



» VEGAN «

Holiday Guide

PETAkids

**So you've decided to make the compassionate decision
to eat vegan this holiday season? Yay! 🙌**

PETA Kids is here to provide your family with easy recipes!

Shopping List

There's a vegan option for everything.
Check out some of the following easy-to-find products and ingredients.

Vegan Turkey

- Field Roast Celebration Roast
- Gardein Savory Stuffed Turk'y and Holiday Roast
- Tofurky Roast (with wild-rice stuffing)
- Trader Joe's Breaded Turkey-Less Stuffed Roast with Gravy

These ready-made vegan turkey alternatives are available at countless grocery stores across the country, including many Whole Foods, Publix, and Kroger locations.



Nondairy Milk

Original and unsweetened varieties of soy milk can replace cow's milk in any holiday recipe, including mashed potatoes. Soy milk is available at many grocery stores as well as some Walmart and Target locations. Almond, cashew, coconut, oat, and rice milks are great options as well.

Vegan Stuffing

Check the ingredients, but many stuffing mixes are already vegan. Just substitute vegetable broth when you're cooking.

Vegan Margarine

Several brands of vegan margarine are available. Here are some of the most popular:

- Earth Balance
- Smart Balance Light with Flaxseed Oil

'Egg' Nog

Enjoy your favorite holiday drink vegan-style by picking up one of these delicious treats:

- So Delicious coconut-based nog
- Silk soy-based nog
- Califia Farms almond-based nog

You can also find pumpkin-spice creamers and lattes from So Delicious and Califia Farms.

Vegan Ham

Tofurky's sweet and savory Ham Roast will trick all your friends and family members. It has a "tender, smoky flavor, complimented by a sweet, tangy glaze" and is the first plant-based ham roast of its kind. Check the Tofurky website to find a store near you that sells it.



Bananas or Applesauce

For baking recipes in which eggs are used to add moisture, you can easily replace them with bananas or applesauce. Use one mashed banana or ¼ cup of unsweetened applesauce to replace one egg.

Egg Replacer or Baking Soda

Use these for leavening and binding in cookies, breads, cakes, muffins, and cupcakes.

Pre-Made Desserts

Daiya makes frozen vegan cheesecakes that come in a wide variety of flavors, such as pumpkin spice, key lime, chocolate, and strawberry. Claim Jumper and Marie Callender's both make "accidentally vegan" pies in flavors like apple, cherry, peach, and raspberry, which can be found at some Walmart, Safeway, and Target locations.



It's Easy to Veganize Recipes

We've put together vegan recipes for some well-known (and well-loved) holiday dishes. Concerned about health? By removing the meat, milk, and eggs from these festive recipes, you'll also be removing the cholesterol and a lot of the saturated fat. Don't worry—these tasty recipes are sure to wow vegans and nonvegans alike.

Green-Bean Casserole

MAKES 4 TO 6 SERVINGS

INGREDIENTS

½ medium onion, diced
¾ cup chopped button mushrooms
1 Tbsp. vegetable oil
Salt and pepper, to taste
1½ cups unsweetened soy milk
1 vegan bouillon cube
2½ Tbsp. cornstarch
2 Tbsp. cold water
1 28-oz. can cut green beans
1 6-oz. can French-fried onions

DIRECTIONS

- Preheat the oven to 350°F.
- Sauté the onions and mushrooms in the vegetable oil in a skillet. Season with the salt and pepper.
- Heat the soy milk and the bouillon cube in a saucepan, stirring until the bouillon dissolves. Do not allow to boil. Mix the cornstarch and water together and add to the pan, stirring well.
- Quickly add the green beans, the sautéed vegetables, and about half the French-fried onions and stir well.
- Pour into a casserole dish and top with the remaining French-fried onions. Bake for about 15 minutes, or until the onions begin to brown.



Pumpkin Pie

MAKES 4 TO 6 SERVINGS

INGREDIENTS

1 15-oz. can pumpkin
¾ cup light brown sugar
1 12-oz. pkg. extra-firm silken tofu
1 tsp. cinnamon
¼ tsp. cloves
¼ tsp. nutmeg
½ tsp. salt
1 9-inch unbaked pie shell
Vegan whipped cream (optional)

DIRECTIONS

- Preheat the oven to 425°F.
- Blend the pumpkin and brown sugar in a blender or food processor. Add the tofu, spices, and salt and blend until smooth. Pour into the unbaked pie shell.
- Bake for 15 minutes, then reduce the heat to 350°F and bake for another 60 minutes, or until the filling sets.
- Chill and serve topped with vegan whipped cream, if desired.



