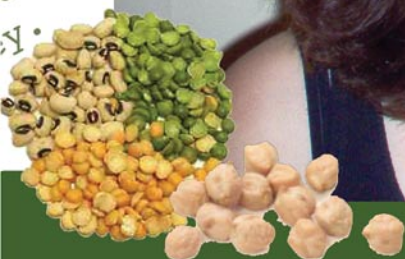


VEGANIZE



50+
Recipes

ME

A Fundraising Project for Tumbleweed Five

Thank You from Tumbleweed Entertainment

The purchase of this vegan recipe book is a show of support for the work that we do each year in planning and producing the annual outdoor show known as Tumbleweed.

Tumbleweed has always been an event to celebrate the music scene in Halifax, and producing the show with free admission will always be a key goal for us. This year numerous changes to the process have made it necessary for us to raise a substantial amount of funds to produce the event. It is through fundraising efforts such as this recipe book that we hope to be able to continue our efforts.

As a company focusing on the content of the musicians and music it promotes, Tumbleweed Entertainment has always held a strong belief in supporting causes alternative to the commercial mainstream. Thus, when we began planning ways to raise money for the show it seemed a perfect opportunity to promote an alternative way of living that diminishes both cruelty to animals and damage to the environment.

In the same way that Tumbleweed attempts to present multiple music genres to a broad audience, it is our hope that this recipe book introduces you to veganism as one lifestyle option. We understand that you may not share all of our views in regards to such things as the meat or dairy industry, but it is our hope that they will at least be considered.

It is for this reason that we thank you for purchasing this book and for considering yet another way to make the world a better place through your own actions.

Ryan Patey
Project Co-ordinator

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 contain animal products or have been tested on animals, such as most brands of toothpastes, shampoos, soaps, cosmetics and household cleaners.

Veganize Me!

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Veganized Me

Dear purchaser of this piece of vegan literature!

So, why have you picked up this book? Was it because the cover looked nice? Is there a vague inkling in the back of your brain saying, “vegetarianism is a good idea!”? Or are you already well on the path, seeking to increase your repertoire of great food?

I’ve been vegetarian/vegan for about a year and a half. My eating habits made the change fairly gradually, but I do recall the last time I ate red meat. I continuously work on becoming a better vegan. The first reason I am vegan is ethical, followed closely by environmental. I want to tread lightly on the Earth. But I also believe veganism is by far the healthiest way for our bodies to operate. The biggest challenge I have faced as a vegetarian/vegan is explaining my choices to my family and friends. I have found it difficult to explain my reasons for such a lifestyle change, because so many people are convinced we need meat and dairy to be healthy. My best advice to deal with these situations is to do your homework! Get your hands on as many veggie cookbooks and nutrition books as possible. Know why you have reached this important decision, and learn what nutrients your body needs and where you can get them. Be able to explain these things in a clear, concise, and most importantly, non-defensive manner. When your approach is compassionate and respectful, you make everything simpler for yourself. Something I do too often is compare myself to other vegetarians and vegans, and feel guilty about what I am/am not doing. This wastes useful time and energy. Stay away from it! Each vegetarian matures at her own rate, on her own road.

Great choices require hard work, and veganism is no exception. The more I learn, the happier I am that I have chosen this lifestyle. I wish you a strong will, a creative mind, and peaceful, fulfilling meals. Never forget that the greatest tool of all is our own personal example.

Claire Bergstrom Gallant
Editor/Main Contributor

Becoming vegetarian (or vegan) is one of the most humane outreaches that you can act out upon politically and morally. Whether it is as a duty to our own health, to views on environmental impacts, or, the most important, prevention of animal cruelty. After becoming vegetarian three years ago at first for health (and also the fact that eating meat just seemed... wrong), later was reinforced by much stronger views (long story short, watch *Meet Your Meat* www.peta.com.) To me, it seemed much healthier and more natural to live a dairy free life. Even by wearing non-leather items (which can be so much cheaper!), to having fun experimenting in the kitchen with cooking and baking. Some vegan baking is actually *good* for you, *and* it tastes awesome. So go on, try it. You'll feel so much better on every level on this simple choice.

Lindsay Henry
Main Contributor

Here's my vegan motto:

"Instead of thinking about all the things you *can't* eat, I think about all the things you *can* eat!"

I don't remember the day that I started to think about what I was eating. It came during high school just after I started thinking about society in general I suppose: the injustices of war, the completely unreasonable system of capitalism, and a disgusting acceptance that "ignorance is bliss". I started to question where my money was going. Who am I supporting? Some are obvious to avoid: Wal-Mart, Coke, McDonalds. So why support animal imprisonment?

