

VEGAN (pronounced vee-gun):

An individual who does not consume any animal products: no meat, poultry, fish, dairy, eggs or honey. Many vegans also choose to eliminate animal products from their lifestyles; they do not wear leather, fur, silk, wool, shells or pearls and do not purchase items that have been tested on animals, such as most brands of toothpastes, shampoos, soaps, cosmetics and household cleaners.

Tis the Season to be Vegan

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I say practicing because I know every now and then I've been more like a vegetarian (cheese still has a grip on me). However, I know with confidence there has been a change within me that is still unfolding.

Sure I've had the moments where chicken fingers and fries have been sorely missed, but then I convince myself that a falafel would do me much better.

In fact, this change has challenged me to think more about my meals everyday. I enjoy this challenge compared to the days when I simply took my place in Grecoville and dialed a delivery number.

This cookbook was first conceived to help an event I feel passionate about, and it did in many ways. Although this edition is still being produced to cover the deficit of the event, I feel it has also begun to do so much more then I had imagined.

We had to print Veganize Me a second time after the first lot sold out, and we managed to gain support from numerous local establishments even before the first copy sold. It is this attention to the work we do, and the compliments we have received, that had me looking forward to doing the second edition even before we had finished selling the first.

So once again I find myself thanking you, the reader, for your support of the simple ideas we have and the renewing of our belief that there are other people out there who refuse to swallow everything that is simply put in front of them by those who say they know what is best for us all.

- Ryan Patey, Project Coordinator rpatey@twentertainment.ca

Since the publication of our first bestselling book, Veganize Me, I have become, if possible, even more excited about vegan food. I also feel more passionate about the vegan lifestyle; a lifestyle that, for me, is about caring for the world, treading lightly, and always thinking about the results of our actions. I am consistently becoming more interested in where everything I own comes from, and how I can reduce what I do own. I believe I would be truly content with the people I love, food, and a bed, in that order. But the world is full of more than that. We have books, rain, dogs, email, and movies. We have potlucks, bikes, art projects, and parks.

As vegans, we can get plenty of protein, calcium, carbohydrate, fibre, and all other essential nutrients from whole plant foods. It is clear to me now that a vegan diet is the healthiest way to go, but because it is not the societal norm, it is questioned. As vegans, we need to be educated about what goes into our bodies; not only because everyone will ask us about it, but because we can use what we learn to take control of our bodies and our health.

The other day I saw a Baxter Dairy truck that said, "Baxter....A Maritime Tradition." Let's spend more time investigating the worth of traditions, and questioning whether what is "tradition" is necessarily what we want. The holidays, expecially, are times when we can, with courage and compassion, create new traditions: our own ways to celebrate life and being together. And tomorrow, or next month, or in a few years, more voices will emerge to keep breaking down barriers and creating a kinder world.

-Claire Bergstrom Gallant, Editor vegan@twentertainment.ca

Additional Contributors

Mat Dunlap of CKDU's Let's Get Baked - vegan cook and radio personality extraordinaire

Brianne Hunsley

- vegan nutritional consultant who makes Crow Bars, a vegan and wheat-free energy bar sold at Great Ocean.

Emily Peters

- vegan contributor currently residing in Montreal, attending McGill University. We miss her.

THANK YOU One World Cafe, Trish Turliuk, Amelia Chester, and friends, family, coworkers and anyone else who dealt with us during the past few hectic weeks!



Happy holidays for the herbivore

Holiday Activities Holiday Gifts to Give Holiday Wish List Commitments for the New Year Oxfam Canada and Ethical Consuming Oxfam Canada Gift of Peace Order Forms

Holiday Activities

Take your dog/cat/hamster/sister's toddler/friends for a long walk. Bundle up and get outside! It's good for yer bones and your heart.

Better yet, walk to the health food store with your dog and pick up your groceries without using a single ounce of gasoline. Don't forget your backpack and cloth bags. But make sure you have a friend to stay outside and keep your doggie company while you shop.

Make a December calendar with a question on each day that you - or your kids - wouldn't automatically know the answer to (eg, how many mushrooms are in the fridge?) and put a penny/nickel/dollar in a jar for each mushroom. On January 1, donate the money to a local charity!

Pick a busy grocery store in your area. On a day you know will be busy, get a few people together and sing holiday songs outside it, with a donation box at your feet for food/money for a local group in need. I've done this on three Christmas Eves and it's so much fun and makes you feel really good.

