon Smokey Tempeh Strips
- ◉ **Yves** — Canadian Veggie Bacon

CHICKEN-FREE

- ◉ **Boca** — Chicken Patties and Chicken Nuggets
- ◉ **Follow Your Heart** — Chicken-Free Chicken
- ◉ **Gardenburger** — Buffalo Chik'n Wings, Flame-Grilled Chik'n, BBQ Chik'n, Meatless Citrus Glazed Chicken Meal, Meatless Southwestern Chicken Meal
- ◉ **Health is Wealth** — Buffalo Wings, Chicken Free Nuggets, and Chicken Free Patties, Chicken Free Fingers
- ◉ **Lightlife** — Smart Cutlets Seasoned Chick'n, Smart Menu Chick'n Strips
- ◉ **Nate's** — Chicken Style Meatless Nuggets
- ◉ **Now & Zen** — UnChicken
- ◉ **Sol Cuisine** — Organic T-Nugget
- ◉ **White Wave** — Chicken Style Seitan, Chicken Style Wheat Meat
- ◉ **Yves** — Veggie Chickn' Burger

JERKY

- ◉ **Primal Spirit** — Soy Primal Strips in Hickory Smoked and Texas BBQ, Seitan Primal Strips in Thai Peanut, Teriyaki and Mesquite Lime
- ◉ **Quick Stix** — Original Mild, Italian Spice and Blazin' Hot
- ◉ **Stonewall's Jerquee** — Original Mild, Pepperoni Style, Spicy Chicken, Teriyaki, Wild and Spicy
- ◉ **Tasty Eats** — Soy Jerky in Original, Peppered, Hot 'N' Spicy, Ginger, Teriyaki, Cajun Chick'n, Jamaican Chick'n and Tandoori Chick'n
- ◉ **Tofurky** — Tofurky Jerky in Original, Ginger Teriyaki and Peppered

CUTLETS

- ◉ **Field Roast** — Cutlets in Three Flavors: Sunflower Country-Style, Hazelnut Herb and Coconut Breaded
- ◉ **Lightlife** — Smart Cutlets in Salisbury Steak
- ◉ **Wildwood** — Pineapple Teriyaki Tofu Cutlets
- ◉ **Worthington** — Dinner Cuts, Multigrain Cutlets, Vegetable Steaks, Tender Bits

MISC.

- ◉ **El Burrito Mexican Food** — NeatLoaf and SoyLoaf
- ◉ **Field Roast** — Lentil Sage Field Roast Loaves, Wild Mushroom Field Roast Loaves, Barbequed Smoked Tomato Field Roast, Smoked Tomato Field Roast Loaves. These can be used in burgers, sandwiches, salads. Also available in some delis.
- ◉ **Gardenburger** — Meatless Riblets (incredible!), Meatless Meatloaf with Broccoli and Red Peppers, Meatless Sweet and Sour Pork
- ◉ **Morningstar Farms** — Tuno (vegan version of tuna)
- ◉ **Now & Zen** — BBQ Unribs, UnSteak Out
- ◉ **Sol Cuisine** — T-Ribz and Falafel
- ◉ **Worthington** — Tuno

Viva!

SANDWICH STUFFERS

- **Field Roast** — Deli Slices in Smoked Tomato, Wild Mushroom, and Lentil Sage
- **Lightlife** — Smart Deli Slices (all varieties), Smart Deli Pepperoni, Smart Menu Chick'n Strips and Steak-Style Strips
- **Tofurky** — Tofurky slices in Original, Peppered, Hickory Smoked, Cranberry and Stuffing, Italian, and "Philly Style" Steak slices.
- **Vegi Deli** — Original, Hot and Spicy, and Zesty Italian Pepperoni, also Deli Style Salami Slices
- **Yves** — Deli Slices in Veggie Bologna, Ham, Turkey & Salami, Veggie Pizza Pepperoni



CHILI & SUCH

- **Boca** — Meatless Chili
- **Lightlife** — Smart Chili, Smart BBQ
- **Wildwood** — Sloppy JoFu
- **Yves** — Veggie Chili and Sante Fe Veggie Beef

SOY MEATBALLS

- **Lightlife** — Smart Menu Meatless Meatballs
- **Nate's** — Meatless Meatballs, Original, Zesty Italian and Savory Mushroom

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- ◉ **Whole Foods Whole Kitchen** — Frozen Vegan Meatballs
- ◉ **Yves** — Veggie Meatballs

Viva!

TURKEY SUBSTITUTES

- ◉ **Celebration Roast** (by Field Roast) — Roast with sausage style stuffing made from butternut squash, apples and mushrooms
- ◉ **Tofurky** (by Turtle Island Foods) — consists of four parts: one Specially Seasoned Stuffed Tofu Roast, eight cranberry apple potato dumplings, Tofurky “Giblet” Gravy, herbed brown and Tofurky wild rice stuffing and a set of WishStix made from Tofurky Jurky
- ◉ **Un-Turkey** (by Now & Zen) — Fully stuffed seitan covered with a skin made from soy. The stuffing is made of organic bread and comes with gravy.

Have some delicious White Wave Silk Nog with your holiday meal to complete the experience.

TOFU

Tofu is the Japanese word for bean curd. It is made from soybeans, which means that it's very high in protein. Tofu is often falsely regarded as tasteless and slimy, but tofu is one of the most versatile foods around. Various seasonings and cooking techniques affect tofu's taste and texture, so give it a chance. You may soon find yourself singing the praises of this amazing food. You can buy tofu either in packages where it is submerged in liquid, or in shelf-stable packages. It is also available in bulk.

Silken tofu is often used as the base for salad dressings, soups, and for cooking and baking. Firm tofu, which comes packaged or in bulk, is good for frying. A number of companies also make already prepared tofu in a variety of flavors.

- ◉ **Pete's Soyganic** — Teriyaki and Szechwan
- ◉ **Pete's Tofu2Go** — Snackable Tofu in Sesame Ginger, Thai Tango, Lemon Pepper and Sante Fe Sizzle. Also in Cubes in Tequila Lime and Sesame Sizzle.
- ◉ **SoyBoy** — Baked and seasoned tofu in four flavors: Smoked Caribbean, Italian and Tofu Lin
- ◉ **Soy Deli** — Hickory, Savory, and Five Spice tofu. Watch out for honey in other flavors.
- ◉ **White Wave** — Tomato Basil, Teriyaki, Thai, Lemon Pepper, Italian, and Hickory Smoked Barbeque Tofu. Also Tofutown Tofu Tenders in Havana Black Bean, Mediterranean Tahini, Sesame Ginger Teriyaki, and Tamari
- ◉ **Wildwood Natural Foods** — Baked Tofu (Aloha, Teriyaki, Royal Thai, and Savory), Braised Tofu (Peanut, Original, Thai Grill, and Mexican), Smoked Tofu (Mild Szechuan, Garlic Teriyaki and Hickory Barbeque)

JUST ADD TOFU

You can also replace meat with tofu in recipes using seasoning packets like taco or fajita mix.

- ◉ **Mori-Nu Tofu Hero** — Tofu Hero Eggless Salad Seasoning Mix, Hero Shanghai Stir Fry Seasoning Mix
- ◉ **Nasoya Tofumate** — Breakfast Scramble, Mediterranean Herb, Mandarin Stir Fry, Szechwan Stir Fry, Texas Taco and Eggless Egg Salad (all flavors are vegan).

TEMPEH

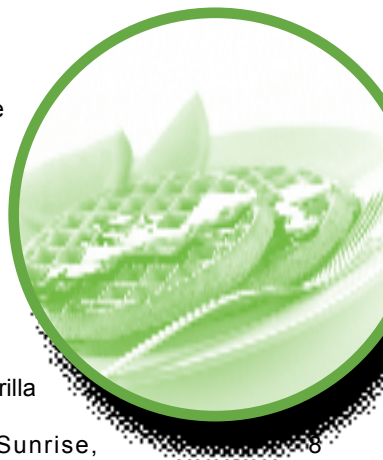
Tempeh is a fermented soy product that has a somewhat nutty flavor and is great for using in place of meat. You can buy it prepared in a variety of flavors, or raw. It marinates well and if you break it apart and cook it with soy sauce and seasonings, it can be used in place of ground beef in tacos. It is a very versatile food and can be quite wonderful when prepared properly.

- **Lightlife** — Organic Tempeh-Flax, Wild Rice, Soy, Garden Veggie and Three Grain
- **Wildwood** — Nori Sea Veggie, Onion and Herb, Organic Soy Rice

CONVENIENCE FOODS

You can always find vegan foods that take very little time and effort to prepare at health food stores. Many are now being carried by mainstream grocery stores.