I think that people like being ignorant about what they eat. It took me quite a while to "get up the nerve" to learn about the animal industry, but once I started reading it didn't take long to convince me that I definitely don't want my money going to support animal mistreatment. I went about a year as a lacto-vegetarian, but it just didn't feel right. As I started learning more and more, I realized that the animal slaughter industry is directly intertwined with the dairy, leather, animal testing, and wool industries. The next decision was really easy: become vegan.

It was a lot of work at the beginning adjusting to the diet, learning how to cook, and standing up for myself. You'd be surprised how many people try to question your views and drag you down when they find out you're 'vegan'. I stuck through the transition and I feel a lot healthier and a lot more comforted about what I support. It didn't hurt that I worked at Great Ocean through this and I got a lot of support, tips, and exposure to products. Going animal-free helped me gain more insight into how even I can make a wee difference for our environment, small farms, and of course the animals. I am 7 months vegan and trucking. I can't see my veganism ending any time soon, it just... feels right.

Emily Peters

Main Contributor

A VEGAN LUNCH

I love sandwiches. I love searching my fridge for the perfect crazy things to slap between two pieces of some kind of hearty bread. I hope you share similar cravings – if you don't, you soon will. I am constantly increasing my repertoire of vegan sandwich fillings, as well as vegan accompaniments to sandwiches. In the end, anything goes! But here are some ideas to get you started, in case you're still stuck in your PB&J phase.

The substance (protein)

Hummus
Black bean spread
Other bean spreads
Tofu mayo
Tofu slices (marinated or plain)
Tempeh slices
Nut butters
Tahini

The veggies (vitamin C, calcium, and/or iron)

Lettuce
Tomato
Sprouts
Sweet peppers
Green onion
Spinach
Grated carrot
Mushrooms (sautéed or raw)

The spreads (protein, healthy fats, and/or calcium)

Tofu mayo
Nut butters
Mustard
Guacamole, or plain avocado
Margarine
Salsa

For a sweeter sandwich, try...

Apple slices
Molasses
Banana
Jam
Raisins
...with a nut butter

And on the side....

Carrot & celery sticks
Pickles
Potato chips / Corn chips
Fried potatoes
Nuts
Apple pieces

As far as I'm concerned, toasting your sandwich bread is a must. But if you must depart from a classic, throw your fillings in a pita, roll them in a wrap, or make open-faced cracker or rice cake creations. Go for whole wheat versions of these-we need all the fibre we can get.
Don't follow the crowd – make these sandwiches for dinner, too! Veganism is all about versatility – another great v-word.

Contributed by Claire Gallant

MAINS

CLAIRE'S STUFFED PEPPERS

I made this recipe up! One day we had these very ripe red peppers in the fridge and I thought the only way to use them all would be to stuff them.

3 big red peppers (or your favourite colour)
1 1/2 cups dry couscous
mushrooms – about six
3 stalks celery
2 carrots
1-2 tbsp peanut butter
1 tbsp miso paste
1 tsp each soy sauce and sesame oil

walnuts, lemon juice, cilantro (for garnishes)

Boil water and put in couscous. After 5 minutes, fluff with a fork and set aside. Chop mushrooms, celery and carrots and add them to couscous. Mix in PB and miso to taste. Maybe add a little oil too. Core peppers. Brush them with the soy sauce and sesame oil. Fill them with the couscous mixture. Bake at 350 for 20 minutes, or until couscous is browned on top. Garnish with walnuts, lemon juice and cilantro.

Contributed by Claire Gallant

“Protein deficiency is common only in countries suffering from famine. Eating too much protein, however, can lead to cancers of the colon and liver.”

www.PETA.com

STIR-FRIED TOFU AND VEGGIES WITH PEANUT SAUCE

1/2 cup peanut butter
1/2 cup hot water (or more to desired consistency)
2 tsp honey
3 cloves garlic
1-2 tsp grated ginger
2 tsp apple cider vinegar
1/2 tsp salt
2 tsp of tamari
dash of cayenne
1 tbsp vegetable oil
desired vegetables (suggestions: onion, carrots, broccoli, peppers,
cauliflower, etc)
1 cup brown rice

Begin to cook brown rice (2 parts water to one part rice). Simmer on lowest heat. In a saucepan, sauté the garlic and ginger in oil. Add peanut butter and then water, whisking as the water is being added. Simmer on lowest possible heat. Add vinegar, tamari, and salt and pepper to taste. Set aside. Sauté the tofu and veggies of your choice in tamari, water, and oil. Serve the veggies and sauce over a bed of rice.

Contributed by Susan Peters

TASTY QUINOA STIR FRY

Ingredients:

- 1 – 1 1/2 cups of broccoli flowers and stems, cut
- 1/2 package of tofu, cut into cubes.
- 1 small onion, cut
- 3/4 cup quinoa
- 1 1/2 cup water
- 1 tbsp sesame oil
- 1 tbsp safflower or canola oil (or another vegetable oil that can be used on high heat)
- A pinch or two of coriander
- A pinch or two of basil
- 1 clove of garlic, finely chopped
- 1 tbsp soy sauce or Braggs
- Any other vegetables you want.