Classic Holiday Stuffing

MAKES 4 TO 6 SERVINGS

INGREDIENTS

- 1 Tbsp. vegan margarine
- 1 cup chopped onion
- 1 cup chopped celery
- 2 cups vegan broth
- ½ cup dried cranberries (optional)
- ½ cup diced apple (optional)
- ¼ cup pine nuts (optional)
- 1 12-oz. bag herb-seasoned, cubed vegan stuffing (try Pepperidge Farm brand, which is available almost everywhere)

DIRECTIONS

- Melt the vegan margarine in a big pot over medium-high heat. Add the onions and celery and cook for 2 to 3 minutes. Remove from the heat.
- Add the broth, cranberries, apples, and pine nuts.
- Add the stuffing and mix lightly.
- Spoon into a greased casserole dish.
- Cover with foil and bake at 350°F for 15 minutes.
- Remove the foil and continue baking for another 15 minutes.



Garlicky Mashed Potatoes

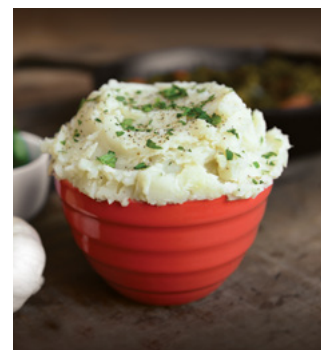
MAKES 4 TO 5 SERVINGS

INGREDIENTS

- 5 large potatoes, washed, peeled, and diced
- 14–16 cloves garlic, peeled
- 2 Tbsp. vegan margarine
- ¾ –1 cup soy milk
- Salt and pepper, to taste

DIRECTIONS

- Place the potatoes and whole cloves of garlic in a large pot and cover with water. Bring to a boil and cook for 20 minutes.
- Drain, place in a bowl with the remaining ingredients, and mash until smooth.
- Serve hot with vegan gravy.



Holiday Cookies

MAKES 20 TO 25 COOKIES

INGREDIENTS

1 cup vegan buttery spread
½ cup sugar
½ cup brown sugar
6 Tbsp. unsweetened applesauce
1½ tsp. vanilla extract
2 drops peppermint extract
2¾ cups all-purpose flour
1 tsp. salt
½ tsp. baking soda
½ cup crushed candy canes
1 cup melted vegan chocolate chips (optional)
Additional crushed candy canes (optional)

DIRECTIONS

- Preheat the oven to 375°F.
- In a large mixing bowl, combine the vegan buttery spread and sugars. Mix in the applesauce, vanilla, and peppermint.
- In a separate bowl, combine the flour, salt, and baking soda. Add one cup at a time to the sugar mixture, then stir in the crushed candy canes.
- Scoop about 2 tablespoonfuls of the dough at a time onto a prepared baking sheet and flatten with the palm of your hand.
- Bake for 10 minutes, or until the edges begin to brown. Place on wire racks to cool.
- Dip in the melted chocolate and top with crushed candy canes, if desired.



Gingerbread Cookies

MAKES 3 DOZEN COOKIES

INGREDIENTS

1 cup vegan margarine
1 cup sugar
Egg replacer equivalent of 1 egg
1 cup molasses
2 Tbsp. apple cider vinegar
5 cups flour
½ tsp. salt
1½ tsp. baking soda
1 Tbsp. ginger
1¼ tsp. cinnamon
1 tsp. ground cloves

DIRECTIONS

- In a large bowl, cream the vegan margarine and the sugar. Mix in the egg replacer, molasses, and vinegar. Set aside.
- In a medium bowl, sift together the dry ingredients. Add to the wet ingredients.
- Chill in the refrigerator for 3 hours or overnight.
- Preheat the oven to 375°F. Lightly grease a cookie sheet.
- Remove the dough from the refrigerator and roll out onto a floured surface. Cut into desired shapes and place on the cookie sheet.
- Bake for 6 to 8 minutes, or until the edges brown. Cool for 5 minutes on the cookie sheet then transfer to a wire rack.



