



Education, Support & Community
for New & Aspiring Vegans

Pledge Materials

www.veganlivingprogram.org



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for New & Aspiring Vegans

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Organized by the Vegan Living Program and the Pasadena VLP Organizers

Vegan Pledge Binder Table of Contents

Section One: Program Information

Vegan Pledge	7
Welcome, Vegan Pledges!	9
The 2020 Vegan Living Program Schedule	10
Sponsors List	11
Product & Coupon Donors List	12
Questions To Ask Your Vegan Coach	13
Kindred Spirits Address & Directions	15

Section Two: Introduction to Veganism

What is Veganism?	19
"Humane" Animal Agriculture	21
Common Questions & Challenges	23

Section Three: Vegan Foods & Recipes

Vegan Food Pyramid	29
Vegan Pantry, Fridge & Freezer Items	31
Tips for Vegan Meal Planning and Eating	35
Replacing Eggs and Dairy	37
Guide to Vegan Cheese	41
Vegan Cheese Recipes	47
What Do I Eat? Meal Ideas, Recipes, Resources	53
New Ingredients, Restaurants, Special Treats	81

Section Four: Vegan Resources

On the Web: Recipes, FAQs, & More	93
Vegan Online Shopping Resources	97
Recommended Movie List	103
Recommended Book List	109
Recommended Vegan Apps	111
Leaping Bunny Shopping Guide	113
Happy Cow's List of Animal Ingredients	123



Section One:

Program Information

- ★ **Vegan Pledge (*Please Sign*)**
- ★ **Welcome, Vegan Pledges!**
- ★ **The 2020 Vegan Living Program Schedule**
- ★ **Sponsors List**
- ★ **Product & Coupon Donors List**
- ★ **Questions To Ask Your Vegan Coach**
- ★ **Kindred Spirits Care Farm Address & Directions**



Vegan Pledge!

I pledge to live vegan from March 7th - April 4th, 2020. With the support and guidance of my Vegan Coaches, the Vegan Living Program materials and information sessions, and Vegan Living Program Organizers, I will make ethical vegan choices. I will refrain from eating animals' flesh ("meat") and body products (eggs, milk, and honey), refuse to buy animals' skins and body parts, avoid cosmetics, soaps and chemical products that are derived from or tested on animals, and choose entertainment that does not exploit others.

Signature

Date

Print Name:_____



Education, Support & Community
for New & Aspiring Vegans

www.veganlivingprogram.org

Organized by The Vegan Living Program and the Pasadena VLP Organizers

Welcome, Vegan Pledges!

Thank you for being here! The Vegan Living Program and the Pasadena VLP Team are thrilled that you can participate as a Vegan Pledge in the **2020 Pasadena Vegan Living Program!** We hope that you will find the materials in this binder and the support of the program and your Vegan Coaches a big help on your journey to a compassionate, joyful, and healthful vegan life.

Please stay connected between VLP sessions:

- ★ **FACEBOOK/TWITTER/INSTAGRAM:** Please "Like" us on Facebook - facebook.com/veganlivingprogram. You can also follow us on Twitter - [@veganlivingprgm](https://twitter.com/veganlivingprgm) and on Instagram - [@veganlivingprogram](https://instagram.com/veganlivingprogram).
- ★ **GOOGLE GROUP (EMAIL LIST) and PASADENA VLP FACEBOOK GROUP:** We'll use a private Pasadena VLP group on FB as our main means of communication and will follow up with an email. If you would like to join the FB group: www.facebook.com/groups/pasadenaveganlivingprogram. If your email has changed or you would like to use a different one than what was originally provided, please email Jerneja Tomsic at: pasadenaveganlivingprogram@gmail.com. Use the Pasadena Living Program 2020 Google Group to post questions, recipes, reflections, etc: pasadenaVLP2020@googlegroups.com. (The list is comprised of folks who opted in through online Vegan Pledge/Coach registration or elsewhere. If you need to be added, please email Jerneja).
- ★ **THE FULL SCHEDULE OF SESSIONS** happening throughout the VLP follows this letter. Remember, the in-person community that forms is one of the elements that makes our program so unique and successful, so please make sure to mark your calendar to attend all 5 sessions. We look forward to seeing you each week!
- ★ **KEEP IN TOUCH WITH YOUR COACHES.** Be sure to keep in touch with your Coaches with any and all questions you may have about the vegan lifestyle - they love to hear from you! Become friends on social media like Facebook and Twitter, chat on the phone, email or text, whichever form of communication is best for you and your Coaches.
- ★ **GO ON A GROCERY STORE "VEGANIZE YOUR FAVORITE RECIPE" TRIP WITH YOUR COACHES!** It's a great opportunity for Coaches and Pledges to explore the many vegan products the grocery store has to offer. Together find the vegan ingredients for breakfast, lunch and dinner recipes.

★ **MEET UP WITH YOUR COACHES FOR EXTRA-CURRICULAR SOCIAL EVENTS.** Get together with your Coach for vegan social events, potlucks, film screenings, Meetup events, or for coffee, tea, lunch, a hike, etc.

The 2020 Pasadena Vegan Living Program Schedule:

Vegan Pledges and Coaches should attend all 5 Saturday sessions listed below from March 7th to April 4th, 2020.

The first three sessions will be held at **Orange Grove Friends Meeting, 520 E Orange Grove Blvd, Pasadena, CA 91104**. On March 28th, (Session 4), we'll meet at **Kindred Spirits Care Farm, 18741 Elkwood Street, Los Angeles, CA 91335**. Carpooling on March 28th is encouraged, and we try our best to facilitate finding rides for those who need one. On April 4th (Session 5 - Graduation) will be held at **NW Shelter in Victory Park, 2575 Paloma St, Pasadena, CA 91107** (located off of Altadena Drive).

Saturday March 7, 2:00 - 5:00pm - Intro to Veganism, Cooking Demo & Coach-Pledge Intros

Vegan Living Program Founding Directors, **Robin Helfritsch** and **Erin Marcus** and Pasadena VLP Organizer, **Jerneja Tomsic** will discuss the reasons for living a joyful, vegan life, followed by a cooking demo by **Dani Janzen**, Vegan Chef and owner of Dani's Vegan Eats and Sweets (a catering business). Vegan Pledges and Coaches will also have some time to get acquainted.

Saturday March 14, 2:00 - 5:00pm - Vegan Nutrition, Health and Fitness

Where do you get your protein? Is soy bad for you? Learn about healthy, vegan nutrition and get your questions answered by registered dietitian, **Matthew Ruscigno**. He will speak about the health benefits of a plant-based diet, and provide data pertaining to health and nutrition. Matt is also an endurance athlete and will discuss fitness on a vegan diet. There will be time for questions specifically pertaining to nutrition.

Saturday March 21, 2:00 - 5:00pm - The Environment & Living Vegan In a Not-Yet-Vegan World

This session will begin with a presentation titled "Veganism is Environmentalism" by **Demosthenes Maratos**. Demosthenes is the Communications Director of the Sustainability Institute at Molloy College and was featured in the film *Cowspiracy: The Sustainability Secret* (streaming on Netflix). He will speak about the environmental impact animal agriculture has on our planet, and discuss the ethical reasons for living vegan. Demosthenes will be followed by a facilitated group discussion moderated by Pasadena VLP organizers, **Jerneja Tomsic** and **Kate Carpenter**. The panel will include **Maria Maisto**, a long term health, animal, and environmental advocate with a background in kinesiology working with clients in chronic and acute pain, **Cristina Tangreti**, owner of Cristina's Critter Care and a long time animal rights activist, **Patricia Todd**, founder, coordinator and facilitator of VegHelp101 - Vegan Education and Support group in San Gabriel, CA, **Noe Chavez**, a community psychologist and an assistant professor at Charles R. Drew University of Medicine and Science. **We will be answering questions that should be submitted via email to pasadenaveganlivingprogram@gmail.com by Sunday, March 15th.**

Saturday March 28, day trip (tour at 10:00am with lunch to follow) - Field Trip to Kindred Spirits Care Farm.

Held at **Kindred Spirits Care Farm (Reseda location) 18741 Elkwood Street, Los Angeles, CA 91335**. KSCF Reseda Location is a green oasis right in the heart of LA. It is home to approximately 80 rescued farm animals. We will meet there for a tour, get acquainted with the resident animals, and learn about their lives before and after rescue. **Carpooling is strongly suggested. Not open to the public, but**

registered VLP Coaches, Pledges and volunteers may bring family and friends. Please RSVP to pasadenaveganlivingprogram@gmail.com for everyone other than Pledges, Coaches or volunteers, so that we may let the sanctuary team know how many to expect. Allow enough time and plan to arrive early, as the tour is scheduled to begin promptly at 10:00am.

Saturday April 4, 2:00 - 5:00pm - Graduation Celebration

A celebratory vegan meal for Vegan Pledges and Coaches, with certificates of completion presented to Vegan Pledges!

Cost:

Sessions held in Pasadena are free. However, a \$10 per person donation to Kindred Spirits Care Farm is requested for the tour, payable directly to the sanctuary.

Please Note:

Vegan Living Program educational content is not meant to be construed as health advice, or take the place of a consultation with a medical professional. All Vegan Pledges will be given a release form indicating as much at the first meeting on March 7th, which **MUST** be signed in order to participate in the program. All educational sessions will be documented with video and/or photography, which will be posted online and/or used in promotional materials for the program. Media may be invited to some sessions. **Submitting a registration form for the VLP indicates your acceptance of these terms.**

Until all are free,
The Pasadena VLP Team

Jerneja Tomsic, (614) 558-7711, pasadenaveganlivingprogram@gmail.com

Kate Carpenter, (626) 353-5854, katewcarpenter@gmail.com

Robin Helfritch, (917) 717-1059, robin@veganlivingprogram.org

Erin Marcus, (443) 531-1708, erin@veganlivingprogram.org

Thank You To Our Sponsors:

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A Well-Fed World (AWFW) is a hunger relief and animal protection organization chipping away at two of the world's most immense, unnecessary and unconscionable forms of suffering... the suffering of people hungry from lack of food,

and the suffering of animals used and abused for food. We have a positive, practical, and action-led approach that produces immediate assistance for those in need and structural change for lasting results. More info at awfw.org.

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Questions To Ask Your Vegan Coaches!

1. How did you hear about the program?
2. What made you want to participate?
3. How long have you been vegan?
4. What's the best way to get in touch with you?
5. What's the best time of day to get in touch?
6. What are you looking forward to most about the program?
7. What's the last album you purchased or downloaded?
8. What do you do for a living?
9. Where are you from?
10. What do you like to do for fun?
11. What was the last film you saw or book you read?
12. What is your favorite book?
13. Top three films of all time?
14. Do you prefer a night out or an evening in?
15. If you had free plane tickets and had to leave right away, where would you go?
16. Use Facebook or Twitter?
17. What is the single best decision you have made in your life so far?

Trip to Kindred Spirits Care Farm

Saturday March 28, 2020

This is an all-day trip, with a tour starting at 10am!

Kindred Spirits Care Farm, 18741 Elkwood Street, Los Angeles, CA 91335

It is \$10 per person for the tour, though you may donate more if you like. 100% of all donations go towards feeding and caring for the animals at the sanctuary.

While this VLP session is not open to the public, registered VLP participants are welcome to bring family or friends. **For important safety reasons concerning tour guests and the animals, group tours are limited to ages 10 and older.** All participants will have to sign a **Waiver of Liability** (the sanctuary is located on the grounds of LAUSD continuation high school). For participants below 18 years old, a parent or a guardian will have to sign the waiver. Please RSVP any additional people to: pasadenaveganlivingprogram@gmail.com.

Plan to be early, as the tour is scheduled to start promptly at 10:00am. If you arrive late, a volunteer will be able to check you in and accompany you to join the group.

Vegan lunch will be served after the tour (approximately at noon). If you bring any snacks, please make sure they are vegan. No companion animals (cats, dogs, etc.) allowed on the sanctuary grounds. Thank you!

Questions or cancellations? Contact Jerneja: pasadenaveganlivingprogram@gmail.com
(614) 558-7711

Note: Vegan Living Program organizers cannot provide transportation, however carpooling may be coordinated through the **Pasadena Vegan Living Program Facebook Group**.

Getting to Kindred Spirits Care Farm

KSCF is located on the grounds of John R Wooden LAUSD High school in Reseda, CA. Parking is available on Elkwood Street. Entrance will be marked and it's from Elkwood Street also. The sanctuary is half an hour north-west of Pasadena and 40 miles north of Long Beach (I-405N).



Section Two:

Introduction to Veganism

- ★ **What is Veganism?**
- ★ **“Humane” Animal Agriculture**
- ★ **Common Questions & Challenges**

What is Veganism?

Veganism is the way of living which seeks to exclude, as far as possible and practical, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose. In dietary terms it refers to the practice of dispensing with all animal products including meat, fish, poultry, eggs, animal milks, honey, and their derivatives. Unlike the word 'vegetarian', the word 'vegan' specifically implies moral concern for animals, and extends to more than just diet. Vegans don't wear leather, fur, wool, feathers, or silk and are against zoos, circuses, rodeos, animal testing, or any other industry that exploits animals.

Donald Watson first coined the term “vegan” in 1944 as a way to distinguish Vegetarian Society members who chose to consume absolutely no animal-derived products and to acknowledge the rights of animals to be given equal consideration. Although people choose veganism for different reasons - health, the environment, ethics - the meaning of veganism encompasses all of these things. Veganism is more about what people choose than about what they avoid, because vegans choose to demonstrate an ever-evolving respect for life.

Scenario:

Imagine there is something you need and there are two ways to obtain it.

A) If you choose method A, you will live, but others will suffer and die.

B) If you choose method B, you will live, but no one will suffer and die.

Do you choose method A or method B?

Congratulations! You understand veganism.

If you care about animals, it makes sense to stop eating, wearing, or using them and products made from their bodies. Becoming vegan is a moral baseline for taking others' interests seriously, but it is also a springboard for living in ever-evolving connectedness with everyone else.

Being vegan is your everyday statement that things are not right as they are, that you are one more person who is standing up to be counted in opposition to the exploitation of others. It is a refusal of systems that produce enormous profits at the expense of beings -- beings who wish to live, like everyone else. Veganism means caring about yourself, the planet, and all of its inhabitants. With your daily choices, you can stand up for the inherent rights of all.

An Essay on “Humane” Animal Agriculture by Terry Cummings

Source: www.humanemyth.org

*“Whenever animals are treated as commodities there can never be anything humane about it. I learned that farming animals is a business, and that farmers must always consider the bottom line. We often see visitors at our sanctuary who are convinced that they are helping animals by purchasing **“cage free” eggs or “local” beef**. We explain that the best thing people can do to **help animals** is to stop eating them.”* – Terry Cummings

Terry Cummings and Dave Hoerauf are the founders of Poplar Spring Animal Sanctuary, a 300-acre refuge in Poolesville, Maryland.

Since 1996 we have rescued and cared for hundreds of cows, pigs, sheep, goats, chickens and turkeys, the vast majority of whom came from small farms where they were being raised for meat, milk or eggs. As someone who has witnessed firsthand the terrible neglect and abuse of animals on these sorts of farms, I know that small-scale farming is no more humane than large-scale industrial farming. So I was quite surprised and concerned when animal groups started promoting this humane myth, praising small-scale farms and encouraging people to eat “cage free” and “free range” animal products. Whenever animals are treated as commodities there can never be anything humane about it.

Growing up in the suburbs, I had the same idyllic view of farming that most people have. It wasn't until I graduated from college and moved to an agricultural area that I witnessed firsthand the disturbing reality of how animals are used and killed for food. At the University of Maryland where I received a degree in Animal Science, I learned that farming animals is a business, and that farmers must always consider the bottom line. They can never be sentimental if they want to make a profit. This is why so many of the common farming practices, such as castrating and dehorning, are done without painkillers--to save money, and why farmers lobby to be exempt from the anti-cruelty laws--because treating animals more humanely would cut into their profit margins.

A year after college I moved to an old tenant house on a 300-acre farm. The family raised pigs and goats for meat. They gave the animals the bare minimum of food, and housed them in trailers and barns with no bedding. When one pig broke his leg coming off the truck, the farmer left him to die a slow death, as he was unable to compete with the other pigs for food and eventually starved. Once, the farmer took me along when he sold his animals at a livestock auction. I was shocked to see the conditions of the animals that the men from nearby farms brought to sell. Cows with huge tumors on their eyes; severely limping goats and sheep with curling overgrown hooves; pigs with hernias dragging on the ground; and hundreds of wobbly baby calves, some just hours old, taken from their dairy cow mothers as soon as they were born so that the farmer could sell all the milk to people. I came home feeling sick. These were not animals from large industrialized farms. The unwanted offspring, the diseased and neglected animals that were now being discarded and bid on by the meat buyers were the reality of small-scale farming.

When Dave and I moved to our current farm we were originally just renting the farmhouse. The rest of the land was being leased to a beef farmer who had a "free ranging" herd of about 200 cows, calves and bulls on 400 acres. This farmer never once called a veterinarian. If a cow was sick, he would put a chain on her leg and drag her into the barn with a tractor, leaving her to die with no food or water. We made friends with the cows, fed them apples and named them all, only to wake up one day to see them being beaten into a truck and taken off to the slaughterhouse. We stopped eating meat after that, and later stopped eating dairy and eggs. Then we decided to start a farm animal rescue. We couldn't save our cow friends who had already been killed, but we hoped that by educating others about the truth involved in how farm animals are raised and treated we could save many more.

We noticed in the beginning that some animal groups, when speaking of farm animal welfare, often referred only to "factory farming," implying that small scale "family" farming wasn't really a problem. In the last few years this trend has gone even further, and these same groups are now actively promoting small scale farmers and their products. This has made our job as educators and animal advocates much more difficult. We often see visitors at our sanctuary who are convinced that they are helping animals by purchasing "cage free" eggs or "local" beef. When they learn that the vast majority of our animals were rescued from small scale farms, they are surprised and confused, as they have heard so many good things about these types of operations. We now have to spend much more time describing in detail what really goes on at so called "free range" farms, where the animals may have a little more room to move, but are still treated terribly. And no matter what, they are all eventually killed in the same way as those who come from the large scale industrialized farms.

During our educational tours, we describe how our sanctuary animals were rescued from farms where they were starved, neglected and abandoned. We explain that the best thing people can do to help animals is to stop eating them. We encourage people to try the wide variety of delicious plant based foods and meat and dairy alternatives. After meeting and interacting with rescued animals and realizing that they all individuals who have distinct personalities and are worthy of care and respect, visitors often feel motivated to change. We hope that by offering people an opportunity to meet these former victims, and that by telling their stories, we can help to dispel the myth that the raising and killing of any animals could ever be considered humane.

Terry Cummings

Common questions & challenges posed to vegans, and possible answers

Where do you get your protein? Calcium? Iron? You must be malnourished!

It's hard NOT to get enough protein as long as you eat a varied diet of healthy foods. Many vegan foods are great sources of protein, including: potatoes, whole wheat bread, rice, broccoli, spinach, almonds, peas, chickpeas, peanut butter, tofu, soy milk, lentils, and kale. Calcium is found in dark green leafy vegetables, nuts, seeds, beans, whole grains, and other common vegan foods. Dried beans and dark leafy green vegetables are especially good sources of iron, better on a per calorie basis than meat. The American Dietetic Association states that appropriately planned vegan diets are nutritionally adequate.

(Based on material from Vegetarian Resource Group. More info: vrg.org/nutrition)

Plants have feelings too!

***Note:** There is more and more evidence that plants have a far greater level of awareness than many of us previously thought. Whether or not the person presenting this particular challenge to your vegan lifestyle genuinely cares about plants (and most of the time when we get this argument, people are just making fun), this speaks to the point:*

We kill far fewer plants by eating them directly, rather than eating animals who have been fed plants. For one serving of meat, it took seven or more times that amount of calories in plant foods, plus the associated water, land and fuel use, to produce it. If you care about killing fewer plants and animals with the way you eat, and generally treading more lightly on the Earth, go vegan!

For a more detailed discussion of some of these issues and how they inform global food distribution/scarcity, see awellfedworld.org/issues/scarcity

If we didn't eat animals, cows would overrun the planet.

Sadly, animals killed for their flesh and secretions are bred specifically for this purpose. Many of the land animals bred for "food" have been genetically manipulated in ways that make their daily lives physically painful, and their lifespans significantly shorter. However, all of these animals came from wild ancestors, and there are still wild pigs, sheep, goats, turkeys and other wild fowl. Many farmed animals have been genetically manipulated to the point that they are unable to reproduce naturally. If the entire human population were to go vegan, many of the animals currently bred for their flesh and secretions would not survive for as long as their wild ancestors would. This is a sad reflection on us and what we have done to animals, but there is no reason to believe that animals some may see as "food" would not hold a place in the Earth's ecological community when given the chance to live freely. When it comes to overrunning the Earth, it is our eating habits, not farmed animal individuals, which we should be concerned about. According to the World Animal Foundation, clearing land for agriculture is the primary cause of habitat destruction, and habitat destruction is the primary cause of species extinction worldwide. If we care

about preserving wilderness and letting Mother Nature balance things the way she knows best, then refusing to support the waste, destruction, and forced breeding of animal farming is a great place to start.

For more thoughts on this and other common challenges posed to vegans, see <http://bit.ly/1hGNVFF>, www.yourveganfallacyis.com, and “What Would Happen to All the Animals if Everyone Went Vegan?” at www.tinyurl.com/1greenplanetallvegan.

But they don't kill animals for milk or eggs!

I'm vegan not only because it's unnecessary to kill animals so I can eat, but because animals are feeling individuals, not commodities. Animals produce milk and eggs as part of their natural reproductive cycle, and not for humans to eat their ova or breast milk. The vast majority of cows and birds exploited for milk and eggs are slaughtered after lifetimes of physical and emotional trauma.

Dairy cows, whether on large or small scale farms, must be made pregnant in order to produce milk. Dairy producers artificially inseminate cows using what's called a “rape rack.” Cows' gestation periods are the same as humans. Mother cows and baby calves are separated less than a day after birth, and mother cows can be heard bellowing for their babies. Dairy cows are impregnated every year to keep them lactating all year round. Using genetic manipulation and mechanized production, the dairy industry has bred cows to produce 100 pounds of milk each day - more than ten times what is natural. In addition to the emotional trauma of being stripped of their freedom, routinely raped, and separated from their offspring, dairy production puts incredible, daily physical strain on cows' bodies. While cows can live well into their twenties, dairy cows are killed (often for hamburger meat) when their “production” declines, usually at less than 5 years of age. Male calves born into the dairy industry are raised for veal. They are chained by the neck in crates measuring just two feet wide, and killed when they grow large enough for their flesh to turn a profit for producers.

Because male birds don't lay eggs, hatcheries sort newborn chicks by gender. Males are discarded and killed. They are suffocated, crushed in plastic bags or trash bins, or ground up alive. Female birds are shipped to egg farms, where they will live in filthy conditions so cramped they cannot spread their wings. After having their beaks seared off with a hot blade, five or more hens are forced into a cage, each hen with less space than the equivalent of one sheet of notebook paper. These wire cages are stacked and excrement falls from one chicken to the next.

Dairy cows are slaughtered, usually at less than 5 years of age, for “low-grade meat” such as “hamburger,” whereas male calves born into the dairy industry are killed for “veal.” Birds used by the egg industry are slaughtered and used for processed “meat” products such as chicken soup. Killing animals for their flesh and secretions violates their intrinsic rights to life. There's no way to politely take anyone's life. There's no way to respectfully violate someone's bodily and reproductive autonomy and strip them of daily decisions they'd otherwise freely make, especially when we have the choice not to do so.

Animals eat other animals. So isn't it ok for us to eat them?

There are many things that other animal beings on this planet do which we may find disturbing. That's no reason not to ask ourselves to do the best we can to choose compassion in our own lives. Let's hope

that our entire planet will evolve in a way that eliminates suffering. We have a choice to be kind or cruel. Living vegan is an ethical mandate for behaving more compassionately - to ourselves and to everyone else, too.

I was a vegan once. But it's way too hard.

I can help you if you want. What was it that you found difficult? May I send you some recipes and information on local vegan Meetup groups?

I eat cage-free, free-range, grass-fed animal products, etc...

I'm vegan because animals are feeling individuals who want to live free from harm. No matter how it's done, farming animals violates the most basic freedoms that make anyone's life worth living. No matter how an animal was raised or killed, he or she would have had a family, and that family was torn apart. Mothers and children are routinely separated from each other, even on the most so-called "humane" farms, and this causes incredible distress and trauma. Killing animals for their flesh and secretions violates their intrinsic rights to life.

Sure, but isn't cage-free a step in the right direction? I know someone who hunts their own meat.

As long as animals are seen as commodities or resources for any kind of consumption, the point is being missed. "Cage-free" and "free range" hens often come from the same hatcheries, and end up at the same slaughterhouses, as hens used by conventional egg farms. There's no way to politely take anyone's life. There's no way to respectfully violate someone's bodily and reproductive autonomy and strip them of daily decisions they'd otherwise freely make, especially when we have the choice not to do so.

I heard that soy is bad for you.

Concerns about soy have received a lot of attention recently, but there's no reason to eliminate soy from your diet unless you have allergies or other concerns specific to you. Like most foods, soy is best consumed as part of a varied vegan diet, and in a minimally processed state. According to Dr. Michael Greger of NutritionFacts.org: "The bottom-line is that legumes are one of the healthiest things we can eat and should be a part of everyone's daily diet. This means lentils, peas, and/or beans every day—in fact, ideally every meal! Soy is an excellent choice, but we should probably stick to no more than 3-5 servings a day." See <http://nutritionfacts.org/2013/02/19/how-much-soy-is-too-much>

I heard that soy is bad for the environment. Vegans are destroying the planet by eating tofu!

Approximately 85 percent of the world's soybean crop is processed into meal and vegetable oil, and the vast majority of that meal is used in animal feed. Some two percent of the soybean meal is further processed into soy flours and proteins for human consumption. An estimated six percent of soybeans are used as food for human beings, mostly in Asia.

Over half of the soybeans processed for farmed animal feed are fed to farmed birds, about one-quarter is fed to pigs, and the rest is used for the dairy, “beef,” and companion animal food industries.

Some of the above research came from the “A Gentle World” blog. For the full article, “As We Soy, So Shall We Reap” by Angel Flinn please see www.gentleworld.org/as-we-soy-so-shall-we-reap.

When it comes to the environmental impact of diet, consider this information uncovered in the film *Cowspiracy: The Sustainability Secret*:

- ★ 70% of US grain production is fed to livestock.
- ★ Animal agriculture is responsible for up to 91% of Amazon destruction.
- ★ Livestock produce 116,000 pounds of waste per second:
- ★ More information about the environmental impact of animal farming: www.cowspiracy.com/facts



Comic by Vegan Sidekick



Section Three:

Vegan Foods & Recipes

- ★ **Vegan Food Pyramid**
- ★ **Vegan Pantry, Fridge & Freezer Items**
- ★ **Tips for Vegan Meal Planning and Eating**
- ★ **Replacing Eggs and Dairy...It's a Piece of Cake!**
- ★ **Guide to Vegan Cheese**
- ★ **Vegan Cheese Recipes**
- ★ **What Do I Eat? Meal Ideas, Recipes, and Resources**
- ★ **Where Can I Find? Ingredients, Restaurants, Special Treats**

Vegan Pantry, Fridge & Freezer Items

This is just a sampling of many common and not-so-common vegan foods and ingredients. Many of these foods and ingredients are available in mainstream grocery stores. Ask your Coach where you might be able to find a new ingredient you'd like to try. For some items, you'll need to look in health food markets, Asian or kosher grocery stores.