Make vegan cookies and hand them out at a holiday potluck - or bring any kind of vegan food.

Make your own tree ornaments. Strings of popcorn and cranberries, pine cones, paper-people-holdinghands, and gingerbread cookies hung by ribbons (eat them later!) are all fun choices. In Grade 5, we used gold spray paint to adorn macaroni designs glued on cardboard. They were tacky. I'm sure you can come up with something much nicer. -CG

Holiday Gifts to Give

I wanted to give this book a subtitle: The Do-It-Yourself Issue. Not only will it help you cook for yourself, but we are including all these fun things to make, so you don't have to ever set foot in a mall again. Homemade gifts mean a lot - and then, you know where they came from and who made them!

There are, of course, places that you can support and feel great about it. See the Resources section for companies worthy of your business.

I have made all of these on one Christmas or another and all have been well-received, mainly by my sister. Sit back and bask in the benefits of my experience. -CG

Handmake someone a blanket, pillow, mittens, scarf, hat, etc. This isn't as hard as it may sound. Odds are you know someone with a sewing machine, or someone who could teach you the basics of knitting. My best Christmas present ever: doll clothes my mom made for me when I was 9. Several complete and beautiful outfits, shoes and socks included. Go, Mom!!

Hand make stationery.

A piece of your art. This could include: tape or CD of you performing mixed tape or CD a drawing or painting a photo you took in a frame you made

Book of coupons for random acts of kindness.

Bake up a batch of vegan cookies or muffins and wrap them in a recycled box (shoeboxes work for muffins) or in a jar (cookies) with ribbons! Hand make calendars. Buy card stock (or just paper) and colour photocopy your photos, or draw something on each month. Personalize them with silly stuff to do on certain days!

Remember school art projects? Cool people will still appreciate things like handmade pencil holders. Or visit a paint-your-own-pottery store!

Hand make a game. A pack of personalized cards and a board game are both good. Makes your mind work! And lots of fun cutting and pasting.

Hand paint cloth bags.

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Holiday Wish List

Here are a few items which, while probably too expensive to buy for yourself, will really help you in leading a DIY life. So drop a few hints to those people who love you and who have better jobs than you, and you may be on your way. -CG

blender food processor

What, you may ask, is the difference? Well. I'll tell you. A blender works well making liquidy things - smoothies, soups, sauces, etc. It won't work for thicker foods. For your everyday mashing, chopping, and pulverising needs, a food processor is truly your friend. It does everything a blender can do and more. Hummus and other thick dips (unless you like thin, watery hummus - I've never understood you people) don't work in a blender.

bread machine

What is with those bakers at Sobey's and the Superstore who don't put ingredients on their bakery products? How do you know if your bread is full of animal products? (I did ask them once and they told me it had whey. But why don't they make it public?) Make your own bread - it's amazing. We use our machine, which we bought for two dollars off a lawn at a yard sale, every few days. By the way, the skim milk powder listed in most bread machine recipes is entirely unnecessary.

sewing machine

yoga mat / mat bag

Commitments for the New Year

Soon after the holidays wind down, I'm sure you will be faced with another tradition: New Year's resolutions. Although I have not recently made a resolution specifically for the new year, I have certainly committed myself to various things over the past year simply because I felt it was the right thing to do.

Whether or not you make your commitments on a day earmarked for them by the rest of the world, or if you simply make them today, I hope that at some point you commit to improving the world through your own actions. It may be a simple extra smile in the morning, a little extra change to the panhandler on the sidewalk, or volunteering a few hours a week to one of the many organizations that exist to improve the world.

One of these organizations is Oxfam Canada, and in the new year Tumbleweed Entertainment plans to continue its commitment to them by producing the second annual Music for Life fundraising festival in March. In fact, I am proud to say we are able to support Oxfam Canada through this book, by providing you with information about both sweatshops and fair trade and Oxfam's work concerning both issues. As well, we have enclosed order forms for the Oxfam Gift of Peace Cards, which are great ideas for holiday gifts or any other time of the year.

So as this year winds down, may I suggest continuing your commitment to a better life by taking actions to improve the lives of those around you on a regional and global level.

- *RP*

Oxfam Canada and Ethical Consuming

At the heart of Oxfam's mission is its commitment to social and economic rights. In practice, this means that all of our overseas programs - and the related advocacy and campaign work that we do in Canada - are framed by basic rights: among them the right to a decent livelihood, the right to basic social services, and the right to be heard.