Divine Latkes

MAKES 4 SERVINGS

INGREDIENTS

2 large russet potatoes,
peeled and grated
1 yellow onion, diced
¼ cup flour
1 tsp. baking powder
Salt and pepper, to taste
Oil, for frying

DIRECTIONS

- In a medium bowl, combine all the ingredients except the oil. Form patties about 3 inches in diameter.
- Warm the oil in a frying pan over medium heat.
- Add the patties and fry until golden brown, about 5 minutes on each side.
- Transfer to a paper towel for a few minutes in order to absorb any excess oil.
- Serve hot with vegan sour cream or applesauce and enjoy.



Vegan Noodle Kugel

MAKES 6 TO 8 SERVINGS

INGREDIENTS

12 oz. wide noodles,
such as farfalle
15 oz. silken tofu
¾ cup agave nectar
¼ tsp. vanilla extract
1 tsp. cinnamon, plus
extra for dusting
1 tsp. cardamom powder
1 tsp. ginger powder
1½ cups raisins
4 apples, cubed
¼ cup applesauce

DIRECTIONS

- Preheat the oven to 425°F.
- Cook the noodles according to package directions and drain.
- Using an electric mixer or a blender, cream the tofu with the agave nectar, vanilla, cinnamon, cardamom, and ginger until smooth.
- Place in a large bowl and add the noodles, raisins, apples, and applesauce. Mix well.
- Pour into a large baking pan with high sides and bake for 25 minutes, or until nicely browned.



Savory Mixed Greens and 'Bacon'

MAKES 4 SERVINGS

INGREDIENTS

- 1 pkg. Sweet Earth Benevolent Bacon, cut into small bite-size pieces
- 1 Tbsp. olive oil
- 2 cups vegetable broth
- 1 cup water
- 1 Tbsp. liquid smoke
- 1 Tbsp. salt
- 1 Tbsp. garlic powder
- 1 tsp. cayenne pepper
- ½ lb. collard greens, chopped
- ½ lb. mustard greens, chopped
- 1 onion, peeled and cut into thin slices

DIRECTIONS

- In a pan, sauté the chopped "bacon" in the olive oil for 2 to 3 minutes. Set aside.
- Place the broth, water, liquid smoke, and seasoning in a large pot and bring to a boil.
- Add the collard greens and cook for 10 minutes, then add the mustard greens, cover, and cook for 30 minutes more.
- Add the onions and "bacon" to the pot and cook covered for an additional 10 minutes, or until the greens are tender.



Corn Bread

MAKES 9 SERVINGS

INGREDIENTS

- 1 cup cornmeal
- 1 cup flour
- 2 tsp. baking powder
- 2 tsp. sugar
- 1 tsp. salt
- 2 Tbsp. oil
- 1½ cups soy milk

DIRECTIONS

- Preheat the oven to 350°F.
- Combine the dry ingredients.
- Add the oil and soy milk and mix well.
- Pour into a lightly oiled 8-by-8-inch pan and bake for 30 minutes.



Common Questions

Thinking about making the transition to vegan eating can prompt some questions. Here are some of the ones we most commonly get at PETA Kids.

The number one thing to remember is that going vegan is the best way to save animals, improve your health, and help the environment.

What's the difference between a vegetarian and a vegan?

Vegetarians don't eat meat—and that includes chicken and fish. Vegans avoid anything that comes from an animal, including eggs, dairy “products,” honey, etc. Luckily, there are vegan alternatives to almost everything, including ice cream, cheese, hotdogs, and more.

Isn't following a vegan diet really expensive?

Eating meat, dairy “products,” and eggs can be very expensive. Going vegan doesn't cost a lot of money. There are lots of simple, cheap recipes that you and your family can make together—check out a few of them at PETAKids.com.

Lots of traditional holiday foods—such as mashed potatoes, candied yams, cranberry sauce, and green beans—just happen to be vegan. There are many budget-friendly brands of soy milk and tofu, too, so be sure to check those out. And if you want to spring

for a Tofurky Roast or other delicious turkey alternative, go for it!

Someone told me that following a vegan diet is unhealthy. How can I make sure I'm getting all the vitamins and other nutrients I need?

Eating a vegan diet is extremely healthy! Kids raised vegan are usually healthier and less likely to be overweight than kids who eat meat. Plant-based foods are cholesterol-free and more likely to be low in saturated fat (the “bad stuff”) and high in fiber, complex carbohydrates, and cancer-fighting antioxidants (the “good stuff”).

My family doesn't think I should be vegan. What should I do?

Talk to your parents before the holidays and let them know that this is very important to you. Show them this guide to help them think of some festive, easy, *delicious* vegan meals you can make together. They might not go vegan with you, but they'll probably respect your choice.