Grains & Bulk:

- Brown rice
- Wild rice
- Basmati rice
- Jasmine rice
- Forbidden rice
- Bulgur wheat
- Barley
- Quinoa (actually a seed but cooked like a grain)
- Couscous
- Pasta (whole wheat, vegetable, gluten-free, etc.)
- Bob's Red Mill mixes and flours
- Whole wheat or spelt & all-purpose flour
- Millet
- Buckwheat
- Cornmeal
- Oats
- Whole grain cereals
- Granola
- Muesli
- Popcorn
- Polenta
- Cream of Wheat
- Wheat Germ

Breads:

- Tortillas
- Pita
- Bagels
- Rice cakes
- Flatbreads
- Rye Bread
- Whole grain bread

Nuts & Seeds:

- Whole flaxseed
- Milled flaxseed (keep in the refrigerator)
- Pecans
- Almonds
- Cashews
- Pine nuts
- Peanuts
- Macadamia nuts
- Chia seeds
- Sesame seeds

Legumes:

- Black beans
- Kidney beans
- Chick peas
- Cannellini beans
- Fava beans
- Lima beans
- Soy beans (Edamame)
- Black eyed peas
- Lentils
- Split peas
- Pinto beans

Canned/Packaged:

- Tofu (extra firm, firm, soft and silken)
- Tempeh
- Seitan
- Yuba (tofu skins)
- TVP (textured vegetable protein)
- Sliced vegan lunch “meats” (Tofurky, Litelife, Field Roast, Yves, etc.)
- Vegan sausages, hot dogs & bacon (Gimme Lean, Tofurky, Field Roast, Tofu Pups, Smart Dogs, Smart bacon, etc.)
- Crushed or diced tomatoes
- Tomato paste
- Pasta sauce

Spreads:

- Peanut butter

- Tahini
- Almond butter
- Hummus
- Jellies and jams
- Apple butter

Oils:

- Canola Oil
- Coconut Oil
- Flaxseed Oil
- Olive Oil
- Sesame Oil

Condiments & Seasonings:

- Salsa
- Soy sauce (Braggs Liquid Aminos, tamari or shoyu)
- Chutney
- Mustard
- Ketchup
- Barbeque Sauce
- Vegan Worcestershire
- Liquid Smoke
- Kelp (adds a “fishy” taste to foods, good in mock “tuna” salad)
- Miso
- Nutritional Yeast
- Vegetable bouillon
- Black Salt (gives an “eggy” flavor to tofu scramble)
- Turmeric

Fresh Produce:

- Garlic
- Onion
- Herbs
- Sweet potatoes
- Red potatoes
- Bell peppers
- Mushrooms
- Broccoli
- Avocado
- Tomatoes
- Apples
- Mangoes

- Oranges
- Grapes
- Berries
- Spinach
- Kale
- Collard greens
- Mustard greens
- Any other fresh fruits & veggies of your choice

(Non-)Dairy:

- Non-dairy milk and creamer (almond, soy, hemp or coconut milk)
- Vegan yogurt (almond, soy or coconut milk)
- Vegan cheese (see our Guide to Vegan Cheese for list)
- Vegan cream cheese (Tofutti, Daiya, Follow Your Heart, etc.)
- Vegan mayonnaise (Vegenaise, Beyond Mayo, Earth Balance or Nayonaise)
- Vegan Butter (Earth Balance, Spectrum, etc.)

Frozen:

- Bananas
- Berries
- Veggies
- Black Bean or Veggie Burgers
- Gardein, Tofurky, Beyond Meat, Field Roast, or other vegan “meats”
- Frozen “meatballs” (Gardein, Nates, etc.)
- Frozen vegan pizzas (Tofurkey, Daiya, Amy’s, etc.)

Thickeners:

- Cornstarch
- Agar
- Arrowroot
- Egg-replacement powder (Ener-G Egg Replacer)

Sweets & Treats:

- Dried fruits (apples, dates, raisins, figs, etc.)
- Non-dairy ice creams and frozen bars (So Delicious, Tofutti, Coconut Bliss, Purely Decadent, etc.)
- Sorbets
- Dark chocolate (check ingredients, some have milkfat)
- Vegan marshmallows (Sweet & Sara, Dandies)
- Kettle Corn
- Vegan cookies, muffins, cakes, etc.

Tips for Vegan Meal Planning & Eating

- ★ **Keep vegan snacks handy at all times** at your workplace, and in your pantry/fridge - yummy stuff you'll want to eat like vegan cups of soup, dried fruit and nuts, granola, veggies and hummus, vegan yogurt or pudding, energy bars, rice cakes, or apples and peanut butter. You may find that you get hungry more often being vegan, so make it easier on yourself by keeping snacks handy.
- ★ **Keep chopped frozen fruit in your freezer**, so you can whip up a smoothie at any time with maximum ease! You can also freeze almond/soy/rice milk into cubes...so if you run out in the fridge, you'll still have smoothie ingredients in a pinch.
- ★ **Pack amazing salads for lunch.** Try building salads around whole grains and leafy green veggies, like quinoa/brown rice/millet plus spinach/arugula/lettuces/marinated kale. Then add in legumes (beans, lentils...) and any goodies you want, like chopped avocado, almonds or other nuts (some healthy fats will make meals more satisfying), chopped seitan or cubed tofu, plus any other veggies - the more fresh veggies the better!
- ★ **Korean, Indian and other Asian grocery stores are great places to get things in bulk** - ingredients you might use a lot like rice, lentils, beans, spices, and tofu. You can usually find large containers of minced garlic and ginger, which make cooking many dishes super convenient. There are also usually vegan novelties in the frozen section, like veggie dumplings!
- ★ **As with any diet, minimizing processed, ready-made foods**, and doing more cooking at home from whole ingredients, will minimize your costs as well. Cans of vegan chili and lentil soup are great to have on hand for when you're in a pinch, but making your own big batches will be much less expensive and much more fun!
- ★ **Another way to minimize costs** is to limit your purchases at natural foods grocers (if you shop at natural foods stores at all) to specialty items you can't get elsewhere (like nutritional yeast and soy yogurt). There's a misconception that vegans have to do most of their grocery shopping at natural foods stores. Many of us don't!
- ★ **Dark leafy greens, like kale and collards, are some of the best things for you.** Many mainstream grocers sell large bags of pre-washed kale or collards, which may be worthwhile to have on your shopping list. Kale and collards freeze well for use in cooked dishes later on, or to add to your smoothies.
- ★ **Keep a vegan salad dressing that you love on hand at all times**, not just as a salad dressing, but as a dip for fresh veggies, and a marinade for tofu, beans, or mushrooms.
- ★ **Prepare large batches of beans, grains, baked tofu and salad at the start of the week**, and store in an airtight container to make these things easier to grab on the go! Toss some beans, rice and veggies in a tortilla wrap for a quick and easy burrito, stuff a pita pocket with baked tofu, veggies, quinoa and your favorite dressing, or combine several ingredients for the biggest, most delicious salad ever!
- ★ **Pull that old slow-cooker down off the shelf** and experience the ease of tossing your ingredients for veggie chili or minestrone soup in all at once and coming back a few hours later to a delicious meal. What could be easier than that?
- ★ **Pre-chop veggies like onions, peppers, carrots and celery at the start of the week**, place them in an airtight container and save lots of prep time on days when you need to prepare a quick meal.

Replacing Eggs and Dairy...

It's a Piece of Cake!

(It's also better for animals, your health, and our environment!)

To Replace an Egg in Baked Goods, use any one of these:

- ★ 2 Tablespoons cornstarch plus 3 Tablespoons soy milk or water
- ★ 1 Tablespoon ground flax seeds + 3 Tablespoons water
- ★ ¼ cup mashed silken tofu (blend it with liquid ingredients!)
- ★ Ener-G brand egg replacer, according to package directions
- ★ Half of a ripe banana, mashed, if a little banana flavor works well
- ★ ¼ cup soy yogurt
- ★ ⅓ cup applesauce
- ★ 3 Tablespoons Aquafaba (*aquafaba* refers to liquid from cooking legumes, like the liquid in a can of chickpeas, or liquid from cooking dried beans at home. The liquid is very close to the consistency of raw egg white and can be used in many recipes in very much the same way. You can bake with it, whip it and make meringues, make marshmallows or cheese with it, or use it as a raw fluff. For more info, visit www.aquafaba.com)

To Replace Eggs in Cooking:

- ★ Scramble extra firm tofu for breakfast with zesty spices and your favorite veggies!
- ★ You can also use mashed (not blended) extra firm tofu to replace egg whites in “egg” salad
- ★ Try VeganEgg by Follow Your Heart for scrambled “eggs”, quiches and omelettes!

To Replace Milk:

Soy, rice, coconut and almond “milks” are now available in many mainstream grocery stores (or your nearest natural foods store, where you might also find hemp, cashew, flax and oat milks) in plain, vanilla and chocolate! These “milks” work just like dairy milk in baked goods and taste great alone or with cereal. Try different brands to see which one you like best.

To Replace Butter in Baked Goods:

Use non-hydrogenated vegetable shortening or dairy-free margarine. In some recipes you can replace all or some of the fat with applesauce or pureed prunes.

The results are delicious!

Check out www.LiveVegan.org, www.VegWeb.com, and www.theppk.com/veganbaking for recipes and tips!

Why Don't You Use Eggs or Dairy Products? A Quick Guide!

What's wrong with dairy?

Dairy cows, whether on large or small scale farms, must be made pregnant in order to produce milk. Dairy producers artificially inseminate cows using what's called a "rape rack." Cows' gestation periods are the same as humans. Mother cows and baby calves are separated less than a day after birth, and mother cows can be heard bellowing for their babies. Dairy cows are impregnated every year to keep them lactating all year round. Using genetic manipulation and mechanized production, the dairy industry has bred cows to produce 100 pounds of milk each day - more than ten times what is natural. In addition to the emotional trauma of being stripped of their freedom, routinely raped, and separated from their offspring, dairy production puts incredible, daily physical strain on cows' bodies. While cows can live well into their twenties, dairy cows are killed (often for hamburger meat) when their "production" declines, usually at less than 5 years of age. Male calves born into the dairy industry are raised for veal. They are chained by the neck in crates measuring just two feet wide, and killed when they grow large enough for their flesh to turn a profit for producers. Dairy cows are slaughtered, usually at less than 5 years of age, for "low-grade meat" such as "hamburger," whereas male calves born into the dairy industry are killed for "veal."

There are myriad health concerns with dairy product consumption. The milk of any mammal is meant to be infant formula for their young, not a food choice for a different species. Contrary to what the National Dairy Council would like us to believe, dairy products are not healthy for humans. Dairy is known to cause symptoms from eczema, bloating and gas to life-threatening allergic reactions in nearly 50 million Americans. Infections of dairy cows' udders commonly lead to a little blood and pus in every glass. We've all heard that milk will build strong bones. However, nations with the highest consumption of dairy products have correspondingly high incidence of osteoporosis. The mother's estrogen combined with growth hormones in most commercially available milk adds up to extra estrogen build-up in the body. The build-up of these hormones has been linked to cancer and diabetes. *Make the healthy and compassionate choice: Kick the dairy habit!*

What's wrong with eggs?

Because male birds don't lay eggs, hatcheries sort newborn chicks by gender. Males are discarded and killed. They are suffocated, crushed in plastic bags or trash bins, or ground up alive within minutes of being born. Female birds are shipped to egg farms, where they will live in filthy conditions so cramped they cannot spread their wings. After having their beaks seared off with a hot blade, five or more hens are forced into a cage, each hen with less space than the equivalent of one sheet of notebook paper. These wire cages are stacked and excrement falls from one chicken to the next.

Birds used by the egg industry are slaughtered and used for processed "meat" products such as chicken soup. Killing animals for their flesh and secretions violates their intrinsic rights to life. There's no way to politely take anyone's life. There's no way to respectfully violate someone's body and reproductive autonomy and strip them of daily decisions they'd otherwise freely make, especially when we have the choice not to do so.

The end of a dairy cow or layer hen's life

Dairy cows are slaughtered, usually at less than 5 years of age, for “low-grade meat” such as “hamburger,” whereas male calves born into the dairy industry are killed for “veal.” Birds used by the egg industry are slaughtered and used for processed “meat” products such as chicken soup. Killing animals for their flesh and secretions violates their intrinsic rights to life. There’s no way to politely take anyone’s life. There’s no way to respectfully violate someone’s body and reproductive autonomy and strip them of the ability to make daily decisions about their lives, especially when we have the choice not to do so.

Sources:

United Poultry Concerns: www.upc-online.org, Physicians Committee for Responsible Medicine: www.pcrm.org

Guide to Vegan Cheese!

Here is a sampling of some delicious cheese substitutes on the market today. You are likely to find some of these at your nearest natural food store, though some are becoming more available at mainstream grocery stores. Watch out for “casein” in some other cheese substitutes - casein is an animal product. The products listed here are 100% vegan per our latest research, but it’s always best to double check.

ALL THIS AND MORE! Find a comprehensive guide to delicious vegan foods, nutrition, clothing, and products visit www.vegankit.com



CHAO SLICES BY FIELD ROAST

Welcome to Field Roast's newest family member: a vegan coconut cheese alternative seasoned with a traditionally fermented soybean curd called Chao by the Vietnamese. Field Roast blends unique Asian and European heritages to create this fantastic vegan option by partnering with a Greek cheese

maker and a family in Taiwan who makes the Chao to merge their skills into one fantastic cheese. Throw a slice anywhere that it sounds good, crumble on top of salads, or just enjoy a piece straight from the package, any way you eat it, you'll be happy you've tried Chao Cheese!

www.fieldroast.com/products/chao Where to find: www.fieldroast.com/where-to-buy



DAIYA VEGAN CHEESE

Made from tapioca and arrowroot flour, Daiya deliciously dairy free cheese melts and stretches like dairy cheese on your vegan pizza, quesadilla or casserole! Available as Cheddar Style Shreds or Mozzarella Style Shreds. Daiya is soy-free and gluten-free.

Daiya also makes a cheesecake! www.daiyafoods.com Where to find Daiya: www.us.daiyafoods.com/where-to-buy



GO VEGGIE!

VEGAN SLICES, BLOCKS, AND TOPPINGS

Go Veggie! Dairy Free brand slices, blocks, shreds, cream cheese alternative, and grated cheese topping with the PURPLE label are vegan (as opposed to some of their other products which are just lactose-free).

www.goveggiefoods.com/products



WE CAN'T SAY IT'S CHEESE FROM WAYFARE

Enjoy all of the real dairy taste with the benefits of non-dairy, made from whole grain oatmeal and other healthy ingredients. **We Can't Say It's Cheese** is available in Cheddar-Style Spread, Hickory-Smoked Cheddar-Style Spread, Cheddar-Style Dip, and Mexi Cheddar-Style Dip. Great on crackers, tortilla chips, and mini-toasts!

www.wayfarefoods.com



TOFUTTI SOY-CHEESE SLICES

American Soy-Cheese Slices and Mozzarella Soy-Cheese Slices from Tofutti are sold in individually-wrapped 8 oz packages. Great for cold sandwiches or vegan grilled cheese sandwiches! Tofutti also makes vegan cream cheese, ricotta, sour cream, frozen food and desserts! www.tofutti.com

Where to find Tofutti products: www.tofutti.com/about-us/supermarket-list



TOFUTTI BETTER THAN CREAM CHEESE

Tofutti Better Than Cream Cheese spreads on your bagel or cracker. Available in plain, non-hydrogenated plain (pictured), French Onion, Herbs and Chives, and Garlic and Herb variety. www.tofutti.com

Where to find Tofutti products: www.tofutti.com/about-us/supermarket-list



TREELINE CHEESE

Artisanal treenut cheeses to rival the best of France and Italy. Treeline Cheese is great for lactose intolerant people, vegans and lovers of fine cheese. Treeline Cheese has no lactose, soy or palm oil. Currently available in French-Style Soft Cheeses and will be releasing aged hard cheeses in the Fall. Stay tuned - they are fantastic!

www.treelinecheese.com

Where to buy: www.treelinecheese.com/where-to-buy



SHEESE HARD “CHEESE” AND CREAMY “CHEESE”

Absolutely delicious, Sheese is made in Scotland and comes in 9 flavors of hard cheese including smoked cheddar, strong cheddar and blue style. There are also 5 flavors of creamy Sheese including Mexican Style, Chives, and Garlic and Herb. www.buteisland.com. As of printing, Sheese is looking for a new distributor for the U.S. Until another option becomes available, you can order online from Veggiestuff. They are based in the U.K. but are experienced with shipping to the U.S and the rest of the world: www.veggiestuff.com



MIYOKO'S CREAMERY

Cheese wheels, mozzarella, butter, cream cheese, cheese spreads. With a nod to the finest European cheeses, we're applying modern innovation to elevate vegan cheese and butter to a whole new level. And guess what? We've won awards. Lots. www.miyokoskitchen.com.

Where to buy: www.miyokoskitchen.com/pages/store-finder



VEGAN GOURMET CHEESE ALTERNATIVE FROM FOLLOW YOUR HEART

Melts well, especially in ooey gooey recipes like casseroles! Available in Cheddar, Mozzarella, Monterey Jack and Nacho Cheese style, plus Follow Your Heart now makes shreds, too. www.FollowYourHeart.com (You may search for availability by zip code at www.followyourheart.com/store-locator)



TEESE FROM CHICAGO VEGAN FOODS

Teese Vegan Cheese, a 100% dairy-free, gluten-free, soy-based alternative to dairy cheese, first launched in 2008. Teese can be used just like regular dairy cheese in all of your favorite meals. Perfect for pizzas, mac 'n' cheese, grilled cheese, and nachos. Available in sliceable mozzarella or cheddar, plus nacho sauce and cheddar sauce. www.chicagoveganfoods.com (You may search for availability by zip code!)

Chicago Vegan Foods also makes Dandies Vegan Marshmallows, and Temptation Vegan Ice Cream.



DR. COW'S TREE NUT CHEESE

Dr. Cow's Tree Nut Cheese, founded in Williamsburg, Brooklyn, is raw and created via traditional artisanal techniques to offer a unique vegan cheese unlike anything else available. These tree nut cheeses are designed to stand alone as would a high-grade artisanal cheese, to be enjoyed for their individual flavors rather than simply being a topping

for another dish. Available in seven flavors.

Where to buy: www.dr-cow.com/stockist. Store Address: 93 South 6th. street Williamsburg Brooklyn NY



PARMA! VEGAN PARMESAN

Shake Parma! on your savory foods for a nutty cheezey flavor that boosts your food to the next level of yum! Parma! is made with organic nuts and seeds making it highly nutritious and super delicious. It is an excellent food source of Omega 3's B, vitamins, including B12, complete protein, trace minerals, and all the goodness of hemp seed. Eat Parma! on popcorn, pizza, pasta, grains, soup, and salad. It is also great on sandwiches,

tortillas, beans, avocado, lightly steamed veggies, grains, and most savory food. www.eatparma.com.

Where to buy: www.eatparma.com/where_to_buy.html



KITE HILL

Artisanal nut milk-based cheeses. Kite Hill is dedicated to the creation of the finest, most indulgent and delicious nut milk-based cheeses. We share a deep commitment to environmental and animal welfare, but we are also uncompromising gourmards who prize sublime flavors, aromas and textures in all that we eat. www.kite-hill.com.

Where to buy: www.kite-hill.com/where-to-buy



SO DELICIOUS DAIRY FREE SHREDS

Delicious, melty goodness has arrived! Introducing So Delicious Dairy Free Cheese Shreds! Free from dairy and soy and Non-GMO Project Verified—they're the perfect match for your grilled sandwiches, nachos, and more. Choose from Mozzarella, Cheddar, and Cheddar Jack and change the way you make lunch, dinner, and snacks. Living dairy-free has never tasted so good. So Delicious also makes amazing ice creams, milks, yogurts, and creamers!

Where to buy: www.sodeliciousdairyfree.com/store-finder

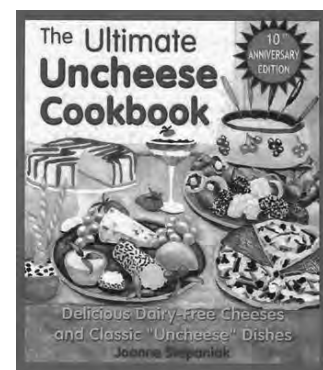
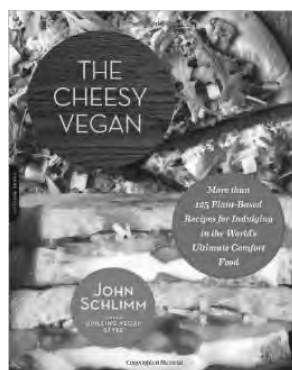
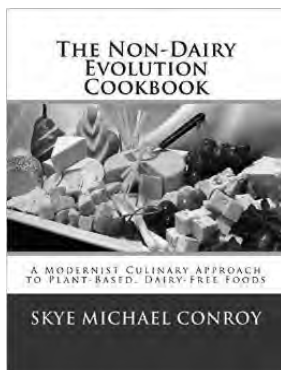


VIOLIFE

All of our 100% Vegan foods are free from; lactose, GMO, gluten, nuts, soy, preservatives and cholesterol. So you're guaranteed guilt-free and allergen-free eating! We absolutely love what we do here because we know that, for some, it's really difficult to give up cheese! We know that we can reassure those people that our melt-y, stretchy, creamy, tangy Violife family

of products will be perfect for them. No compromise on taste necessary. www.violifefoods.com Where to buy: www.violifefoods.com/us/where-we-are

VEGAN CHEESE COOKBOOKS



The Non-Dairy Evolution Cookbook by Skye Michael Conroy

The Cheesy Vegan by John Schlimm

Artisan Vegan Cheese by Miyoko Schinner

The Ultimate Uncheese Cookbook by Joanne Stepaniak

THE BEST VEGAN MACARONI AND CHEESE EVER - A RECIPE



Serves 6

Preheat oven to 350 degrees

1 1/2 cups plain soymilk

1 cup water

1/3 cup tamari or soy sauce

1 1/2 cups nutritional yeast

1 tablespoon paprika

1 tablespoon garlic powder

1 teaspoon salt

3 ounces firm tofu

1 cup canola oil

1 1/2 pounds macaroni noodles

2 teaspoons mustard (optional)

Boil water in a big pot for macaroni noodles. Put all other ingredients in a blender to create the cheese-like sauce. Be sure to BLEND the sauce thoroughly! Once noodles are cooked, drain and put in a baking pan and pour sauce over the noodles. Serve as-is (creamy and delicious!) or bake until the top of the pasta looks slightly browned and crispy – about 15 minutes.

Recipe #180878 from recipezaar.com, re-printed in United Poultry Concerns' "Life Can Be Beautiful - Go Vegan" guide - www.upc-online.org/whatsnew/upcgoveg.pdf

Vegan Cheese Recipes

Creamy Alfredo Sauce

Adapted from the book Artisan Vegan Cheese. Reprinted with permission by author Miyoko Schinner.

2 cups of soaked cashews
3 1/2 cups of water
1/2 cup nutritional yeast
1/2 cup dry white wine
1/2 tsp white pepper
1/2 tsp black pepper (optional)
4 – 6 cloves of garlic
1 tsp salt
1 tsp tamari (optional)

Blend cashews, water, and nutritional yeast in blender until smooth. Transfer mixture to a saucepan and add the rest of the ingredients. Simmer at medium heat until the sauce thickens, about 10 to 15 minutes. Add more salt, pepper, or nutritional yeast to taste. If a darker flavor is desired, add additional tamari. Serve immediately.

Smoky Crock Cheese

Reprinted with permission from The Ultimate Uncheese Cookbook by Jo Stepeniak

1/2 block of firm regular tofu (roughly 8 ounces), drained
3 tablespoons nutritional yeast
2 tablespoons sesame tahini
2 tablespoons fresh lemon juice
1 1/2 tablespoons light or chickpea miso
1 teaspoon onion powder
3/4 teaspoon salt
1/2 teaspoon paprika
1/4 teaspoon garlic powder
1/4 teaspoon garlic powder
1/4 teaspoon dry mustard
1/4 teaspoon liquid smoke (omit if you want a regular cheddar style)

Break tofu into large chunks. Place in a saucepan and cover them with water. Bring to a boil, reduce heat, and simmer for 5 minutes. Drain well, then place in refrigerator uncovered until cool enough to handle. Place with rest of ingredients in a food processor and process until smooth. Chill several hours or overnight to allow flavors to blend.

Basic Cashew Cheese

2 cups soaked cashews

One of the following live cultures:

- 1/2 cup rejuvelac
- 1 small container of unsweetened, vegan yogurt
- 1 tsp vegan probiotic powder, any capsules removed (roughly 8 capsules)
- 1/2 cup of the previous batch of basic cashew cheese

1/2 – 3/4 cup water (omit if using rejuvelac)

Blend all ingredients in a high speed blender until creamy and smooth, stopping frequently to scrape the sides with a spatula. Add water a little at a time if needed to blend properly. Be careful not to let the blender make it too hot – heat can kill your cultures! Pour into a non-reactive container (glass, ceramic) or BPA-free plastic container and cover with cheesecloth. Allow the cheese to culture at room temperature for 24 – 48 hours. The longer you let it culture, the sharper it will become. Warmer temperatures will cause it to sharpen faster, so check it every 12 hours or so. Once it tastes the way you like it transfer it to a sealed container and refrigerate. Cultured cheeses will continue to sharpen over time even in the refrigerator. Use within 2 weeks.

Tofu Ricotta

Reprinted with permission from Non-Dairy Evolution, by chef Skye Michael Conroy

Creamy ricotta is superb for stuffed pasta shells, manicotti or lasagna. Homemade almond milk or cashew milk is ideal for lightening the flavor and texture of the tofu, yielding a mild and creamy cheese with a subtle hint of sweetness that is present in dairy ricotta. The herbs are optional and variations are provided for creating spinach or pesto ricotta. This recipe yields about 2 cups.

1 block (14 oz) firm or extra-firm water-packed tofu (not silken tofu)

3/4 cup plain unsweetened non-dairy milk (homemade nut milk is ideal)

2 T olive oil

1/2 tsp lactic acid powder or 2 tsp fresh lemon juice

1 tsp nutritional yeast flakes

1/2 tsp fine sea salt or kosher salt

1/4 tsp ground white pepper

1 tsp each of dried basil, parsley, and oregano (optional)

plain unsweetened soymilk to thin to desired consistency, if necessary

Drain and press the tofu until it is not releasing any more liquid. It is essential to dry the tofu as much as possible for the proper texture. Crumble the tofu into a food processor (or alternately mash the tofu in a mixing bowl with a fork). Add the soymilk and remaining ingredients and process (or stir) until the tofu is nearly smooth but still retains some texture. Stir in the optional dried herbs. Use small amounts of additional soymilk to thin to desired consistency as needed. Refrigerate in a covered container until ready to use.

Spinach Artichoke Dip

1 recipe cultured cashew cheese (Roughly 2 cups)
2 cups unsweetened non-dairy milk
3 Tablespoons lemon juice
4 - 5 cloves of garlic
1 tsp dry mustard
1 1/2 teaspoon salt
1 can artichoke hearts, drained
8 ounces of frozen spinach

Preheat the oven to 425. Combine all ingredients except the artichoke hearts and spinach in a blender. Blend until smooth. Add the artichoke hearts and frozen spinach. Pulse several times – you're looking for chunky, not smooth. Transfer to a baking dish and bake for 17 – 20 minutes. Serve immediately.