THE FROZEN SECTION



BREAKFAST

- **EnviroKids** — Waffles — Koala Choco Waffles, Gorilla Banana Waffles
- **Lifestream** — Waffles — Buckwheat, Mesa Sunrise, Grain Sesame, Soy Plus, Flax Plus, Hemp Plus
- **Van's** — Organic (original, blueberry, soy-flax) and wheat free (original, blueberry, apple cinnamon, flax and mini) waffles
- **Waffle Heaven** — Wheat-Free Gluten-Free Waffles — Original, Blueberry, and Multiflax
- **Whole Foods "365"** — Organic Waffle Rounds, Organic Mini Waffles

MEXICAN FOOD

- **Amy's** — Non-Dairy Bean and Rice Burrito, Breakfast Burrito, Black Bean Vegetable Burrito, Black Bean Vegetable Enchiladas (Family size too), Black Bean Enchilada Whole Meal, Mexican Tamale Pie
- **Donna's Tamales** — A wide variety of vegan options, including Tofu Chipotle Tamale, Red & Black Beans with Tamales, Anaheim Chile Corn Tamales. Also, a Swiss Chard and White Bean "Enchamale".
- **Mother Earth's Baked Goods** — Chipotle Tofu Tamales, Original Vegan Tamales, Pineapple, Raisin and Coconut Tamales.
- **Starlite Cuisine** — Soy Taquitos (Original Beef Style, Meatless Chicken Style, Chorizo & Spicy Black Beans) and Crispy Soy Rolled Tacos (Garlic Chicken Style, Santa Fe Chicken Style, Soy Chorizo & Spicy Black Beans Style). Delicioso!
- **Tamale Molly** — Vegan Chard and Shallots, Vegan Black Bean with Chipotle Chile, Vegan Red Chili with Peppers and Olives
- **Trader Joe's** — Scrumptious Soy Chorizo & Potato Taquitos, Black Bean and Corn Enchiladas
- **Whole Foods "365"** — Bean and Rice Burrito



ITALIAN

- **Amy's** — Roasted Vegetable Pizza
- **Celantano** — Non-Dairy — Lasagna Primavera, Eggplant Rollettes, Spinach and Broccoli Manicotti, Spinach and Broccoli Stuffed Shells
- **Gloria's Kitchen** — Organic Polenta with Mixed Vegetables, Tofu Balls with Organic Spaghetti
- **Moosewood** — Pasta e Fagioli and Spicy Penne Puttanesca
- **Yves** — Veggie Penne and Veggie Lasagna

vegan by accident:

- **Tofutti** — Frozen Pizza

OTHER

- **Amy's** — Asian Noodle Stir-Fry, Non Dairy Vegetable Pot Pie, Brown Rice Black-Eyed Peas & Veggies Bowl, Light in Sodium Brown Rice & Veggies Bowl, Indian Samosa Wraps, Thai Stir-Fry, Shepherd's Pie, Brown Rice & Vegetables Bowl, Teriyaki Bowl, Roasted Vegetables in a pocket sandwich, Tofu Scramble in a Pocket Sandwich
- **Gloria's Kitchen** — Jerk Tofu, Mu-Shu Vegetables, Orange Peel Soy Chick, Spice Thai Rice Noodles with Peanuts, Chinese Vegetables with Organic Noodles, Won Ton in Hot & Sour Sauce, Hoisin BBQ with Organic Noodles, Szechwan Soy Chick, Orange Pineapple Soy Chick, Fried Veggie Won Tons, Vegetarian Spring Rolls, Spicy Thai Tofu Spinach with Peanut Sauce, Spicy Thai Rice Noodles with Peanuts, Spicy Thai Pumpkin Curry with Organic Brown Rice
- **Health is Wealth** — Veggie Egg Rolls, Oriental Chicken-Free Egg Rolls, Oriental Vegetable Egg Rolls, Meatless Potstickers, Thai Spring Rolls, Hot & Spicy Spring Rolls, Thai Munchees, Steamed Dumplings
- **Lucky** — Traditional Vietnamese Spring Rolls in Original and Vegetarian Chicken flavors.
- **Yves** — Thai Lemongrass Veggie Chick'n

vegan by accident:

- **Ethnic Gourmet** — Vegetarian Teriyaki, Pad Thai With Tofu, Eggplant Bhartha, Dal Bahaar, Vegetable Korma

JUST ADD WATER

BREAKFAST

- **Fantastic Foods** — Apple Cinnamon, Cranberry Orange, Maple Raisin Three Grain, Wheat N' Berries Hot Cereal Cups. Hot Cereal Cups Apple Cinnamon Oatmeal, Cranberry Orange Oatmeal, Maple Raisin Three Grain, Wheat N' Berries.
- **Nature's Path** — Organic Instant Hot Cereal in delicious flavors such as Maple Nut and Apple Cinnamon

vegan by accident:

- **Aunt Jemima** — Whole Wheat Pancake and Waffle Mix

OTHER MEALS

- **Casbah** — Falafel, Hummus, soups and other mixes
 - **Fantastic Foods** — Entrees — Vegetarian Taco Filling, Vegetarian Sloppy Joe Mix, Nature's Burger — Original Flavor, Vegetarian Chili, Tofu Burger, Tofu Scrambler. International Dishes — Falafel, Hummus, Instant Black Beans, Instant Refried Beans, Tabouli Salad.
 - **Harvest Direct** Soy Taco Mix, Soy Chili Mix, Soy BBQ Mix, Soy Burger Mix, Soy Ball & Loaf Mix, Veggie Ribs Mix (really good), Soy Chiken Chunk Mix (also in Strip Style), Nutritional Yeast can also be used to give foods a cheesy kick. Make your own! Seitan Quick Mix & others.
 - **Health Valley** — Rice Cups — Low fat Thai Rice Cup and Soup Cups in Fat-Free Pasta Italiano, Garden Split Pea with Carrots and Lentil with Couscous. Also makes Chili Cups in Spicy Texas and Mild Black Bean flavors.
 - **Natural Touch** — Taco Mix, Vegetarian Chili
 - **Nile Spice** — makes a variety of vegan soup and meal cups, but check labels. Flavors include Homestyle Soup Cups in Lentil, Black Bean, Split Pea and Minestrone; Couscous Cups in Almondine, Tomato Minestrone
 - **Road's End Organics** — Chreese Packets — Original, Mozzarella Style, Original Gluten Free, Alfredo Style Gluten Free
 - **Thai Kitchen** — Garlic Savory Stir Fry, Thai Peanut, Toasted Sesame and Hot & Sour Soup meal kits. Roasted Garlic, Mushroom, Spring Onion, and Hot & Sour Instant Rice Noodle Bowls. Garlic & Vegetable and Spring Onion Instant Rice Noodles. Pad Thai, Thai Peanut and Roasted Garlic Noodle Carts.
- Westbrae — Ramen noodles in various flavors and styles, including Buckwheat, Brown Rice, Mushroom, Spinach and 5 Spice

vegan by accident:

- **Top Ramen** — Oriental Flavor

READY MADE

- **Amy's** — Black Bean Chili, Medium Chili w/ Vegetables, Medium & Spicy Chili, Vegetarian Baked Beans, Organic Traditional Refried Bean, Organic Refried Black Beans, Organic Refried Beans with Green Chiles
- **Annie's Homegrown** — Tamarind Tree Alu Chole, Channa Dal Masala, Tamarind Tree Vegetable Jalrazi, Saag Chole, and Dhingeri Mutter
- **Bearitos** — Original Chili, Black Bean Chili, Refried Beans (all varieties)
- **Fantastic Foods** — Pad Thai with Rice Noodles, Thai Lemon Grass with Rice Noodles, 3-Bean Chili, Spanish Paella
- **Nate's** — Nate's Miteybites (BBQ Chicken & Hamburger Style)
- **Tasty-bite** — Bengal Lentils, Bombay Potatoes, Simla Potatoes, Punjab Eggplant, Green Peas Pilaf, Pad Thai, Thai Peanut Sauce, Thai Stir Fry, Thai Green Curry, Thai Red Curry, and Thai Yellow Curry
- **Thai Kitchen** — Spicy Thai Chili, Sweet Red Chili, Spicy Thai Barbecue, Sweet Light Plum, Peanut Satay Sauce, Spicy Peanut Satay Sauce, Green & Red Curry Paste, Thai Peanut Sauce and Peanut Bake.