Directions:

1. Chop the vegetables, tofu, and garlic.
2. Rinse the quinoa and place in a small saucepan on medium heat with the water. When the water begins to boil slightly, reduce heat to low.
3. In a frying pan or wok, heat up the oil (both oils at the same time). Once it is hot, add the garlic and onion. Fry for a few minutes, stirring frequently.
4. Add the broccoli, tofu, coriander, basil, and soy sauce. Stir and cover with a lid. Keep stirring every few minutes until the broccoli is just about tender (approximately 10 minutes). If there is not enough liquid to steam the broccoli, add a bit more oil.
5. Once the quinoa is cooked (approximately 15 minutes after it began to boil, there will be no more water on the bottom), add the quinoa to the stir fry. Add more soy sauce if you wish. Stir in for a minute or two.
6. Turn all your burners off and eat!

Contributed by Emily Peters

SWEET POTATO QUESADILLAS

- 1 cup chopped onion
- 2 garlic cloves, pressed or chopped
- 3 tbsp olive oil
- 4 cups grated sweet potato (about 3 potatoes)
- 1/2 tsp dried oregano
- 1 1/2 tsp chili powder
- 2 tsp ground cumin
- pinch of cayenne (optional)
- 1/2 - 1 cup frozen corn
- 1/2 green pepper, chopped
- 8 flour tortillas
- salsa (optional)
- faux sour cream (optional)
- faux cheese (optional)

Saute onions and garlic in olive oil. Add grated sweet potatoes, oregano, chili powder, cumin and cayenne. Cook on low heat for approximately 10 minutes, stirring frequently. Wrap the tortillas in aluminum foil and place in the toaster at low heat. Add the frozen corn and green pepper to the pan mixture. Add more oil if the mixture is sticking to the pan. Add the salt and pepper to taste. When the corn is tender, remove from heat. Spread approximately 1/3 cup of this mixture onto 1/2 of a tortilla. Fold in half and fry until golden in a little bit of oil or margarine. Top it off with salsa, fake cheese, or fake sour cream!

Contributed by Susan Peters

FIDDLEHEAD PENNE PESTO WITH FAUX FETA

Ingredients:

1/2 lb. fiddleheads
1/2 bag kamut penne pasta
1 onion, chopped
2 lg cloves of garlic, chopped
1 red pepper, chopped
10 kalamata olives, chopped
4 dried shitake mushrooms (soaked in boiling water and covered, and then chopped)
3 heaping tbsp pesto
2 tbsp nutritional yeast

Faux Feta:

1/2 block tofu, crumbled
1/8 cup olive oil
1/8 cup water
1/4 cup red wine vinegar
1/2 tsp dried basil
1/2 tsp oregano

Directions:

- 1) Crumble tofu. Mix remaining faux feta ingredients in a bowl and add the tofu, mixing them roughly. Refrigerate while you make the rest of the dish.
- 2) Bring water to a boil in a large pot and cook the kamut penne pasta until soft.
- 3) Meanwhile, sauté onion and garlic in a frying pan with some oil for about 5 minutes. Rinse the fiddleheads and trim off the woody ends. Sautee the fiddleheads until soft, adding the peppers near the end.
- 4) Stir in nutritional yeast.
- 5) When the vegetables are done, mix in the mushrooms, olives, pesto and faux feta.
- 6) Drain the pasta if you haven't already. Add this mixture to the pasta and combine over low heat until the mixture is steamy. Enjoy!

Contributed by Brianne Hunsley and Nathan Morse

ULTRA-VEGGIE LASAGNA

- 1 box of lasagna noodles
- 1 big can of tomato sauce
- 1 tsp oil
- 1 zucchini
- 1 eggplant
- 1/2 package of tofu
- 1 cup of spinach
- 2 carrots
- 1 onion
- 1 clove of garlic
- spices for seasoning

Sauté carrots, onion and garlic until browned. Add in tomato sauce and seasoning and let stand for about 5-8 minutes. Cook noodles as directed. Start lining the pan with noodles and alternate layers of sauce with layers of eggplant, spinach, and tofu (flat slices). Once top layer of noodles is on and more tomato sauce and zucchini slices and bake for 25 minutes at 375 celsius.