In this context, Oxfam has always been involved in the fight against sweatshops. Currently, we are negotiating with the Halifax Regional Municipality for the implementation of a NO SWEAT - Ethical Procurement - Policy. This will cover all apparel and footwear purchased by the HRM, and is slated to be presented for approval by City Council by September 2006.

Included in the Ethical Procurement Policy will be a requirement for City Hall to serve certified fair trade coffee. Oxfam has long promoted fair trade, and we feel privileged to count as one of our longstanding partners Just Us! Fair Trade Coffee Roasters, based in Grand Pre and owners of the Fair Trade Coffee Shop on Barrington Street in Halifax.

It's not by coincidence that Oxfam has been working for years to improve the lot of textile workers and coffee farmers: these two industries engage more workers and communities than perhaps any others in the global economy. We want to see the establishment, or re-establishment, of regulations in these industries to preserve the basic human rights of the producers as well as the environments in which they work.

But we also stress that there is a role for consumers in this global effort. When we buy running shoes, we should ask the manager if s/he can guarantee that they were not made in a sweatshop. And, thanks to the campaigning of Oxfam volunteers and others, we can now buy fair trade coffee in most supermarkets and coffee shops in the Halifax area.

Choose what you buy and where you buy it with a thought to those who produced it!

- Brian O'Neill

Tumbleweed Entertainment invites you to it s second annual Oxfam Canada fundraising festival



A Celebration of Commitment March 2006

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The Gift of Peace card features a group of Karayu Children attending school in Ethiopia. The message inside the card	Donor Name: Donor Name: Address: City/Province Postal Code:
reads "A Gift of Peace in your name has been sent to Oxfam Canada with best wishes from"	 Please send the card(s) to me so I can sign and mail them myself. Please sign the card(s) on my behalf and mail them for me.
Send card to:	Send card to:
Address:	Address:
City:	City:
Province: Postal Code:	Province: Postal Code:
Sign card from:	Sign card from:
Message (optional)	Message (optional)
200 – 215 Spadina Ave Tel: 416-535-2335; Toll Free 1-800-466	200 – 215 Spadina Ave., Toronto, ON M5T 2CT Tel: 416-535-2335; Toll Free 1-800-466-9326; Fax: 416-537-6435; <u>www.oxfam.ca</u>

Sand card to:	Sand card to:
Address:	Address:
City:	City:
Province: Postal Code:	Province: Postal Code:
Sign card from:	Sign card from:
Message (optional)	Message (optional)
Send card to:	Send card to:
Address:	Address:
City:	City:
Province: Postal Code:	Province: Postal Code:
Sign card from:	Sign card from:
Message (optional)	Message (optional)

Fauna-Friendly Festive Feastings

Tofu Turkey & Fixins Tofurkey Missmas Kamut Vegan Eggnog

TOFU TURKEY & FIXINS

Turkey: 5 pounds of firm tofu

Stuffing:

- 2 tbsp oil
- 1 large onion 1 cup celery, diced
- 1 cup celery, alcea
- 3 to 4 cloves garlic, minced
- 2 tsp marjoram
- 2 tsp thyme
- 3 tsp Herb de Provence
- 1/4 cup soy sauce or tamari
- 2 cups bread crumbs
- 1 cup cooked wild rice

salt and pepper to taste

Basting mixture:

- 1/2 cup toasted sesame oil
- 1/4 to 1/3 cup soy sauce or tamari
- 2 tablespoons miso
- 2 tablespoons orange juice
- 1 teaspoon mustard
- 1/2 cup nutritional yeast

Preheat oven to 375 degrees. Mash tofu together in a bowl. Line a colander with cheese cloth and dump tofu in. Use a plate to press out the excess water from tofu. Leave a heavy weight on the plate for an hour or two to drain as much water as possible (preferably in the fridge). Take colander full of tofu and hollow out a place for stuffing. In a sauce pan, fry up the garlic, onion, and celery. When they are sufficiently brown, mix in the rest of the ingredients for the stuffing and dump it into the hole that you have made in the tofu. pack it tighly and flip onto a baking sheet. Cover the tofu turkey with the basting sauce and bake at 375 for an hour or so until it is golden brown. Enjoy!