PASTA

Pasta is a cheap, healthy and delicious food, and can be miraculously turned into a vegan gourmet meal. Eat your normal spaghetti dish with some vegetarian meatballs or TVP mixed in or make a light peanut sauce or a simple dressing, cook the noodles, mix and serve!

Viva!

- **Rising Moon Ravioli** — Tuscan Tomato Ravioli, Spinach Florentine, Garlic & Roasted Veggies, Mediterranean Garlic & Herb, Creamy Artichoke & Kalamata Olive, Green Goddess Ravioli, Spinach Florentine Ravioli with Tofu. Vegan varieties are marked on packages.
- **Road's End Organics** — 123'z Chreese for KIDz, Mac and Chreese, Shells and Chreese, Penne and Chreese (gluten free), Alfredo Style Mac & Chreese (gluten Free)
- **Soy Boy** — Tofu Ravioli, Ravioli Rosa, Ravioli Verde

RICE

Rice is a great basis for many meals — Indian, Spanish, Chinese and so on. Brown or white, long/short grain, basmati, boil-in-bag — whichever you buy, you'll find foolproof instructions on the packet.

- **Fantastic Foods** makes a few that we wanted to mention: Roasted Garlic & Olive Oil Couscous, Arborio Rice, Basmati Rice, Organic Couscous, Jasmine Rice, Organic Whole Wheat Couscous.
- **Near East** — Rice Pilaf with Lentils, Spanish Rice, Long Grain and Wild Rice
- **Thai Kitchen** — Jasmine Rice and Roasted Garlic & Chili

SOUPS

Vegan soups are delicious and easy to make. Many prepared soups are available, and old soup recipes are easily converted using vegan alternatives, or simply omitting the animal products. Use soy milk in milk-based soups, veggie stock instead of meat stock, and TVP or seitan in place of meat in soups.

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- **Amy's** — No Chicken Noodle, Black Bean Vegetable, Lentil, Minestrone, Split Pea, Vegetable Barley, Organic Alphabet, Organic Butternut, Organic Chunky Vegetable, Organic Butternut Squash — Light in Sodium, Organic Fire Roasted Southwestern Vegetable Soup, Organic Lentil Vegetable — Light in Sodium
- **Fantastic Foods** — Big Soup Noodle Bowls — Hot & Sour, Sesame Miso, Spring Vegetable, Miso with Tofu, Mandarin Broccoli, Vegetarian Chicken Noodle, Veg. Beef Noodle, Veg. Curry Ramen Noodles, Veg. Miso Ramen Noodles, Veg. Chicken Free Ramen Noodles. Soups & dips — Onion, Onion Mushroom, Garlic & Herb, Vegetable. Fantastic Noodles Soup Cups — Chicken Free, Vegetable Curry, Vegetable Miso, Vegetable Tomato. Soup Cups — Cha-Cha Chili, Country Lentil, Couscous with Lentils, Five Bean, Jumpin' Black Bean, Split Pea, Vegetable Barley, Asian Broccoli, Hot & Sour, Shitake Mushroom, Vegetarian Chicken Gumbo, Vegetarian Mandarin Chicken
- **Health Valley** — Traditional favorites including Vegetable Soup, Tomato Soup, Split Pea, Mushroom Barley, Black Bean and many more. Many available in organic, fat free, and no salt added varieties
- **Imagine** — Organic Creamy Broccoli, Organic Creamy Butternut Squash, Organic Creamy Potato Leek, Organic Creamy Tomato, Organic Creamy Sweet Corn, Creamy Portobella Mushroom
- **Mori-Nu Creamy Soups** — Creamy Butternut Squash, Creamy Tomato, Creamy Corn
- **Shari Ann's** — Vegetarian French Onion, Spicy French Green Lentil, Indian Black Bean and Rice Soup
- **Westbrae** — Alabama Black Bean Gumbo, Great Plains Savory Bean, Mediterranean Lentil, Old World Split Pea, Spicy Southwest Vegetable, Santa Fe Vegetable and Louisiana Bean Stew

vegan by accident:

- **Moosewood** — Texas Two Bean Chili, Hearty Mushroom and Barley, Tuscan White Bean and Vegetable, and Mediterranean Tomato and Rice
- **Walnut Acres** — Four Bean Chili, Cuban Black Bean, Mediterranean Lentil.

SALAD

Yes we know that everyone thinks vegans eat nothing but salad, indeed why should we eat anything else when there are so many interesting combinations available?! The easiest way to prepare salad is to go to the supermarket, buy one of their pre-packed salads and add your favorite dressing, but where's the fun in that?! Begin with a choice of leaves (spinach leaves make a nice change from lettuce), then go wild! Add nuts, seeds, apple, pear, avocado, grated carrot, celery, mushrooms, peppers, spring or red onion, raw red or white cabbage, watercress, cauliflower, zucchini, bean sprouts, mint, etc.

Salads make a delicious and vitamin-packed accompaniment to any meal, but are especially great with a baked potato (add vegan sour cream), pizza, or pasta dishes.

SALAD DRESSINGS

- **Annie's Naturals** — Asian Sesame, Basil & Garlic, French, Goddess (!), Organic Green Garlic, Gardenstyle, Organic Papaya Poppy Seed, Organic Red Wine & Olive Oil, Tutti Fruitti Green Garlic, Sea Veggie and Sesame, Shiitake and Sesame, Tuscany Italian, Green Garlic.
- **Field Roast** — Smoked Field Roast Crunchies (vegan bacon bits)

- **Follow Your Heart** — Balsamic Vinaigrette, Italian Vinaigrette, Creamy Miso Ginger
- **Nasoya Vegi-Dressings** — all flavors (such as Creamy Italian and Sesame Garlic Dressings)

vegan by accident:

- **Bacos** — Bits, Chips
- **Bac'Uns** — animal free bacon bits (Frontier Natural Foods)

Many other dressings are often vegan, usually vinaigrettes, and Italian dressing can be found almost anywhere. Ingredients to watch for are anchovies (small fish), and dairy products. If you miss Ranch Dressing, you can use vegan mayonnaise as a base and make your own!

CONDIMENTS

VEGAN MAYONNAISE

- **Follow your Heart** — Vegenaïse vegan mayonnaise (refrigerated). Our favorite!
- **Miso Mayo** — For the truly adventurous
- **Nasoya** — Nayonnaise vegan mayonnaise
- **Spectrum** — Light Canola Mayo, Light Mayo Organic.

OTHER CONDIMENTS

- **Annie's Naturals** — Barbecue Sauce in Original Recipe, Smokey Maple, and Hot Chipotle Flavors.
- **Premier Japan** — Organic Ginger Tamari, Garlic Tamari, Wasabi Tamari and Thai Soynut

Because Worcestershire Sauce contains anchovies (little fish) it is not vegan. But there are alternatives:

- **Annie's Naturals** — Organic Worcestershire Sauce
- **The Wizard's** — Organic Vegetarian Worcestershire Sauce

BEANS & LENTILS

Where would we be without them? Packed with protein, vitamins and minerals, they are cheap and can be used in loads of meals. There's a huge choice of beans available and they are easiest to use from a can (although you can buy them dried, but do follow instructions carefully). Lentils are great and easy to cook (35-45 minutes) and can be used as a meat substitute in casseroles, soups and stews, or make a Dahl (puree) with them. Try the French lentils du puy for delicious soups, pasta sauces and gravy.



Viva!

SNACKS, MUNCHIES & TREATS

There are plenty of snack-type foods available, so you don't need to feel that you miss out on the finer things in life. First, the sweets...

COOKIES

- **Alternative Baking Company*** — Vegan Cookies, 11 yummy & chewy varieties to choose from — incredible Chocolate Chip to delicious Snickerdoodle. And keep an eye out for seasonal favorites such as Banana Pecan.
- **Barbara's Bakery** — Snackimals Animal Cookies
- **Boston Cookies** — All varieties including Peanut Butter and Mocha Chocolate Chip.
- **Hain** — Kidz All Natural Animal Cookies
- **Health Valley** — Fat-free Apricot Delight Cookies, Fat-free Healthy Chip Old-fashioned Cookies (regular variety only!)
- **No Cookie*** — Scrumptious varieties including Lemon Poppy Seed, Oatmeal Raisin, Chocolate Brownie with Nuts. All varieties are vegan.
- **Organica Foods*** — Gourmet cookies like Double Chocolate Coffee Toffee, Peanut Butter Almond Chocolate Chip. Exciting iced shortbread cookies like Lemon with Tangerine

*NOTE SAFEWAY

Most Safeway products are listed in a few places in this guide. Safeway products are also sold under these labels: Vons, Dominick's, Remarkable, Genuardi's, and Randall's/Tom Thumb.