Contributed by CKDU's Let's Get Baked

CURRY RICE WITH LENTILS

1-2 tbsp vegetable oil
1/2 onion, sliced
3 cloves garlic, pressed or chopped
1/2 tsp ground or grated ginger
1/2 tsp turmeric
1 tbsp curry powder
1 cup brown rice
3/4 cup dried lentils, washed
4 cups water
2 veggie bouillon cubes
salt to taste
1 large diced apple
1/4 cup sunflower seeds
Mango chutney

Heat the oil in a large saucepan and sauté the onion and garlic. Add the ginger, curry powder, turmeric and continue to sauté. Add a little more oil, then sauté the rice for approximately 2 minutes. Add the lentils, water, veggie bouillon cubes, sunflower seeds and bring to a boil. Cover, reduce heat to low and simmer, for about 30 minutes. Add the apple and simmer, covered, for another 10-15 minutes, or until water is absorbed and the rice and lentils are tender. Garnish with chutney.

Contributed by Susan Peters

www.undergroundoperations.com

That's right biznatch!

Soups/Stews/Chili

THAI TOFU NOODLE SOUP

2/3 bag egg noodles (or eggless noodles of your choice)
1 tbsp oil
1 block tofu
1 bunch green onions, diced
2 garlic cloves, minced
3/4 inch piece fresh ginger root, chopped
3 3/4 cups vegetable stock
1 cup coconut milk
1 tbsp red Thai curry paste (use less for a less spicy soup)
3 tbsp peanut butter
2 tbsp soy sauce
1 red pepper, diced
1/2 cup peas or green beans

1. Cook noodles.

2. In a large pot, heat oil and fry tofu until browned. Add white part of green onions, garlic and ginger, and fry for 2 minutes. Add stock, coconut milk, curry paste, PB, and soy sauce. Bring to a boil and simmer for 10 minutes. Add pepper, rest of green onions, and peas, and cook for 2 minutes. Add cooked noodles. Enjoy!

Contributed by Claire Gallant

MISO SOUP IN FOUR STEPS

Walk or bike to China Town (or somewhere similar) and purchase small container of miso, one wicker steamer and fresh vegetables. Fill pot with water, boil with steamer and fresh cut vegetables on top for 10 minutes. Once steamed to perfection, dump vegetables and two tbsp of miso into water and simmer with lid on. Pour and enjoy. Miso is good for you bitches, so are steamed vegetables.

Contributed by Mark London Spicoluk



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CREAMY CORN SOUP

2/3 cup original soy milk
1 1/2 tablespoons cornstarch
1 16-ounce bag frozen veggies (broccoli, red pepper and corn)
1 15 ounce can cream style corn
1 cup vegetable broth
1/2 teaspoon cumin
1/4 teaspoon pepper
Soy chicken strips (optional)

In large saucepan, dissolve cornstarch in soy milk. Add all veggies, broth and cumin. Bring to a boil, stirring often. Reduce heat to medium/low. Simmer until vegetables are tender. Add pepper.

Contributed by Lindsay Henry

TORTILLA SOUP

1 14oz can vegetable broth
1 cup soy chicken strips, diced
1 medium onion, chopped
2 ounces canned diced green chillies
1 1/2 teaspoons chilli powder
1 cup baked corn tortilla chip pieces
1/2 cup soy cheese
1 small tomato, chopped

In medium saucepan, combine first 5 ingredients. Bring to a boil. Reduce heat; simmer uncovered 10 minutes, until onion is tender. Serve; add chips, cheese and tomato.

Contributed by Lindsay Henry

MUSHROOM AND BROWN RICE SOUP

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 10oz package white mushrooms
- 1 4oz package brown mushrooms
- 1 cup shredded carrots
- 1 garlic clove, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon dried thyme
- 1/8 teaspoon ground pepper
- 1 32oz container vegetable broth
- 3/4 cup instant brown rice

In a medium saucepan, heat oil over medium high heat. Add onion and cook 5 minutes, stirring occasionally. Add mushrooms and carrots and cook 8 to 10 minutes or until golden, continue stirring. Add garlic, salt, thyme, and pepper. Cook for another minute, stirring. Add broth, rice and 2 cups water, cover and heat to boiling over high heat. Reduce heat to medium, cook partially covered for 5 minutes or until rice is tender.

Contributed by Lindsay Henry

“From the “free-range” hen who smells fresh air for the first time on her way to the slaughterhouse to the “humanely raised” dairy cow whose male calf is taken from her and sold to veal farmers, all animals who are raised for food suffer.” www.PETA.com

SPEEDY TOMATO, CHICK-PEA AND SPINACH SOUP

2 cups vegetable broth
1 can tomatoes, undrained
1 onion, chopped
1 clove garlic, minced
1 cup whole wheat rotini pasta
1/4 teaspoon dried sage
1 can chick peas, drained
2 cups chopped fresh spinach
1/4 teaspoon pepper
Dash hot sauce

In large saucepan, combine broth and tomatoes. Add onion, garlic and sage, bring to a boil. Add pasta and reduce heat to medium low, cover and simmer for 7 minutes. Add chick-peas and spinach, cover and cook for 3 minutes or until pasta is tender. Stir in pepper and hot sauce.