Tangy Cheddar Melt

Reprinted with permission from Non-Dairy Evolution, by chef Skye Michael Conroy

Use this cheese whenever you want a warm, stretchy cheese. Works great for grilled cheese!

3/4 cup pure soymilk
1/4 cup mild vegetable oil (safflower, canola, sunflower)
3 Tablespoons tapioca flour
2 Tablespoons nutritional yeast flakes
1 Tablespoon mellow white miso paste
1 tsp tomato paste or 1/2 tsp tomato powder*
1 tsp raw apple cider vinegar
1/2 tsp onion powder
1/2 tsp lactic acid powder or 2 tsp fresh lemon juice
1/4 tsp dry ground mustard
1/4 tsp guar gum, sodium alginate or xanthan gum
*For tangy white cheddar, simply omit the tomato paste.

In a small saucepan, vigorously whisk together the ingredients until smooth. You can also use a blender on low speed to mix the ingredients. Cook the mixture over medium-low heat, stirring slowly and continually with a flexible spatula. The golden color will develop as the mixture cooks. As the mixture thickens and curdles (forms lumps), begin stirring vigorously until the curds disappear and the cheese becomes very thick, smooth and glossy. Keep warm over low heat, stirring occasionally, until ready to use. For a spreadable consistency, remove from the heat and allow the melt to thicken.

Golden Cheddar Sauce

Reprinted with permission from Non-Dairy Evolution by chef Skye Michael Conroy

This velvety cheese sauce has a mild cheddar flavor that will please the entire family. It's ideal for preparing macaroni and cheese and cheesy rice. Try pouring over freshly steamed vegetables or baked potatoes too. This recipe yields about 2 cups of sauce.

1 and 3/4 cup pure soymilk
1/4 cup tapioca flour
1/4 cup nutritional yeast flakes
1/4 cup vegetable oil
1 T mellow white miso paste
1 T organic tomato paste or 1 and 1/2 tsp tomato powder
1 tsp fine sea salt or kosher salt, or more to taste
1 tsp raw apple cider vinegar
1/2 tsp dry ground mustard
1/2 tsp onion powder
1/4 tsp lactic acid powder or 1 tsp fresh lemon juice
1/8 tsp garlic powder

Whisk the ingredients together in a small saucepan until smooth. Place over medium-low heat and stir slowly and continually with a flexible spatula until the mixture becomes thickened, smooth and glossy. Please note that the golden color will develop as the cheese sauce cooks. Taste and add salt as desired and/or additional soymilk to lighten the consistency to your preference. Reduce the heat to low to keep warm until ready to serve, stirring occasionally.

- To thin the consistency: whisk in additional soymilk
- To thicken the consistency: sprinkle in additional tapioca starch while vigorously whisking and bring the sauce back to a gentle simmer until thickened

Grated Parmesan

Reprinted with permission from The Uncheese Cookbook by Jo Stepaniak

1/2 cup almond meal, cashew meal, or ground sesame seeds
2 Tablespoons nutritional yeast
1 – 2 tsp mellow white miso paste
1/4 tsp sea salt or kosher salt
1/4 tsp onion powder (optional)
1/8 tsp garlic powder (optional)

Pulse all ingredients in a food processor until well combined. Refrigerate in a covered container until ready to use. Use as a topping on spaghetti, garlic bread, or pizza!

Sharp Cheddar

Reprinted with permission from Artisan Vegan Cheese by Miyoko Schinner

2 cups basic cashew cheese
2/3 cup nutritional yeast
1/2 cup rejuvelac or 2 T lemon juice and 3/8 cup water
1/2 cup canola oil (optional)
1 to 2 T medium brown miso
1 tsp salt
1 T carrageenan or 2 T agar powder
1/2 tsp xanthum gum

Process everything in a blender until smooth. Transfer to a saucepan and cook over medium heat, stirring almost constantly. The mixture will be very thick, grainy, and difficult to stir at first. Keep cooking and stirring until it is smooth and glossy and starts to pull away from the sides of the pan, 3 to 5 minutes. Transfer to a glass or metal mold and smooth the top. Let cool completely to room temperature. Cover and refrigerate for 6 hours, or until firm.

Queso Nacho Sauce

Reprinted with permission from Non-Dairy Evolution by chef Skye Michael Conroy

As the name implies, this Mexican-style cheese sauce is perfect for topping nachos. This recipe yields about 2 cups of sauce.

1 and 3/4 cup pure soymilk
1/4 cup nutritional yeast flakes
1/4 cup tapioca flour
1/4 cup vegetable oil
1 T mellow white miso paste
2 tsp raw apple cider vinegar
1 tsp fine sea salt or kosher salt
1 tsp ancho chili powder
1/2 tsp onion powder
1/4 tsp ground red pepper or cayenne pepper

Whisk the ingredients together in a small saucepan until smooth. Place over medium-low heat and stir slowly and continually with a flexible spatula until the mixture becomes thickened, smooth and glossy. Please note that the golden color will develop as the cheese sauce cooks. Taste and add salt as desired and/or additional soymilk to lighten the consistency to your preference. Reduce the heat to low to keep warm until ready to serve, stirring occasionally.

Tip: For hot and cheesy nacho bean dip, heat 1 can (16 oz) vegetarian refried beans in a saucepan and stir in 1 cup queso nacho sauce. Garnish with pickled sliced jalapenos, diced onion and chopped cilantro, if desired.

Smoked Provolone

Reprinted with permission from Artisan Vegan Cheese by Miyoko Schinner

1 cup plain, unsweetened soymilk
1/2 cup rejuvelac
1/3 cup canola oil
1/3 cup pine nuts (Note: the presenter uses cashews)
1/4 cup nutritional yeast flakes
1/4 cup tapioca flour
1 T carrageenan powder, or 2 T agar powder
1 tsp salt
1/2 tsp liquid smoke

Process the ingredients in a blender until smooth and creamy. Pour the mixture into a saucepan. Cook over medium heat, stirring almost constantly with a wooden spoon. The mixture will be very lumpy at first. Once it's smooth, decrease the heat to low and simmer, stirring occasionally, for about 2 minutes. Pour the mixture into a glass or nonreactive metal mold and smooth the top. Cover and let cool to room temperature. Refrigerate for at least 3 hours, or until firm.

What Do I Eat?

Meal Ideas, Recipes, and Resources

- ★ We've put together a list of meal ideas, and a bunch of delicious recipes to get you started.
- ★ Highly recommended: **VRG's Low Cost Vegan Meal Plans** - www.tinyurl.com/vrglowcostmealplans with day by day meal ideas and recipes for families, teens, and seniors.
- ★ **Want oil-free (but great-tasting) vegan recipes?** Baltimore-based Nutrition As Medicine helps people transition to a healthy, whole-foods, plant-based diet through the website www.NutritionAsMedicine.org, a resource for cooking know-how and vegan recipes without oil that are amazingly delicious and easy-to-make.
- ★ **Physicians Committee for Responsible Medicine** has a free online **21-Day Vegan Kickstart**, which includes a 21-day meal plan and daily messages and advice from nutrition experts. Sign up at www.tinyurl.com/pcrm21day.
- ★ **Also see www.GetMealPlans.com**, 7-Day Meal Plans from Happy Herbivore. This website provides you with a new grocery list and meal plan once a week, for \$7 a week or \$18.99 a month, with one free 7-day meal plan. All recipes are vegan, low-fat, and oil-free.

Over a Week's Worth of Meal Ideas, to get you started...

BREAKFAST IDEAS

- ★ **Oatmeal** cooked with almond or soy milk. Mix-ins: walnuts, almonds, pecans, fresh fruit or preserves, dried cranberries or raisins, nutmeg, cinnamon.
- ★ **Vegan cereal** - such as original Cheerios, Crispix, Cornflakes, or Grape Nuts, with soy, rice or almond milk.
- ★ **Bagel** (just check ingredients for eggs or dairy, but many are vegan) with hummus and avocado slices, or vegan cream cheese, fruit preserves, or nut butter.
- ★ **Vegan Pancakes** with maple syrup, preserves, or your fave vegan toppings - You can make vegan pancakes using the substitutes in our "Replacing Eggs and Dairy" handout in Pledge binders.
- ★ **Vegan Waffles** with maple syrup, preserves, or your fave vegan toppings. You can veganize your waffle recipe by replacing the eggs and dairy, or visit www.waffleparty.com for many vegan waffle recipes, and info on the Global Vegan Waffle Cookbook.
- ★ **Toast** with preserves or peanut butter
- ★ **Tofu Scramble** - Crumble and "scramble" extra firm tofu in a skillet with onions, peppers, garlic, tomatoes or other veggies. Tip: Add a little mustard for color and flavor. Also see OTCA Director Robin's recipe on the United Poultry Concerns' website at www.tinyurl.com/RedRobinsTofuScramble.
- ★ **Vegan Sausage** - (such as Gimme Lean) and **hash browns**

LUNCH IDEAS

* indicates that the recipe follows

- ★ **Sandwich or wrap with hummus**, sprouts, avocado, and tomato.
- ★ **Whole wheat pita pocket with veggies, chickpeas**, and vegan salad dressing.
- ★ **Any of the salads from recipes below*** - Mixed Bean Salad, Vegan Potato Salad, Cubed Seitan Salad, Kale Salad, Eggless Egg Salad, Creamy Potato Salad...
- ★ **Salad with the Whole 9 Yards** - Start with greens like spinach, romaine or arugula, and add cous cous, rice, pasta, or quinoa, plus your favorite veggies, beans, chickpeas, nuts, dried fruit or other add-ins.
- ★ **Tabbouleh*** - have for lunch with fresh fruit, a smoothie, or veggies and dip
- ★ **Cous Cous Pilaf*** - have for lunch with fresh fruit, a smoothie, or veggies and dip
- ★ **Bean burrito** - Make your own with vegan toppings like avocado, salsa, and pico de gallo. This is also a great way to use leftover rice!
- ★ **Falafel pita sandwich**
- ★ **Peanut butter and jelly sandwich**

Transition foods:

- ★ **Sandwich with Tofurky slices and** vegan mayonnaise.
- ★ **Veggie burger or hot dog**
- ★ **Vegan pizza with Daiya cheese**

DINNER IDEAS

* indicates that the recipe follows

- ★ **Burritos or tacos** with refried beans, diced avocado, tomato and onion, fresh salsa, and a spritz of lime juice OR **Barbecue Seitan Burrito Filling***
- ★ **Whole Wheat Pasta with Marinara Sauce and Garlic Kale*** - serve with mushrooms if you want!
- ★ **Marinated Portabello Mushroom Burgers*** with **Oven Fries***
- ★ **Smoky Baked Beans***
- ★ **Roast Seitan and Veggies with Gravy***
- ★ **Tofu Spinach Lasagna***
- ★ **Collard Greens with Mock Sausage Gravy***
- ★ **Any of the soups from recipes below***: Winter Squash and Corn Chowder, Spinach and Rice Soup, Tomato Saar (Indian Tomato Soup), Daal (Indian Lentil Soup), Mushroom Cashew Soup, Creamy Cauliflower and Lentil Soup, Carrot and Coconut Milk Soup
- ★ **Coconut Curry Chickpeas***
- ★ **Vegan Mac n Cheese*** - See the recipe in your "Guide to Vegan Cheese" handout or the "Vegangela" recipe below!
- ★ **General Tso's Tofu***

SNACK IDEAS

* indicates that the recipe follows

- ★ **Fresh or dried fruit**
- ★ **Vegan trail mix**
- ★ **Pretzels or popcorn**
- ★ **Vegan chips and salsa**
- ★ **Rice cakes** with hummus, nut butter, or fruit preserves
- ★ **Raw Veggies with Hummus or vegan salad dressing**
- ★ **Fruit smoothie** made with almond or soy milk
- ★ **Soy yogurt and granola**
- ★ **Edamame** - soy beans in the pod, available in some frozen food aisles, great steamed, sprinkled with salt, and eaten out of the pod as finger food!
- ★ **Daiya Cheese Quesadillas***, or Nutrition As Medicine's **Easy Quesadillas***

RECIPE INDEX:

Take-For-Lunch Recipes:

Tofu "Eggless" Salad
Creamy Potato Salad
Mixed Bean Salad
Kale Salad
Chopped Seitan Salad
Tabbouleh
Cous Cous Lentil Pilaf

Soups:

Winter Squash and Corn Chowder
Spinach and Rice Soup
North African Chickpea Soup
Carrot and Coconut Milk Soup
Tomato Saar (Indian Tomato Soup)
Daal (Indian Lentil Soup)

Savory Main Dishes and Sides:

Tofu Spinach Lasagna
Channa Masala
Smoky Baked Beans
Garlic Kale
Collard Greens with Mock Sausage Gravy
Vegangela Best Ever Vegan Mac
Marinated Portabello Mushroom Burgers and Oven Fries
Baked Seitan Recipe
Barbecue Seitan Burrito Filling
Roast Seitan and Veggies with Gravy
Spicy Red Potatoes
Black Garbanzo Bean Curry
TVP and Vegetable Stir Fry
General Tso's Tofu
Stir-Fried Szechuan Green Beans & Shiitake Mushrooms
Steamed Chicky Seitan

Snacks:

Guacamole
Kerry's Greek Hummus
Daiya Cheese Quesadillas
Nutrition As Medicine's Easy Quesadillas

Desserts:

Apple Spice (or Carrot) Cake
Chocolate Chip Cookies
Raw Lime Coconut Pie
Almond Cake
Oatmeal Raisin Cookies
Chocolate Midnight Mousse Cake
Lemon Cheesecake

Salad Dressings:

Thousand Island Dressing
"Honey" Mustard Dressing
Vinaigrette Dressing
Lemon Tahini Dressing

TAKE-FOR-LUNCH RECIPES

Tofu “Eggless” Salad

1 block extra firm tofu, drained
1/2 cup vegan mayonnaise (best with Vegenaïse)
1 tsp onion powder
1 tbsp mustard
¼ tsp sea salt*
¼ tsp pepper
½ tsp dill (optional)
dash paprika for garnish (optional)
*You may substitute with black salt for an “eggier” flavor

Optional add-ins: chopped celery, onions, scallions, tomatoes, green peppers, sweet or dill relish, etc.

In a medium-sized bowl, mash the tofu with a potato masher or fork. Add remaining ingredients and stir together until well combined. Sprinkle with paprika for garnish, if desired.

Serve on bread with lettuce for an “eggless” salad sandwich, or spread on crackers for a casual hors d'ouerves.

Creamy Potato Salad

5 medium potatoes
1/2 cup vegan mayonnaise (best with Vegenaïse)
1 tsp onion powder
1 tbsp mustard
¼ tsp sea salt
¼ tsp pepper
½ tsp dill (optional)
dash paprika for garnish (optional)

Optional add-ins: chopped celery, onions, scallions, tomatoes, green peppers, sweet or dill relish, etc.

Dice and place potatoes in a large pot and cover with water. Boil for 25 minutes. Cool potatoes, peel, and cube. (Alternatively, you may simply steam the potatoes, peel, and cube - or leave the peels on for a more rustic potato salad)

Combine all the remaining ingredients in a bowl and mix well. Combine the cubed potatoes with the dressing. You may serve the potato salad as is, or chill for two hours.

Mixed Bean Salad

1 ½ c. cooked red kidney beans
1 ½ c. cooked lima beans or black beans
1 ½ c. chickpeas
2 c green beans

Dressing:

½ c. apple cider vinegar
black pepper to taste
½ c olive oil
1 tsp dry mustard powder or 1 T mustard
1 bunch fresh basil
1 T dry parsley
¼ of a red onion

Cut green beans into bite-size pieces. Chop basil and cut onion half into crescents. Mix all beans together in a large bowl. In separate bowl, combine dressing ingredients. Pour dressing over beans. Refrigerate until ready to serve; mix onions in just before serving.

Kale Salad

A note about kale: As a vegan, it may be worth your while to buy bags of pre-chopped, pre-washed kale. Kale is one of the least expensive vegetables, but also one of the best for you. But if you're eating kale frequently (as you should be), washing and chopping it can become a big pain. If you buy a big bag of pre-washed and chopped kale, and can't use it all before it wilts, keep the rest of it in the freezer. Once frozen, you can use it for cooked recipes and smoothies (just not salads).

1 lb kale, washed and chopped or torn into pieces
2 Tablespoons olive oil
¼ c. lemon juice, or apple cider vinegar
¼ c. nutritional yeast
1 or two minced garlic cloves
¼ teaspoon ground white or black pepper
1 or 2 grated carrots
½ teaspoon sea salt
1 Tablespoon tahini (sesame butter, optional)

Place kale in a large bowl. Rip leaves off the thick stems and discard stems. Mix dressing ingredients separately. Combine well with a fork or whisk. Pour over the kale and toss to combine very well. This salad is best when it's allowed to marinate for at least a half hour.

Chopped Seitan Salad

Seitan is made from vital wheat gluten. Wheat gluten is an allergen for some people. For those who can digest wheat, seitan is a good “transition food” if you are used to a “meaty” texture. Making your own seitan is a less-processed alternative to name-brand “mock meats.” For this recipe, you will need about a fourth of a seitan loaf (see Baked Seitan recipe, under Main Courses, below).

1 carrot, sliced
Half a bell pepper, diced
Half a cucumber, diced
Olive oil and vinegar, or a vegan salad dressing

Just dice the seitan, combine with the chopped veggies, and drizzle with olive oil and vinegar or pre-made dressing to taste. This is great for lunch the day after you have roast seitan for supper!

Tabbouleh

1 cup dry bulgur (cracked wheat)
½ cup chopped parsley
¼ cup chopped mint leaves
3 green onions, chopped
1 tomato, diced
juice of one lemon
2 Tablespoons olive oil
1 teaspoon salt
½ teaspoon black pepper

Cook the bulgur (cracked wheat) according to package directions. (Basic directions: Combine bulgur with 3 cups boiling water. Let simmer about ten minutes, then turn off heat, cover and let sit 10 more minutes to absorb the rest of the water.)

Combine the bulgur with the other ingredients in a bowl. You may serve immediately, or let sit in the fridge for half an hour or so, to allow flavors to marinate.

Cous Cous Lentil Pilaf

1 cup uncooked cous cous
1 small onion
5 cloves garlic, or about 2 Tablespoons minced garlic
½ cup red lentils
1 tomato

1 Tablespoon olive oil
1 teaspoon salt
2 teaspoons "Italian seasoning" (or ½ teaspoon each: pepper, dried parsley, sage, and thyme)
half a zucchini
5 sprigs fresh basil (or more if you want!), minced

Put 2 ½ cups water on to boil. While it heats up, finely chop the onion, mince the garlic, and chop the tomato. When the water starts to boil, add the lentils, onion and garlic to the pot, and let cook about 5 minutes. Add the tomato, olive oil, salt, Italian seasoning, and couscous. Cook for three minutes while you chop the zucchini in half lengthwise, and then finely slice. Add the sliced zucchini and basil, and cook for another 2 to 3 minutes, until most of the liquid has cooked away. Place the lid on the pot and let sit for five minutes. Fluff the couscous and serve. This dish is delicious hot or chilled! If serving as a salad, you may choose not to cook the zucchini and basil for the last few minutes - they are fine added raw to the mixture if you want to serve as a cold salad.

SOUPS

Winter Squash and Corn Chowder

1 T olive oil
1 bunch green onions
1 diced red bell pepper
1 diced green bell pepper
2 10 oz. packages frozen pureed winter squash, thawed (or microwaved until soft)
½ lb potatoes
1 ½ c vegetable stock
2 tsp chili powder
1 tsp cumin
1 cup fresh or frozen corn
1 cup lima beans
2 T lime juice

Chop onions, peppers and potatoes into small pieces. Saute green onions in olive oil for a minute, until softened, in soup pot. Add peppers and cook five minutes. Stir in winter squash, potatoes, vegetable stock, 1 c. water, chili powder and cumin. Bring to boil, then reduce to simmer and cook covered for about 5 minutes. Add corn and lima beans and cook until heated. Stir in lime juice and serve.

Spinach and Rice Soup

1 large onion
1 stalk celery
approx 4 c. fresh spinach
3 garlic cloves
6 c. vegetable stock
black pepper to taste
1 T dry oregano
juice of 1 lemon

Chop onion and celery finely, chop spinach coarsely. Crush garlic. Saute celery and onion in olive oil for about 6 min. Add garlic, stock, black pepper and oregano, bring to boil and add rice. Let simmer 15-20 min, until rice is tender. Stir in spinach and lemon juice.

North African Chickpea Soup

Fresh from the Vegan Slow Cooker by Robin Robertson

2 t olive oil
1 large yellow onion, chopped
2 carrots chopped
3 gloves garlic
1 t grated fresh ginger
1 t ground cumin
1 t ground coriander
½ t cayenne pepper
3 cups cooked chickpeas, or 2 15 oz cans
1 14 oz can diced tomatoes, drained
6 c vegetable broth
Salt and pepper
1 T fresh lemon juice
¼ c chopped parsley

1. Heat skillet over med-high heat. Add onion, carrots, garlic, and ginger, and sauté until softened, about 5 minutes. Stir in cumin, coriander, and cayenne.
2. Transfer mixture to the slow cooker. Add chickpeas, tomatoes, broth and salt and pepper to taste. (I usually add S&P after cooking). The amount of salt you add will depend on the saltiness of the broth. (I make my own. Just throw ends of veggies into a plastic bag into your fridge, and when you have enough, cook with water in your crockpot, and freeze in small containers.) Cook soup on low for 6-7 hours.
3. Stir in lemon juice and parsley, and cook for 10 minutes longer. Taste and adjust seasoning, if needed.

You can serve the soup as is but it's really awesome when you puree it. Use an immersion blender or in a regular blender in batches. Serve hot. It's even better when you dip crusty bread into it!

Carrot and Coconut Milk Soup

1 medium onion
1 Tablespoon olive or canola oil
Carrots - Approximately 2 lb
6 cups vegetable stock, or 6 cups water + ½ teaspoon sea salt
2 Tablespoons minced garlic
2 Tablespoons minced ginger
½ teaspoon black pepper
1 teaspoon chili powder
1 teaspoon turmeric
1 bunch cilantro (more to serve if you want!)
½ cup coconut milk
Lime juice to serve

Chop onion and carrots - ok to chop them coarsely, as the soup will be pureed. Saute the onion for a few minutes in the olive oil. Add the carrots and saute for a few more minutes. Add the four cups of vegetable stock, garlic, ginger, pepper, chili powder, and turmeric. Let simmer for about 15 minutes or until the carrots are tender. Meanwhile, chop the cilantro coarsely. Add the cilantro and remove the soup from heat. Use a ladle or slotted ladle to transfer the cooked veggies to a blender. Blend (adding more liquid from the pot if necessary) and pour back into the pot. Add the coconut milk and heat gently. Serve with more cilantro on top if you wish, and lime juice to stir in at the table.

Tomato Saar (Indian Tomato Soup)

1 Tablespoon olive oil
1 small onion
2 14 oz cans crushed tomato puree
1 large bunch cilantro leaves
salt and pepper to taste
4 garlic cloves
1 chili pepper

Chop onion, cilantro and chili pepper finely. Crush garlic. Fry onion in olive oil for about 4 min. Add remaining ingredients and bring to boil; add water if consistency is too thick. Let simmer about 20 min

Daal (Indian Lentil Soup)

1 c. red lentils
1 tsp ground turmeric
1 tsp ground coriander
1 chili pepper

salt and pepper to taste
1 can diced tomatoes
1 small bunch fresh cilantro
2 T olive oil
1 small onion
1 inch piece ginger root, grated, or 1 T ground ginger
2 garlic cloves

Rinse lentils. Put in a pan with 2 c. water; cover and cook on low heat for 10-15 min. Remove any froth with a spoon; add more water if necessary during cooking. While lentils are cooking chop chili, cilantro and onion, and crush and grate garlic and ginger. Add garlic, ginger, turmeric, coriander, chili, salt, pepper and tomatoes to lentils. Cover and simmer another 10 min. Add cilantro leaves. Saute the onion in olive oil until golden brown, and place onion on top of lentil soup to serve.

SAVORY MAIN DISHES & SIDES

Tofu-Spinach Lasagna

The combination of firm tofu and soft tofu in this recipe makes a delightfully flavorful ricotta cheese replica. Baked, the tofu ricotta offers a wonderful texture, that nicely compliments the chewy pasta noodles and the spinach filling.

1/2 pound lasagna noodles
2 10-ounce packages frozen chopped spinach, thawed and drained
2 pounds soft tofu
1/4 cup unsweetened soy milk
1/2 tsp. garlic powder
2 Tbsp. lemon juice
3 tsp. minced fresh basil
2 tsp. salt
4 cups tomato sauce

Cook the lasagna noodles according to the package directions. Drain and set aside.

Preheat the oven to 350 degrees F.

Squeeze the spinach as dry as possible and set aside.

Place the tofu, soymilk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach.

Cover the bottom of a 9-inch-by-13-inch baking dish with a thin layer of tomato sauce, then a layer of noodles (use about one-third of the noodles). Follow with half of the tofu filling. Continue in the same order, using half of the remaining tomato sauce and noodles and all of the remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

Channa Masala

(Spicy Chickpeas)

2 Tablespoons vegetable oil
1 ½ teaspoon garam masala (Indian spice mixture)
1 teaspoon turmeric
1 ½ teaspoon paprika
1 ½ teaspoon cumin seeds
2 ½ teaspoons ground cumin
2 Tablespoons grated ginger
1 large onion
2 large tomatoes
1 teaspoon sea salt
1 ½ teaspoon black pepper
2 15-oz cans chickpeas (also called garbanzo beans)
3 Tablespoons minced or crushed garlic

Combine the spices: garam masala, turmeric, paprika, cumin seeds, and ground cumin, in a small dish or bowl. Heat the oil over low heat and add the spices. Stir for a minute, keeping the oil on very low heat - make sure not to burn the spices. Turn off the heat. Chop the onion finely, and add to the pot. Let cook over low heat, stirring frequently, while you chop the tomatoes, rinse the chickpeas, and mince or crush the garlic. Add the tomatoes, salt and pepper to the pot, and let cook for five minutes over low to medium heat. Now add the chickpeas and garlic, and let cook for another 10-15 minutes.

VARIATION With Roasted Garlic: Use roasted garlic! It's fantastic. Here's an easy way to roast garlic: Preheat the oven to 350 degrees. Remove the outer husk from a bulb of garlic (leave the inner husk on). Slice off about an inch from the pointy end of the garlic - the end that would sprout - so that each of the garlic cloves is exposed inside. Make a little bowl for the garlic with aluminum foil, and place a little water at the bottom of the "bowl." Brush olive oil over the top, cut side of the garlic. Place in a muffin tin or baking dish, and pinch/bunch the top of the aluminum foil so the garlic is sealed inside. Roast for 25-30 minutes, until tender...You'll smell the garlic cooking! Roasted garlic is fantastic spread on whole wheat toast, or used in recipes such as Channa Masala (replace the 3 Tablespoons minced fresh garlic with one bulb roasted garlic)!