SUN FLOUR BAKING COMPANY
Cookies
The Feel Good Cookie™

YUM!

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FREE OF:

DAIRY ★ EGGS ★ REFINED SUGAR
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PEANUT ★ CINNAMON ★ PUMPKIN
MINT ★ CARROT ★ BROWNIE & MORE!

1-888-610-3708
WWW.SUNFLOURBAKING.COM

The advertisement features a central logo for Sun Flour Baking Company Cookies, which includes a stylized sun and a face. Surrounding the logo are images of various cookie packages and individual cookies. The text is arranged in a clear, bold layout, highlighting the product's vegan nature and the absence of certain ingredients. The overall design is clean and professional, with a focus on the product's benefits and availability.

Icing and Simply Shortbread with Lavender Icing. They also make some vegan Snaps.

- **Sunflower Baking Co.*** — All varieties are deliciously vegan, and high in both protein and fiber. Options include Golden Walnut Brownie, Peanut Butter and Wheat-free, Gluten-Free Chocolate Chip.
- **Uncle Eddie's** — Vegan Cookies (Filled with chewy goodness!)

vegan by accident:

- **Country Choice*** — Sandwich Cremes including Vanilla, Duplex, Chocolate, Chocolate Crème, Ginger/Lemon, Mint Crème.
- **Guittard** — Super Cookie Chips
- **Keebler** — Vienna Fingers (regular and reduced fat), Animal Cookies Iced
- **Mi-Del Snaps Cookies** — ginger, chocolate and vanilla are all vegan
- **Safeway** — Tuxedos: Chocolate Sandwich Cookies, Double Filled Chocolate Sandwich Cookies, Chocolate Crème Chocolate Sandwich Cookies, Mint Chip Chocolate Sandwich Cookies, Neapolitan Sandwich Cookies, Maple Leaf Cookies with Maple Syrup.
- **Newman's Own*** — Crème filled wafer cookies including Original, Chocolate Crème, Mint Crème, Ginger-O's, Tops & Bottoms Chocolate Wafers, Wheat-Free Dairy-Free.

SNACKS

- **Amy's** — Organic Toaster Pops — Apple, Strawberry
- **Barbara's Bakery** — Fat Free Wheat Free Fig Bars, Fat Free Wheat Free Raspberry Bars, Low Fat Traditional Blueberry Bars, Low Fat Traditional Fig Bars, Fat Free Apple Cinnamon Bars
- **Belsoy** — Organic Pudding Snacks
- **Betty Lou's*** — Chocolate Brownie and Carob Brownie Bars, Fruit and Granola Bars, and delicious chocolaty organic Smackers patties (Golden Smackers and North Shore Patty).
- **Bumble Bars*** — all flavors vegan!
- **Deli-Style** — Sesame Thins
- **Garden of Eatin'** — SoyReal Snax — sweet or barbeque flavor
- **Hint Mint** — Tasty vegan mints!
- **Let's Do...Organic** — Organic Jelly, Classic, Super Sour, and Black Licorice Gummi Bears. Also Fruity Gummi Feet and Ginger Gummi Guys
- **Robert's American Gourmet** — Veggie Booty, Fruity Booty, Girlfriend's Booty (low carb), Tings (miss Cheetos? No more — these are amazing!), also Super Veggie Tings, Spicy Tings and Sunflower Butter Tings. Try Veggie Chips and Potato Flyers, too
- **Sharkies** — energy fruit chews in Citrus Squeeze, Fruit Splash and Berry Blast
- **Stretch Island** — Fruit Leathers
- **Sunridge Farms** — Organic Sunny Bears, Black Licorice Chews, Red Licorice Chews (to name a few)
- **YaYa's** — Yummy Herb popcorn
- **Zensoy** — Puddings available in Chocolate, Banana and Vanilla

vegan by accident:

- **Affi's Marin Gourmet** — Soft crackers
- **Brown Rice Snaps** — Unsalted Sesame, Tamari Sesame, Toasted Onion, Vegetable. New flavors include Tamari Seaweed, Onion and Garlic, and Buckwheat Tamari.
- **Carb Fit** — Red Hot Soynuts
- **Carr's** — Hob Nobs, Tea Biscuits, and Table Water Crackers

Viva!

- **Health Valley** — Amaranth Graham Crackers, Chocolate Chip Granola Bars, Date Almond Granola Bars
- **Kraft** — Wheat Thins and Triscuits are both vegan in original flavor.
- **Nature Valley** — Cinnamon Granola Bar
- **Ryvita** — most of their crispbread is vegan (crackers)
- **Westbrae** — Rice Wafers in Tamari, Sesame, 5 Spice and No Salt; Rice Cakes in Sesame Teriyaki, Double Sesame and Sesame Garlic

DIPS & SPREADS

- **Affi's Marin Gourmet** — Baba Ghannouge, Aubergine, Pesto Provence, Spicy Hummus, Olive and Walnut Tapenade and Caper Hummus.
- **Road's End Organics** — don't forget the delicious Nacho Chreese Dips in Mild and Spicy.
- **Wildwood Natural Foods** — Aioli (Garlic, Creamy Chipotle and Lemon Dill), Low fat hummus, Spicy Low fat hummus, Mideastern hummus, and Seven Herb Hummus

ENERGY BARS

- **Boulder Bars** — Original Chocolate, Apple Cinnamon, Peanut Butter, Boulder Berry, Choco Chip Peanut Butter
- **Clif Bars*** — All flavors are vegan, including Carrot Cake, Peanut Butter, Chocolate Chip, and Oatmeal Raisin Walnut. Also make all natural Nectar Bars in Lemon, Vanilla & Cashew, Cranberry, Apricot & Almond, Cinnamon Pecan, and Dark Chocolate & Walnut. For bodybuilders, try Clif Bar Builders in Chocolate, Peanut Butter, and Cookies 'n' Cream
- **L'arabar*** — Apple Pie, Banana Cookie, Cashew Cookie, Chocolate Coconut Chew, and our favorite, Cherry Pie
- **Luna Bars*** — not just for women! Comes in Pecan Pie, Nutz Over Chocolate, Smores, Sweet Dreams and Chai Tea, to name a few.
- **Odwalla Bars** — All flavors are vegan. Try Superfood, Chocolate, Super Protein, Cranberry C Monster, Peanut Crunch, Chocolate Peanut Butter, and Carrot
- **Organic Food Bar*** — Vegan, Chocolate Chip, Almond-Flax, Active Green, Active Green Chocolate

GO NUTS

Not surprisingly, nuts are vegan! Eat them au natural, or try ready salted mixed nuts (but watch out for honey — this means avoiding honey-roasted nuts too!). And for the chocolate lovers...

CHOCOLATE

At the risk of stating the obvious, milk chocolate contains milk. However it's easy to get delicious vegan chocolate almost anywhere.

- Ah!aska* — Chocolate Syrup
- Chocolate Decadence* — vegan chocolates (order at www.chocolatedecadence.com)



CHOOSING A CHOCOLATE

Choosing a chocolate can be complicated by the fact that along Africa's Ivory Coast, where over 40% of the world's chocolate is produced, child slavery may be employed. To help make your choice easier, companies with an * guarantee their chocolate is fair trade or organic and/or not from the Ivory Coast. Other companies may or may not get their chocolate from the Ivory Coast — we were unable to confirm the origin of their chocolate to guarantee its status

- ◉ **Sunspire*** — Organic dark chocolate chips and grain-sweetened chocolate chips
- ◉ **Tropical Source*** — Chocolate bars (all varieties), baking chips in both Espresso Roast and Semi-Sweet.

vegan by accident:

- ◉ **Chocolove** — All dark chocolate flavors are vegan (Cherries & Almonds, Orange Peel, Raspberries, etc)
- ◉ **Cloud Nine*** — Vegan chocolate in dark chocolate Almond, Orange, Espresso, Raspberry and Coconut — Yum!
- ◉ **Dove** — Dark Chocolate Topping
- ◉ **Endangered Species Chocolate Company*** — Tiger Bar, Rainforest Bar, Grizzly Bar, Chimp Bar, Wolf Bar, Sea Turtle Bar, Bat Bar, Black Panther Bar, Dark Chocolate Bug Bites and Chimp Mints.
- ◉ **Equal Exchange*** — Organic Dark Chocolate with Almonds and Organic Very Dark Chocolate.
- ◉ **Ghirardelli** — Bittersweet Chocolate Bars, Semi-Sweet Chocolate Chips, Sweet Ground Chocolate & Cocoa powder
- ◉ **Goldberg's** — Peanut Chews
- ◉ **Green & Black's*** — Organic Dark Chocolate, Organic Hazelnut and Currant Dark Chocolate, Maya Gold Chocolate and Dark Chocolate with Ginger, Dark Chocolate with Mint, and Dark Chocolate with Whole Cherries.
- ◉ **Newman's Own*** — Sweet Dark Chocolate Bars, Sweet Dark Espresso Chocolate, Sweet Dark Orange Chocolate.
- ◉ **Rapunzel*** — Semisweet, Semisweet with Hazelnuts, Semisweet with Almonds, Semisweet with Espresso, and Bittersweet 70% cocoa bars, and Kokoa (Cocoa Powder)
- ◉ **Santa Cruz*** — Organic chocolate flavored syrup
- ◉ **Scharffen Berger** — Bittersweet and Semisweet bars, Natural Cocoa Powder (Sweetened)
- ◉ **Trader Joe's** — Pound Plus (Bittersweet Chocolate, Bittersweet Chocolate with Almonds, Dark Chocolate)
- ◉ **Vegan Sweet** — White Chocolate Chips
- ◉ **Whole Foods*** — Dark Chocolate, Dark Chocolate with Almonds, Chocolate Organic Truffles

MISCELLANEOUS TREATS

Some things are hard to give up, and aren't easy to replace. Thankfully, Suzanne can help.