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TOFURKEY

We used to pass samples of this out to motorists during holiday turkey protests with the Animal Rights Collective (of Halifax). Even the meat-eaters liked this one.

1 pound firm tofu, rinsed and patted dry

Marinade: 3/4 c. water 3 tbsp soy sauce 3 tbsp nutritional yeast ½ tsp poultry seasoning** ½ tsp coriander ½ tsp onion salt ½ tsp garlic powder

Coating: 1/4 c. flour 1/8 c. cornmeal 1/8 c. nutritional yeast 1/4 tsp onion salt 1/4 tsp salt dash black pepper

Cut tofu into 1/4 inch or appropriately sized slices and place them in a wide, shallow mixing bowl or shallow baking pan. Place all ingredients for marinade in a bowl and whisk them together. Pour marinade over tofu slices, ensuring all slices are covered. Cover and place marinated tofu in refrigerator. Let tofu set for several hours or overnight, turning slices a couple of times. When you are ready to cook the tofu, combine the ingredients for the coating mix in a bowl and stir well with a fork. Preheat oven to 400 degrees. Mist baking sheet with nonstick cooking spray; set aside. Remove each tofu slice, shake lightly to allow extra marinade to drip off, and dredge each piece in the coating mix, allowing for total coverage. Arrange tofu on baking sheet. Mist tops lightly with cooking spray. Bake tofu for 15 minutes or until bottoms are golden brown. Flip slices over and bake for another 9 or so minutes, until other side is golden brown. Makes 10 or more slices. (4 -5 servings)

** or rosemary, sage, summer savory.

Eat plain hot or cold, with a meal or sandwich it between some bread and your choice of gravy. You'll not miss turkey and the bird will be spared.

- Brianne Hunsley



MISSMAS KAMUT

My brother and I have been downsizing the traditional Christmas in our family for years, and we now call it Missmas. This hot recipe was originally served as a Thanksgiving dish, but can also be served at Missmas.

3 3/4 c. water
1 c. kamut
1 c. brown rice
1/2 c. slivered almonds
3 c. diced butternut squash
1 c. dried apricots
1/2 c. chopped fresh cranberries
2 tbsp. maple syrup
sea salt to taste

In a large pot, bring the water to a boil. Add kamut and return to boil. Reduce heat and simmer for an hour. Add the rice and simmer for 30 minutes longer. While rice is cooking, bake the almonds on a cookie sheet for 10 minutes in a 350 degree oven and set aside. Stir the squash into the pot, simmering for 10 minutes. Stir in the remaining ingredients and simmer 5 minutes longer. Makes 7.5 cups and serves 10-15.

- Brianne Hunsley



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Amazing atmosphere!

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VEGAN EGGNOG

When the stores are all out of Noel Nog, or if you're feeling particularly ambitious, here's a soylicious recipe for nog.

2 10-oz. packages of soft silken tofu
2 c. vanilla soymilk
4 tsp. vanilla extract
1/4 c. raw sugar
maple syrup to taste/sweetness
1/4 tsp. turmeric
1 c. (or more) rum (optional, of course)
nutmeg

In a blender, combine all ingredients except nutmeg. Blend thoroughly, stopping occasionally to scrape down sides of blender. Serve well-chilled and dusted with nutmeg to your best friends on New Year's Day. - Brianne Hunsley



We offer a full menu from homemade soups made with spring water, free-range chicken, free-range beef, to chocolate tofu pie, and so much more! Help support Nova Scotia producers by eating at the Monkey! Book your christmas party, or reserve a spot to bring in the New Year with us!

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So hungry I could eat a horse...radish

Mashed Bean Burgers and Fries Seitan Roast with Mushroom Gravy Claire's Black Bean Burgers Mishmash Black Bean Soup Home Fries or Roasted Potatoes

MASHED BEAN BURGERS

package of tofu
 an eggplant
 cans of black beans
 onion
 cup of cornmeal
 Salt, pepper, coriander, cumin, cayenne
 cup mushrooms
 cloves of garlic
 Lettuce, avocado, and condiments for dressing.

FRIES

5 sweet potatoes 1 tsp oil

Cut sweet potatoes into long skinny pieces, cover with oil and bake at 375 for 30-35 minutes, flipping halfway through. For the burgers, start a saute with garlic, onion, and eggplant. Mash black beans, tofu, and spices together in a bowl. When the saute is finished, mix it in with the bean mash and cornmeal until the mash has reached a moldable consistency. Mold into burgers and lightly dust with flour. Bake at 375 for about 15-20 minutes, flipping them halfway through. We saute up the one cup of mushrooms with some garlic and onion for adding to the burger. Enjoy.