Smoky Baked Beans

1 Tablespoon olive oil
1 medium onion
3 carrots
5 garlic cloves
3 15-oz cans kidney and/or cannellini beans
1 cup chopped tomatoes (fresh or canned)
⅓ cup orange juice
2 Tablespoons molasses
1 teaspoon ground ginger
1 Tablespoon mustard
½ teaspoon sea salt
¼ teaspoon smoke seasoning, or smoked paprika

Preheat oven to 375 degrees. Chop the onions and carrots, and mince or crush the garlic. Saute the onion and carrots together for about 5 minutes, then add the garlic and cook on low heat another 2 minutes. Stir in all remaining ingredients. Place mixture in a casserole pan, cover and bake for about 20 minutes. Uncover, and cook for another 5-10 minutes.

Garlic Kale

A note about kale: As a vegan, it may be worth your while to buy bags of pre-chopped, pre-washed kale. Kale is one of the least expensive vegetables, but also one of the best for you. And if you're eating kale frequently (as you should be), washing and chopping it can become a big pain. If you buy a big bag of pre-washed, pre-chopped kale, and can't use it all before it wilts, keep the rest of it in the freezer. Once frozen, you can use it for cooked recipes and smoothies (just not salads).

1 Tablespoon olive oil + water to saute
½ a medium onion
1 lb fresh kale
2 Tablespoons minced garlic
½ teaspoon black pepper

Wash the kale (easy to do this in a large colander, OR use pre-washed, pre-chopped kale) and onion. Dice the onion, and coarsely chop the kale. Saute the onion in the oil for four or five minutes, until softened. Add the kale and cook, for five or so minutes, adding water as necessary to cook. Stir in the garlic and black pepper a couple minutes into cooking. Enjoy!

Collard Greens with Mock Sausage Gravy

1 large onion
½ package Gimme Lean brand mock sausage
oil to saute
1 14 oz can collard greens
1 c. unsweetened soy milk
2/3 c. nutritional yeast
salt and pepper to taste

Chop the onion. Saute the Gimme Lean sausage and the onion in a small amount of oil, breaking the sausage up with wooden spoon as you saute. Add the collard greens, soy milk, nutritional yeast, salt and pepper and let cook, stirring frequently, until thickened and richly flavored. This is great over whole wheat pasta!

Best Ever Vegan Mac & Cheese

Adapted from Vegangela.com Epicurean Vegan, who adapted it from The Vegan Table

Prep time: 10 mins, Cook time: 15 mins Serves: 3-4

½ cup + 2 tbsp raw cashews
¼ cup nutritional yeast
1 tsp onion powder
1 tsp salt, to taste
½ tsp garlic powder
1/16 tsp white pepper
1 + ¾ cups nondairy milk
1.5 tbsp tapioca starch or cornstarch
3/8 cup canola oil
2 tbsp light (yellow or white) miso paste
1 tbsp lemon juice
6-8oz pasta, cooked (use gluten-free if needed)
1 tsp truffle oil (optional, but highly recommended)

1. Place cashews in a large-sized bowl of the food processor and finely grind—just don't let the cashews turn to a paste. Add nutritional yeast, onion powder, salt, garlic powder, and white pepper. Pulse three more times to blend in spices.
2. In a heavy saucepan, combine milk, cornstarch and oil(s). Bring to a simmer over high heat. Decrease heat to low-medium, cover and simmer, stirring occasionally for 10 minutes, or until cornstarch dissolves.
3. With the food processor running, gradually add milk/oil mixture to cashew/nutritional yeast mixture. Blend for 2 minutes or until smooth and creamy. Next blend in miso and lemon juice.
4. Combine cashew cheese with macaroni noodles and serve. You may also bake it: Preheat oven to 325 and place macaroni mixture in a 8 or 9" square baking dish. Cover and bake 20 minutes. Continue baking, uncovered, for 15-25 minutes until topping is golden brown.

Marinated Portobello Mushroom Burgers and Oven Fries

FOR THE BURGERS:

2 portobello mushroom caps, cleaned
Vegan whole wheat buns (just check ingredients for dairy)
Your favorite condiments

Marinade:

¼ cup apple cider vinegar
¼ cup soy sauce
2 Tablespoons mustard
1 Tablespoon olive oil
1 Tablespoon hot sauce
1 teaspoon garlic powder
1 teaspoon dried parsley

Combine all the ingredients except the mushrooms - easy to do this in a measuring cup - and whisk together. You can vary the spices and flavorings in the marinade to your heart's content! Pour marinade over the mushroom caps, and let sit in the fridge for at least an hour. Preheat oven to 375 degrees. Remove the mushroom caps and place them in an oven proof pan. Don't discard the marinade. Bake the mushrooms for about 20-25 minutes. Serve on whole wheat buns with oven fries (recipe below) if you wish. These are great with your favorite condiments. Vegan goddess dressing (such as Drew's) really gives them something special!

You can use the leftover marinade for more veggies or tofu!

FOR THE OVEN FRIES:

2 all-purpose potatoes
1 Tablespoon olive oil
1 Tablespoon mustard
1 teaspoon minced garlic
1 teaspoon dried parsley
½ teaspoon crushed red pepper (optional)
sea salt to taste

Preheat oven to 425. Line a baking pan with foil. Cut the potatoes into ½ inch thick sticks. Place the cut potatoes in a large bowl, and add all the other ingredients. Toss very well to coat. Bake for about half an hour, or until cooked through and crispy at the edges.

Baked Seitan Recipe

...for roasting with veggies and gravy, or for sandwiches/salads!

This seitan recipe was shamelessly lifted, with just a few alterations, from

www.yeahthatveganshit.blogspot.com/2007/04/infamous-seitan-recipe-o-greatness.html Seitan is made from vital wheat gluten. Wheat gluten is an allergen for some people. For those who can digest wheat, seitan is a good “transition food” if you are used to a “meaty” texture. Making your own seitan is a less-processed alternative to name-brand “mock meats.”

Feel free to play with the spices & substitute other things for the ketchup/tomato paste/Worcestershire - use barbeque sauce, teriyaki sauce, etc if you want. It's super-versatile and makes a great substitute for Tofurky slices and the like.

Seitan ingredients:

1 ½ c. vital wheat gluten

¼ c. nutritional yeast (an inactive dry yeast, often used to thicken vegan sauces and gravies; lends a rich flavor. Available in the bulk section of most natural food markets)

1 t. sea salt

2 ½ t. spices (for example: 2 t. paprika, ¼ t. cinnamon, ¼ t. cumin)

1-2 t. pepper

⅛ t. cayenne pepper (optional)

5 T. ketchup

2 T. olive oil or canola oil

2 T. soy sauce or tamari

¾ cup cold water

1-3 cloves garlic, crushed well (or garlic powder to taste)

Preheat oven to 325°F. In a large mixing bowl mix dry ingredients. Mix the rest of the ingredients (liquid ingredients) in a smaller mixing bowl. Whisk well until mixed.

Add the liquid ingredients to the dry ingredients. Mix well, then knead for several minutes.

Form into a log (6-8" long - not too thick or it will be doughy in the center), double-wrap tightly in foil, twisting ends. Bake for 90 minutes. When done baking, use to make the recipe below, or unwrap and leave out to cool all the way. Then wrap it in foil or plastic and refrigerate. Slice to use as desired.

Barbecue Seitan Burrito Filling (super quick!)

1 small onion (or half a medium one)

1 small green pepper (or half a bigger one)

2-3 Tablespoons oil

1 loaf seitan (from Baked Seitan Recipe above)

⅓ c. barbecue sauce (try to find one without high fructose corn syrup)

1 ½ t. ground cumin

Dice the onion, green pepper, and seitan. You can also grate the seitan (easiest to do when it's chilled) using the coarse side of a grater. Saute the onion and green pepper for a few minutes in the oil, until softened. Add the diced seitan, and saute a couple more minutes. Add the barbecue sauce and seitan, and cook for a few more minutes (stirring constantly) over low heat, until heated through and fragrant.

Seitan Roast with Veggies and Gravy

To make Seitan Roast with Veggies and Gravy, you need seitan from the recipe above, plus:

Veggies:

3 carrots
1 potato
1 head cauliflower
2 broccoli crowns

For the gravy:

1 small onion
1 Tablespoon olive oil
2 cups vegetable stock
½ teaspoon ground pepper
1-2 teaspoons “poultry” seasoning (or: ¼ teaspoon dried parsley + ½ teaspoon dried sage + ¼ teaspoon dried rosemary + ¼ teaspoon dried thyme)
1-3 Tablespoons whole wheat flour
3 Tablespoons nutritional yeast

While the seitan is cooking, wash and start preparing the veggies. Place a large pot of water on the stove to boil. Chop the carrots coarsely and add to the pot. Dice the potatoes, and add when the carrots have boiled for about 5 minutes. Chop the cauliflower and broccoli. Add the cauliflower to the pot when the carrots and potatoes have been cooking together for about 8 minutes. Wait just a minute or so, add the broccoli to the pot, and almost immediately drain the veggies.

Make the gravy: Dice the onion finely, and saute in the olive oil until soft. Add the stock, pepper, and herbs. Keep at a low simmer. Sprinkle in one Tablespoon of the whole wheat flour. Combine with a whisk. Stir in the nutritional yeast and combine well. Keep on low heat, and add more whole wheat flour a little at a time if necessary to thicken - the gravy will get thicker when it cools.

Place the veggies in a large baking dish. When the seitan is done cooking, let it cool until you can unwrap it without burning your fingers. Place the unwrapped seitan in the middle of the veggies, and pour the gravy over the seitan and veggies. Bake for 10 minutes.

More ideas for what to do with seitan:

- ★ Dice it and combine with sauteed onions and tomato sauce, and have it in a sub
- ★ Stir fry strips of seitan with garlic, teriyaki sauce, and your favorite veggies
- ★ Slice it thinly and use it in a sandwich
- ★ Try it with different sauces - vegan mushroom gravy, black bean sauce, or barbecue sauce, with a side of veggies
- ★ Use seitan to stuff vegan empanadas or tamales
- ★ Make “sausages” by rolling seitan into 2” logs, using sage and poultry seasoning in the spices.

Wrap “sausages” tightly in foil and only bake for an hour.

- ★ Make a Cobb salad type dish by combining diced seitan with avocado, tomato, chives, greens and vinaigrette dressing.
- ★ Push whole cloves of garlic into your seitan before you wrap it in foil and roast it. Yum!

Spicy Red Potatoes

2 Tablespoons olive oil
1 teaspoon mustard seeds
1 pound red potatoes
1 teaspoon chili powder
1 ½ teaspoon ground coriander
¼ teaspoon ground turmeric
½ teaspoon sea salt
3 sprigs fresh cilantro
Lemon juice to taste

Wash and chop the potatoes - small dice size. Chop the fresh cilantro. Heat the oil in a pan and add the mustard seeds and chopped potatoes. Stir fry until lightly browned. Sprinkle with spices and salt, and add cilantro. Stir fry for 6 more minutes. Add a little water if necessary to keep from sticking to the pan. Remove from heat and sprinkle with lemon juice. Delicious served hot or taken for lunch the next day!

Garbanzo Bean (Chickpea) Curry

Adapted from www.kalynskitchen.com/2012/02/slow-cooker-recipe-for-vegan-black.html

5 cups cooked garbanzo beans
1 small onion, coarsely chopped
1 28 oz can diced tomatoes
1 14 oz frozen package of pepper/onion stir-fry
¼ cup cornstarch
3 T minced ginger/garlic paste
1 T curry powder
½ tsp. cayenne pepper
½ tsp. onion powder
½ tsp. turmeric
½ tsp. chile powder
2 ½ tsp. salt
2 T lime juice
2 T olive oil
1 T nutritional yeast (optional)
Veggie broth (approximately 4 cups)

Using a food processor or blender, puree together the onion, tomatoes, ginger/garlic paste, cayenne, cumin seeds, turmeric, chile powder, and salt. I also added some of the garbanzo beans and cornstarch to thicken.

Serve hot, over brown rice if desired.

Quick Vegetable Stir-Fry

The tofu is an optional ingredient - your stir-fry will be yummy with just veggies! This is lovely served over brown rice.

1 14-oz package extra firm tofu, drained and cut into small chunks

1 small bunch green onions

½ green bell pepper

1 T sesame oil plus vegetable oil for stir-frying

½ c apple cider vinegar

1 inch piece ginger root, grated, or 1 T powdered ginger

½ c. soy sauce

3 cloves garlic

hot sauce to taste (optional)

1 T cornstarch

2 broccoli crowns

1 cup bean sprouts

Chop green onions, broccoli and bell pepper into small pieces. Crush garlic. Place oils, tofu, bell pepper and green onions in wok or large frying pan. Fry on high heat about five minutes, stirring constantly, then add soy sauce, vinegar, ginger, garlic, hot sauce and cornstarch. Stir and cook on medium heat for another few minutes, until thickened. Add broccoli and bean sprouts and cook on high heat about five minutes, until veggies are crisp-tender.

General Tso's Tofu

A note about tofu:

The type of tofu used in a recipe depends on the type of recipe you're making. Silken tofu is most commonly used in sweet or very creamy recipes, such as pudding, mousse, creamy soups & sauces, vegan sour cream, or even cookies (as an egg replacer). Firm or extra firm tofu is generally used in stir fry dishes, stews or chili, sandwiches, or crumbled and cooked like vegan scrambled "eggs." For light & fluffy tofu scramble or more authentic Asian dishes, try using soft tofu.

Tofu is generally \$1-\$2 per "block" if you buy in bulk, with a typical block of refrigerated tofu weighing in at 14 ounces and silken tofu weighing 12 ounces. Asian grocery stores usually carry bulk tofu which comes in packages of 10-12 slightly smaller blocks for around \$5. Refrigerate the unused tofu in a

container with water (change the water daily) and use it in a week or so. Freeze any tofu that won't be used in a week.

Before cooking tofu, you should press out the water. The easiest way to do this is to take it out of the package, wrap it in a clean towel or a few paper towels, situate it between two plates, and place a heavy book on top of the stack. Let the tofu press like this for at least 10 minutes. If you'll be frying the tofu in oil, press it for longer to get out as much water as possible and reduce the risk of splatters.

Freezing tofu expands the water molecules and changes the texture, transforming the smooth blocks into something more "meaty" and hearty. Frozen, thawed, and pressed tofu makes great vegan sloppy joes and chili. Try pressing the tofu the night before you need to use it and letting it marinate overnight before re-pressing and cooking it!

General Tso's Sauce:

1 tbsp oil
3 tbsp minced garlic
2 tbsp minced ginger
1/3 cup soy sauce + 2 tbsp
1/4 cup rice wine vinegar
3 tbsp agave nectar
1/2 tsp crushed red pepper (or more, to taste)
1 cup cold water mixed w/ 3 tbsp cornstarch, combined well
1 additional cup water

Heat the oil in a large saucepan over medium heat. Add garlic & ginger, saute until soft, about 5 minutes. Add soy sauce, vinegar, agave, water (without cornstarch), and red pepper. Stir until heated through. Add cornstarch & water mix, heat & stir until thickened, about 5 minutes.

Tofu:

1/2 cup oil (do not use olive oil - it can't tolerate high heat)
1 block soft, firm, or extra firm tofu

Heat the oil in a large nonstick pan or wide pot over medium-high heat. Press & dry the tofu, then cut into cubes or triangles. Drop tofu pieces into the hot oil, cook on one side until golden & crispy, flip and cook the other side. Serve over brown rice & broccoli with General Tso's sauce on top.

Stir-Fried Szechuan Green Beans & Shiitake Mushrooms

Inspired by More Best Recipes (from the editors of Cook's Illustrated)

Serves 4 as a side dish or 2 as a main course

3 tablespoons soy sauce
3 tablespoons water
1 1/2 tablespoons cooking wine
1/2 teaspoon sesame oil

1¼ teaspoons sugar or agave nectar
½ teaspoon cornstarch
¼ teaspoon red pepper flakes
¼ teaspoon dry mustard
Vegetable oil
1 pound green beans, ends trimmed*
7 ounces shiitake mushrooms, stems removed and sliced (usually they come in 3.5 oz. cartons)
3 garlic cloves, minced
1 tablespoon grated fresh ginger**

1. In a small bowl, whisk the soy sauce, water, dry sherry, sesame oil, sugar, cornstarch, red pepper flakes and mustard together. Set aside.
2. Heat 2 tablespoons oil in a 12-inch nonstick skillet over high heat until very hot and shimmering. Add the beans and cook, stirring frequently, until tender, puckered and browned, about 7-10 minutes (cooking time will depend on the size of the beans). Transfer beans to large plate.
3. Add 1 teaspoon oil to pan. Add shiitake mushrooms and cook, stirring occasionally, for 3-4 minutes until slightly browned. Reduce heat to medium, then add the garlic and ginger and cook, stirring constantly, until fragrant, about 20 seconds. Return the beans to the pan and add the sauce. Toss and cook until the sauce is slightly thickened and the vegetables are evenly coated, about 10 seconds. Transfer to serving dish and serve immediately.

*This recipe works best with thinner green beans (but not the super thin French haricots verts). If your beans seem really long, thick or a bit tough, cut them in half so they cook evenly (there may be just a few in the bunch that you need to cut). Also, be sure beans are dry, otherwise oil will splatter.

**To grate fresh ginger, first peel the skin (a spoon works well for this!) and then rub along a fine grater. Watch your fingers!!

Steamed Chicky Seitan

Based on a recipe from *Isa Does It* by Isa Chandra Moskowitz

2/3 of a 15 oz can of chickpeas rinsed and drained (1 cup)
1 cup water
1 tablespoon olive oil
3 tablespoons soy sauce
1 1/3 cups vital wheat gluten
1/3 c nutritional yeast flakes
2 teaspoons onion powder
1 teaspoon granulated garlic
1 teaspoon dried powdered sage
½ teaspoon salt
Several pinches of freshly ground black pepper

- 1) Before mixing get your ingredients, get your steaming apparatus ready and bring to a full boil. Have 4 sheets of aluminum foil ready.
- 2) In a large bowl, mash the chickpeas well, until none are whole. Mix in the broth, olive oil, and soy

sauce. Throw in remaining ingredients in the order listed. Mix well with a fork, and lightly knead with your hands.

3) Divide the dough into 4 equal pieces. Form each piece into a patty that is 4-5 inches wide. Place each patty in the center of a foil square and fold up into a parcel. Don't wrap it too tightly as the seitan will expand.

4) Place the wrapped patties in the steamer and steam for 40 minutes. Unwrap and use or wrap tightly and store in the fridge for up to 5 days. They also freeze for up to 3 months.

Vegan Coach Kerry's notes: We cut them into strips and grill them or fry them in coconut oil. Slathered with BBQ sauce, we fight over the last piece.

SNACKS

Most snacks don't require recipes - see the list of snack ideas at the beginning of this handout!

Guacamole

2 ripe avocados

¼ an onion, chopped finely

1 or 2 jalapeno peppers, minced

2 Tablespoons cilantro (leaves only), chopped

1 Tablespoon fresh lime juice

½ teaspoon salt

½ a tomato, diced finely

Slice the avocados in half and remove seeds. Remove soft avocado from the rind and mash in a shallow dish (a potato masher works great for this!). Stir in the rest of the ingredients.

Kerry's Greek Hummus

Thanks to Baltimore VLP Vegan Coach Kerry for this recipe! Kerry's note: This is my favorite recipe for hummus. I was married to a Greek for a bit, and learning the Greek cooking was a great benefit!

1 Can of chickpeas drained and rinsed under cold water (and peeled if you want to take the time – it's smoother that way)

Enough garlic cloves to make a tablespoon minced (please use fresh)

2-3 T tahini

1/3 c water
3 T lemon juice
½ -1 T ground coriander, and ground cumin (each)
1 T parsley (I have never used fresh – only dried)
¼ c olive oil
Salt to taste (not much!)

Food processor: Pulverize chickpeas with garlic. Mix tahini, water and lemon juice in a small bowl – this makes the tahini more liquid, and add it to the chickpeas in a stream. Add coriander and cumin, and pulse to smooth. Add olive oil (adding it last makes it better for some weird reason), and add parsley to mix in. Place in a bowl, cover and refrigerate several hours or overnight. Taste, and add a bit of salt, taste again and see if you need more cumin or coriander!

Restrain yourself from eating all of it with a spoon, and serve with veggies or pita or use on sandwiches. And the Bishop said he and his wife love hummus, so when he comes to your house for dinner...

Adapted from The Complete Book of Greek Cooking: The Recipe Club of Saint Paul's Greek Orthodox Cathedral by Kerry Plancon

Daiya Cheese Quesadillas

Daiya, a vegan cheese alternative, is great for quesadillas, pizza, lasagna and other dishes where the melty “cheesy” mouth-feel is important. Make quesadillas the same way as you would with dairy cheese:

4 whole wheat tortillas
¾ cup Daiya cheese
Hot sauce or salsa to taste

Place whole wheat tortillas on a baking sheet, sprinkle Daiya (about 3 Tablespoons) on half the tortillas, sprinkle the Daiya with hot sauce (or use salsa) to your liking, fold over, and bake at 350 degrees for about 8-10 min or until melty.

Easy Quesadillas

from Nutrition As Medicine

Baltimore-based Nutrition As Medicine helps people transition to a healthy, whole-foods, plant-based diet through the website www.NutritionAsMedicine.org, a resource for cooking know-how and vegan recipes without oil that are amazingly delicious and easy-to-make. NAM believes that the modern “food borne illnesses” such as obesity, diabetes, heart disease & cancer can be prevented and in some cases reversed. Alzheimer's disease, arthritis, and multiple sclerosis may also be prevented or improved with this diet. It's a resource for anyone looking for easy, delicious vegan food wondering "What can I eat?" The website is an evolving, collaborative process where the recipes get better and better as users rate & comment on them, or submit their own.

This recipe is online at www.nutritionasmedicine.org/drjoe/easy_quesadillas and was modified from Forks Over Knives (the book); originally from Elise Murphy - T. Colin Campbell Foundation.

Dr. Joe from Nutrition As Medicine says: This has become a staple in our house. It's quick to make, handy to eat as finger-food hot or cold, and everyone *loves it*! This Bean spread is also listed as 'Southwestern Hummus.'

BEAN SPREAD INGREDIENTS:

2 cups cooked chickpeas or cannellini beans (you can use one 15-oz can drained & rinsed, which is almost two cups)
2 Tablespoons nutritional yeast
1½ teaspoons garlic powder
1 Tablespoon tahini (preferably low fat tahini)
2 Tablespoons white or red wine vinegar
1 Tablespoon soy sauce
1 teaspoon onion powder
1 teaspoon cumin
1 teaspoon salt
1 teaspoon paprika
1/2 teaspoon dried mustard

OTHER INGREDIENTS:

10 - 20 10-inch (or so) whole-wheat tortillas

Filling:

raw chopped onions
chopped cilantro leaves Cilantro leaves for filling (optional)
Optional salsa or guacamole for garnish.

Place all of the bean spread ingredients into a food processor and process until smooth.

Spread a layer of bean spread onto one side of a tortilla. Top with ingredients of your choice. Our favorites are raw chopped onion and chopped cilantro leaves, or use other fillings: maybe raw chopped green onions, chopped olives, etc. It's nice to include something crunchy. (If there is too much filling with too little bean spread, the tortillas will tend to fall apart).

On a second tortilla, spread a thin layer of the chickpea spread only. Make a sandwich of the two tortillas. Dry-fry in a non-stick or cast-iron pan for a few minutes on each side until the tortilla is crispy and starting to brown.

Remove from skillet and slice into wedges. Repeat with the remaining tortillas.
Optional: serve with salsa or guacamole.

DESSERTS

Apple Spice Cake

Or Variation: Carrot Cake

This is a family recipe from OTCA Director Erin's great aunt Muriel, which has been veganized by replacing the eggs with ground flax seed and extra liquid. If you don't have ground flax seed, you can just as successfully use cornstarch. The icing recipe is made vegan by replacing butter with vegetable shortening, and dairy milk with soy milk.

Grease and flour two loaf pans or a big baking dish (13x9 inches works well), or line cupcake pans.

Preheat oven to 350 degrees. Mix together in large bowl:

2 1/2 c flour
2 c brown sugar
1 1/2 tsp baking soda
1/4 tsp baking powder
1 T cinnamon
1 tsp each cloves, allspice, nutmeg
2 heaping Tablespoons ground flax seeds
1/2 c. finely chopped nuts (walnuts or pecans = yummy)

And add the wet ingredients:

1 1/2 c. applesauce
1/2 c. oil
3/4 c. water

Pour batter into baking dish/es and bake 50-55 minutes (or 20-25 minutes for cupcakes).

VANILLA FROSTING

3 3/4 c. confectioners (powdered) sugar
1/2 cup vegetable shortening
2 Tablespoons vanilla extract
2 Tablespoons soy milk plus more to beat in as needed

Beat all ingredients together till fluffy; beat in more soy milk if needed for creamy texture.

This cake is great frosted lightly and then topped with extra chopped nuts.

To make Carrot Cake: Instead of using 1 1/2 c. apple sauce, place 3/4 c. apple sauce in a liquid measuring

cup. Add $\frac{3}{4}$ c. chopped carrots. Add water to the measuring cup so that it reaches the $1\frac{1}{2}$ c. level. Blend the carrots, water, and apple sauce in a blender or food processor, and add to the cake batter as you would the apple sauce.

Chocolate Chip Cookies

$\frac{1}{2}$ cup vegetable shortening

$\frac{1}{2}$ cup cane sugar

$\frac{1}{4}$ cup brown sugar

1 heaping Tablespoon cornstarch or ground flax seed, plus 2 Tablespoons water or soy milk (this substitutes the egg, and can be used in any baked good: cakes, cookies, brownies, cornbread...)

2 Tablespoons vanilla extract

Beat together all of the above.

Stir in:

$1\frac{1}{4}$ cup all-purpose flour

$\frac{1}{2}$ teaspoon baking soda

$\frac{3}{4}$ cup vegan chocolate chips (Use chocolate chips from Food Empowerment Project's list of vegan chocolate, such as Equal Exchange brand, that is harvested without the exploitation and enslavement of children: www.foodispower.org/chocolate-list)

Drop Tablespoons full onto cookie sheets (if they are not non-stick, grease them or line with parchment paper) and bake at 325 degrees for 11-13 minutes.

Raw Lime Coconut Pie

This recipe was adapted from Lisa Pitman's recipe at www.rawfoodrecipes.com/recipes/coconut-lime-cheesecake.html

Crust:

1 cup almonds

$\frac{1}{2}$ cup shredded unsweetened coconut

$\frac{1}{2}$ cup pitted dates

$\frac{1}{2}$ tsp vanilla extract

pinch of salt

Oil for greasing

Filling:

1 cup coconut, cashew or almond milk

2 cups raw cashews

½ cup dates
Juice of 2 limes
pinch of salt
2 tsp vanilla extract
3 Tablespoons coconut oil

- 1) Lightly grease a 9" pie pan.
- 2) Process all the Crust ingredients.
- 3) Gathering the crust dough with your hands, place it in the pie pan and press it down to cover the bottom and sides.
- 4) Blend or process all the Filling ingredients until smooth.
- 5) Pour into the prepared pie crust and smooth over.
- 6) Decorate with additional shredded coconut and grated lime rind, if desired, and let freeze for an hour or more. Thaw slightly before serving.

Almond Cake

(Makes two 9" layers)

Cut circles out of waxed paper for the bottom of the pans, and grease and flour the sides.

Preheat oven to 350 degrees.

Beat together:

2/3 c. vegetable shortening
1 ½ c. soy or almond milk (unsweetened is fine!)
2 ¾ c. confectioners sugar
4 heaping T. ground flax seed
½ c. water
2 T. vanilla extract
1 t. almond extract

Add:

2 ½ c. all-purpose flour
4 t. baking powder
1 t. salt

Beat for one minute.