- ◉ **Suzanne's Specialties** — Just like Honey Rice Nectar — it really tastes just like honey, but without worrying about the bees. Rice Nectar also comes in a variety of flavors, including chocolate. Also, Ricemellow "Marshmallow" Crème, a decadent vegan version of marshmallow fluff that makes delicious, gooey vegan versions of s'mores and rice krispy treats.

BISCUITS & BREADS

Both health food stores and most fresh bakeries will have vegan bread, since fresh bread is quite often vegan by default. But do be sure to look out for ingredients such as honey, eggs and dairy products (whey) — the same is true for bagels.

vegan by accident:

- **Pillsbury** — Refrigerated Crescent Rolls
- **Sara Lee** (also under the brand name Food Lion) — Texas Style Artificially Flavored Butter Biscuits, Texas Style Artificially Flavored Buttermilk Biscuits.
- **Thomas' NY Style Bagels** — Whole Wheat, Blueberry, Cinnamon Raisin, Everything, Multigrain, Onion, Plain, Sesame.
- **Wonder Bread** — Yep, it's vegan.

DESSERTS

Traditional desserts can usually be made using vegan ingredients, but if you're more interested in buying them than making them, there are plenty of choices available:

- **Fabe's*** — Pies in Apple, Pumpkin, Brownie, Banana. Carrot Cake and Chocolate Cake. Variety of cookies, like Mini Macaroons and Chocolate Chip, and muffins, like Blueberry Oat Bran and Banana Nut Oat Bran (both also wheat-free).
- **Hain** — Chocolate and Vanilla Pudding — boxed mixes
- **Harvest Direct** — Soy puddings boxed mixes: French Vanilla, Banana, Chocolate Fudge, Lemon Creme Soy Pudding
- **Hip Whip** (Now & Zen) — vegan whipped cream and a chocolate mousse
- **Horizon Organic** — Fruit Jels in Cherry, Orange and Strawberry
- **Mori-Nu Mates Pudding Mix & Pie Mix** — Chocolate, LemonCreme & Vanilla (dry packets)
- **Mother Nature's Goodies, Inc.** — Whole Wheat Pie Shells, Cherry Pie, Vegan Pumpkin, and Blueberry.
- **Nutrilicious Natural Bakery** — internet and mail order vegan bakery with vegan donuts!
www.nutrilicious.com
- **Pete's** — Peach Mango, Very Berry, Key Lime & Caramel Tofu desserts

vegan by accident:

- **Keebler** — (also sold under the name Food Lion) Ready Crust Graham (and reduced fat), Chocolate, Shortbread, and Tarts Graham
- **Marie Callender's** — Fruit pies (Apple Pie, Cherry Crunch Pie, Dutch Apple Pie, Peach Cobbler, Raspberry Pie, Cherry Pie, Wild Blueberry Pie, Very Berry Blackberry, and Razzleberry Pie)
- **Mrs. Smith's** — Deep Dish Pie Shells
- **Pepperidge Farms** — Apple & Raspberry Turnovers
- **Trader Joe's** — Apple Strudel (seasonal)

INTERESTING VEGETABLES

If you find yourself cooking the same old vegetables day in, day out, why not take a trip to your nearest supermarket and see what other vegetable delights grace their shelves? Choose from artichoke, eggplant, or daikon. No, we don't know what to do with them either, but we have fun trying! Or visit your local ethnic food shops and see what they have to offer — we guarantee you'll find something there you'd never heard of before and the produce workers may give you some tips.

ETHNIC CUISINE

Open up a new world of food and explore Indian, Chinese, Italian, Mexican, Thai, French, African or Caribbean cookery. Lots of refried beans state if they are suitable for vegetarians. Don't forget to check the ingredients for ready made sauces for you to mix in.



EATING OUT

Until recently, eating out was a total nightmare for vegans — you could have a baked potato (no butter) and green salad (no dressing), and the only choice was to take it or leave it. Things have improved since then, but there's still a long way to go.

Vegetarian and even vegan restaurants are popping up in most sizeable cities, and even in some smaller ones. Your average bar, cafe or restaurant will not usually advertise that its food is vegan, but most will have a vegetarian option or two that you can ask to be made vegan. Questions that may cross your lips are, 'does it contain any milk, cream or eggs?', 'could you hold the mayo?', and 'can I see the package?!' Don't be afraid to ask the chef to make you something specific. If you want to be sure that there will be food available, phone in advance and ask them what they can do for you. You might be surprised to find that some of the cooks are excited to try something new! Indian restaurants are extremely easy to find vegan food in, but remember to ask about the creamy curries (some use dairy cream instead of coconut) and some dishes may contain ghee, which is a dairy butter.

Good Chinese food restaurants have a large vegetarian selection; you just need to work out which ones are vegan. Some may have egg in their noodles, or may put egg separately in the dish. Other than the noodles, you can easily ask for the dishes without egg.

You can check with pizza places and see if their crust is vegan (just watch out that there's no milk or milk proteins in the crust) and make sure their sauce is animal free too. Just ask them to use extra tomato sauce, and if you smile sweetly, they'll usually pile the veggie toppings on as well.

A list of fast-food options can be accessed at the Vegetarian Resource Group's webpage (VRG) www.vrg.org/catalog/ff.htm

Check out these websites for a listing of veggie friendly restaurants around the world! You can even search by state.

www.happycow.net
www.veg dining.com

If you're on the move, it's not always so easy to eat out. When traveling, it's best to be prepared. You never know when you might enter a Vegan Free Zone and need a quick snack to make it to your destination.

Gas stations and airports are falling behind when it comes to providing meals. Fewer airlines are offering meals on domestic flights, so being prepared with a carry on meal is increasingly important.

For international flights, book your vegan meal well in advance and each time you speak to someone from the airline, ask them to confirm it. It is best to ask for non-dairy vegetarian, strict vegetarian and some airlines now even understand the term vegan. When you're on board with your tummy rumbling, you'll be thankful that you asked.

Our sister group Viva! in England and the Vegetarian Resource Journal both sell travel guides. You could be munching happily from London to Ireland and from Brighton, England to Berlin.

See Vegetarian Resource Group: www.vrg.org/travel/index.htm
 Viva! www.viva.org.uk/shop/bookstravel.htm

MEAL IDEAS

So now you know how vast the options are for a vegan meal. But how do you put it together? It just takes a little bit of creativity to get the ball rolling and then you will have no trouble at all. The internet is a great resource for ideas as well, and vegan recipes are all over the web, if you just type what you want into a search engine, chances are you will find a recipe for it.

Here are some ideas for meals to spark your imagination.

BREAKFAST IDEAS

Strangely enough, a common question you will be asked as a vegan is "what do you eat for breakfast?" Rest assured, whatever your taste first thing in the morning, a vegan breakfast is a great way to start the day.