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GREAT OCEAN

6485 Quinpool Rd. Halifax, N.S. (902) 425-7400

SEITAN ROAST WITH MUSHROOM GRAVY

You can buy seitan at Great Ocean or the Big Life booth at the farmer's market - or be a champ and make it yourself. You can use it in a hundred or so ways, and here's but one of them.

 lb. seitan
 c. sliced mushrooms
 c. sliced onions
 1/3 oz Tofu Scrambler (find this in a package at a health food store)
 c. water
 tbsp. chopped fresh basil leaves

1 tbsp. chopped fresh sage leaves

Slice seitan into 1/2" slices and place in a Dutch Oven. Layer mushrooms and onions on the top. In a bowl, combine dry tofu scrambler with water, basil and sage. Pour mixture over seitan and vegetables. Bring to a boil and simmer gently for 30 minutes until gravy (see next page for recipe) has thickened.

- Brianne Hunsley

MUSHROOM GRAVY

a standard. a classic. a favourite. a gem.

1/4 c. oil
1/4 c. flour
2 1/4 c. water
1/8 c. soy sauce or Bragg's
1 c. fried mushrooms
1 tsp. or so of miso, to taste (optional)
pepper to taste

Fry enough mushrooms to yield one cup of shrunken, fried mushrooms. Heat oil and whisk in flour until smooth. Gradually add water, stirring constantly. Add soy sauce, fried mushrooms and pepper (and miso, if desired). It will thicken and be a good gravy.

- Brianne Hunsley



CLAIRE'S BLACK BEAN BURGERS

After being inspired by other black bean burger recipes, I've invented my own. These burgers actually stick together, unlike any other veggie burger recipe I've ever made. I am here and now revealing the secret to sticky burgers: black beans! They make make them fry-able. No crumbling from hand to pan. -CG

1/4 cup flour (for coating)
1 small onion, chopped
2 cloves garlic, chopped
2 stalks green onion, chopped
1/2 cup cornmeal
1 grated carrot
2 cups cooked or canned black beans, mashed (about 1 16-oz. can)
1/2 cup corn kernels
1/4 tsp cumin
1/4 cup hot salsa
2 tsp + chili powder

On a small plate, spread flour coating. In a small nonstick pan, saute the onion, garlic, and green onion on medium-high heat until onions are translucent. In a large bowl, mash the black beans with a potato masher or fork. Grate the carrot into the beans; add the cornmeal, corn kernels, cumin, salsa, and chili powder. Mix in the onions and garlic. Mix well. Divide and shape into 6 patties. Lay each patty in flour, coating each side. Cook on a lightly oiled frying pan on medium-high heat for 5-10 minutes or until browned on both sides. Makes 4-6 patties (ours made 6 of medium size.) Put in a kaiser roll and garnish with lettuce, avocado, cilantro, ketchup, mustard, etc etc....

MISHMASH BLACK BEAN SOUP

Can you tell that we all love black beans?! This, too, is a creation inspired by a couple of black bean soup recipes I've had. -CG

3 cloves minced garlic
1 medium onion, chopped
2 cups vegetable stock
2 carrots, chopped
1 sweet potato, chopped
1 19-oz can black beans
1 tsp cumin
juice of 1 lime

In large soup pot, saute garlic and onions with the cumin. Add carrots and saute a bit longer. Add sweet potato, beans and stock, and bring to a boil. Reduce heat and simmer about 15 mins, until potato and carrot are tender. Puree half the soup in a blender; put back into pot. (Side note: Ryan does not advocate pureeing soups. Anyone who's with him, forget the blender step.) Add lime juice and mix well. Serves 4.



Over the years Sam the Record Man has been proud to bring to you the largest and most extensive collection of local music in the Maritimes:

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HOME FRIES OR ROASTED POTATOES

3-6 potatoes 2 tbsp olive oil rosemary paprika oregano garlic powder salt and pepper ketchup

Preheat oven to 375 degrees. Chop potatoes into slices 3-4 mm thick. In a mixing bowl, mix the olive oil and a few pinches of rosemary, paprika, oregano and garlic powder. Add the chopped potatoes to the spice and oil mixture. Stir until all potatoes are coated. Place the potatoes on a cookie sheet in a single layer; put into the oven. Bake about 30 minutes, flipping every 10 minutes to prevent burning. Time will vary based on the size of the potato pieces. Leave them in longer for extra crispiness. Garnish with salt, pepper and ketchup.