Pour batter into prepared pans and bake at 350 degrees. Start checking the layers at about 25 minutes.

ALMOND FROSTING

3 ¾ c. confectioners (powdered) sugar
½ cup vegetable shortening
1 ½ T. vanilla extract
½ T. almond extract
2 Tablespoons soy milk plus more to beat in as needed

Beat all ingredients together till fluffy; beat in more soy milk if needed for creamy texture. You can also use “accidentally vegan” vanilla store bought frosting, if you’d rather not make it yourself, and just stir in half a teaspoon of almond extract!

Oatmeal Raisin Cookies

Adapted from <http://vegetarian.about.com/od/vegancookirecipes/r/oatraisincookie.htm>

Prep Time: 10 minutes, Total Time: 20 minutes

¾ cup vegan margarine (I used Coconut Oil)
1 ½ cup natural sugar
1 tsp vanilla
½ cup soy milk
1 cup flour (You may use gluten-free flour; it comes out well!)
½ tsp baking soda
½ tsp salt
1 tsp cinnamon
¼ tsp cloves
¼ tsp nutmeg
1 cup raisins
3 cups rolled or quick cooking oatmeal

Preheat oven to 350°F.

Beat together the sugar, vegan margarine and vanilla until smooth and fluffy. Add the soy milk and mix until combined.

Add the flour, baking soda, salt and spices, and stir until well mixed. Add the remaining ingredients. Batter will be very thick.

Drop by 1 inch balls onto cookie sheet and flatten slightly. Bake 9 minutes, or until done. Cookies will still be slightly soft and chewy. Yum! Enjoy your vegan oatmeal raisin cookies!

Where can I find...?

Less common vegan ingredients, restaurants, and special treats...

Mainstream grocers like Ralphs, Sprouts, and Trader Joe's and also other grocery chains are adding more delicious vegan options to their shelves all the time. This trend promises to continue, but for now we've listed some places in the Greater LA area where you can find vegan foods that might be considered "off the beaten path," or "mock" foods like cheeses, jerky etc. that may not be available at all mainstream grocers and restaurants.

The best way to find vegan restaurants or restaurants offering vegan options in the area or while traveling is by using the website **www.HappyCow.net** on your computer or smartphone.

All-Vegan Restaurants and Bakeries with Vegan Options by Area

Veggie Grill

A vegan fast food type restaurant with several locations all over LA area. To find location go on their website: **www.veggiegrill.com**

NORTH EAST LA AND SAN GABRIEL VALLEY

Hinterhof German Kitchen and Beer Garden

Vegan German kitchen which menu includes German salads, pretzels, meatless sausage, bratling and wienerschnitzel. Also features German vegan craft beer and has a wide outdoor patio. Brunch on weekends.

4939 York Blvd, Los Angeles, CA (at N Ave 49) (323) 739-0209

www.hinterhofla.com

Cena Vegan - Eagle Rock

LA-based vegan Mexican street food catering and pop-up. As of Feb 2020 the main location is York Blvd in Highland Park; it is also at Hollywood Farmers Market every Sun. Check the website for the full schedule. Makes a few kinds of flavored mock meats which are also for sale at different stores (check their website).

5058 York Blvd, Los Angeles, CA (at 51st across from Donut Friend)

www.cenavegan.com

The Vegan Hooligans - Pop-up

Pop-up operating a few evenings of the week at Abby's Diner (not a vegan establishment) in Eagle Rock since spring 2018 - check webpage for any schedule changes before you go. Serves vegan comfort food like burgers, sandwiches, mac n' cheese plus desserts like cupcakes and ice cream.

4862 Eagle Rock Blvd, Los Angeles, CA (323) 257-2229

TOPO by Kitchen Mouse

Italian bakery and deli. Market and grab n go deli with sandwiches and baked goods, opened by Kitchen Mouse Dec 2017.

5906 N Figueroa St (at Highland Park), Los Angeles, CA (323) 474-6184

www.kitchenmousela.com/market

Donut Friend

Est. 2013 a DIY-style vegan donut shop offering options to create your own donut or choose from the ready made selection. Donuts are all vegan, dairy milk is an option for coffee.

5107 York Blvd, Eagle Rock, CA (213-995-6191)

www.donutfriend.com

Counterpart Deli and Catering

Vegan, American, Take-out, Bakery. The kitchen makes vegan meats like pastrami and roast beef for sandwiches. Offers various sides as well plus a dessert case stocked with vegan donuts and cookies.

1559 Echo Park Ave (at Echo Park), Los Angeles, CA (213) 221-7198

www.counterpartdeli.com

Lento Market

Vegan, American, Pizza, Fast food, Take-out, Breakfast. A little vegan market with a kitchen. Serves savories like Italian meatball pizza, chik quesadilla, tofu breakfast burrito, sandwiches with mock meats. Sells staple goods such as chips, kombucha, treats, and vegan jerky.

1288 Sunset Blvd (at Echo Park), Los Angeles, CA (213) 928-2169

www.lentomarketla.com

Glowing Juices Vegan Market

Organic health bar and market serving fresh as well cold pressed juices plus smoothies, tonics, bowls and vegan food. Also sells baked goods and packaged items such as cookies, and nut cheese.

1557 Echo Park Ave, Los Angeles, CA (213) 537-0680

www.glowingjuices.com

Monty's Good Burger - Echo Park

Vegan, American, Fast food, Delivery, Take-out -- Additional Info: 3rd location of this vegan burger joint opened 2019. Serves plant-based burgers using the Impossible burger patty. Also has fries, tater tots, salads, sodas, and shakes.

1533 W Sunset Blvd, Los Angeles, CA (213) 915-0257

www.montysgoodburger.com

Equelecua Cuban Cafe

Cuban-Caribbean vegan kitchen located within the Eats on Madison commissary food hub. Self-service menu offers takeaway selections like picadillo, hot wings, yucca fries, vegan bacalao over rice, and tostones doubled fried (plantain). A dessert option is arroz con leche.

55 S Madison Ave, Pasadena, CA (at Eats on Madison) (626) 360-1589

www.equelecuacafe.com

Green Earth Vegan Cuisine

Family owned Pasadena vegan restaurant offering a wide variety of cuisine. Features Vietnamese soups, Asian stir fries, pasta dishes, veggie burgers and sandwiches, soups, fresh juices, and more.

37 S Fair Oaks Ave, Pasadena, CA (626) 584-0268

www.greenearthvegan.com

My Vegan

Extensive menu of mostly Thai food in addition to veggie burgers, wraps, pasta, and other American food. Location is in a shopping plaza with parking provided. Delivery and take-out available.

633 S Arroyo Pkwy Ste 3, Pasadena, CA (626) 578-9017

Real Food Daily - Pasadena

Vegan, American, Macrobiotic, Juice bar, Take-out, Bakery, Catering. All vegan food menu and vegan desserts. Spacious with tables as well as bar seating. Weekend brunch on Sat-Sun available.

899 E Del Mar Blvd, Pasadena, CA (at corner of Lake) (626) 844-8900

www.realfood.com (an additional location in West Hollywood and at LAX Terminal 4)

Coffee And Plants

Vegan coffee shop offering specialty lattes and plant-based pastries.

62 W Union St, Unit 2, Pasadena, CA (626) 615-1261

www.coffeeandplantsla.com

My Vegan

Vegan, American, Thai, Delivery, Take-out, Asian, Gluten-free -- Extensive menu of mostly Thai food in addition to veggie burgers, wraps, pasta, and other American food.

633 S Arroyo Pkwy #3, Pasadena, CA 91105 (626) 578-9017

Sage Vegan Bistro - 3 locations

Offers a menu of veganized American and Mexican classics. Food menu is vegan, but some ice cream may contain honey.

3 locations: Old Town, Pasadena; Echo Park; Culver City

www.sageveganbistro.com

Doomie's NextMex Express - one of four Doomie's locations (check website)

Doomie's 2nd branch in Southern California opened 2018 serves vegan Mexican food. Offers tacos, burritos, and bowls with different flavors. Has a vegan baked goods selection.

4140 City Terrace Dr, Los Angeles, CA (323) 685-7779

www.doomiesrestaurants.com

One Veg World – Duarte location

This location of this fully vegan restaurant opened in June 2018. Offers a large menu of starters, salads, burgers, burritos and sandwiches. Also has desserts and drinks. Fast food style, Take-out, delivery and catering.

1355 E Huntington Dr (at Buena Vista St), Duarte, California (626) 256-7808

www.onevegworld.com

One Veg World – West Covina location

Vegan restaurant and teahouse located behind Edwards Cinema and formerly known as One World Vegetarian Cuisine. Large menu with Asian rice and noodle dishes, vegetable dishes using mockmeats, plus veggie burgers, salads.

178 S Glendora Ave, West Covina, CA, 91790 (626) 917-2727

www.onevegworld.com

Garden Fresh Vegan Food

Family-run veggie food cafe. Features a hot food bar where you choose your combo plate which comes with soup and barley grain rice. Also offers an extensive la carte menu from snacks and soups to noodle and rice meals with faux meat. Has fresh juices and a range of frozen and prepared foods for take home (dumpling, steamed buns, etc.).

16034 Gale Ave, Hacienda Heights, CA, 91745 (626) 968-2279

www.gardenfreshvegetarian.com

Plant Food Love

A family run business established in January 2019 inside Star Auto Spa, this is a vegan takeout that specializes in Mexican dishes such as pozole, mole, empanadas, tacos, enchiladas, chilaquiles, aguas fresca and atole.

3447 Peck Rd Unit B (at Star Auto Spa), El Monte, CA, 91731 (626) 522-0374

<https://plant-love-food.business.site/>

Veggie Life Restaurant

Vegan restaurant serving Vietnamese food.

9324 E Garvey Ave, South El Monte, CA, 91733 (626) 443-8687

Modern Shaman

Vegan restaurant opened Feb 2019 in Uptown Whittier. Offering organic plant-based cuisine created from pan-cultural influences with a concise menu of small plates, mains, and desserts. Among the choices are vegan menudo, pachamama burger, bananas foster, and craft beer.

6744 Greenleaf Ave, Whittier, CA, 90601 (562) 789-1111

www.modernshamankitchen.com

SAN FERNANDO VALLEY

Vinh Loi Tofu - another location in Cerritos, CA

Small Vietnamese cafe serving a wide variety of dishes from hot soups, fried tofu, and spring rolls to noodles, rice, bahn mi sandwiches, and curry. Tofu and soymilk are made onsite. Sells refrigerated food including mock meats, tofu, soymilk, desserts.

18625 Sherman Way Ste 101, Reseda, CA, 91335 (818) 996-9779

www.vinhloitofu.com

Fala Bar

An all-vegan falafel eatery located in Westfield Topanga at the 2nd Floor food court (opposite Neiman Marcus). Offering multiple flavors of falafel, along with salads, pita sandwiches, and other Mediterranean plates.

6600 Topanga Canyon Blvd, 2nd Floor (at Victory Blvd, Inside Westfield Topanga), Canoga Park, CA 91303 (one of four locations)

www.falabar.com

The Vegan Joint – Woodland Hills

The second branch of this casual neighborhood vegan cafe, est. 2011. Features an extensive menu of Thai favorites, as well as casual American classics. For dessert there are cakes and cookies.

20855 Ventura Blvd, Ste 3 (at Desoto Ave, NE corner of Ventura Blvd), Woodland Hills, CA, 91364 (818) 884-6383

Garden Wok

Vegetarian Chinese restaurant with a family friendly atmosphere. Extensive selection of mock meats, plus dishes with vegetables, gluten, konnyaku, tofu, mushroom, and nuts. Specialty is the vege fish. Bargain weekday lunch specials.

6117 Reseda Blvd, Tarzana, CA, 91335 (818) 881-8886

<https://yihing429.wixsite.com/gardenwok/about>

Leo's Superfood Vegan Café

Gluten-free vegan bakery and cafe opened Oct 2018. Offers breakfast and lunch foods plus sweets. Find pancakes, tofu-egg mcmuffin, burritos, avocado toast, tacos, pizza, sandwiches, vegan donuts, chocolate brownies, raw tiramisu, and more.

8262 Louise Ave, Northridge, CA, 91325 (818) 938-9246

www.mypalleo.com

VeStation Urban Organic Kitchen

Modern Thai food restaurant with a vegan menu that features raw salads, Thai salads, curries, and a variety of noodle and vegetable dishes. Weekday lunch menu deals.

14435 Ventura Blvd, Sherman Oaks, California, USA, 91423 (818) 784-8388

www.vestation.com

O'cado Restaurant

Globally inspired plant-based American fusion restaurant and bar est. Aug 2018. Offers dishes such as the potato tacos, impossible burger, butternut squash & vegan ricotta, bbq jackfruit sliders, muhammara, and falafel bites.

14568 Ventura Blvd, Sherman Oaks, CA, 91403 (818) 380-0005

www.ocadola.com

Sun Café

Vegan and raw food restaurant offering an extensive menu of fusion and comfort vegan cuisine. Features raw food dishes lettuce tacos and pizza to cooked vegan meals like white truffle fettucine and the Sun burger. Enjoy a selection of rich smoothies, cupcakes, and raw pies.

10820 Ventura Blvd, Studio City, CA, 91604 (818) 927-4100

www.suncafe.com

Vegan Studio

Vegan Thai food restaurant opened Feb 2020

11044 Ventura Blvd, Studio City, CA, 91604 (818) 308-7455

<https://vegan-studio.business.site/>

H.O.P.E. Healthy Organic Positive Eating

Healthy Organic Positive Eating. Offers a large menu of Thai food dishes plus other American items like veggie burgers and tacos. Has brown/red rice.

11943 Ventura Blvd, Studio City, CA, 91604 (818) 506-9015

www.eatwithhope.com

Krimsey's Cajun Kitchen

Vegan cafe specializing in Cajun and Creole cuisine that's also nut-free and soy-free. On the menu are hearty mains and tasty sides like hush puppies with cajun ranch dip, Louisiana gumbo with sausage, poboy sandwich, vegan beignets, jambalaya and cornbread. Weekend Southern style breakfast/brunch is available till 3pm.

12900 Victory Blvd, North Hollywood, CA, 91606 (818) 308-6166

www.krimseys.com

LONG BEACH and SOUTH LA AREA

Ahimsa Vegan Cafe

Vegan cafe near the water, replaced Zephyr Vegetarian Cafe and under different ownership. Previously known as Ahimsa Vegan Kitchen. Menu features a selection of sandwiches (tempeh reuben), plates and appetizers (nachos, brown rice sushi rolls), salads and pies for dessert. Juice bar.

340 E 4th St, Long Beach, CA (at Long Beach Blvd) (562)435-7113

www.ahimsavegancafe.com

Hungry Angelina

Upscale, plant-based restaurant by Matthew Kenney est. Dec 2019 at mall that's at PCH and 2nd St - entry is on Marina. The eclectic fusion vegan menu offers items like dumplings, bao, tartare, sushi, salads, flatbread, dips, fries, burgers, sandwiches, noodles, bowls, and desserts. Features a full bar with a conscious wine list, cocktails, and mocktails.

6400 California 1, Long Beach, CA (562) 247-7272

www.matthewkenneycuisine.com/hungry-angelina

Plant Junkie

Vegan, American, Organic, Fast food, Juice bar, Take-out -- Additional Info: Vegan cafe opened 2017 serving juice and acai bowls, plus a chiller of prepared salads and wraps.

440 Pine Ave, Long Beach, CA (562) 432-1274

Plant Power Fast Food - several locations in Southern California

Another branch of this vegan fast food restaurant opened summer 2019 in Long Beach. Menu offers burgers, fries, chickn tenders, salads, and shakes. Order from the pre-set menu, or build-your-own burger choosing from the different patties like tempeh, black bean, or beefy.

5095 E Pacific Coast Hwy, Long Beach, CA

www.plantpowerfastfood.com

Seabirds Kitchen

Vegan restaurant offering a large variety of savory bowls and platters plus small plates, appetizers, desserts, and drinks. Examples of dishes include taquitos, stuffed shells in marinara, vegan cheese sandwich, kimchi tacos, tofu scramble, enchiladas, churro waffles, and chocolate ganache cake.

975 E 4th St, Long Beach, CA (562) 317-5545

www.seabirdskitchen.com

The Grain Cafe

Vegan restaurant offering a large menu of all-day breakfast items as well lunch, dinner, and baked goods: waffles, pancakes, french toast, crepes, burritos, sandwiches, burgers, pizza, muffins and cakes. Gluten-, soy-, and nut-free markings.

4403 E 4th St, Long Beach, CA (562) 386-2922

www.graincafeonline.com

The HipPea

An all-vegan restaurant serving freshly made-in-house falafel, hummus, fries, Israeli style pita steamed baked to order, gluten free chickpea chocolate chip cookies made daily and house sauces of tahini, amba, shatta. Grab 'n go or dine-in.

2023 E 4th St (at Cherry), Long Beach, CA (562) 343-7722

www.thehippea.net

Under the Sun Cafe

Vegan, American, Organic, Raw, Juice bar, Take-out, Fusion -- Additional Info: Raw food restaurant est. 2017. Offers savory meals as well raw cakes and treats, Sunday brunch. No honey used. Outdoor seating. Wheelchair accessible.

244 E 3rd St (at downtown) (562) 912-7500

Bakeries with vegan options (Long Beach area)

Getting Caked

Made-in-house (by hand) baked goods. Has vegan, gluten free and organic options.

2165 E 21 St, Signal Hill, CA (562) 285-7198

Simone's Donuts - vegan friendly

Has a selection of vegan donuts.

6400 East Stearns St, Long Beach, CA (562) 493-4104

Sweet Retreat Donuts - vegan friendly

Doughnut shop with daily vegan cake doughnut options, and on Friday, Saturday, Sunday vegan raised doughnuts. Accepts custom orders.

924 Pacific Coast Hwy, Long Beach, CA (562) 612-0506

www.sweet-retreat-donuts.cafe-inspector.com/

Twice Baked - vegan friendly

Gluten free bakery with some vegan options including cookies, cakes, pies, cupcakes, and more.

8185 E Wardlow Rd, Long Beach, CA (562) 343-5715

www.twice-baked.com

VEGAN FRIENDLY GROCERS

Aldi - Vegan Friendly

Offers budget-friendly vegan burgers, hot dogs, ice cream, hummus, etc. They have their own organic line, but not all of it is vegan. Vegan offerings differ from store to store.

Many stores are located in the Greater LA Area. Check website for location nearest you.

www.aldi.us

Follow Your Heart Market and Cafe - Vegan Friendly

FYH Market offers a wide array of unique and speciality vegan foods and they have their own line of vegan products. FYH Cafe' is tucked away in the back corner of the market and it's serving delicious vegan food with seasonal and organic ingredients when possible. You can also find a deliciously low fat and sodium soup option.

21825 Sherman Way, Canoga Park, CA 91303 (818) 348-3240

www.followyourheart.com/follow-your-heart-market-and-cafe/

Oh Happy Days - Vegan

Great prices on fresh and frozen fruits and vegetables, rice, noodles, mushrooms.

A small welcoming vegan café located inside a natural food store. They serve homely organic meals that change daily. They also have a wide range of vegan groceries and organic produce in the store.

2283 N Lake Avenue, Altadena, CA 91001 (626) 797-0383

Grassroots - Vegan friendly

Family-owned and operated and run Natural Market and Kitchen. They carry many specialty vegan groceries and their café has vegan options.

1119 Fair Oaks Avenue, South Pasadena, CA 91030 (626) 799-0156

www.grassroots1968.com

Naturewell - vegetarian food store

Little vegetarian food store and juice bar just 2 doors from Flore Cafe. Offers a large bulk selection of dried grains, seeds, dried fruit, and beans. Also fresh juice bar, snack foods, coffees and teas.

2 locations: **3824 W Sunset Blvd (at Sunset Junction, in Silver Lake), Los Angeles, CA (323) 664-5894**
and 7261 Melrose Avenue, Los Angeles, CA (323) 988-1119

www.naturewell2.com

SPECIALTY STORES

Moo Shoes

Second retail outlet of this vegan shoes and accessories store, opened Oct 2014. (the first outlet opened in New York).

3116 Sunset Blvd (at Silverlake area), Los Angeles, CA (323) 741-8090

www.mooshoes.myshopify.com

Vromage - artisanal vegan cheese store

Artisan vegan cheese shop serving baguette sandwiches and flatbread pizzas. Each day a variety of nut-made cheeses are displayed in the deli case. Try the cheese sampler with baguette.

7988 W Sunset Blvd, West Hollywood, CA (323) 745-0157

www.vromage.com

Note: Almost all Indian, Asian, Mexican, and Thai (ask for meals without egg & fish sauce) restaurants have numerous vegan menu options, or easily-veganized meals.



Section Four:

Vegan Resources

- ★ **On the Web: Recipes, FAQs, and More Resources...**
- ★ **Vegan Online Shopping Resources**
- ★ **Recommended Movie List**
- ★ **Recommended Book List**
- ★ **Recommended Vegan Apps**
- ★ **Leaping Bunny Shopping Guide**
- ★ **Happy Cow's List of Animal Ingredients**

On the Web: Recipes, FAQs, and More Resources...

Check out these websites for great vegan recipes!

Anything Vegan - www.anythingvegan.com/category/recipes
Beautiful Vegan - www.beautiful-vegan.com/p/recipes.html
Compassionate Activist's Plate - www.compassionateactivistsplate.wordpress.com
Dreena's Vegan Recipes - www.dreenaburton.com
Fat Free Vegan Kitchen - www.blog.fatfreevegan.com
Finding Vegan - www.findingvegan.com
Fish Feel's Vegan "Seafood" Recipes - www.fishfeel.org/seafood/recipes
Hell Yeah It's Vegan! - www.hellyeahitsvegan.com
How Do I Go Vegan - www.howdoigovegan.com/vegan-recipes
Meet the Shannons (Veganizing Betty Crocker Blog) - www.bit.ly/2IMUhwA
Mouthwatering Vegan Recipes - www.mouthwateringvegan.com
Nutrition As Medicine - www.nutritionasmedicine.org
Oh She Glows - www.ohsheglows.com
Plant Based on a Budget - www.plantbasedonabudget.com
Post Punk Kitchen - www.theppk.com
The Gentle Chef - www.thegentlechef.com
The Greek Vegan - www.thegreekvegan.com
The Minimalist Baker - www.minimalistbaker.com
The Minimalist Vegan - www.theminimalistvegan.com
The Veggie Chest with Dr. Ruby - www.youtube.com/user/TheVeggieChest
United Poultry Concerns - www.upc-online.org/recipes
Urban Vegan - www.urbanvegan.net
Veg Family - www.vegfamily.com/vegan-recipes
VegWeb - www.vegweb.com
Vegan Baking - www.veganbaking.net
Vegan Black Metal Chef - www.veganblackmetalchef.com
Vegan Bloggers Unite - www.veganbloggersunite.wordpress.com
Vegan Dad - www.vegandad.blogspot.com
Vegan Latina - www.veganlatina.com
Vegan Mexican Food - www.veganmexicanfood.com
Vegan Yum Yum - www.veganyummyum.com
Vegan Zombie - www.youtube.com/zombiegate (Also www.theveganzombie.com)
Vegetarian Resource Group - www.vrg.org/recipes
VRG's Low Cost Vegan Meal Plans - www.tinyurl.com/vrglowcostmealplans

Other stuff:

- ★ **To find products not tested on animals, refer to Leaping Bunny: The Coalition for Consumer Information on Cosmetics** (Includes links to download apps for their guide to cosmetics and personal care products) www.LeapingBunny.org
- ★ **For vegan traveling, refer to Happy Cow** (Vegan/Vegan-friendly restaurants, stores, travel, and much more) www.HappyCow.net
- ★ **For vegan alcoholic beverages, refer to Barnivore.com**, “Your vegan beer, wine, and liquor guide.” Animals’ breast milk, honey, and other animal ingredients are sometimes added to beer, wine and liquor, and things like isinglass (from fish bladder), gelatin, egg whites, and sea shells may be used in the filtering process (though there are many animal-free alternatives).
- ★ **For a comprehensive guide to becoming vegan, why vegan?, vegan nutrition, recipes, clothing, products, and knowledge.** www.vegankit.com, HowDoIgoVegan.com, BeFairBeVegan.com

FAQ Pages: Responses to questions from family, friends and co-workers...

Frequently Asked Questions about Veganism (The basic questions you’re most likely to get from family and co-workers)

- ★ **See VLP’s own handout**, “Common questions & challenges posed to vegans, and possible answers,” included in Vegan Pledge binders
- ★ **Animal Rights: The Abolitionist Approach** (Moral questions and answers; an excerpt from the “Introduction to Animal Rights: Your Child or the Dog?” by Gary Francione): www.abolitionistapproach.com/faqs
- ★ **Free From Harm FAQ:** (Eating Animals: Addressing Our Most Common Justifications): www.freefromharm.org/eating-animals-addressing-our-most-common-justifications
- ★ **Your Vegan Fallacy Is** (Addresses misconceptions about veganism by providing answers to commonly-asked questions about veganism and by highlighting quality vegan resources): www.yourveganfallacyis.com/en
- ★ **Vegetarian Resource Group FAQ:** www.vrg.org/nutshell/faq.htm
- ★ **The Animal Rights FAQ** (Moral, philosophical and scientific questions and answers): www.animal-rights.com/arpage

Vegan Blogs...

A Candid Hominid - www.candidhominid.com

Animal Emancipation - www.animalemancipation.com

Animal Rights: The Abolitionist Approach - www.abolitionistapproach.com

Appetite For Justice by Food Empowerment Project - www.appetiteforjustice.blogspot.com

By Any Greens Necessary - www.byanygreensnecessary.com

Black Vegans Rock - www.blackvegansrock.com

Free From Harm - www.freefromharm.org

Gentle World: For the Vegan in Everyone - www.gentleworld.org

I'm Vegan: A Documentary Project - www.vegandocumentary.com

It's Got Vegan In It - www.itsgotveganinit.wordpress.com

Michael Greger, MD - www.nutritionfacts.org

My Face is On Fire - www.my-face-is-on-fire.blogspot.com

NZ Vegan Podcast - www.nzveganpodcast.blogspot.com

Sister Vegetarian - www.sistervegetarian.blogspot.com

Skeptical Vegan - www.skepticalvegan.com

The Academic Activist Vegan - www.academicactivistvegan.blogspot.com

The Daily Vegan Spin - www.yourdailyvegan.com

The Legacy of Pythagoras - Eliminating the myth that exploiting animals is morally justifiable - www.legacyofpythagoras.wordpress.com

The Sistah Vegan Project - www.sistahvegan.com

The Vegan R.D. - Thoughts on Being Vegan: A Dietitian's Perspective - www.theveganrd.com

This Rawsome Vegan Life - www.thisrawsomeveganlife.com

Vegan Hip Hop Movement - www.veganhiphopmovement.blogspot.com

Vegan Sanctuary: A Bloguide to Compassionate Living - www.vegansanctuary.blogspot.com

Vegan Feminist Agitator - www.veganfeministagitator.blogspot.com

Vegan Feminist Network - www.veganfeministnetwork.com

Veganism Is the Next Evolution (VINE) Sanctuary - www.blog.bravebirds.org

Vegans of Color: Because we don't have the luxury of being single-issue - www.vegansofcolor.wordpress.com

Vegan Online Shopping Resources

Alternative Outfitters

626-396-4972 • CustomerCare@AlternativeOutfitters.com • www.AlternativeOutfitters.com
Non-leather women's shoes, handbags, wallets, belts, watches, cell phone pouches, and other accessories.