- **Fantastic Foods** Tofu Scrambler with potatoes (or other vegetables)
- **Barbara's Bakery** Cereal Bars
- Fresh fruit, either whole, cut and mixed, or in a smoothie
- Toast or vegan bagel with margarine and/or nut butter (peanut, almond, cashew)
- Mexican breakfast burrito, stuffed with hash browns, tofu scramble and veggie sausage, topped with Tofutti Sour Supreme

- Arrowhead Mills Pancake and Waffle Mix with Lightlife Smart Links or Yves Canadian Bacon (lots of pancake & waffle recipes are easily adaptable — see one in this guide)
- Frozen waffles with fresh fruit
- Cereal and soy milk with fruit
- Biscuits with Gimme Lean sausage and gravy
- Oatmeal with fresh peach chunks

QUICK LUNCH IDEAS

- Veggie Burgers or hot dogs with all the fixin's
- Peanut butter and jelly
- Avocado, tomato and mayo sandwich (Vegenaise or Nayonaise)
- Tempeh Rubeen sandwich (with vegan cheese)
- Falafel (chick pea patties) with salad and hummus
- Hummus (chick pea and garlic dip) with lettuce in pita bread
- Prepared tempeh with lettuce, tomato and mayo
- Veggie ham with mustard or salad
- Tuno sandwich (vegan version of tuna)
- British lunch or brunch — baked beans over toast, surprisingly good!

LARGER MEAL IDEAS

- Vegan lasagna
- Rice pilaf with vegetables
- Spaghetti with tomato sauce and veggie meat balls
- Bean burritos, roasted vegetables, and guacamole
- Tacos with ground tempeh or vegan ground beef and shredded Vegie Kaas cheese
- Tofu, tempeh, or seitan stir-fry with sweet and sour or peanut sauce
- Marinated, grilled Kabobs with seitan and vegetables
- Vegan cutlets and potato salad
- Chili and tortilla chips or cornbread
- Spinach salad with avocado, nuts, veggies, veggie bacon bits and dressing
- Chicken-free patty, with mashed potatoes and Hain gravy
- Brown rice and steamed vegetables with a sauce

DRINKS

Most soft drinks are vegan; but watch out for honey and colorings which can be animal derived like cochineal or carmine (crushed insects). Smoothies and juices are also usually vegan, the exception being with honey or whey protein in some 'power' smoothies. Many wines have been 'refined' using one of a whole range of nasty bits: blood, bone marrow, chitin, egg albumen, fish oil, gelatin, or milk casein. Beers too can be cleared with isinglass (obtained from the air sacs of freshwater fish). Keg, canned and some bottled beers are usually OK. But here's the good news — most liquor is fine.

Don't be discouraged — there are lots that are vegan! Go ahead and crack open a bottle of Heineken, Rolling Rock or Sierra Nevada. Just to name a few! For a long list of animal free alcoholic beverages see:

www.VeganProducts.org/drinks.html



TOILETRIES & COSMETICS

Reading labels is one way to find out what exactly has gone into your shampoo, but unless you're a trainee chemist, you probably won't know what most of it means. A few words to look out for and avoid like the plague are: beeswax, chitin, collagen, elastin, keratin (if human, they typically list this), lanolin, oleic acid, propylis, shellac, spermaceti wax, and stearin. This is not a comprehensive list, and some ingredients listed above can be obtained from a non-animal source, but it may give you a clue on what to look out for.

Below is a very abbreviated list of cosmetic, personal care and household products that are not tested on animals.

- **Avalon** — shampoo, soaps and hand lotions
- **Clear Conscience** — Contact lens solution www.clearconscience.com
- **Desert Essence** — toothpaste, deodorant, mouthwash, shampoo
- **Dr. Bronner's** — Castile Soap
- **Earth Friendly Products** — cleaners & detergents
- **Earth Science** — skin and hair products
- **Jason** — toothpaste, mouthwash, skin care and deodorant
- **John Paul Mitchell Systems** — hair care products
- **Kiss My Face** — soap, shaving cream, deodorant, shampoo and skin care
- **Nature's Gate** — toothpaste, soap, deodorant, shampoo
- **Seventh Generation** — paper and cleaning products
- **The Body Shop** — do not test anything on animals, stores have a listing of vegan products
- **Tom's of Maine** — toothpaste, mouthwash, deodorant (one type does carry propylis)

As you may have already realized, just because the finished product is vegan, it doesn't mean that it hasn't been tested on animals. Companies have different policies — some test blatantly

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Viva!

(e.g. L'Oreal with their ingredients), others have a 'rolling year' policy which means that they won't use products that have been tested within a certain number of years, others have a fixed cut off date, so that no animal tests have been conducted for that product since that time.

A comprehensive booklet can be obtained from The Coalition for Consumer Information on Cosmetics (CCIC), which is a coalition of several animal rights groups.

CCIC: www.leapingbunny.org (888) 546-CCIC

VEGAN CLOTHES

It may sound obvious, but leather, fur, wool and silk all come from animals. And they don't just politely ask the animals to hand it over either. The leather industry is a highly profitable part of the meat industry, and you cannot support one without the other. Furs are well, fur, which is boycotted by many of the top models and all sane and compassionate people. Wool, you may say, is okay as sheep need to be sheared, but sheep are kept for their wool, skin, meat, the meat of their babies (lamb), and milk. Once a sheep's wool or lamb productivity has started to decline the animal is sent to slaughter. As for silk, millions of silkworms are killed by baking, steaming or electrocution in order to extract the silk. They may not be as cute as lambs, but they still deserve a break! Instead of wool, choose man-made fibers or cotton. Many products now being made, such as fleece, are a more than adequate replacement for wool. Remember that wool is often blended with other fibers, so you may need to start label reading again!

Some materials to watch for when shopping for clothes include: cashmere, down, felt (true felt is from animal hair, fur or pelt — synthetics are available), mohair, sable, silk, wool (obviously!), and suede.

Veganstore

It's faux real - go on...
treat your feet!

100% Vegan Products - Cruelty Free - Vegetarian Approved



ones for the 1960s, brash brogues, trendy leather sandals, turbo sneakers, kitten heels to make you squeak, All your boots!

& Vegan Sweeties!

Honey-Free Honeycomb, delicious Jelly Free Jelly-beans, Jelly Free lollis, Rhubarb and Custard, gelatine-free Marshmallow and many more...



Over 900 quality Free vegan products from faux leather to Fanciful Food!

visit us at www.veganstore.co.uk

VEGAN SHOES

Men often find it harder to buy vegan shoes, but try different stores and look for 'man-made' or 'synthetic' labels, or buy canvas shoes and boots — not too practical in the snow, but great for summer wear! Many shoe stores carry shoes that are not leather.

Alternatively, you can buy good quality leather-look shoes, boots and sandals mail order from the companies listed below. These companies don't just limit themselves to shoes. They carry synthetic leather jackets, as well as a large assortment of shoes, belts, wallets, and other hard-to-find vegan products! You can also request a guide to vegan leather-look clothing from PETA at www.cowsarecool.com.

- **Ethical Wares** (UK) www.ethicalwares.com
- **MooShoes** www.mooshoes.com (212-481-5792)
- **Pangea** www.veganstore.com (800-340-1200)
- **Shoes With Souls** www.shoeswithsouls.com (619-216-5804)
- **Vegetarian Shoes** (UK) www.vegetarian-shoes.co.uk

vegan by accident:

Stores like Payless sell a good variety of non-leather shoes.

VEGAN/ANIMAL RIGHTS PRODUCTS

Other great sites to get some great animal rights garb:

- www.animalrightstuff.com
- www.foodfight.com (all vegan store in Portland, OR)
- www.kidbean.com
- www.veganstore.com
- www.threelittlefigs.com (all vegan store in Boulder, CO)
- www.veganessentials.com
- www.veganunlimited.com
- www.veganstore.co.uk (ships internationally)
- www.vivausa.org (You can order t-shirts, pens and other materials from us!)

GO FOR IT!

So that's it! Easy isn't it? We hope this guide will help you see that making the vegan transition is easy and fun! If you want more information, just contact Viva!USA. We can give you more to read and tell you what else we have to offer. We do sell a few cookbooks and have materials to help you spread the word. The world is full of vegan items!

ETHICAL CONSIDERATIONS

Please note that the products featured in this guide have been included purely on the basis that they meet the criteria of a vegan diet and contain no animal products.

We appreciate that many vegans also wish to take into account the ethical policies of the companies they are supporting when they buy a particular product. While we have omitted a few companies based on ethical concerns, we also want to provide a comprehensive list of vegan options. Contact individual companies if you have concerns over ethical policies.

Viva!