Contributed by Lindsay Henry



BRAT ATTACK GARLIC CHILI TUM TUM KILLER

Block of tofu. firm

can of brazed gluten (optional)

Clove of garlic

one onion

broccoli

cauliflower

green onions.

Garlic chili sauce

2 packs of noodles (the soup kind, make sure vegan, save seasoning)

light soya sauce

Sauce

mix 1/3 cup soya sauce

1/4 garlic chili sauce

chopped garlic clove

1/4 water.

boil noodles. drain

fry tofu. till nice a lightly crispy.

add onions.

add seasoning to tofu.

add broccoli and cauliflower, keep lid on to help steam.

add-gluten

add sauce. add green onions.

add noodles...

yum !!!

Contributed by The Brat Attack

CURRY CHICK PEAS WITH SWEET POTATO STEW

2 cloves garlic, chopped or pressed
1 cup chopped onion
2 tbsp olive oil
dash of salt
2 cups cabbage, chopped or thinly sliced
1 large green pepper, cut into chunks
1 tbsp ground coriander
1/2 tsp turmeric
1/2 tsp cinnamon
1/8 tsp cayenne (optional)
1 28 oz can chopped tomatoes
1 16 oz can cooked chick peas, drained
1/3 cup raisins (optional)
1 tbsp fresh lemon juice
salt and pepper to taste
2 medium sweet potatoes cut into small chunks

In a large skillet, saute the onions in olive oil until soft. Add the cabbage and sprinkle with salt. Add the spices and continue to sauté for another few minutes. Stir in tomatoes, chick peas, raisins, and sweet potatoes. Simmer, covered until the sweet potatoes are tender. Add the green pepper and simmer another few minutes. Add the lemon juice and salt to taste.

Serve over brown rice or couscous.

Contributed by Susan Peters

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HEARTY CHILI

2 cans of kidney beans
1 can of tomato sauce
1/3 cup TVP (texturized vegetable protein)
1 green pepper, chopped
1 small onion, chopped
1 cup sweet corn, defrosted
2 cloves garlic, finely chopped
10 taco shells or one bag of nachos
Vegetable oil for frying
Chili powder, basil, cumin and oregano (if ever in doubt, add more)

1. In a wok or frying pan, sauté the onion in vegetable oil and a pinch of your chopped garlic until it is just browning.
2. In a medium saucepan, stir the beans (drain all the juice), tomato sauce, sautéed onion, the rest of the garlic and corn. Turn to medium heat.
3. Pour 1/3 cup boiling water over the TVP in a bowl. Let sit until all the water has been soaked up. Add the TVP to the pot.
4. Once the mixture has started to simmer, reduce heat to low. Add a few pinches of spice. Sample and add more as needed, stirring occasionally. Continue this process until it is as spicy, or not spicy as you like it! Remember not to add too much spice at a time, you can always add more, but it's nearly impossible to take spices out.
5. Stir in the green pepper.
6. Put your toaster oven or oven on low heat (approx. 200 C). Place the taco shells on a pan and put in the oven for about five minutes. Be careful, they burn quickly.
7. Stuff those tacos and enjoy! Feeds a lot of people...I'll say 6-8.
8. Put the leftovers in the fridge for those days when you just can't cook. Sometimes I swear chili is even better the second time.

Contributed by Emily Peters

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DESSERTS

TOLL HOUSE VEGAN CHOCOLATE CHIP COOKIES

2 cups unbleached flour
2 teaspoons baking powder
1/2 teaspoon salt
chocolate chips (however many you like)
1 cup raw sugar (although brown works best)
1/2 cup vegetable oil
1/4 cup water or soy milk (try vanilla, adds more flavor)
1 teaspoon vanilla

In large bowl, combine flour, baking powder and salt. In another small bowl, combine oil and sugar until completely mixed. Combine with dry ingredients. Add water or soymilk and vanilla. Blend for about 3 minutes, then add chocolate chips. Bake at 350 degrees for 10 minutes (varies by oven.)

Contributed by Lindsay Henry

PEANUT BUTTER OATMEAL COOKIES

1 cup whole wheat flour
1 cup oats
1 teaspoon baking powder
1/2 teaspoon salt
1 cup peanut butter
1/3 cup soy milk
1/2 cup brown sugar

In large bowl, combine flour, baking power and salt. In another bowl, microwave the peanut butter for about 30-50 seconds until melted. Quickly stir in sugar and soy milk with peanut butter. After mixed, add to dry ingredients. Blend ingredients, adding more milk if needed (you usually need to add quite a bit more since the mix is pretty dry.) Add oats after the mix is blended. Roll into 1" balls. Bakes at 350 degrees for 15 minutes, or until bottom of cookies are a darker brown.