Beyond Skin

+44 (0)1273 778837 • info@beyondskin.co.uk • www.beyondskin.co.uk
Vegan shoes for women.

[Body] Tecture

415-215-1108 • body@bodyteature.com • www.fauxfurs.net
Faux fur coats for men and women and throws.

Bourgeois Bohème

+44 (0)20 8045 4338 • info@bboheme.com • www.bboheme.com
Vegan bags, belts, shoes, wallets, and cell phone and iPod cases.

Brave Gentleman

www.bravegentleman.com
Vegan menswear with storefront in Brooklyn, NY

Broad Bay Cotton

1-800-676-8337 • www.broadbaycotton.com
Wide variety of vegan purses, bags, backpacks, totes, diaper bags, and more.

Calico Dragon Bags

1-888-707-3896 • www.calicodragonbags.com
Purses that benefit animals.

Cedar Key Canvas

1-800-729-0297 • julie@ckcanvas.com • www.ckcanvas.com
Handcrafted and custom-made canvas totes, purses, luggage, and duffles.

Charmone Shoes

www.charmone.com • jkoskella@charmoneshoes.com
Elegant vegan handmade shoes for women.

Compassionate Couture

info@compassioncoutureshop.com • www.compassioncoutureshop.com
Vegan handbags, shoes, and accessories.

Copenhagen Artificial Fur

+45 3023 2010 • www.cartfur.com
Faux-fur jackets and wraps.

Couch Guitar Straps

www.couchguitarstraps.com
Vegan guitar and camera straps, belts, bags, and wallets.

Cri de Coeur

info@cri-de-coeur.com • www.cridecoeur.myshopify.com
Vegan shoes and handbags.

Cynthia King Dance

718-437-0101 • Cynthiakingdance@aol.com • www.cynthiakingdance.com

Non-leather ballet shoes.

Delikate Rayne

info@delikaterayne.com • www.delikaterayne.com

Cruelty-free women's contemporary luxury clothing

Ethical Wares

011 44 15 7047 1155 • vegans@ethicalwares.com • www.ethicalwares.com

Trekking and hiking boots, dress boots, steel-toe safety boots, and dress shoes for men and women.

Ethique Nouveau

612-822-6161 • www.ethiquenouveau.com

Vegan boutique in Minneapolis; all purchases fund local animal advocacy programs.

Fabric Horse

215-995-1026 • info@fabrichorse.com • www.fabrichorse.com

Vegan and hand-made bags, utility belts, clothing, and accessories.

Faux

011 44 20 7253 5768 • sales@faux.uk.com • www.faux.uk.com

Faux-fur jackets, cushions, bedspreads, rugs, throws, handbags, scarves, bikinis, and accessories.

Faux Play

fauxplay@gmail.com • www.fauxplay.co.uk

Faux fur wraps, shrugs, capelets, muffs and hats.

Freerangers

011 44 12 0756 5957 • info@freerangers.co.uk • www.freerangers.co.uk

Vegan shoes, accessories, and clothing for men, women, and children.

GG2G

203.283.4790 • info@gg2g.com • www.gg2g.com

Vegan bags from recycled materials.

Gloria Gerber

330-867-2102 • gloria@gloriagerber.com • www.gloriagerber.com

Vegan bags.

GUNAS

917-544-9454 • info@gunasthebrand.com • www.gunasthebrand.com

Luxury vegan bags for men and women.

Heavy Red Couture Noir

1-877-467-9443 • information@heavyred.com • www.heavyred.com

Vegan designer gothic clothing and accessories.

Jill Milan

650-654-7381 • customerservice@jillmilan.com • www.jillmilan.com

Vegan luxury handbags.

Lissa the Shop

www.lissatheshop.com

Eco-friendly and 100 percent vegan women's clothing and accessories.

Little Packrats

978-449-0222 • info@littlepackrats.com • www.littlepackrats.com

Fun vinyl backpacks, lunch bags, and totes for kids.

MATT & NAT

1-888-446-2636 • info@mattandnat.com • www.mattandnat.com

Stylish vegan purses, shoes, and wallets.

Michael Antonio

1-800-337-7156 • info@michaelantonio.com • www.michaelantonio.com

Affordable vegan dress shoes for women

Mink Shoes

1-800-990-6465 • info@minkshoes.com • www.minkshoes.com

Trendy vegan shoes for women.

MooShoes

212.254.6512 • info@mooshoes.com • www.mooshoes.com

Wide variety of non-leather shoes, belts, and wallets.

Nella Bella

info@nella-bella.com • www.nella-bella.com

Vegan line of handbags and accessories

NewGrip.com

newgrip@juno.com • www.newgrip.com

Non-leather weight-lifting gloves.

Nice Shoes

info@niceshoes.com • www.niceshoes.ca

Vegan shoes, bags, belts, wallets, and accessories.

NoBull Footwear

011 44 12 7330 2979 • information@veganstore.co.uk • www.veganstore.co.uk

Vegan dress and casual shoes, hiking boots, jackets, belts, and wallets.

Noah Italian Vegan Shoes

+ 49 9391 504 169 • info@noah-shop.com • www.noah-shop.com

Vegan shoes, bags, wallets, belts, and scarves.

NoHarm

sales@noharm.com • www.noharm.com

Vegan dress shoes and boots for men.

Olsenhaus

212-967-4767 • info@olsenhaus.com • www.olsenhaus.com

Fashionable vegan shoes and bags.

OffBeat WEAR

775-527-3590 • www.offbeatwear.com

Fun and funky faux-fur clothing.

Okabashi

800.443.6573 • customerservice@okabashi.com • www.okabashi.com

American-made vegan footwear, sandals and flip flops.

Pangea

1-800-340-1200 • info@veganstore.com • www.veganstore.com

Vegan shoes, belts, bags, wallets, guitar straps, jackets, ties, suits, and more.

Posh Pelts

360-929-1391 • www.poshpelts.com

Faux fur pillows and throws.

Premium Furs

800-962-0320 • www.prefurs.com

Faux fur fabrics, throws, pillows, and lampshades..

R.E. Load Baggage Inc.

215-625-2987 • www.reloadbags.com

Non-leather, custom-designed messenger bags.

Slappa

704-676-4891 • sales@slappa.com • www.slappa.com

Vegan laptop bags, packs, DJ gear, and CD and DVD cases.

Strange Vixens

orders@strangevixens.com • www.strangevixens.com

Handmade, cruelty-free everyday apparel, party wear, and lingerie.

Splaff Flops

619-221-9199 • www.splaff.com

Non-leather sandals, bags, and belts made from recycled materials.

Sudo Shoes

617-354-1771 • info@sudoshoes.com • www.sudoshoes.com

Vegan shoes, boots, bags, and wallets.

Susan Nichole

service@susannichole.com • www.susannichole.com

Stylish vegan purses.

Tom Bihn

1-800-729-9607 • inquiries@tombihn.com • www.tombihn.com

Variety of non-leather bags, including laptop cases, briefcases, messenger bags, travel bags, and totes.

Truth

416-778-1597 • info@truthbelts.com • www.truthbelts.com

Fashionable non-leather belts and purses.

Used Rubber USA

415-716-9889 • questions@usedrubberusa.com • www.usedrubberusa.com

Wallets, organizers, and bags made from recycled rubber.

Vaute Couture

Hello@VauteCouture.com • www.VauteCouture.com

High style vegan winter coats warm enough for below freezing weather, plus winter knits, tees, and art.

Vegan Chic

1-866-918-3426 • www.vegan chic.com

Vegan shoes, boots, bags, and belts.

The Vegan Collection

info@thevegan collection.com • www.thevegan collection.com

Vegan shoes, belts, and wallets for men.

Vegan Essentials

1-866-88-VEGAN • questions@veganessentials.com • www.veganessentials.com

Vegan owned and operated store that specializes in only offering the highest quality animal-free products, foods, cosmetics, clothing, shoes, etc.

Veganline

0208 286 9947 • www.veganline.com

Stylish vegan shoes, boots, and belts.

Vegan Wares

61-3-9417 0230 • veganw@veganwares.com • www.veganwares.com

Non-leather shoes, boots, briefcases, wallets, dog collars, jazz shoes, ballet slippers, and guitar straps.

Vegetarian Shoes

011 44 12 7369 1913 • information@vegetarian-shoes.co.uk • www.vegetarianshoes.com

Pleather jackets and belts and more than 50 styles of synthetic leather and synthetic suede shoes, including genuine Doc Martens boots and shoes, Birkenstocks, dress shoes, hiking and work boots.

TheVegetarianSite.com

860-519-1918 • shopping@thevegetariansite.com • www.thevegetariansite.com

Vegan shoes, bags, belts, wallets, and accessories.

Vulcana Bags

www.vulcanabags.com

Wallets, organizers, and bags made from recycled rubber.

Recommended Movie List

These are just a sampling of the many recommended films available on the subject of veganism, vegan nutrition, animal ethics, vegan living, etc. A quick Google search will turn up many more.

A Cow at My Table

Watch online at www.topdocumentaryfilms.com/a-cow-at-my-table

“A Cow at My Table” explores Western attitudes towards farm animals and meat, and the intense battle between animal advocates and the meat industry to influence the consumer’s mind.

A Life Connected: VEGAN

Watch online at www.veganvideo.org

A 12-minute uplifting, positive video about the power of making Vegan choices.

People everywhere are making choices more connected with their values. We are simplifying our lives, buying less and living more because we know that the Earth provides enough to satisfy everyone's need, but not everyone's greed. But there is one connected choice that sometimes gets overlooked. It's one of the most far-reaching personal, practical and ethical choices you can make. This powerful choice can be done by everyone every day... by you... right now. Vegan. Every day you are invited to make choices. Live your values. Change the world. It's that simple.

At The Edge of The World

www.attheedgeoftheworld.com

The 3rd Antarctic Campaign undertaken by the controversial Sea Shepherd Conservation Society was arguably "the perfect combination of imperfections" and the actions taken to stop a Japanese whaling fleet were astonishingly reckless and admirable. With one ship (The Farley Mowat) too slow to chase down the whaling fleet, with their second ship (The Robert Hunter) unsuited for Antarctic ice conditions and with no country supporting their efforts to enforce international law, the situation becomes increasingly desperate in this real-life David-vs.-Goliath adventure.

Blackfish

www.blackfishmovie.com

“Blackfish” tells the story of Tilikum, a performing killer whale that killed several people while in captivity. Along the way, director-producer Gabriela Cowperthwaite compiles shocking footage and emotional interviews to explore the creature’s extraordinary nature, the species’ cruel treatment in captivity, the lives and losses of the trainers and the pressures brought to bear by the multi-billion dollar sea-park industry. This emotionally wrenching, tautly structured story challenges us to consider our relationship to nature and reveals how little we humans have learned from these highly intelligent and enormously sentient fellow mammals.

Cowspiracy: The Sustainability Secret (streaming on Netflix)

www.cowspiracy.com

“Cowspiracy: The Sustainability Secret” is a groundbreaking feature-length environmental documentary following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet

today – and investigates why the world’s leading environmental organizations are too afraid to talk about it. Animal agriculture is the leading cause of deforestation, water consumption and pollution, is responsible for more greenhouse gases than the transportation industry, and is a primary driver of rainforest destruction, species extinction, habitat loss, topsoil erosion, ocean “dead zones,” and virtually every other environmental ill. Yet it goes on, almost entirely unchallenged. As Andersen approaches leaders in the environmental movement, he increasingly uncovers what appears to be an intentional refusal to discuss the issue of animal agriculture, while industry whistleblowers and watchdogs warn him of the risks to his freedom and even his life if he dares to persist.

Earthlings (on Netflix DVD only, or can be streamed online)

Watch online at www.earthlings.com

“Earthlings” is a powerful and informative documentary about society’s treatment of animals, narrated by Joaquin Phoenix with soundtrack by Moby. This multi-award winning film by Nation Earth is a must-see for anyone who cares about animals or wishes to make the world a better place.

Eating You Alive

www.eatingyoualive.com

Half of all adults in the U.S. struggle with chronic health conditions including cancer, heart disease, stroke, diabetes, obesity, hypertension, Alzheimer’s, arthritis and erectile dysfunction. Despite countless dollars spent on medical research, new drugs and innovative technology to improve our health, more Americans are disabled and dying from chronic disease than ever before. Featuring leading medical experts and researchers, **Eating You Alive** takes a scientific look at the reasons we’re so sick, who’s responsible for feeding us the wrong information and how we can use whole-food, plant-based nutrition to take control of our health—one bite at a time.

Food, Inc.

www.takepart.com/foodinc

In “Food, Inc.,” filmmaker Robert Kenner lifts the veil on our nation’s food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government’s regulatory agencies, USDA and FDA. Our nation’s food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment.

Forks Over Knives (streaming on Netflix)

www.forksoverknives.com

The feature film “Forks Over Knives” examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods.

Live and Let Live (streaming on Netflix)

www.letlivefilm.com

“Live and Let Live” is a feature documentary examining our relationship with animals, the history of veganism and the ethical, environmental and health reasons that move people to go vegan. Food scandals, climate change, lifestyle diseases and ethical concerns move more and more people to reconsider eating animals and animal products. From butcher to vegan chef, from factory farmer to farm

sanctuary owner – Live and Let Live tells the stories of six individuals who decided to stop consuming animal products for different reasons and shows the impact the decision has had on their lives.

Lolita: Slave to Entertainment

www.slavetoentertainment.com

Man versus nature; in the summer of 1970 a barbaric hunt kills five orca whales and destroys the lives of countless others. Six young orcas are ripped away from their family, sold to marine parks, and shipped across the world to enter into a life of slavery. Three decades later only one survives. And she just so happens to be Miami's biggest performer.

Making the Connection (can be watched on YouTube and Vimeo)

www.topdocumentaryfilms.com/making-connection

Produced in association with the UK Vegan Society, this 30-minute documentary explores the vegan lifestyle which combines delicious, healthy food with tackling many of the ethical and global challenges facing us today and into the future. It is divided into eight chapters and features a dietician, a parliamentarian, chefs, farmers, an elite athlete, environmental groups and the wonderful Benjamin Zephaniah. It explains how becoming vegan is good for your health, good for the environment, good for the animals and can help to feed a growing world population.

Peaceable Kingdom: The Journey Home

www.peaceablekingdomfilm.org

A riveting story of transformation and healing, “Peaceable Kingdom: The Journey Home” explores the awakening conscience of several people who grew up in traditional farming culture and who have now come to question the basic premises of their inherited way of life. Presented through a woven tapestry of memories, music, and breathtaking accounts of life-altering moments, the film provides insight into the farmers' sometimes amazing connections with the animals under their care, while also making clear the complex web of social, psychological and economic forces that have led them to their present dilemma

Planeat

Watch online at www.humanedecisions.com/documentary-film-planeat

“PLANEAT” is the story of three men's lifelong search for a diet, which is good for our health, good for the environment and good for the future of the planet. With an additional cast of pioneering chefs and some of the best cooking you have ever seen, the scientists and doctors in the film present a convincing case for the West to re-examine its love affair with meat and dairy. The film features the ground-breaking work of Dr. T Colin Campbell in China exploring the link between diet and disease, Dr. Caldwell Esselstyn's use of diet to treat heart disease patients, and Professor Gidon Eshel's investigations into how our food choices contribute to global warming, land use and oceanic dead zones.

Speciesism: The Movie (can be watched on Vimeo or Amazon)

www.speciesismthemovie.com

Most of the animals used for food in the United States are raised in giant, bizarre “factory farms,” hidden deep in remote areas of the countryside. The filmmaker sets out to investigate, and takes viewers on a sometimes funny, sometimes frightening adventure, crawling through the bushes that hide these factories, flying in airplanes above their toxic “manure lagoons,” and coming face-to-face with their owners. But this is just the beginning. In 1975, a young writer published a book arguing that no justifications exist for considering humans more important than members of other species. It slowly

began to gain attention. Today, a growing number of prominent individuals and activists are adopting its conclusions. They have termed the assumption of human superiority speciesism. “Speciesism: The Movie” brings viewers face-to-face with the leaders of this movement, and, for the first time ever on film, fully examines the purpose of what they are setting out to do.

The Cove

www.thecovemovie.com

“The Cove” tells the amazing true story of how an elite team of activists, filmmakers, and freedivers embarked on a covert mission to penetrate a hidden cove in Japan, shining light on a dark and deadly secret. The shocking discoveries they uncovered were only the tip of the iceberg.

The Game Changers

www.gamechangersmovie.com

Directed by Oscar®-winning documentary filmmaker Louie Psihoyos and executive produced by James Cameron, Arnold Schwarzenegger, Jackie Chan, Lewis Hamilton, Novak Djokovic, and Chris Paul, *The Game Changers* tells the story of James Wilks — elite Special Forces trainer and The Ultimate Fighter winner — as he travels the world on a quest to uncover the optimal diet for human performance. Showcasing elite athletes, special ops soldiers, visionary scientists, cultural icons, and everyday heroes, what James discovers permanently changes his understanding of food and his definition of true strength.

The Witness

www.witnessfilm.org

How does a construction contractor from a tough Brooklyn neighborhood become an impassioned animal advocate? In the award-winning documentary “The Witness,” Eddie Lama explains how he feared and avoided animals for most of his life, until the love of a kitten opened his heart, inspiring him to rescue abandoned animals and bring his message of compassion to the streets of New York. With humor and sincerity, Eddie tells the story of his remarkable change in consciousness.

Turlock

www.turlockrescue.org

The documentary chronicles the rescue of chickens from the largest animal neglect case in U.S. history. When Northern California animal sanctuary Animal Place finds out a factory farm in nearby Turlock has closed, and more than 50,000 hens have been abandoned and left to die without food or water, a team of professionals and volunteers spring into action to save as many lives as they can. Against considerable odds, considerable stakes, and a dramatic standoff with local authorities that leaves them powerless as they witness tremendous animal cruelty, neglect, and suffering, the heroic rescuers somehow find light in the fragile beings they are able to save. *Turlock: the documentary* also raises timely questions about how we view non-human animals and modern industrial egg farming, a living nightmare for hundreds of millions of hens in the U.S. alone. Whether caged, cage-free, or free-range, these quirky, social, loving animals are denied all natural behaviors, experience fear and stress, and suffer from diseases. The film also introduces several chickens lucky enough to be adopted into happy homes, where their unique personalities are allowed to blossom.

Vegucated

www.GetVegucated.com

“Vegucated” is a feature-length documentary that follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. There’s Brian, the bacon-loving bachelor who eats out all the time, Ellen, the single mom who prefers comedy to cooking, and Tesla, the college student who avoids vegetables and bans beans. They have no idea that so much more than steak is at stake and that the fate of the world may fall on their plates. Lured with true tales of weight lost and health regained, they begin to uncover hidden sides of animal agriculture and soon start to wonder whether solutions offered in films like “Food, Inc.” go far enough. Before long, they find themselves risking everything to expose an industry they supported just weeks before.

What the Health (streaming on Netflix)

www.whatthehealthfilm.com

What the Health is the groundbreaking follow-up film from the creators of the award-winning documentary Cowspiracy. The film exposes the collusion and corruption in government and big business that is costing us trillions of healthcare dollars, and keeping us sick.

What The Health is a surprising, and at times hilarious, investigative documentary that will be an eye-opener for everyone concerned about our nation’s health and how big business influences it.

Recommended Book List

These are just a sampling of the many recommended books available on the subject of veganism, vegan recipes, vegan nutrition, animal ethics, vegan living, etc. A casual Google search will turn up hundreds more.

Vegan Living, Health, Nutrition

Becoming Vegan (Express Edition): The Complete Guide to Adopting a Healthy Plant-Based Diet – Brenda Davis, R.D. & Vesanto Melina, M.S., R.D.

Breaking the Food Seduction: The Hidden Reasons Behind Food Cravings--And 7 Steps to End Them Naturally – Neal Barnard, M.D.

By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat – Tracye Lynn McQuirter

Diet for a New America: How Your Food Choices Affect Your Health, Happiness, and the Future of Life on Earth – John Robbins

Generation V: The Complete Guide to Going, Being, and Staying Vegan as a Teenager – Claire Askew

May All Be Fed: Diet For A New World – John Robbins

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health – T. Colin Campbell, Ph.D.

The Food Revolution: How Your Diet Can Help Save Your Life and Our World – John Robbins

Vegan Bodybuilding & Fitness – Robert Cheeke

Vegan Freak: Being Vegan in a Non-Vegan World – Bob and Jenna Torres

Vegan Paradise: A New Worldview to Save our Bodies, Minds and Souls - and Life on Earth – C. Shakti Marquis

World Peace Diet: Eating for Spiritual Health and Social Harmony – Will Tuttle, Ph.D.

Vegan Recipes

Appetite for Reduction: 125 Fast and Filling Low-Fat Vegan Recipes – Isa Chandra Moskowitz

Candle 79 Cookbook: Modern Vegan Classics from New York's Premier Sustainable Restaurant – Joy Pierson, Angle Ramons, and Jorge Pineda

Eat Vegan on \$4 a Day: A Game Plan for the Budget Conscious Cook – Ellen Jaffe Jones

More Great Good Dairy-Free Desserts Naturally – Fran Costigan

My Sweet Vegan: passionate about dessert – Hannah Kaminsky

Protein Ninja – Terry Hope Romero

Salad Samurai – Terry Hope Romero

Show Up For Salad – Terry Hope Romero

The Joy of Vegan Baking: The Compassionate Cooks' Traditional Treats and Sinful Sweets – Colleen Patrick-Goudreau

The Mediterranean Vegan Kitchen – Donna Klein

The Oh She Glows Cookbook – Angela Liddon

The Tempeh Cookbook – Dorothy R. Bates

The Ultimate Uncheese Cookbook: Delicious Dairy-Free Cheeses and Classic "Uncheese" Dishes – Joanne Stepaniak

Vegan Cookbook for Beginners – Rockridge Press

Vegan Cookies Invade Your Cookie Jar - Isa Chandra Moskowitz & Terry Hope Romero

Vegan Cupcakes Take Over the World: 75 Dairy-Free Recipes for Cupcakes that Rule – Isa Chandra Moskowitz & Terry Hope Romero

Vegan Eats World – Terry Hope Romero

Vegan Deli: Wholesome Ethnic Fast Food – Joanne Stepaniak

Vegan Holiday Kitchen: More than 200 Delicious, Festive Recipes for Special Occasions – Nava Atlas

Veganomicon: The Ultimate Vegan Cookbook – Isa Chandra Moskowitz & Terry Hope Romero

Vegan on the Cheap – Robin Robertson

Vegan with a Vengeance – Isa Chandra Moskowitz

Viva Vegan: 200 Authentic and Fabulous Recipes for Latin Food Lovers – Terry Hope Romero

Animal Rights and Ethics

A Rational Approach to Animal Rights: Extensions in Abolitionist Theory – Corey Wrenn

Animals and Women: Feminist Theoretical Explorations – Carol J. Adams

Animal Oppression & Human Violence – David A. Nibert

Animals as Persons: Essays on the Abolition of Animal Exploitation – Gary L. Francione

Animals, Property, and the Law – Gary L. Francione

Animal Rights: The Abolitionist Approach – Gary L. Francione

Comfortably Unaware: What We Choose to Eat is Killing Us and Our Planet – Richard Oppenlander

Eat Like You Care: An Examination of the Morality of Eating Animals – Gary L. Francione & Anna E. Charlton

Eternal Treblinka – Charles Patterson

Introduction to Animal Rights: Your Child or the Dog? – Gary L. Francione

Making A Killing: The Political Economy of Animal Rights – Bob Torres

Mind If I Order the Cheeseburger?: And Other Questions People Ask Vegans - Sherry F. Colb

Rain Without Thunder: The Ideology of the Animal Rights Movement – Gary L. Francione

Sistah Vegan: Food, Identity, Health, and Society: Black Female Vegans Speak – A Breeze Harper

The Animal Rights Debate: Abolition or Regulation – Gary L. Francione & Robert Garner

The Dreaded Comparison: Human and Animal Slavery – Marjorie Spiegel

The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory – Carol J. Adams

Vivisection and Dissection in the Classroom: A Guide to Conscientious Objection – Gary L. Francione & Anna E. Charlton

Recommended Vegan Apps

These are just a sampling of available apps for iPhone and Android users. A simple search in your App Store with the search term 'vegan' will turn up many more apps for your device.

Available for iPhone and Android

Cruelty-Free (Free) The Cruelty-Free app saves time trying to decode the back of a package and tells you upfront if a product has not been tested on animals. The shopping guide features more than 200 cosmetic and household product companies in the US and Canada.

HappyCow (\$3.99) The popular vegan travel website has gone handheld with this on-the-go guide to plant-based dining. An interactive map allows users to filter local businesses for vegan-friendliness or find nearby health food stores, while the category browser makes finding vegan sushi a breeze.

Is It Vegan? (Free and \$4.99 for + version) This app is for anyone interested in eliminating animal products from their diet. After putting each ingredient into a category, Is It Vegan? then decides whether the product is suitable for a vegan diet. Is It Vegan? has information on hundreds of thousands of food and beverage products and verifies each of them using a master list containing thousands of pre-classified ingredients. Simply scan the UPC bar code on the package of any food or beverage product, and you'll see whether the product is vegan, vegetarian, or neither -A summary classifying the list of ingredients -A detailed list showing which ingredients are vegan and non-vegan -The original (unclassified) list of ingredients for the product.

Available for Android

Vegan Grocery List (\$1.99) Need help choosing what groceries to buy for your vegan diet? This shopping list provides everything you will need to make your selection at the market a snap! This simple, easy to use, and customizable checklist will take the guessing out of which foods and spices to buy for your type of vegan diet.

Vegan Life (Free) This app is trying to give people an introduction to veganism and help getting started. Why should I consider veganism? Vegan substitutes. Where do I have to pay special attention? How do I cook vegan? Tell your server what you eat and what you don't in different languages.

Vegan Recipes (Free) This app brings you a diverse range of free vegan recipes to please any tastes. You will find vegan ideas for all periods and occasions during the year, dealing with different tastes. Healthy vegan recipes always begin with healthy ingredients. The food you prepare must contain all the crucial nutrients the body requires for excellent wellness. Healthy easy recipes should include a lot of veggies and fruits.

Vegan Scanner (Free) The app helps vegan or ethical consumers choose products easily. We tag every product so you'll know whether it's vegan, organic etc. We also give you the ingredients, an image of the product and much more. All you have to do to get all this info is scan the product's barcode and you're done! Each product has "Product Tags". Product Tags help you and other users differentiate between products with qualities you agree to or want.

Available for iPhone

Eat Vegan: Delicious Vegan Diet Recipes and Meals (Free) Contains over 250 delicious vegan recipes and images at your fingertip. Browse through categories to plan your next meal - breakfast, salad, desserts and more. Easily search recipes, save your favorite meals and take the guesswork out of vegan meal preparation.

Oh She Glows - Delicious Plant-Based Recipes (\$4.99) Enjoy over 75 mouth-watering plant-based recipes, including more than 60 gluten-free recipes and 8 free new app exclusive recipes. Search for recipes with ease using ingredient keywords or by recipe title. Filter and customize recipes based on dietary/allergy info, season, dish type, and more.

Vegan Pocket - Is it Vegan? (Free)

Food, cosmetics, clothes: Vegan Pocket works with any barcode to determine if the products is vegan.