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Gift Cards & Baskets

The Vegan Baby Superstore

KidBean.com

500 Products
954-942-2830



* **albumen** — egg white, used in food as a binder

anchovy — small fish, often used in Worcester sauce

carmine — red pigment obtained from cochineal. Has been used for cosmetics, pharmaceutical coatings, dry mixes, surimi, fillings, cake icings, and hard candy. In the liquid form, it has found application in coloring bakery products, icings, yogurt, candy, ice cream, gelatin desserts, various milk-based and alcoholic beverages, fruit syrups, pet foods, fish cakes, jams/preserves, meat products, marmalades, hair and skin care products, lipsticks, face powders, rouges, and blushes

casein — milk-derived protein, which coagulates with the addition of rennin and is the foundation for cheese. Casein is also used in the production of nonfood items such as adhesives, paints and plastics.

cochineal — see carmine

collagen — protein found in a number of tissues, but is particularly abundant within and around joints of animals, used in cosmetics

D3 — vitamin derived from lanolin or fish oil. Added to vitamin and food supplements. Vitamin D3 is produced in the skin after exposure to sunlight. Humans do not have a requirement for vitamin D when sufficient sunlight is available

elastin — the insoluble, elastic protein found in the ligaments, walls of arteries, organs and muscles of animals, used in cosmetics

gelatin(e) — is pure protein derived from boiling beef and veal bones, cartilage, tendons and other tissue.

glycerin(e) or glycerol — colorless liquid which can be obtained from animal fats. Many vegan products contain vegetable glycerin, so don't panic if it's in your favorite cleanser!

isinglass — is produced from the swim bladders, and less commonly the gills, of certain species of tropical and subtropical fish.

keratin — protein found in hair, horns, hoofs and feathers, used in shampoos and conditioners

L-cysteine hydrochloride — obtained from animal hair or chicken feathers, used in shampoos and as an improving agent in white flour. Can be produced synthetically

lactic acid — acid produced by fermenting milk sugar. Can also be obtained from non-dairy source

lactose — milk sugar, often found in crisps

lanolin — fat extracted from sheep's wool, used in cosmetics

lard — fat surrounding stomach and kidneys in sheep

lecithin — fatty substance found in nerve tissues, egg yolk and blood. Can also be obtained from vegetable sources like soy.

pepsin — enzyme found in gastric juices, used in cheese making

propylis — bee glue, used in toiletries and cosmetics

rennet — extract of calf stomach, used in cheese making

Viva!

roe — eggs obtained from slaughtered female fish

royal jelly — food upon which bee larvae are fed, used as a food supplement

shellac — insect secretion, used in hair spray, lip sealer and polishes

sodium 5'-inosinate — prepared from fish waste, used as a flavor enhancer

squalene/squalane — found in the liver of shark and rats, used in toiletries and cosmetics. Also can be obtained from olives or other plant sources.

stearin(e) — general term for glycerids formed by combining stearic acid and glycerin. Used in medicines and toiletries

tallow — hard animal fat, often obtained from around the kidneys of cattle, used in soap and candle-making

urea — waste nitrogen formed in the liver, used in toiletries and cosmetics. Synthetic forms also available.

whey — milk derivative. Used in margarine, biscuits, crisps and cleaning products

*NOTE: KELLOGG'S

Please Note: According to Kellogg's, most of their natural flavors are plant-derived. Animal-derived natural flavors should be specifically listed (e.g. — natural chicken flavor). Artificial flavors are made in the laboratory and "typically" do not contain animal by-products. We encourage consumers to contact Kellogg's for more information. Companies owned by Kellogg's include Keebler, Carr's Crackers, Morningstar and Kashi brands. Be aware that Kellogg's uses animal-derived vitamin D3 as an additive in many cereals.



The Association of Veterinarians for Animal Rights (AVAR) was founded in 1981 out of a concern that the veterinary profession was placing human needs above the well-being of nonhuman patients. AVAR's mission is to educate the veterinary profession and the public about the rights of nonhuman animals. AVAR projects and areas of focus include:

- Ending the harmful and fatal use of animals in veterinary instruction.
- Working on legislative and regulatory reform to improve the lives of farmed animals and to ban inhumane veterinary procedures such as declawing.
- Fighting animal cruelty.
- Advocating against the use of animals in research and testing.
- Helping end animal overpopulation through sterilization efforts.
- Promoting a compassionate lifestyle.
- Working to involve veterinary professionals in animal advocacy efforts.

AVAR is committed to balancing the needs of nonhuman animals with those of human animals. For more information, go to www.avar.org, email info@avar.org or call (530) 759-8106.



agar flakes — thickening agent derived from seaweed

avocado — high in vitamin E, eat it as it is, in salads, or make into a dip.

bok choy — unusual vegetable from the cabbage family, delicious in Asian stir-fry

Braggs liquid aminos — a liquid protein concentrate, derived from soybeans, containing a host of essential and non-essential amino acids. Used as a replacement for tamari and soy sauce

couscous — tiny pieces of semolina, use it as the basis for a salad

Ener-G Egg Replacer — available at natural food stores — use in place of eggs as a binder, especially in baked goods recipes. Homemade egg replacer recipes are available.

falafel — a spicy patty made from ground chickpeas, seasoned with toasted sesame seeds and salt, often served in pita bread.

flax seeds/oil — flax seeds are the richest, commonly available plant source of omega-3s, especially important for a healthy vegan diet. Flax seeds must be ground to get the full nutritional value. Flax seed oil (unheated) is a convenient way to reap the health benefits from flax and can be sprinkled over cooked food or added to smoothies.

hummus — dip made from chickpeas and garlic, a regular in most vegan sandwiches!

millet — tiny grains, use instead of rice.

miso — mineral-rich paste made from fermented soybeans.

nutritional yeast — a rich source of B-complex vitamins including a naturally fermented, non-animal source of B12 (essential for vegans) and folic acid. Use as a condiment, sprinkled over a meal of rice and veggies, or on popcorn for snack time. Makes a great addition to gravies and sauces.

seitan — a low fat, high protein, firm-textured meat substitute made from gluten, the insoluble protein in wheat.

tahini — ground sesame paste, used as a spread or to thicken sauces.

tempeh — protein rich soy bean product, gives a nutty taste

tofu — soy bean curd

TVP — textured vegetable protein, comes in pieces and chunks.

Remember that this list is not definitive, nor is this guide. There are plenty of vegan foods, and suggestions for vegan meals that have not been mentioned.

It is not unknown for companies to alter the ingredients in certain products, but at the time of writing this guide, all products mentioned as being vegan are vegan!!



RECIPES

Vegan Cheese Sauce

- ¾ cup nutritional yeast flakes
- ¼ cup flour
- 1 tsp. salt
- ½ tsp. garlic powder
- 2 cups water
- ¼ cup vegan margarine
- 1 tsp. mustard

Directions:

Mix dry ingredients in saucepan.

Whisk in water.

Cook over medium heat, whisking until mixture thickens and bubbles.

Cook an additional 30 sec., remove from heat.

Stir in margarine and mustard.

(note: Cheese will thicken as it cools, or you may add water to thin it).

Vegan Sour “Cream”

- 1 lb. firm silken tofu
- 3 tbsp. oil
- ½ tbsp. lemon juice
- ½ tsp. unrefined sugar (more to taste)
- 1 tsp. salt

Directions:

Blend until smooth

Scrambled Tofu

1 — 1½ tsp. olive oil
 2 cloves garlic
 1 package tofu, crumbled
 ½ onion, minced
 1 tsp. turmeric
 1 tbsp. Braggs Liquid Aminos or soy sauce
 (optional add ½ tsp. cumin)
 Add black pepper to taste

Directions:

Sauté the garlic and onions over medium-high heat until the onions are translucent and tender. Add the tofu, turmeric and Braggs (or soy sauce), continuing sautéing until tofu is golden. Garnish with sliced tomatoes and serve with whole wheat toast.

Vegan Tofu Fajitas

1 lb. extra-firm, fresh tofu
 ½ cup tamari or soy sauce
 ¼ cup water
 1 tbsp. maple syrup
 2 tbsp. nutritional yeast (optional)
 ½ tsp. cayenne pepper (optional or more for spicy)
 1-2 tbsp. oil (depending on the amount of veggies)
 Favorite veggies sliced thinly

Directions:

Slice the tofu thinly
 Mix the next five ingredients and pour over the tofu.
 Bake at 350 degrees for about 30 minutes, turning twice.
 Heat oil in a frying pan and sauté veggies for 5 min.
 Add tofu and fry until sizzling.
 Put fajita fillings in a warm tortilla.
 Garnish to taste!

Hearty Chili

1 15-oz can chili beans, undrained
 1 18-oz can stewed tomatoes or 1 medium tomato chopped
 2 tbsp. Chili seasoning mix or 1 tsp. Mexican seasoning, 1 tsp. chili powder and
 1–4 tsp. garlic powder
 1 tbsp. minced onion
 ¼ cup water

Directions:

Combine all ingredients in a medium skillet.
 Bring to a boil, cover and simmer 10 minutes.