-Emily Peters
I'm too hungry to deal with measuring cups and preheated ovens

15-Minutes-And-It's-Meat-Free Pizza Ta Hell With Da Bell Burritos Simple Smoothie Satisfaction 101

THE 15-MINUTES-AND-IT'S-MEAT-FREE! PIZZA

A big, chunky pizza, created out of leftover veggies! The sweet potato was a nice touch, we thought. We piled most of the veggies on one crust and had a bunch left over, so we're pretty sure it will make two pizzas! - CG and RP

2 pizza crusts (each 12 inches across) green beans (about 10 fat ones)
8-10 mushrooms
1 green pepper
1 carrot
2 soy dogs
1 cooked sweet potato
1 small tree of broccoli
2 6-oz cans of tomato paste olive oil (to brush on crust)
oregano and basil

chili powder soy cheese

Preheat oven to 350 degrees.

Chop all vegetables into pizza-sized chunks. Brush olive oil on edges of crusts. Spread tomato paste all over crusts; liberally sprinkle on spices. Spread veggies evenly over both crusts. Could I say crusts any more times? Sprinkle on soy cheese. Bake on a pizza pan or cookie sheet for 15-20 mins, and broil for the last 5 mins! Crusts! How yummy!

TA HELL WITH DA BELL BURRITOS

We finally have a Taco Bell on this side of the harbour, and I had all intentions of going and enjoying a 7-layer bean burrito on the way home from work when my mind overtook my stomach and informed me of how easy it would be to make it at home, and how much happier I would be afterwards...and it was right! - RP

small onion (chopped as you like)
 cup kidney beans (slightly drained)
 cup black beans (drained)
 small carrot (chopped as you like)
 20 cherry tomatoes (use canned if you like, about 1 cup)
 6-8 tortilla shells
 chili powder (to taste)
 hot sauces (to taste)

In a small frying pan, saute the onions in olive oil and the hot sauce. After 5-6 mins add the carrots, beans and chili powder. Cover with a lid and leave for a few minutes.

If you are using cherry tomatoes, place them all in a bowl and squash them somehow. Be careful of the mess they make as they tend to squirt in random directions. It may be best to cut them in halves first. Add this tomato mess to the frying pan and cover again. Continue to heat until the carrots are soft to taste and most of the liquid has disappeared.

Heat your tortilla shells if you like. At this point you may want to shred some soy cheese.

Place the shells on a plate, with optional soy cheese on top, and then add the mixture to each shell.

SIMPLE SMOOTHIE SATISFACTION 101

I started making smoothies at least a year or so ago, and I've become amazed at how many people have asked me what I put in them, as if it is a mystery to make a good-tasting smoothie. So I figure I should pass along all my secrets and profound knowledge to everyone interested. =-) - RP

1 part cold stuff

- frozen fruit
- orange juice/apple juice/your favourite juice
- soy milk
- whatever else you can think of
- 2 parts fruit
 - oranges
 - apples
 - bananas
 - pears
 - peaches
- X parts whatever you want

Put the majority of the liquids in the blender first, then the frozen ingredients. Chop the solid fruit into slices or cubes and then add it along with the remaining liquid. The blender needs enough liquid to continue moving things around the blades so if all goes well everything should turn out fine in about 2 minutes. Otherwise, you may have to move things around (with the blender turned off of course!), add a little more juice or milk, and then let it run again. I suggest staying away from adding water since it will just thin everything out and not really add anything beneficial to the smoothie.

Hello, this is your sweet tooth calling

Chocolate: Not So Plain, But Very Simple Cinnamon Rolls

CHOCOLATE: NOT SO PLAIN, BUT VERY SIMPLE

Nestle, Willy Wonka and Hershey would certainly prefer you buy their products, but with a recipe as simple as this one why would you want to go back to chocolate bars with milk ingredients and 23 other things you can't even pronounce? This recipe has to be partially credited to my mother and my sister who use it for a sauce over ice cream; I just went another direction with it. -RP

1/3 700g bag of chocolate chips (I use President's Choice Decadent Chocolate Chips, but I'm sure others work just as well)

1 1/2 tbsp margarine

almonds, peanuts, frozen raspberries or other possible additions

Place margarine and chocolate chips in a pot (or microwaveable dish) and proceed to heat enough to melt chocolate chips and margarine. If you find the chocolate chips are too solid add a little more margarine.