Vegan Shopping List (\$2.99) Catered specifically for individuals that feel strongly about the ethical treatment of animals. Create your own intuitive shopping list that reflects your healthy, fresh and ethical lifestyle. Features: Shop confidently and ethically. Easy point and tap navigation system.

VeganXpress (\$1.99) Finding your road-trip style cramped by dismal vegan options at fast-food eateries? Look no further than VeganXpress, a convenient database of the vegan options at many popular fast-food and chain restaurants around the country.




21-Day Vegan Kickstart (Free) Physicians Committee for Responsible Medicine makes going vegan wildly easy with this awesome resource that helps participants plan healthy, delicious plant-based meals for every day of their program. It's simple enough for your tech-challenged mom to use.







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-  Cruelty-free company that uses the Leaping Bunny logo
-  Canadian cruelty-free company
-  Cruelty-free subsidiary of a parent company that is not certified

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- *hype nail 
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- 103 Collection
- 1121 Apothecary 
- 21 Drops
- 3rd Rock Sunblock
- 4 Elements Bath Products
- 4-Legger
- 7th Heaven 
























A

- A Girl's Gotta Spa!
- A Yummy Apology
- Abbey Essentials
- Action Wipes 
- ACURE 
- Addition
- Adesse New York® 
- Adorable Baby by Loving Naturals 
- ADORAtHeraPy
- adwoa beauty™ llc
- Affordable Mineral Makeup
- Afterglow Cosmetics 
- AIM Cream Canada 
- Aim HI Every Day 
- AirWorkX Makeup
- AJ Apothecary
- Ajani Cosmetics 
- AKM Holistic
- Alamo Organics LLC


- Alaska Glacial Mud Co. 
- Alba Botanica 
- Alchimie Forever 
- Alexandria Professional 
- Ali's Natural Health Products
- All Good 
- All Heart Cosmetics 
- All Natural Advice  
- Aloe Infusion
- Aloha Nani
- AMALUMY 
- Amanda Ross Skin Care
- Amazonia Skincare
- Ambiance World
- American Botanics
- American College of Healthcare Sciences Apothecary Shoppe
- Amika 
- Amour New York
- Ancient Egyptian Bath And Body Elixirs
- Ancient Secrets 
- Andalou Naturals 
- Angela Caglia Skincare 
- Angie Watts
- Annmarie Skin Care 
- Anointment Natural Skin Care Inc.  
- Anokha® Skin Care 
- Anthea Skincare
- Antiquity BC 
- Antonym Cosmetics 
- Ao Skincare 
- Apoterra Skincare 
- Apothecary Lane  
- Applied Beauty Naturals
- Applied Beauty Works
- Aqua Natural 
- Aquavert 
- Arch Addicts 
- ARCONA 
- Arctic Beauty 
- Ariza Beauty
- Aroma Bella
- Aroma Naturals 
- Aromi
- ARTISANskin
- Arya Essentials 
- Ash Naturals
- AspenClean  
- Astonish 
- Astrida Naturals
- Athar'a
- Au Naturel Botanicals 
- Aunt Bee's Skin Care
- Auromère Ayurvedic Imports 
- Austin Rose
- Avalon Organics 
- Avarelle
- AveSeena 
- Ayelet Naturals 



















B

- B True Beauty
- B&N All Natural 
- Baby MoonShine
- Back to Basics Skincare
- Badger 
- BaeBlu
- Bãeo 
- Bali Secrets 
- Bare Blossom Skincare & Organics 
- Bare Ethics 
- Bare Skin Bar 
- Barking Mad Cosmetics
- BARR's Bars, Ltd.
- Base Beauté
- Base Coat 
- Basic Earth Essentials
- Basics by NXT Generation Pet 
- Batty's Bath 
- Bayes
- BCakes LLC 
- Be-Live Natural 
- Beach Baby Bath & Body 
- Bean & Lily 
- Beautiful Birdie Cosmetics
- Beauty by Earth 
- Beauty Without Cruelty 
- BEAUTYPROOF Skin Care 
- Beauvivo
- bedu 
- Bee Bella 
- Begley's
- BeKind Cosmeceuticals
- Bel Essence
- Belfiore Cosmetics
- Bell Mountain Naturals
- Bella Mari 
- Bellance
- Bellapierre Cosmetics
- Belle Beauty 
- Bello Moi 
- Belly Buttons & Babies 
- Better Botanicals 
- Better Life 
- Betula's Botanica 
- Beverly Hills MD
- BH Cosmetics 
- Biggs and Featherbelle
- Bio Follicle Vegan Plant Derived Hair Products 
- Biokleen
- BioSphère Naturel
- Bite Beauty 
- Black Dahlia Lacquer 
- Black Orchid Soaps
- Black Sheep Organics 
- Black Tie Cosmetics
- Blissful Minerals 
- Blissoma 
- Bloom Naturals
- Bloomiss 
- Blu Ink Nail Lacquer
- Blue Monarch 
- Bodhi Handmade Soap 
- Body Be Silk LLC
- Body By Bella
- Body Merry
- Body Soup For The Soul 
- BodyHonee
- Boeccure
- Bohemian Alchemist 
- Boho Aromatic
- Booda Organics 
- Born Skincare 
- BostonMints Refreshing Lipgloss
- Botanic Organic 
- Botanicals Unleashed
- Botanie Soap 
- Boulder Clean 
- BOYZZ ONLY 
- Bpampered2
- Bretanna Witch Hazel Products 
- Brew City Botanicals
- Briogeo
- Brooklyn and Bailey
- Brooklyn Made Natural
- Brown Butterfly 
- Bua Organics
- Bubbly Moon Naturals, LLC
- Buck Naked Soap Company 
- Bulldog Natural Skincare 
- Burt's Bees 
- Butter Angels Handcrafted Skin Care®
- Butter Skin 
- By Valenti Organics















C

- C & Co.® 
- CADÔ 
- CAILYN COSMETICS
- Cake Face Soaping
- Caldera + Lab 
- Caldrea 
- Caley Cosmetics
- California North
- California Pure Naturals 
- Call of the Viald
- Calm Coyote 
- CALM Skin Care
- Camel Life
- Camellia Alise
- Cammi and Company
- CAMP Skincare 
- Canadian Bath Bomb Company 
- Cannabliss Organic 
- Cape Mahogany 
- CapeLilly
- Captain Blankenship 
- Careway Solutions
- Castle Baths 
- Cat & Bunny
- Cate McNabb Cosmetics 
- CBD Daily 
- Cellbone 
- Chaé Organics 
- Chagrin Valley Soap & Salve 
- Charisma
- Christine Valmy Inc. 
- Cire d'Abeille 
- Citra Solv
- City Cosmetics
- Civilized Cosmetics 
- Clean Kids Naturally 
- Clean Kiss Organics 
- Clean River Products 
- Clear Conscience 
- CLEARISTA by Skincential Sciences
- Climb Salve 
- Cloudy Creek Farms 
- Coastal Classic Creations 
- Coco Bee Naturals
- CoCo | Conscious Collective
- Cocoa Bliss Self Care Co. 















- Cocofloss
- ColorNoir
- ColorpHlex 
- Comforte for PMS 
- Common Good 
- Comprehensive Cranium Care 
- Concrete Minerals 
- Conscious Choice 
- Control Corrective Skincare Systems 
- Cora 
- Core Cosmetic
- COSMETIQUES LAUDUN TM
- Cosmic Element
- COTE HAIR
- coXistence soaps
- Crabtree Lane Organics
- Crafted Bath 
- Crazy Cat Lady 
- Crazy Rumors 
- CremeFRESH Skin and Health  
- Cria
- CRUNCHI 
- CRYSTAL™ deodorant 
- CULT+KING 
- Cupid and Psyche Beauty
- Curly D by Curly Davenport
- CUSH Cosmetics















D

- D&C Organics
- D'iMYOOR
- Daddy Van's
- Daddirri
- Daisy Blue Naturals
- Dancing Dingo
- Darla Makeup
- Das Boom 
- Daughter of the Land
- Davids Natural Toothpaste 
- DCK
- Deep Steep
- deja
- Dely Fudori LLC
- DEMES  
- Dermal Fitness, llc
- Dermalogica  
- DermaQuest Skin Therapy 












- Desert Essence 
- Devera Naturals 
- DeVita Natural Skin Care 
- Di-ver-gent Radical Skincare
- Diamante Cosmetics
- Diane Higgins Skincare 
- Diane Janowski Soap
- Dimension Nails
- Dioné Cosmetics 
- Divine Chalice Botanicals
- DoapSoap
- Dollylocks Organic Products Inc 
- Dose of Colors 
- Dr. Brite 
- Dr. Bronner's Magic Soaps 
- Dr. Mercola Healthy Skin 
- Dr. Sheffield's Premium Natural Toothpaste
- Dr. Woods Products 
- Drifter Organics 
- DrJOrganics 
- Drybar 
- Dunnock & Hinny, LLC





E

- Earth + Co
- Earth Diva Minerals
- Earth Friendly Products 
- Earth Glamour
- Earth's Beauty 
- Earth's Best 
- Eartha Botanicals
- earthling products
- Earthly Body 
- Earthwise Beauty
- Earthy 
- Eavara
- Echoclean  
- Eclair Naturals 
- Eclipse
- Eco Nuts
- Eco-DenT International 
- Eco-Me 
- Ecover 
- Eden Skin Care 
- Elais Oils 
- Elate Cosmetics 


















- elea blake
- Elements of Aliel
- Elevé Cosmetics
- ELEWA natural 
- Elixery 
- Elizabeth Van Buren
- elke
- ELON Essentials
- Elvado  
- Elyptol Inc.
- Emerald Essentials 
- Eminence Organic Skin Care 
- Emtage Beauty 
- Emz Blendz Soap Co.
- EO Products 
- Epiphany Soapworks
- Erbaviva
- Erganik
- Esker Beauty 
- Espionage Cosmetics 
- Essential Relaxations
- Essential Wholesale & Labs 
- Eva-NYC 
- EVXO 
- Exernal Skin Care Activated CharcoalFace Plus Body Wash 




F

- Face + Body
- FACE atelier  
- Face EnvY
- Fairy Girl
- FAR Botanicals 
- Farm Dog Naturals 
- Farm Spirit Beauty 
- FATCO 
- Feral Cosmetics
- Field Botanicals
- Fine Oils
- FiOR Mineral Cosmetics
- Fit Organic 
- Fitglow Beauty 
- Five Nine Naturals
- Fivesso
- Flora & Fauna 
- Flora1761 
- florapothecarie 





















- Florapy Beauty
- FLUX skin
- Footnanny 
- Forces of Nature 
- Forever Living Products 
- Formulary 55
- Fox Naturals
- Foxbrim Naturals
- FoxyBae
- Frangipani Body Products
- Free Brands LLC
- FreeBird Organics
- French Paws
- FreshBod, LLC
- Frilliance
- Fromonda
- Frostaholics
- Fundamental Earth 


G

- Gabriel Cosmetics 
- Galiano Island Soapworks 
- Gállány
- Gardener's Dream  
- Gemstone Organic
- Genial Day, Gentle Day
- Georges Botanique Aromatiques
- Gilchrist & Soames 
- Ginga 
- ginger & waldo 
- Giovanni 
- GKhair 
- GladRags
- GlamBunny Cosmetics
- Glamour Dolls
- Glop & Glam Hair Products 
- GLOWBIOTICS 
- Goddess Garden 
- goGREENman Beauty Products
- Goldie B.
- Gourmet Body Treats
- Gramercy Skincare 
- GratefulBody 
- Graydon Skincare  
- Green Gaia Essentials
- Green Goo 
- Green Love






- Green Soap
- Green Tidings
- Greenbone 
- Greenbone -Humane Society 
- Greenshield Organic 
- Gressa Skin LLC
- Gundry MD

H

- Hain Celestial 
- HAN Skin Care Cosmetics
- Hanson Skincare
- Happy Seeds 
- Harvest Natural Beauty
- Healingscents Aromatherapy 
- Healium Hair Inc.
- Healthy Home Company
- healthy hoohee 
- Healthy Hump
- Hearts & Paws Crafting, Ltd Co
- Heaven By Earth
- Heleka
- hello products 
- Henna Color Lab® 
- Her Mannerisms 
- Herbal Choice Mari 
- Herban Lifestyle
- Herbivore Botanicals 
- Herbs + Oils Bath
- heroine.nyc 
- HiQ Cosmetics 
- HiRuna Island Soaps
- Hit The shower 
- HollyBeth Organics 
- HollywoodFX
- Home Spa Collection
- Homemade Betty LLC
- Homestead Body 
- Honestly pHresh
- Hot Tot 
- House of Lashes 
- HOWND 
- Hugo Naturals 
- Humble Brands 
- Hurraw! Balm 
- Hush + Dotti
- HUSTLE BUTTER DELUXE®



- Hustle Butter Deluxe®
Natural Resin Remover
- Hustle Butter Luxe®
- Hustle Helper®
- H\E 

I














- I am Selfcare Skincare
- I DREAM IN EVERGREEN
BOTANICALS INC 
- I'M FABULOUS COSMETICS
- i.m. Walrus Soaps 
- ILIA
- Indie Lee & Co. 
- Indigo Bath and Body
- InfiniteAloe 
- Infinity
- Inked Doll Cosmetics
- Inlight Organic Skincare 
- Intelligent Nutrients 
- Intensive Lash and Brow 
- inVitamin 
- iQ Natural
- It's A 10 Haircare 
- ITCHBlock

J





- Jaboneria Marianella 
- Jaceyl Natural Care
- Jade Lilly 
- Jane Iredale 
- Jar Bar Makeup
- JÄSÖN 
- JB Greek
- Jeffree Star Cosmetics
- Jeffrey James
- Jellen
- Jess' Bee Natural Lip Balm 
- Jivi
- JKosmmune 
- Jordana Cosmetics
- Jouer Cosmetics 
- Jouvé
- Jovovo Naturals 
- Juice Beauty 
- Just Bubbly







- Just E Skincare
- Just Make Scents
- Just the Essentials
- Just the Goods  








K

- Kahina Giving Beauty 
- Kaleidoscope Cosmetics LLC
- KalVera Skincare 
- Kama Botanicals 
- KAPLAN MD BEVERLY HILLS
- Kate's Magik
- Kavella Hair Care
- Keeki Pure and Simple 
- Kelly Teegarden Organics
- Kett Cosmetics
- Kimberly Parry Organics 
- KINDri Los Angeles
- KINX
- Kirk's Natural LLC 
- KisClean Non-Toxic
- Kiss Me Honey 
- Kiss My Face 
- Kiss My Horse
- KLARIF
- Klō Organic Beauty
- Knotty Boy  
- Ko & Humble 
- Koils by Nature
- Kokokahn 
- KolorsbyK
- Konjac Natural Care
- Kosas
- Kosmatology 
- KPS Essentials 
- KREYÓL ESSENCE, LLC.
- Kudarat 
- Kula to Ku'au Maui
- Kyra's Shea Medleys, LLC

L






























- L'EUDINE 
- L'uvalla Cerified Organic
- L.A.M.A Soap Compay 
- Lafemation Simple Path Botanical Skin Care 
- Lafes Natural BodyCare 

- LalaLucia Fresh Beauty
- LaPurre
- LASHES IN A BOX
- LATHER
- Laura Lee los Angeles
- Lauren Brooke Cosmetiques 
- Laurmé Skin Care
- Lavender Court Soap Company
- Lavender Moon LLC
- LAW Beauty Essentials
- Lawless Nails
- Le Savonnier Marseillais 
- LEAP Organics LLC 
- Legendary Apothecary
- Leland Francis
- Leslie's Naturals
- Level Naturals 
- Lexli 
- Lezehomey
- Lezeorganic
- Lifance Natural Skin Care 
- Life Elements 
- Light Mountain 
- Lilly Be
- Lilly.B 
- Lime and Lotus Organics
- Lime Crime 
- Limelight by Alcone 
- Lines of Elan 
- LineWorkX
- LING Skincare
- Lips N Tips Cosmetics
- Lipster Lip Balm
- Little Barn Apothecary
- Little Tree Hugger Soap 
- Little Twig 
- Live Clean 
- Live for Tomorrow 
- LIZ CAROLINA SKIN CARE, LLC
- Liz Earle  
- Lōa Skin Care 
- Loaded Goat Homestead
- London's Pedisoaks
- Lotus Garden Botanicals
- Lotus Moon Skin Care 
- Love Hair Inc.  
- LOVEBUD
- Lovewild Design


- Loving Naturals 
- Lubricity Labs 
- LuckyAromas by LuckyVitamin 
- LuckyPlanet by LuckyVitamin 
- LuckyTru by LuckyVitamin 
- Lueur Naturelle, LLC
- Lume Deodorant for Underarms & Private Parts 
- Luna Oil Organics 

M

- Mabrook & Co. 
- Madam Glam
- Madame Lemy 
- MADE OF 
- Madison Reed 
- Maelle Beauty
- MAHALO Skin Care
- Maine Hempworks 
- Makes Scents Natural Spa Line
- Makeup Artist's Choice
- MamaSuds 
- ManDay Grooming Inc. 
- Manna Kadar Cosmetics
- Marin Bee Company 
- Marrakesh Hair Care 
- Marula Pure Beauty Oil 
- Matcha Obsessed
- Max Green Alchemy 
- Maxandjane
- Maya Chia 
- MD GLAM 
- Me & T's Handmade Body Products
- Meant
- Medicine Mama's Apothecary 
- Melanie Mills Hollywood 
- Meliora Cleaning Products 
- Mellow Crafts 
- Melt Cosmetics
- Meow Meow Tweet 
- Mètamour 
- Method 
- Mgc magnesium lotion 
- Mi-Me Handmade Bath & Body Products
- Mika Pets 
- MILANI



- Milli Miracle
- Millstone Farm & Organics  
- Mindful Skincare
- Mindfulnesspure
- Mineral Fusion 
- Mineral Options
- Mint n Coco
- MintPear 
- Miracle Oil 
- Mistico Mimi Wellness Centre 
- MIUS 
- MIYU 
- MOCA Naturals
- Mode de Vie 
- Modish Polish
- Moist Towel Services
- Molly's Suds 
- Molton Brown  
- Momotaro Apotheca
- Monat 
- Monkey Sea Monkey Doo 
- mooi lab 
- Moon Luv
- Moon Valley Organics 
- MoonLily Wellness 
- Morning Blossom Studio
- Morrocco Method Int'l 
- Moss Botanicals 
- Motherlove Herbal Company 
- Mountain Girl Soap & Sundries
- Mountain Green 
- Mountain Sky 
- Moyaa Shea Products Ltd  
- Mr. Wigglebottom's
- Mrs. Conn's bath day
- Mrs. Meyer's Clean Day  
- Ms. Billie's Skin Care
- MTS Medical
- Mullein & Sparrow
- MuLondon 
- muskaan - smile with heart 
- My Konjac Sponge 

N

- nail & bone
- NAIWBE Natural As I Wanna Be 
- Naked Cosmetics



























- Naked Truth Beauty
- Nalani Naturals 
- NapCap
- NASTY 'Total Athletic Care'
- Native Organics LLC
- NATIVSK/N
- Natural Bayou Beauty
- Natural V.I.P
- Natural Vegan Club 
- Natural Yukon Body Care Co. 
- Naturalbee Organic
- Naturally Wild Artisan Soap and Bath
- Naturawl
- Nature Clean  
- Nature Goddess
- Nature Island Importers
- Nature's Alchemy 
- Nature's Beauty Mix
- Nature's Brands 
- Naturopathica
- Nava Pets
- Nayelle  
- Nazelie 
- Nealy Naturals
- NeemAura Naturals 
- Nellie's All Natural  
- Nemat International, Inc. 
- NENA  
- New Directions Aromatics 
- NIU BODY 
- NIUCOCO
- Nokomis Naturals
- NOLAS Artisan Bath And Body
- Norabloom Botanicals
- Norvell
- Nourish Organic 
- Novena Maternal Skin Care
- NuCelle 
- nüg 
- Nurture My Body
- Nutiva
- Nutrasporin
- Nutroleum
- Nyme Organics 
- NYR Organics

O

- O My!® 
- ODE 
- Ode to Clean
- ODIN
- ODORBlock
- OFRA Cosmetics
- Ogee 
- OH 
- OH TIFF! Professional Lacquer
- OHA Vital Organic Skincare
- Ohana Organics
- Oil of Angels Vegan Skin Care 
- Oleim 
- Olive + M
- Olivia Rose Skincare
- OM Botanical
- OMhh Inc.
- Omiana
- One Two Cosmetics, LLC
- One with Nature 
- OneSelf Organics 
- Onurth Skincare 
- Opie & Dixie 
- Oregon Soap Company
- Orenda Skin Care
- ORGAID 
- Organic Fields of Heather 
- Organic Loven
- Organic Oscar 
- Organique by Himalaya 
- Oribel Organics
- Original Moxie 
- OSEA 
- Osmosis Pür Medical Skincare 
- Out of Africa 
- Overland Essentials 


P

- Pacha Soap Company 
- PAIVA
- Pandora's Products
- Paper Street Soap Co.
- Papillon 
- Parachute Home 
- Paradise Springs 
- Parcel and Root
- Parissa  














- Passport to Organics 
- Patrick Smith Botanicals 
- Paula's Choice 
- Perennial Soaps
- Pewilben
- PH SIMPLY
- Pharmaskincare
- Philip's Own Apothecary
- PHLUR 
- PiperWai Natural Deodorant 
- Pistaché Skincare
- Pixlady Cosmetics
- Plain Jane Beauty 
- Plaine Products 
- Planet 
- Planet Botanicals
- Plant's Power Inc 
- PLANTED IN BEAUTY
- Platinum Skin Care
- Pleni Naturals 
- Pluff Mud Love
- Poétique 
- Polliwog Essentials
- POOFY ORGANICS
- Poppy's Naturally Clean 
- Portland General Store 
- Posey 
- Pour le Monde Parfums 
- Pour Moi 
- PowderX
- POYA 
- Pozz'd 
- po•tion naked essentials
- Prai Beauty 
- Prep U Products 
- Preserve
- Pretty Woman NYC
- Primal Pit Paste 
- Pristine Beauty 
- Priti NYC 
- Private Label Select
(Aunt Bee's Skincare)
- Priya
- Project Beauty 
- Promise Organic 
- Prosper Beauty
- Providence Perfume Co.
- Province Apothecary  

- Pulsaderm 
- Puna Noni Naturals
- PUR Home
- Pura Botanicals  
- Pura Naturals Pet 
- Puracy
- PurdyBeautiful
- Pure & Gentle Soap
- Pure + Simple
- Pure Anada Natural 
- Pure Bath & Body 
- Pure Beauty Organics 
- Pure Chemistry 
- Purifect by Symphony Beauty 
- Puristry
- Purple Prairie Botanicals 
- PYT Beauty 

Q




















- Queen City Alchemy
- Queen Helene 

R

- RADIUS 
- Ranavat Botanics 
- rareEARTH 
- RASHBlock
- raspberrymint 
- Raw Elements USA 
- Real Simple Clean
- RealHer 
- Rebel Green
- Red Barn Herb Farms
- Red Velvet Art LLC
- Regenix 
- Renee Rouleau Skin Care 
- ReNew Botanicals
- retro co.
- Reverie
- REVU Hair Results
- Risana Beauty
- Rise & Shine Naturals 
- Ritual Rebelle 
- Rose Buds Chicago
- Rosemira 
- Route One Pumpkins 
- Rudy's 

- Rustic MAKA Natural Deodorants
- RxBalm






































S

- S.W. Basics
- SADE BARON 
- SAINT ALABASTER
- SAINT Cosmetics  
- Saison Beauty
- Śaiva
- Sally B's Skin Yummies 
- SaltySoaps
- Samana Naturals 
- Sammy Saves the Earth
- Sanara 
- Sangre de Fruta Botanical 
- SanRe Organic Skinfood 
- Sany Skincare
- Sapo 
- Sappo Hill
- Savon Du Bois Body Boutique  
- Savvy Bohème
- Scarlett 'O Beauty
- Scents the Moment
- Schmidt's Deodorant  
- Sea Chi Organics
- Sea Kind
- Seabuck Wonders 
- Seasons Organics
- Seaweed Bath Co. 
- Secret in-a-Tube
- Sevani 
- Seventh Generation  
- Shabacare 
- Shablam, LLC. 
- SHE Intimate Fitness™
- She Plants Love, LLC 
- Shea Radiance
- Sheer Miracle
- Sheffield Pharmaceuticals
- Shell's Formula
- SHIKAI 
- Shine Cosmetics 
- Shiva's Delight 
- si SKIN Organics
- SIMKHA Beauty Product 




- Simple Man Brand 
- Simplifica
- SIMPLIFICA
- Simply Wellness
- SIRCUIT Cosmeceuticals
- Skin All Natural
- Skin Ambition
- Skin Essence Organics  
- Skin Scholars
- Skin2Spirit 
- SKINDEW 
- SKINEGA
- Skinnocence
- So Rad 
- Soap + Bar 
- Soap Cauldron 
- soapably
- Soapwalla 
- Soapy Soap Company
- Soapy Tails 
- SoapyLayne
- Social Paint LLC 
- SocialEyes Lashes 
- SofiesSecret
- SoGa Artisan Soaperie  
- SOIL 
- Solscents 
- Some Essentials
- Somethin' Special
- SON 
- Sonoma Soap Company 
- Sophie's Soap 
- Sound Earth 
- South of France 
- SOUTH SEAS SKIN CARE LLC
- Southern Comforts Fragrance
- Spa Binge  
- Sparitual 
- Spela Cosmetics
- Spinster Sisters Co. 
- Splash of Scent 
- Sports Research / SR Natural  
- SprinJene Natural 
- SprinJene Original Toothpaste  
- Sprouts 
- ST. TROPICA
- Strobe Cosmetics
- Sugar House Soap & Apothecary

- Sugarpill Cosmetics
- suki 
- SULA NYC 
- Sun and Earth
- Sunny & Honey 
- Sunology Natural Sunscreen  
- Suntegrity Skincare 
- Surya Brasil 
- Susan's Soaps & More
- Suzi's Lavender 
- Swabbies
- Sweet Life Treat
- Sweet Minerals 
- Swipes Lovin' Wipes
- Syeda Halal Cosmetics
- Symphony Beauty 

T

- Tallulah Jane 
- Tami B. Custom Makeup
- Tamika's
- Tangie
- Tata Harper 
- TATTOO BOOSTER 
- Teadora Rainforest Powered Naturals
- Teds Coco
- Terra Beauty Bars
- Terra Luna Beauty 
- The Alchemist's Wife 
- The Alluring Alchemist
- THE BODY BAR & CO.
- The Body Shop  
- The Chemical Free Me 
- The Chloelina All Natural Soap Co.  
- The Dirty Goat 
- The Famous Beard Oil Company, LLC
- The Fifth Veda
- The Flowered Life
- The Fragrance Free Shop LLC
(DBA The Fragrance Free Shop)  
- The Good Home Co. 
- The Grandpa Soap Co. 
- The Granola Goat
- The Herbs & Bees 
- The Holistic Health Co. LLC
- The Honey Pot Company
- The J.R. Watkins Co. 
- The Jojoba Company d/b/a The Original Jojoba Company 
- The Konjac Sponge Company 
- the Narwhal and the Manatee
- The Preserve Company
- The Soil & The Sea 
- The Swanky Spot
- The Unscented Company 
- The Vamp Stamp
- The Very Hungry Caterpillar
- The Victorian Garden Organic Skincare Company
- The Workshop Soapery
- Theoderma 
- Thesis
- Thinkbaby & Thinksport 
- Thirteen Thieves
- Tibolli 
- Ticks-N-All
- TICO*
- Tiferet Aromatherapy 
- Tilth Beauty 
- Timeless Organics Skin Care
- Tin Feather Cosmetics 
- Töba Remedies 
- Toogga
- Touch Body Works
- Trillium Organics 
- Tropic Skin Care 
- True Grit Grooming Products for Men
- Trufora 
- TruSelf Organics
- TruSkin Naturals
- Trust Fund Beauty  
- Tsi-La Organics 
- Tubby Todd 
- Tulip 
- Two Blooms Design Studio 
- Tychea Skin Care

U

- U.S. Nonwovens, Inc.
- ULAT Dryer Balls 
- Un-Petroleum 
- Uncharted Artistry Body Love, LLC
- Upperline and Co.
- US Organic 

V

- V.I.P. Soap Products 🐾🇨🇦
- Vapour Organic Beauty 🐾
- VEGAMOUR
- Velvet & Sweet Pea's Purrfumery 🐾
- Velvet 59 by Paris Manning Inc 🐾
- Verdant Botanicals 🇨🇦
- VERED organic botanicals 🐾
- Vermont Soapworks
- Vibranz
- Vidaña Hair Care Products 🐾
- Vigil Beauty
- Village Common
- Vingt
- Violet Botanical Skincare LLC
- Violets Are Blue 🐾
- Virtue Labs 🐾
- ViTA 🐾
- VIVAIODAYS 🐾
- Vivoderm Natural Skincare 🐾
- Void
- VOLANTE Skincare

W

- Wailani Jewelry & Beauty
- Walkers Natural Body Care 🐾
- Wally's Natural 🐾
- Warm Earth Cosmetics
- Waterfall Glen Soap Company
- Way Out Wax
- WEN by Chaz Dean 🐾
- Whish Beauty Products 🐾
- Whistler's Lips 🇨🇦
- White & Elm
- Whole Spectrum
- Wildly American Soap Company
- Wildly Natural Beauty
- William Roam 🐾
- Willing Beauty 🐾
- Wonder Butter
- Woodinville Soap Company
- Wren Natural 🐾
- WUNDER2 🐾
- WUNDERBROW 🐾
- WUNDERLIFT 🐾

X

- Xyrena 🐾

Y

- Y-Spa for Men 🐾🇨🇦
- Yakshi Fragrances 🐾
- Yarok
- YASOU natural skin care 🐾
- Yaya Maria's
- Yes To Inc. 🐾
- Yoshimomo Botanique
- YUNI Beauty 🐾

Z

- Z Natural Life
- Zatik Natural 🐾
- Zebs Organics
- ZENMED 🇨🇦
- ZolaTerra 🐾
- Zosia 🐾
- Zosimos Botanicals 🐾
- Zuzu Luxe 🐾
- Zyderma HS 🐾🇨🇦





happyCow

compassionate eating guide

This list is handy to keep with you when you're going grocery shopping. Animal ingredients are often called by their obscure technical names. So here is a list helpful list to fold up and keep in your wallet or purse. *Note: some of the ingredients listed below may no longer be animal based due to the advancements in synthetics and their costs compared to traditional animal counterparts. *Ingredients listed in an asterisk are ones that sometimes come from plants or have synthetic alternatives.