Contributed by Lindsay Henry

GINGERSHROUD MEN

cookies:

2 cups flour

1 cup sugar

1/2 cup oil

1/4 cup molasses

1/4 cup water

2 tsp baking soda

1 tsp cinnamon

1/2 tsp salt

1 tbsp powdered ginger

icing:

2 cups powdered sugar

1/4 cup margarine

1/4 cup soymilk

Combine molasses, water, and oil in a bowl and the rest of the ingredients in another bowl and then mix the two bowls together until it becomes dough like. Roll out dough and cut gingerbread men out. Bake at 350' for 9 minutes. Mix the ingredients for the icing and decorate the cookies.

Contributed by CKDU's Let's Get Baked

BANANA PINEAPPLE WALNUT BREAD

1 cup raw sugar
1/2 cup margarine
"2 eggs" (see egg replacements)
1 1/3 cup mashed banana
2 1/2 cups whole wheat flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup walnuts
1/2 pineapple

In one bowl, cream together sugar and margarine. Stir in "eggs" and banana. Sift in the 2 cups flour with baking soda and salt. Blend until completely mixed, but don't make it too runny. Add walnuts and pineapple with a spoon. Bake at 375 degrees for about an hour, check periodically since it varies by oven.

Contributed by Lindsay Henry



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BANANA CAROB BREAD

3 ripe bananas
1 tbsp lemon juice
1/2 cup oil
1/2 cup dry sweetener
1 1/2 cup flour
1/3 cup flax meal
1/2 tsp salt
1/2 tsp baking powder
1/2 tsp baking soda
1/2 cup carob chips
1/4 tsp nutmeg
1/2 tsp cinnamon
1/2 cup walnuts (optional)
3/4 cup chopped dates (optional)

Preheat oven to 375 C. In a small bowl, mash the bananas with a fork until they are smoothish. Add the lemon juice, oil, sweetener, dates and flax meal. In a large bowl, sift the flour, baking soda, nutmeg, cinnamon and baking powder. Stir in the salt. Add the banana mixture to the flour mixture and mix until "just mixed". Now stir in the carob chips and walnuts. DO NOT mix too much, as the bread will not rise properly and will come out very dense. Oil a bread pan and spoon the batter into it. Bake for 40-50 minutes or until the center is cooked (check by poking with a fork, etc...).

Contributed by Emily Peters

... AND JUSTICE FOR ALL CAKE

1/2 cup white or whole wheat flour
1 cup turbinado sugar
1/3 cup cocoa
1 tsp baking powder
1 tsp baking soda
1/2 tsp sea salt
1 cup cold water
1/3 cup olive oil
1 tbsp apple cider vinegar
1 cup decadent chocolate chips.

Preheat oven to 350 ° F. Combine the flour, sugar, cocoa, baking powder, baking soda, and salt in a large bowl. Stir until mixed well. Add the cold water and oil to the dry mixture and stir until smooth. Add vinegar and stir a little. Pour cake batter into a greased 8x8 pan. Drop chocolate chips evenly onto the cake batter. Bake for 30 minutes or until a toothpick inserted into the center on the cake comes out clean.

Contributed by Brianne Hunsley, originally published in "A Recipe Book for the Caring Cook" by the Animal Rights Collective of Halifax and on the Endearing Records website.

COCONUT CREAM PIE

Crust:

1 cup of almond meal
1 1/4 cup of oats
1/2 cup of flour
1/3 cup of melted margarine
sugar

Filling:

2 cups of Soymilk
1/4 cup of sugar
1/3 cup of melted margarine
3tbs flaxseed meal
1/2 cup of flour
1 cup of unsweetened coconut
1 teaspoon of vanilla

Combine the ingredients for the crust in a bowl and press it into the pie plate. bake for 15 minutes at 375 until brown and slightly crispy. Mix filling ingredients in a blender for 10-15 seconds and then pour them into the piecrust and bake at 350' for 40 minutes.

Contributed by CKDU's Let's Get Baked

www.roskeanrollrecord.com



www.independentartistscooperative.com

QUINOA CAKE

2 1/2 cups of Quinoa flour
1/2 cup of brown sugar
2/3 margarine (melted)
1 1/3 cups of Orange juice
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp cinnamon
equivalent of 2 eggs

Maple Icing:

1/4 cup margarine
2 1/4 cups powdered sugar
2 tbsp soymilk
3 tbsp maple syrup
1/3 cup of cocoa

Combine ingredients in a bowl and bake at 375' for 35 -40 minutes and let cool. Mix icing ingredients and cover cake.