While you are heating the mixture, place a cooking sheet in the freezer.

Once the mixture is of a smooth, liquidy texture, proceed to spread it upon the chilled cookie sheet. Place this into the freezer for approximately five to ten minutes. When the mixture has frozen into a solid mass, you may proceed to cut it into the required shapes. Be sure to return the remainder (you did eat the little bits while cutting, didn't you?) to the freezer. Although the chocolate will not melt completely if left at room temperature, it will go rather soft and will certainly melt in your hands and your mouth if given the chance!

CINNAMON ROLLS

The Bun

cup soymilk
 cup margarine
 cup water
 tbsp active dry yeast
 cup raw sugar
 tsp salt
 tbsp flaxseed meal
 cups all-purpose flour

The Delicious Inside

2 tsps ground cinnamon2 cups dark brown sugar1/2 cup margarine, softened1/3 cup maple syrup

The Glaze

2 cups confectioner's sugar1 package tofu cream cheese1 tbsp margarine1/2 tsp vanilla extract3 tbsp soymilk

Preheat over to 375 degress.

For the Bun: Warm the soymilk in a small saucepan until it bubbles, then remove from heat. Mix in the margarine, stir until melted. Add water and let cool until lukewarm. Mix flaxseed meal with water to create a paste to be used as an egg replacer.

In a large bowl, combine the milky mixture, yeast, raw sugar, salt, flaxseed paste and 2 cups flour. Stir well to combine. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic. Divide dough into two pieces. Roll each piece into a 12x9 inch rectangle. For the Inside: In a bowl, stir together the cinnamon, brown sugar and margarine. Spread this delicious cinnamon mixture on the dough and roll it into a log-type shape.

Cut each roll into 12 slices using a very sharp knife. Place rolls onto greased baking pans.

Bake for 20 to 25 minutes until golden brown.

For glaze, combine confectioner's sugar, tofu cream cheese, margarine and vanilla. Add soymilk gradually until frosting reaches a spreadable consistency. Spread over warm, but not hot, cinnamon rolls.

- CKDU's Let's Get Baked





Food for thought instead of the stomach

"Where Do You Get Your Calcium?" Literature Websites Places To Get Vegan Garb

"WHERE DO YOU GET YOUR CALCIUM?"

Calcium is an oft-overlooked vital nutrient. Both our bones and our blood need this mineral. An individual on a standard North American nonvegetarian diet may consume plenty of calcium, but because of the other foods she eats, that person may not be absorbing the calcium she needs. The average North American absorbs only 30% of the cacium in his/her diet. The amount of calcium our body actually retains depends on three factors: calcium intake, calcium loss, and calcium absorption.

CALCIUM INTAKE According to Becoming Vegan (see following pages), adequate calcium intakes for adults ages 19-50 are 1,000 mg per day. If you are over 50 years old, 1,200 mg per day are recommended. One serving of calcium-fortified tofu, a high-calcium food, has 258 mg. The amount of absorbable calcium in that serving, however, is 80% of 258 mg; and this percentage is very high. Comparably, kale provides 61 mg calcium per serving, with only 30% of that being absorbable.

CALCIUM LOSS Protein increases urinary calcium losses. This happens when sulfate, used in protein breakdown, combines with calcium and takes it out of the body. Meats and eggs, very concentrated protein sources, are also highly acidic in the body, while vegetables and fruits are more alkaline. Our blood wants a balanced pH level, so if the blood becomes too acidic, the blood steals calcium (an alkaline mineral) from the bones. Bones thus become more brittle and subject to osteoperosis. Salt, caffeine, and phosphorous (found in soft drinks), also increase urinary losses of calcium.

CALCIUM ABSORPTION Oxalates are plant acids that

bind calcium so our blood cannot absorb it. Oxalates are found in some green leafy vegetables, like spinach and rhubarb. These foods are however high in other important nutrients, like phytochemicals. But they cannot be counted as calcium sources.