Cornbread

from "The Peaceful Palate" by Jennifer Raymond

- 1½ cups soy milk
- 1½ tbsp. vinegar
- 1 cup cornmeal
- 1 cup unbleached flour
- 2 tbsp. unrefined sugar or other sweetener
- ½ tsp. salt
- 1 tsp. baking powder
- 1 tsp. baking soda
- 2 tbsp. oil

Directions:

Preheat the oven to 425°

Combine the soy milk and vinegar and set aside.

Mix the cornmeal, flour, sugar, salt, baking powder and baking soda in a large bowl. Add the soy milk mixture and the oil. Stir until just blended.

Spread the batter evenly in a greased 9x9-inch baking dish.

Bake until the top is golden brown, 25 to 30 minutes.

Short Cut Shortcrust

Although it's a lot quicker to use ready-made frozen puff pastry dough (find it in the frozen section of any store), it's also quite easy to make your own.

- 1lb. or 4 cups plain flour
- ½ tsp. of salt
- 8oz or 2 sticks margarine
- 6 tbsp. of ice-cold water

Directions:

Rub the margarine into the flour and salt, then add the water slowly to form a dough. It's best to refrigerate the pastry for half an hour before rolling out on a floured board.

Vegan Banana Bread

- 1¼ cups white flour
- 1¼ cups whole wheat flour
- 1 cup unrefined sugar
- 1 tsp. baking soda
- ⅛ tsp. All Spice
- ⅛ tsp. nutmeg
- 1¾ cups ripe banana
- 4 tbsp. water
- 6 tbsp. margarine
- ¼ tsp. vanilla extract

Directions:

Preheat oven to 375°

Mix the first six ingredients.

Mix remaining ingredients in a separate bowl.

Combine all ingredients and pour into greased muffin pan or bread pan.

Bake 12-15 minutes for muffins or 60-90 minutes for bread.

Chocolate Pie Recipe

- 2 - 10.5 oz packages of Soft Silken Tofu
- 1 - 10-12 oz bag of vegan chocolate chips
- 1 - vegan graham cracker pie crust (store bought or homemade)

Directions:

Puree the tofu in a blender until completely smooth.

Put the chocolate chips in a pot or double boiler and heat them just enough to melt. (Be careful not to burn them). Once the chocolate chips are melted, blend them into the tofu.

Pour the mixture into a pie crust.

Chill for at least 2 hours and then serve.

Optional: Add a few tbsp. of peanut butter to the mixture while blending or add nuts or berries to the mixture once it is in the crust. Enjoy!

Easy Rise-'n'-Shine Pancakes

1 cup unbleached white flour (or split half wheat/white)

1 tbsp. baking powder

¼ tsp. salt

1 cup soy or nut milk

2 tbsp. canola oil

2 tbsp. maple syrup or other liquid sweetener
canola oil for frying

Directions:

Combine dry ingredients in a bowl and wet ingredients in a separate bowl.

Add soy milk mixture to flour mixture and mix just until moistened; a few lumps are OK. (Don't overbeat or pancakes will be tough.)

Heat a nonstick griddle or frying pan over medium high flame until a few drops of drizzled water bead up and bounce.

Pour a little oil (2 tsp.) onto the griddle and heat until hot.

Pour batter onto the griddle to form circles about 4 inches in diameter.

Cook the pancakes for a minute or 2 on one side or until bubbles appear on the surface.

Flip pancakes and cook on the other side for another 1 or 2 minutes.

Continue until golden brown on each side, about 4 minutes in all.

Blueberry-Orange Sauce (for pancakes, etc)

Makes 2 cups

2 cups fresh or frozen blueberries

1 cup fresh orange juice

1 tsp. minced orange zest

1 tsp. minced fresh ginger

Directions:

Place all ingredients in a saucepan.

Cook over medium heat, stirring occasionally, for 15 minutes, or until the blueberries are soft and the remaining liquid is syrupy. Serve warm.

Oatmeal Chocolate Chip Cookies

1 cup Soy Margarine, softened

1½ cup Unrefined sugar

¼ cup + 2 tbsp. Warm water

2 tsp. Vanilla

1 tsp. Baking soda

1½ tsp. Egg replacer or 2 tbsp. Tofu



- 1 cup Flour
- 1 tsp. Salt
- 3 cup Uncooked Oatmeal
- 1 cup Vegan dark chocolate chips (semi-sweet)

Directions:

Preheat oven to 350 degrees & lightly grease cookie sheet.

Cream first four ingredients together until smooth

In a separate bowl, mix next five ingredients (if using tofu, mix with previous ingredients).

Combine contents of both bowls by hand or with electric mixer.

Add chocolate chips.

Drop by spoonfuls onto cookie sheet and bake for 15-18 minutes.

Vegan Cheesecake

3 packages of Tofutti "Better than Cream Cheese"

1 cup sugar

Juice of one lemon

1 tsp. vanilla

Directions:

Blend all ingredients until smooth.

Pour into a prepared graham cracker crust (Most brands are vegan)

Bake for 40 minutes at 350 degrees, until the top starts to brown.

Cool and refrigerate.

Serve with fruit topping (optional).

Gado gado Spaghetti *(a twist on the traditional Indonesian favorite)*

½ lb. spaghetti (cooked until soft)

2 tbsp. margarine

2 tbsp. sunflower seeds

2 tbsp. soy sauce

½ vegetable bullion cube

3 tbsp. vinegar

⅓ cup peanut butter

¼ tsp. garlic

1 tsp. onion powder

¼ cup fresh onion

3 tbsp. brown sugar

¾ cup water with 1 tsp. cornstarch mixed in.

Directions:

Heat margarine and sunflower seeds for 1 minute.

Add remaining ingredients — mix until smooth.

Add to pre-cooked spaghetti. Serve.

Powdered pecan cookies

1 cup margarine

½ cup powdered sugar

1 tsp. vanilla

2 ¼ cup flour

¼ tsp. salt

¾ cup pecans (chopped)

Directions:

Blend margarine, sugar and vanilla.

Add flour and salt. Mix. Fold in chopped pecans
 Chill dough for at least 20 minutes in refrigerator
 Roll dough into 1 inch balls. Place on ungreased cookie sheet(s)
 Bake at 400 degrees for 10 to 12 minutes
 Remove from oven, cool a few minutes, then roll each ball in powdered sugar. Cool

Vegan Chocolate-Espresso cake

Stir together with a wire whisk:

4 ½ cups unbleached flour

3 cups sugar

1 ⅓ cups unsweetened cocoa

1 ½ tsp. salt

3 tsp. baking soda

Add:

3 cups filtered water

¾ cup vegetable oil

3 tbsp. white vinegar

4 tsp. real vanilla extract

Mix well.

Grease well (w/vegan margarine) and flour: Two 8 or 9 inch by 2 inch cake pans

Fill ⅝ full with batter (Cake layers will round up well above tops of pans)

Bake at 350 degrees for 50-60 minutes, or until toothpick inserted in the centers comes out clean.

Cool, then refrigerate, and slice rounded tops off of each layer using a long cake knife with a serrated edge. Then slice each layer in half, horizontally. Set cut layers aside on waxed paper.

Frost and assemble with alternating fillings of Chocolate-Espresso and Café Americano frostings. Frost outside & top with the chocolate-espresso.

Chocolate-Espresso frosting

Soften 1 ½ cubes vegan margarine (50 seconds at half-power in a microwave)

Add 1 ½ tsp. real vanilla extract and 1 ⅙ cups unsweetened cocoa powder

Alternately add: One double shot of good, fresh-brewed espresso, 4 ½ to 5 ½ cups powdered sugar, and ¼ to ½ cup soymilk, and a pinch of salt.

Mix well after each addition, to a very smooth spreading consistency. Add soymilk a little at a time, as needed.

Café Americano frosting

Soften 1 cube vegan margarine (45 seconds at half-power)

Add 3 tsp. real vanilla

Alternately add: ⅓ cup fresh-brewed, strong coffee, 3 to 4 cups powdered sugar and a pinch of salt.

Mix well after each addition, to a very smooth spreading consistency. Add a bit more strong coffee or powdered sugar, as needed.

Store cake chilled in refrigerator, especially during warm weather.



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Viva!USA produces masses of information on becoming vegan and campaigns against factory farming, slaughter, and on health and environmental issues.

We also run youth campaigns, such as mobilizing students to gain access to vegan foods in their school cafeterias and have materials directed specifically to teens and younger!

Viva!USA has a variety of mail order products from books and T-shirts, to campaigning literature to help you speak out to be active in the fight for the animals!

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