Contributed by CKDU's Let's Get Baked

PEANUT BRITTLE

1 1/2 cups peanuts
1 cup sugar
1/2 cup corn syrup
1 tsp margarine
1 tsp vanilla
1 tsp baking soda

Mix peanuts, sugar and corn syrup in an 8 cup pyrex microwaveable bowl/ measuring cup. Cook in microwave on high for 4 minutes. Take out and stir. Place back in microwave for another 3 minutes. Add vanilla and margarine and stir. Cook for 2 more minutes. Add baking soda, stir quickly and when it becomes foamy, spread on greased cookie sheet. Let cool for 1/2 hour – an hour and break into pieces. Store in an airtight container.

Contributed by Lisa van den Boomen

OAT CAKES

3 cups flour
3 cups rolled oats
1 cup dry sweetener
1 tsp baking soda
1/2 tsp baking powder
1/2 cup margarine
1/2 cup oil
1 cup water
3/4 cup vegan carob/chocolate chips (optional)
3/4 - 1 cup chopped walnuts (optional)
1 banana (optional, replaces 1/3 cup water)
1/2 cup applesauce (optional, replaces 1/3 cup water)

Preheat oven to 350 C. Stir together the flour, baking soda and baking powder. Add the oats and stir. Melt the margarine. In another bowl, mix together the dry sweetener, water, oil, margarine and banana/applesauce. Add the wet ingredients to the dry ingredients and mix until it looks like cookie dough. Add the walnuts and/or chocolate chips if you wish. Bake on a lightly oiled cookie sheet for approximately 20 minutes.

Contributed by Emily Peters

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VEGAN VANILLA ICE CREAM

2 cups vanilla soy milk

1/2 cup tofutti cream cheese

1/2 cup soy milk powder

1/2 cup sugar (you can use more if you like it really sweet)

1 tsp vanilla flavouring (non-alcoholic)

Blend everything until very smooth. Place in ice cream maker and follow manufacturer's instructions. This ice cream stays soft in the freezer!

Variations: You can add nuts, mini choc chips or other candy. You may also replace the vanilla soy milk with other flavoured soy milks!

Contributed by Lisa van den Boomen

LEMON-LIME GINGER SORBET

1 cup water

1 cup sugar

1/2 cup lemon juice

1/3 cup lime juice

1 Tbsp fresh grated ginger

1 tsp each of grated lime & lemon rind (optional)

Combine water and sugar into a small saucepan and heat on medium till it becomes syrupy (about 5 minutes). Cool. Blend sugar mixture, juices, rind and ginger. Strain mixture, then pour into ice cream maker and follow manufacturer's instructions.

Contributed by Lisa van den Boomen

PEANUT BUTTER BALLS

1 1/2 cup of icing sugar
1 cup of peanut butter
1 tbsp of margarine
1 cup of rice krispies
splash of vanilla
splash of soy milk

Add the peanut butter, margarine, rice krispies and 1 cup of the icing sugar together. Mix through with hands (it's a little messy, but it's worth it).

In a separate bowl, mix 1/2 cup of icing sugar and a splash of vanilla and soy milk.

Roll the peanut butter mixture into balls, then roll in the icing sugar mix.

Add coconut if you wish (about 2 cups).

Freeze or refrigerate and enjoy!

Contributed by Katie Clark

SUBSTITUTES/SPREADS/DIPS/TOFU SIDES

TUNO

1 can chick peas
1 cup chopped onion
1 cup chopped celery
1 tbsp lemon juice
1/8 – 1 cup soy mayonnaise
kelp meal, garlic powder, salt and pepper to taste

Mash chick peas with a potato masher or food processor. Mix in other ingredients. Enjoy tuno between slices of bread or in a pita with margarine and/or soy mayo! You have reinvented tuna, minus the death to tuna and dolphins!

Contributed by Brianne Hunsley

WHO NEEDS EGGS?

For sweets:

a banana
3 tbsp applesauce

Other:

1 cup silken/soft tofu (use a food processor to avoid graininess)
1 tbsp psyllium seed husks mixed with 2 tbsp water (the longer they soak in the water, the eggier they become)
1 tbsp flax meal with 3 tbsp water, mixed until frothy
egg replacers found in health food stores (Ener-G, Celemix, etc...)
1 heaping tbsp chickpea or soy flour beaten with 1 tbsp water
2 tbsp flour, 1 tsp canola oil, 1 tsp non aluminum, double acting baking powder beaten with 2 tbsp water
1 tbsp cornstarch and 1 tbsp instant soymilk powder beaten with 2 tbsp water

Contributed by Emily Peters

AMAZING GRAVY

1 1/2 cups of nutritional yeast
3 cups of water
4 tablespoons of margarine or oil
2 tablespoons of flour
soy sauce to taste
5 gloves of garlic
one onion
savory to taste
veggie boullion cube (optional)

Cut onions up nice and small and mince the garlic. Melt the margarine in a pan. Add onions and garlic and cook on medium heat until mostly cooked. Keep heat up on medium and slowly add in your yeast. You want the yeast to cook to the point that it starts to brown, almost like it's being toasted (don't let it burn but the browner you can make it, the richer the gravy). When the yeast has browned take it off the stove and mix in the flour. Stir and slowly start adding water. Put it back on the stove and blend it all together. Add soy sauce and/or dissolved veggie boullion to taste as well as a few pinches of savory to taste. Let simmer for ten minutes, stirring occasionally.