One more thing... cows' milk is made for baby cows! No other species besides humans drinks another species' milk. Though this seems obviously strange, most children grow up thinking this practice is okay. I did. See milksucks.com and other listings in the following pages for explanations of why dairy production is harmful to animals and the environment.

Here are a few ways to get your vegan calcium and keep strong bones!

Eat more foods in which calcium is plentiful and absorbable: figs, kale, broccoli, almonds, almond butter, fortified soymilk and fortified tofu.

Exercise! Bones like being used.

Limit salt.

Eat more fruit and veg - the darker the pigment, the better. Don't smoke; it lowers your bone density.

-*CG*



Diet for a New America The Food Revolution by John Robbins (foodrevolution.org) John Robbins was set to inherit the Baskin-Robbins ice cream empire, but instead he forged his own path and became a leading spokesperson on the state of animal agriculture and the benefits of a vegan diet. Can be ordered at Bookmark.

Becoming Vegetarian Becoming Vegan by Vesanto Melina and Brenda Davis Great books to read for nutrition and facts about making the switch to a vegan diet.

Vive le Vegan! The Everyday Vegan by Dreena Burton (everydayvegan.com) Both wonderful cookbooks, with specific info on feeding your vegan baby, vegan toddler, and your whole flippin' vegan family. One or both books available at Outside the Lines and Venus Envy.

milksucks.com Info on how to leave dairy behind.

pcrm.org (Physicians' Committee for Responsible Medicine) *A health-conscious site with extensive recipes*.

vegetarianbaby.com/holidays.shtml

Vegetarian Baby is a beautiful site, even for those without children, and this particular link will take you to stories and advice about surviving the holidays as a vegan.

goveg.com/veganism.asp

An extensive essay on the effects of vegan diets versus meatcentred diets.

and again..... govegan.net

I just think Sarah Kramer is so wonderful that I must mention her site again here, like I did in Veganize Me. And she has a NEW cookbook out!! Buy it already! La Dolce Vegan, available at Bookmark. Add it to your collection.

PLACES TO GET VEGAN GARB downbound.com

Wonderful, wonderful site. I just ordered a pair of vegan, organic, hemp boots from them and not only did they only take a week to get here, they fit perfectly. Adam Wilson runs the company and he personally corresponded with me about my boots. The site has tons of information about ecological and social issues, with categories like Activism Strategy and Working Animals. Do you know what Deep Ecology is? I didn't, until I read this site.

Herbivore Magazine and herbivoreclothing.com

An absolutely beautiful quarterly publication, available locally at Venus Envy and Atlantic News, this vegan mag is very appealing to a young, actively veggie crowd, unlike some other vegetarian publications that seem more conventional/commercial. No names mentioned. Herbivore is geared not so much towards foodies as towards activists...it is full of articles about people who have done amazing vegan things and ways to do such things yourself. And I hear they give you free stuff like buttons and stickers when you subscribe. I'll let you know the truth about that rumour soon, since this publication is irresistible.

The website has cool t-shirts and hoodies. Be a cow hugger!

alternativeoutfitters.com

This site is for the more fashion-minded among you. We don't all have to be smelly hippies! It's a well-organized site and has very reasonable prices compared with other vegan clothes sites.

vegetarianbaby.com

If you have young children, this site is for you! Outfit your offspring in compassion.

Pustished by So you're probably Standiag here wondering why you're reading the back of Eure book with tumbleweed publishing peaves on it. Well I are doo! We have spent fur tou runy hours on the stuff inside (recipes, living tips and resources and so much nore) for you to be spending all your time on this port. So keep the book in your head give up Sore cash with a Snile (and perhaps a tip) and Start reading the inside in the contart of your own hore. Afterall, you have spent 5 sinutes here ... i ragine how ruch rove fire you can spend with the rest of the issue! www.twentertainment.ca/vegan You're holding our second tasty regan book! We're all about beingvegan : eliminating animal products from our diets and lifestyles. But this time we've added info about Doing It Yourself - and by it, I mean as much as you can look, make gifts, bike, walk, and think consciously about every choice. This issue is holidaythemed, with ideas for activities presents, and most importantly, meals! Create such vegan celebration dishes as tofurkey, mushroom gravy, and soy eggneg - and bask in the glories of our cinnamon rolls, black bean burgers, chocolate chip cookies and 15-minute pizza. Happy Holidays and Happy Veganizing! ALLEGRA

Claire gallant

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