Ingredients:

ACETATE (see Palmitic acid)	BEESWAX/HONEYCOMB	CEREBROSIDES (acid that covers the nerves)
ACETYLATED HYDROGENATED LARD	*BENZOIC ACID (compound produced in animals)	CETETH-2 - POLTETHYLENE (2) CETYL
GLYCERIDE (see Glycerin)	BENZYLTRIMONIUM HYDROLYZED ANIMAL PROTEIN	ETHER (see Cetyl)
ACETYLATED LANOLIN (see Lanolin)	*BETA CAROTENE (compound produced in animals)	CETETH-2, -4, -6, -10, -30 (see Cetyl)
ACETYLATED LANOLIN ALCOHOL (see Lanolin)	BILE (produced in the liver of most invertebrates)	CETYL ALCOHOL (wax taken from whales)
ACETYLATED LANOLIN RICINOLEATE (see Lanolin)	BIOTIN (vitamin taking from eggs, liver, milk, etc)	CETYL LACTATE (see Lanolin)
ACETYLATED TALLOW (see Tallow)	BLOOD	CETYL MYRISTATE/ CETETH (see Cetyl Alcohol)
ADRENALINE (animal hormone)	BONE ASH	CETYL PALMITATE (taking from whales)
AFTERBIRTH	BONE EARTH	CHAMOIS (taken from goats)
ALANINE (amino acid)	BOAR BRISTLES	*CHITIN (see Glucose)
*ALBUMEN. ALBUMIN (egg whites)	BONE CHAR	CHITOSAN (fiber derived from crustacean shells)
*ALCLOXA (uric acid from cows)	BONE MEAL	CHONDROITIN (made from animal cartilage)
*ALDIOXA (uric acid from cows)	BONITO (dries fish flakes)	CHOLESTERIN (fat taken from wool)
ALIPHATIC ALCOHOL (oil from sheep glands)	BRAWN (head Cheese)	CHOLESTEROL (steroid taken from animals)
ALLANTOIN (uric acid from cows)	BRAIN EXTRACT	CHOLINE BITARTRATE (compound in eggs)
ALLIGATOR SKIN	BUTTERMILK	CIVET (secretion from civet cats)
ALPHA-HYDROXY ACIDS (compound in muscles)	C30-46 PISCINE OIL (marine oil derived from fish)	COCHINEAL (crushed insects)
AMERACHOL (see Lanolin)	CALCIFEROL (vitamin taking from milk, eggs, etc)	COD LIVER OIL
AMBERGRIS (material produced in whale intestines)	CALCIUM CARBONATE (Sometimes derived from bones/teeth)	COLETH-24 (see Cholesterol)
*AMINO ACIDS (compound produced in animals)	CALCIUM HYDROXIDE (see Calcium Carbonate)	COLLAGEN (protein taken from animals)
*AMINOSUCCINATE ACID (an amino acid)	CALCIUM OXIDE (see Calcium Carbonate)	*COLORS (animal pigments)
*AMMONIUM HYDROLYZED PROTEIN (Animal Protein)	CALCIUM PHOSPHATE (see Calcium Carbonate)	CORAL (marine organisms)
AMNIOTIC FLUID (Afterbirth)	CALFSKIN	CORTICOSTEROID (animal hormone)
AMPD ISOTERIC HYDROLYZED ANIMAL PROTEIN	CANTHARIDIN (Beetle secretions)	CORTISONE (animal hormone)
AMYLASE (Hog Pancreas Enzyme)	*CAPRYLAMINE OXIDE (acid from milk)	CYSTEINE L-FORM (an amino acid)
ANCHOVY (Small Fish)	*CAPRYL BETAINE (acid from milk)	CYSTINE (an amino acid)
ANGORA (animal hair)	*CAPRYLIC ACID (acid from milk)	DEA-OLETH-10 PHOSPHATE
ANIMAL COLLAGEN AMINO ACIDS	CAPRYLIC TRIGLYCERIDE (acid from milk)	DESAMIDO ANIMAL COLLAGEN
ANIMAL FATS/OILS/BONES/HAIR	CARBAMIDE (compound produced in animals)	DESAMIDOCOLLAGEN (see Collagen)
ANIMAL PROTEIN DERIVATIVE	CARMINE (crushed insects)	*DEXPANTHENOL (vitamin from animals)
ANIMAL TISSUE EXTRACT	CARMINIC ACID (crushed insects)	DICAPRYLOYL CYSTINE (see Caprylic acid)
ARACHIDONIC ACID (acid found in liver, brains, etc)	CAROTENE (see Beta Carotene)	DIETHYLENE TRICASEINAMIDE (made from milk)
ARACHIDYL PROPRIONATE (wax from animal fat)	CASEIN (milk protein)	DIGLYCERIDES (from animal fat)
*ASPARTIC ACID (an amino acid)	CASEINATE (milk protein)	DIHYDROCHOLESTEROL (see Cholesterol)
*ASPIC (often made from clarified meat)	CASHMERE (wool)	DIHYDROCHOLESTEROL
ASTRAKHAN (Wool)	CASTOR (substance taking from beaver genitals)	OCTYLEDECANOATE (see Cholesterol)
BATYL ALCOHOL (see shark liver oil)	CASTOREUM (see castor)	DIHYDROCHOLETH-15 AND 30 (see Cholesterol)
BATYL ISOSTEARATE (see Glycerin)	CATGUT	DIHYDROGENATED TALLOW
BEE POLLEN	CAVIAR (sturgeon eggs)	BENZYLMONIUMCHLORIDE (see Tallow)
BEE PRODUCTS	CERA FLAVA (beeswax)	DIHYDROGENATED TALLOW (see Tallow)
		METHYLAMINE



<p>DIHYDROGENATED TALLOW PHTHALATE (see Tallow) DIHYDROXYETHYL TALLOW AMINE OXIDE (see Tallow) DIMETHYL HYDROGENATED TALLOWAMINE (see Tallow) DIMETHYL STEARAMINE (fat from cows and sheep) DIMETHYL TALLOWAMINE (see Tallow) DISODIUM HYDROGENATED TALLOWGLUTAMATE (see Tallow) DISODIUM TALLAMIDO MEA-SULFOSUCCINATE (see Tallow) DISODIUM TALLOW AMINODIPROPIONATE (see Tallow) DITALLOWDIMONIUM CHLORIDE (see Tallow) DOWN (bird feathers) DUODENUM SUBSTANCES (taken from cows) *DYES (animal pigmentation) E120 (see Carmine) E542 (bone phosphate) EDIBLE BONE PHOSPHATE EGG PROTEIN EIDERDOWN (duck feathers) ELASTIN (animal protein) EMBRYO EXTRACT EMU OIL ERGOSTEROL (see Vitamin D) *ERGOCALCIFEROL (vitamin from animals) *ESTRADIOL (vitamin taken from animals) ESTROGEN (animal hormone) ESTRONE (see Estradiol) ETHYL ARACHIDONATE (see Ethyl Alcohol) ETHYL ESTER OF HYDROLYZED ANIMAL PROTEIN ETHYL MORRHUATE - LIPINEATE (from cod liver oil) ETHYLENE DEHYDROGENATED TALLOWAMIDE (see Tallow) *FATS (usually come from animals) FATTY ACIDS (acids taken from animals) *FD&C COLORS (animal pigments) FEATHERS FISH LIVER OIL FISH OIL FISH SCALES FLETAN OIL (from fish liver) FUR GEL (protein taken from animals) GELATIN (protein taken from animals) GLUCOSAMINE (from crustacean shells) GLUCOSE TYROSINASE (an amino acid)</p>	<p>GLUCURONIC ACID (from animal livers) *GLUTAMIC ACID (an amino acid) GLYCERIDES (an animal fat) GLYCERIN (an animal fat) GLYCERINE (see Glycerin) GLYCEROL (an animal fat) GLYCERYL LANOLATE (see Lanolin) GLYCERYLS (an animal fat) *GLYCOGEN (from animal livers) GLYCRETH-26 (an animal fat) GUANINE. PEARL ESSENCE (from fish scales) HEPTYLUNDECANOL (from glands of the queen bee) HIDE GLUE HONEY HORSEHAIR HYALURONIC ACID (protein taken from animals) HYDROCORTISONE (hormone taken from animals) HYDROGENATED DITALLOW AMINE (see Tallow) HYDROGENATED HONEY HYDROGENATED LANETH-5, -20, -25 (see Lanolin) HYDROGENATED LANOLIN (see Lanolin) HYDROGENATED LANOLIN ALCOHOL (see Lanolin) HYDROGENATED LARD GLYCERIDE (see Lard) HYDROGENATED SHARK-LIVER OIL HYDROGENATED TALLOW ACID (see Tallow) HYDROGENATED TALLOW BETAINE (see Tallow) HYDROGENATED TALLOW GLYCERIDE (see Tallow) HYDROLYZED ANIMAL ELASTIN HYDROLYZED ANIMAL KERATIN HYDROLYZED ANIMAL PROTEIN HYDROLYZED CASEIN (see Casein) HYDROLYZED ELASTIN (see Elastin) HYDROLYZED KERATIN (see Keratin) HYDROLYZED MILK PROTEIN HYDROLYZED SILK HYDROXYLATED LANOLIN (see Lanolin) IMIDAZOLIDINYL UREA (an animal byproduct) INSULIN (taken from a hog pancreas) ISINGLASS (protein taken from animals) ISOBUTYLATED LANOLIN (see Lanolin) ISOBUTYLATED LANOLATE (see Lanolin) ISOPROPYL LANOLATE (fat or oil taken from wool) *ISOPROPYL MYRISTATE (acid taking from animals) ISOPROPYL PALMITATE (animal fat)</p>	<p>ISOPROPYL TALLOWATE ISOPROPYL LANOLATE (see Tallow) ISOSTEARIC HYDROLYZED ANIMAL PROTEIN ISOSTEAROYL HYDROLYZED ANIMAL PROTEIN KERATIN (protein taken from animals) LACTIC ACID (acid found in blood and muscles) LACTIC YEASTS (from milk) LACTOSE (mammal milk) LANETH (fat or oil taken from wool) LANOGENE (fat or oil taken from wool) LANOLIN. LANOLIN ACIDS(fat/oil taken from wool) LANOLIN ALCOHOL (fat or oil taken from wool) LANOLIN LINOLEATE (see Lanolin) LANOLIN OIL (see Lanolin) LANOLIN RICINOLEATE (see Lanolin) LANOLIN WAX (see Lanolin) LANOINAMIDE DEA (see Lanolin) LANOSTEROLS (fat or oil taken from wool) LARD (fat from hog abdomens) LAUROYL HYDROLYZED ANIMAL PROTEIN L-CYSTEINE HYDROCHLORIDE (from duck feathers) LEATHER (the skin of a cow) LECITHIN (compound taken from nerve tissue) *LEUCINE (an amino acid) *LINOLEIC ACID (found in meat and dairy) LIPASE (enzyme taking from calves and lambs) *LIPIDS (fat from animals) *LIPOIDS (fat from animals) LIVER EXTRACT *LYSINE (an amino acid) MAGNESIUM LANOLATE (see Lanolin) MAGNESIUM TALLOWATE (see Tallow) MAMMARIAN EXTRACT (milk, or from milk) MARINE OIL (oil from fish and marine mammals) MAYONNAISE (usually contains eggs) MEA-HYDROLYZED ANIMAL PROTEIN MENHADEN OIL-POGY OIL (fish oils) METHIONINE (an amino acid) MILK PROTEIN MINK OIL (oil from minks) MINKAMIDOPROPYL DIETHYLAMINE (mink oil) MOHAIR</p>
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happyCow

compassionate eating guide

<p>MONOGLYCERIDES (FAT FROM ANIMALS)</p> <p>*MONOSODIUM GLUTAMATE - MSG (an amino acid)</p> <p>MUCOPOLYSACCHARIDES (from animal tissue)</p> <p>MUSCLE EXTRACT</p> <p>MUSK AMBRETTE</p> <p>MUSK OIL (secretion of musk deer, beaver, etc)</p> <p>*MYRISTAL ETHER SULFATE (animal acid)</p> <p>*MYRISTIC ACID (acid taken from animals)</p> <p>MYRISTOYL HYDROLYZED ANIMAL PROTEIN</p> <p>MYRISTYLS (acid taken from animals)</p> <p>**"NATURAL FLAVOR" (see Natural Sources)</p> <p>**"NATURAL SOURCES" (can mean from animals)</p> <p>*NUCLEIC ACIDS (taken from living cells)</p> <p>OCENOL (From fish oils)</p> <p>*OCTYL DODECANOL (from sperm whales)</p> <p>*OLEAN, *OLESTRA (an animal fat)</p> <p>OLEAMIDOPROPYL DIMETHYLAMINE HYDROLYZED ANIMAL PROTEIN</p> <p>*OLEIC ACID (from animal oils)</p> <p>*OLEIC OIL (see Oleic acid)</p> <p>*OILS (can be from animals)</p> <p>OLEOSTEARINE (rendered animal fat)</p> <p>OLEOYL HYDROLYZED ANIMAL PROTEIN</p> <p>OLETH-2, -3-20, 25, 50 ETC / OLEYL ALCOHOL/ OLEAMINE/ OLEYL BETAINE (see Oleic acid)</p> <p>OLETHS (from fish oil)</p> <p>OLEYL ALCOHOL (from fish oil)</p> <p>OLEYL ARACHIDATE (from fish oil)</p> <p>OLEYL IMIDAZOLINE (from fish oil)</p> <p>OLEYL LANOLATE (see Lanolin)</p> <p>*OLEYL MYRISTATE (acid taken from animals)</p> <p>OLEYL OLEATE (oils taken from animals)</p> <p>OLEYL STEARATE (oils from animals)</p> <p>OVARIAN EXTRACT (extract from ovaries)</p> <p>OX BILE</p> <p>OX GALL</p> <p>*PALMITAMIDE (fats from animals)</p> <p>*PALMITAMINE (fats from animals)</p> <p>*PALMITATE (fats from animals)</p> <p>*PALMITIC ACID (fats from animals)</p> <p>PALMITOYL HYDROLYZED ANIMAL PROTEIN</p> <p>PALMITOYL HYDROLYZED MILK PROTEIN</p> <p>*PANTHENOL (compound taken from animals)</p> <p>*PANTHENYL (compound taken from animals)</p> <p>PEG-28 GLYCERYL TALLOWATE (see Tallow)</p> <p>PEG-8 HYDROGENATED FISH GLYCERIDES</p> <p>PEG-5 THROUGH -70 HYDROGENATED LANOLIN (SEE LANOLIN)</p>	<p>PEG-13 HYDROGENATED TALLOW AMIDE</p> <p>PEG-5 TO -20 LANOLATE (see Lanolin)</p> <p>PEG-5 THROUGH -100 LANOLIN (see Lanolin)</p> <p>PEG-75 LANOLIN OIL AND WAX (see Lanolin)</p> <p>PEG-2 MILK SOLIDS</p> <p>PEG-6, -8, -20 SORBITAN BEESWAX</p> <p>PEG-40, -75, OR -80 SORBITAN LANOLATE (see Lanolin)</p> <p>PEG-3, -10, OR -15 TALLOW AMINOPROPYLAMINE (see Tallow)</p> <p>PEG-15 TALLOW POLYAMINE (see Tallow)</p> <p>PEG-20 TALLOWATE (see Tallow)</p> <p>PEPSIN (taken from hogs stomachs)</p> <p>PENTAHYDROSQUALENE (see shark liver oil)</p> <p>PLACENTA (fetus waste matter)</p> <p>PLACENTA POLYPEPTIDES PROTEIN (see Placenta)</p> <p>PLACENTAL EXTRACT (see Placenta)</p> <p>PLACENTAL PROTEIN (see Placenta)</p> <p>POLYGLYCEROL (an animal fat)</p> <p>POLYGLYCERYL-2 LANOLIN ALCOHOL ETHER (see Lanolin)</p> <p>*POLYPEPTIDES (an amino acid)</p> <p>POLYPEPTIDES PROTEIN (an amino acid)</p> <p>POLYSACCHARIDES (from animal tissue)</p> <p>POLYSORBATES (oils taken from animals)</p> <p>POLYTETYLENE GLYCEROL/GLYCOL/PEG (see Glycerin)</p> <p>POTASSIUM CASEINATE (milk protein)</p> <p>POTASSIUM TALLOWATE (see Tallow)</p> <p>POTASSIUM UNDECYLENOYL HYDROLYZED ANIMAL PROTEIN</p> <p>PPG-12-PEG-50 LANOLIN (see Lanolin)</p> <p>PPG-2, -5, -10, -20, -30 LANOLIN ALCOHOL ETHERS (see Lanolin)</p> <p>PPG-30 LANOLIN ETHER (see Lanolin)</p> <p>PREGNENOLONE ACETATE (See Acetate)</p> <p>PRISTANE (from shark liver oil)</p> <p>PROGESTERONE (an animal hormone)</p> <p>PROPOLIS (material gathered by bees)</p> <p>*PROVITAMIN A (sometimes taken from animals)</p> <p>*PROVITAMIN B-5 (compound taken from animals)</p> <p>*PROVITAMIN D-2 (may be taken from animal fats)</p> <p>PURCELLINE OIL SYN (oil from the preen glands OF WATERFOWL)</p> <p>QUATERNIUM 27 (see Tallow)</p> <p>RENNET (enzyme formed in a calves stomach)</p> <p>RENNIN (enzyme formed in a calves stomach)</p> <p>RESINOUS GLAZE (excretion of insects)</p> <p>RETINOL (See Acetate)</p> <p>*RIBONUCLEIC ACID (taken from living cells)</p> <p>*RNA (taken from living cells)</p>	<p>ROYAL JELLY (produced by the queen bee)</p> <p>SABLE BRUSHES (horse hair)</p> <p>*SACCHARIDE HYDROLYSATE (see Glucose)</p> <p>SACCHARIDE ISOMERATE (from animal tissue)</p> <p>SEA SPONGE</p> <p>SEA TURTLE OIL</p> <p>SERUM ALBUMIN (animal protein)</p> <p>SERUM PROTEINS (animal protein)</p> <p>SHARK LIVER OIL</p> <p>SHEEPSKIN</p> <p>SHELLAC (excretions of insects)</p> <p>SILK. SILK POWDER (produced by worms)</p> <p>SNAILS</p> <p>SODIUM CASEINATE (comes from milk)</p> <p>SODIUM CHONDROITIN SULFATE (fish cartilage protein)</p> <p>SODIUM COCO-HYDROLYZED ANIMAL PROTEIN</p> <p>SODIUM HYDROGENATED TALLOW GLUTAMATE (see Tallow)</p> <p>*SODIUM 5 – INOSINATE (an amino acid)</p> <p>SODIUM LANETH SULFATE (see Lanolin)</p> <p>SODIUM METHYL OLEOYL TAURATE</p> <p>SODIUM N-METHYL-N-OLEYL TAURATE (FROM FISH OIL)</p> <p>SODIUM SOYA HYDROLYZED ANIMAL PROTEIN</p> <p>SODIUM STEROYL LACTYLATE (acid from blood)</p> <p>SODIUM TALLOWATE (rendered beef fat)</p> <p>SODIUM TALLOW SULFATE (see Tallow)</p> <p>SODIUM / TEA-LAUROYL HYDROLYZED ANIMAL PROTEIN</p> <p>SODIUM / TEA-UNDECYLENOYL HYDROLYZED ANIMAL PROTEIN</p> <p>SPLEEN EXTRACT (from an animal spleen)</p> <p>SPERMACETI, SPERM OIL (taken from whales)</p> <p>SPONGE {LUNA AND SEA} (plant-like animal)</p> <p>SQUALANE (shark liver oil)</p> <p>SQUALENE (shark liver oil)</p> <p>*STEARAMIDE (fat from animals)</p> <p>*STEARAMINE (fat from animals)</p> <p>*STEARAMINE OXIDE (from sperm whale oil)</p> <p>*STEARATES (fat from animals)</p> <p>*STEARIC ACID (fat from animals)</p> <p>*STEARIC HYDRAZIDE (fat from animals)</p> <p>*STEARONE (fat from animals)</p> <p>*STEAROXYTRIMETHYLSILANE (animal fat)</p> <p>*STEAROYL LACTYLIC ACID (fat from animals)</p> <p>*STEARYL ACETATE (from sperm whale oil)</p>
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<p>*STEARYL ALCOHOL (from sperm whale oil)</p> <p>*STEARYL BETAINE (fat from animals)</p> <p>*STEARYL CAPRYLATE (from sperm whale oil)</p> <p>*STEARYL CITRATE (from sperm whale oil)</p> <p>*STEARYL DIMETHYL AMINE (sperm whale oil)</p> <p>*STEARYL GLYCERYLPHOSPHATE (sperm whale oil)</p> <p>*STEARYL HEPTANOATE (from sperm whale oil)</p> <p>*STEARYL IMIDAZOLINE (fat from animals)</p> <p>*STEARYL OCTANOATE (from sperm whale oil)</p> <p>*STEARYL STEARATE (from sperm whale oil)</p> <p>STENOL (see Sterols)</p> <p>STEROIDS (animal hormone)</p> <p>STEROLS (animal hormone)</p> <p>SUEDE (cow skin)</p> <p>(RAW BEEF OR MUTTON FAT)</p> <p>TALLOW (rendered beef fat)</p> <p>TALLOW ACID (rendered beef fat)</p> <p>TALLOW AMIDE (rendered beef fat)</p> <p>TALLOW AMIDOPROPYLAMINE OXIDE</p> <p>TALLOW AMINE OXIDE (see Tallow)</p> <p>TALLOW FATTY ALCOHOL (rendered beef fat)</p> <p>TALLOW GLYCERIDES (rendered beef fat)</p> <p>TALLOW HYDROXYETHYL IMIDAZOLINE (see Tallow)</p> <p>TALLOW IMIDAZOLINE (rendered beef fat)</p> <p>TALLOWATE (see Tallow)</p> <p>TALLOWMIDE DEA AND MEA (see Tallow)</p> <p>TALLOWMIDOPROPYL HYDROXYLSULFATE</p> <p>TALLOWMINOPROPYLAMINE (see Tallow)</p> <p>TALLOWMPHOACETE (see Tallow)</p> <p>TALLOW TRIMONIUM CHLORIDE (see Tallow)</p> <p>TAURINE (made in the lower intestine of animals)</p> <p>TEA-ABIETOYL HYDROLYZED ANIMAL PROTEIN</p> <p>TEA-COCO HYDROLYZED ANIMAL PROTEIN</p> <p>TEA-LAUROYL ANIMAL COLLAGEN AMINO ACIDS</p> <p>TEA-LAUROYL ANIMAL KERATIN AMINO ACIDS</p> <p>TEA-MYRISTOL HYDROLYZED ANIMAL PROTEIN</p> <p>TEA-UNDECYLENOYL HYDROLYZED ANIMAL PROTEIN</p> <p>TESTICULAR EXTRACT</p> <p>TESTOSTERONE (animal hormone)</p>	<p>*THREONINE (an amino acid)</p> <p>TRIETHONIUM HYDROLYZED ANIMAL PROTEIN ETHOSULFATE</p> <p>TRILANETH-4 PHOSPHATE (see Lanolin)</p> <p>TRITERPENE ALCOHOLS (oil taken from sheep)</p> <p>TURTLE OIL</p> <p>TYROSINE (an amino acid)</p> <p>UREA (substance taken from animals)</p> <p>URIC ACID (substance taking from animals)</p> <p>VELLUM (mammal skin)</p> <p>*VITAMIN A (can come from fish liver oil)</p> <p>*VITAMIN B-COMPLEX FACTOR (animal based)</p> <p>*VITAMIN B FACTOR (can come from milk)</p> <p>*VITAMIN B-12 (usually an animal source)</p> <p>*VITAMIN D (can come from milk, fish oil, etc)</p> <p>*VITAMIN H (can come from animal)</p> <p>WAX (made from beeswax)</p> <p>WHEY (a serum from milk)</p> <p>WOOL (sheep fur)</p> <p>WOOL FAT (oil or fat from sheep)</p> <p>WOOL WAX (oil or fat from sheep)</p> <p>YOGURT</p> <p>ZINC HYDROLYZED ANIMAL PROTEIN</p>	
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Education, Support & Community
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