This makes the most amazing gravy ever. Feel free to use mushrooms or other veggies if you like.

Contributed by Elizabeth Pickard

HAPPY DIP 2000

- 1 avocado (mashed)
- 1 can refried beans
- 1 1/2 – 2 cups of salsa
- 3 – 5 cloves of garlic (minced)
- 1 tomato (diced)
- 1 or 2 red, yellow or orange peppers (diced)

Mix avocado, refried beans and salsa together into one mushy dippy concoction. Then add the garlic and mix it in well. Add the tomatoes and peppers. Eat with corn chips. And boom, you're stoked!
Feel free to add other veggies to the mix, olives or an extra avocado are recommended.

Contributed by Happy Kreter

www.HappyKreter.com



3 North American Tours

singer/songwriter

teacher/wrestler

no drugs/no alcohol

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Any questions?

"Paradigm Lost" available on Scratch Records

DEEP-FRIED TOFU IN BROTH

1 block Tofu

Vegetable oil for deep-frying, with a little sesame oil

Corn starch

Garnishes:

4-inch Daikon radish, peeled and grated

1-inch ginger root, peeled and grated

1 green onion, minced

Sauce:

1/2 Cup vegetable stock

1/2 cup Mirin (Japanese rice wine)

1/4 Cup soy sauce

“Press” tofu: wrap in clean towel, set chopping board on top for weight, and set aside for 30 minutes.

Mix sauce ingredients in saucepan and simmer for a few minutes.

Heat oil in pot (depth of 2-3 inches) for deep frying – it needs to be quite hot but not smoking. Cut tofu in pieces about 1/2" X 1" X 2". Roll each piece of tofu in corn starch and put aside. Deep fry tofu (maybe 5-8 pieces at a time, depending on size of pot), about 2 1/2 minutes, and put in oven to stay warm while frying the rest.

To serve: put a few pieces tofu in bowl, add some sauce and garnishes.

Serve with brown rice in separate bowl.

Contributed by Steven Peters

BROILED TOFU

1 block Tofu

Sauce:

1 Tbsp Miso

2 tsp Tahini

1 tsp lemon juice

1/2 tsp honey

few drops sesame oil

optional: a little hot sauce
 1 tsp ketchup (use less Miso)
 1 clove garlic, pressed

Press tofu as above

Cut tofu into 1/2 inch slabs

Combine all ingredients; add a little water to thin it

Spread 1/2 of the sauce onto the tofu

Broil, turn over and spread remaining sauce on tofu

Serve on brown rice; can sprinkle roasted sesame seeds on if you like

Contributed by Steven Peters

**“Never doubt that a small group of thoughtful,
committed citizens can change the world. Indeed, it
is the only thing that ever has.”**

-Margaret Mead

RESOURCES

Websites

www.veganoutreach.org

Order illustrated booklets about veganism to give to your friends and family. Order a free vegan starter kit too.

www.vegweb.com

This is a great site on which to search for recipes. Punch in the ingredients in your fridge and vegweb will tell you what to make! Even better, every recipe is followed by comments by people who have tried and/or altered it.

www.peta.org

Information on animal testing around the world. They will send you a vegetarian starter kit for free. They even sent me my own address labels because I filled out a survey for them. -CG

www.happycow.net

On this site, you can find vegetarian restaurants across the globe! Handy for before you leave on a trip.

www.govegan.net

Sarah Kramer's website, home of How It All Vegan, The Garden of Vegan, and La Dolce Vegan.

www.vegansociety.com

Welcome to the first ever vegan society, based in Britain. An exhaustive and fabulous website.

www.planetvegan.org

This site is divided into three categories: ethics, health, and environment. Three perfect reasons to go vegan. This site is actually a collection of links to other sites – each click you make takes you somewhere else. Full of great info.

Literature

How It All Vegan and The Garden of Vegan

By Sarah Kramer and Tanya Barnard

These girls have taught me most of what I know about being a vegan. They are fabulous. Check out their website too. -CG

Moosewood Restaurant Series

by the Moosewood Collective

Moosewood is a restaurant in Ithaca, New York. Their food is lacto-ovo vegetarian, with some fish recipes too, but they do have many vegan recipes and their recipe books are wonderful.

Moosewood Restaurant New Classics

Moosewood Restaurant Cooks at Home

Sundays at Moosewood

Moosewood Simple Suppers

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Underground Operations*

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The Brat Attack

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