Vegan Cooking For Carnivores
Let me start off by saying that I am not a chef, and I have never been to cooking school. I learned to cook by watching my parents cook dinner every night and soon developed a love for cooking and especially baking. When I became vegan 12 years ago, I did so because of my love for animals and I realized that I didn’t need to consume animal products to live a healthy life. I didn’t do it because I didn’t like the taste of meat. If someone were to come out with a vegan steak that actually tasted like steak, I would be first in line to buy it.

Anyway my point is that becoming vegan didn’t mean that I wanted to live off beans and sprouts for the rest of my life. I started off by modifying recipes I had always used and then as I got more adventurous, and as more meat and dairy alternatives came on the market, I started coming up with new recipes.

None of my friends and family are vegan, it’s just me and my husband, so when I have people over for dinner, I like to make sure that they come back. That means making meals that taste like food they are used to. I’ve had several occasions where people have come over for dinner and doubted the food was vegan. The food I make is so much like the real thing that my guests actually think I’ve strayed and put meat or dairy in it.

I came up with the idea for Vegan Cooking for Carnivores because I realized that while I think vegan cooking is an easy thing to do, most carnivores panic at the thought of having to cook a vegan meal.

I’m not here to tell you to go vegan I simply want to show you how easy it really is to make tasty vegan food that will satisfy even the pickiest meat eaters, so if one day you need to cook for a vegan or decide you’d like to eat less meat and incorporate vegan food in your diet, you’ll know exactly what to do.
All About Tofu
It’s not as gross as you may think.
Tofu (also known as Bean Curd) is made by coagulating soy milk, then pressing the curds into soft white blocks. Tofu on its own has very little flavor, so it can be used in a variety of dishes, both sweet and savory. Tofu is low in calories and high in protein. It is also a good source of iron and is cholesterol free.

**Silken Tofu**

Silken tofu has a creamy texture so it works well in sauces, salad dressings and desserts. Silken tofu is often packaged in aseptic boxes that don’t require refrigeration until they’ve been opened. Silken tofu comes in soft, firm and extra firm varieties.

**Regular Tofu**

Unlike silken tofu, regular tofu does require refrigeration. Regular tofu comes in medium firm, firm and extra firm. Firm and extra firm tofu have a very meaty texture so they work well in stir fries and for grilling. Medium firm tofu works well as an egg replacement in scrambled eggs and other egg dishes.

**Marinated Tofu**

Because tofu really has no flavor, it’s important that the tofu is seasoned properly. If you grill a slab of tofu with nothing on it, it won’t taste very good. Tofu acts like a sponge, so it’s important to give it flavors to absorb. Whenever I make tofu as a meat replacement, I always marinate it first, usually all day so that it really soaks in. The only problem with this is you have to be prepared in advance.

Fortunately, companies are now starting to sell pre-marinated tofu allowing you to simply open the package, heat and serve. Marinated tofu comes in many flavors and can be cut up in bite sized pieces or thick slices perfect for grilling.

I have included the following recipes so you can see how I would use the different kinds of unflavored tofu.

**Silken Tofu**

- Soft - Spinach Dip
- Firm - Crème Brûlée
- Extra Firm - Butter Tarts

**Regular Tofu**

- Medium Firm - French Toast
- Firm - Spinach & Mushroom Quiche
- Extra Firm - Crispy Tofu Fingers
Spinach Dip

1 package frozen chopped spinach (thawed)
1 package soft silken tofu
1 packet vegan vegetable soup mix or onion soup mix

Squeeze out any excess liquid from the spinach. Place in a bowl and set aside.

Place tofu in a blender or food processor and puree until it is smooth and creamy.

Pour the tofu into the bowl with the spinach, add the soup mix and stir to combine everything. Cover and chill for at least an hour (preferably longer) before serving.
Crème Brûlée

1 package firm silken tofu
1/2 cup white sugar
1/2 cup soy milk
1/2 a vanilla bean, split lengthwise
1 teaspoon vanilla extract
2 tablespoons cornstarch

Preheat oven to 325°F.

Puree the tofu in a blender. Add the sugar, soy milk, and both vanillas. Use the tip of a small knife to scrape the seeds from the vanilla bean. Continue blending the mixture. Add the cornstarch and blend till smooth and creamy. Make sure to scrape down the sides of the blender so that everything is properly incorporated.

Pour the mixture into 4 ramekins. Place the ramekins in a large baking dish and pour hot water into the pan going about 2/3 up the sides of the ramekins. Be careful not to get any water in the ramekins.

Bake for 30-40 minutes. It should feel set when jiggled.

Remove the ramekins from the water and allow to cool on a wire rack. Refrigerate for at least 4 hours. When ready to serve cover the tops with a layer of sugar and using a culinary blow torch, heat the sugar till a bubbly crust forms. The blow torch may make the crème brûlée warm so if necessary refrigerate for 15-20 minutes and then serve.
Butter Tarts

**Shells**

- 2 1/2 cups all purpose flour
- 1/2 teaspoon salt
- 1 cup vegetable shortening
- 1 teaspoon vinegar
- The equivalent of 2 eggs using egg replacer powder*

**Filling**

- 1 package extra firm silken tofu
- 1 cup corn syrup
- 1 teaspoon vanilla extract
- 3/4 cup demerara or brown sugar
- 1/4 cup melted vegan margarine

*The powder to water ratio will vary depending on what brand of egg replacer you use.

Preheat the oven to 350°F.

Mix flour and salt in a large bowl. Cut the shortening in with a pastry cutter until it is crumbly and resembles rolled oats.

In a cup, combine the egg replacer mixture, vinegar and enough water to equal 1/2 cup of liquid. Gradually stir mixture into flour. Add enough to make the dough cling together. Add more water if it is not clinging. Gather into a ball and divide into 2 portions.

Roll out each portion to desired thickness (I like about 1/8” thick) on a lightly floured surface. If the dough is sticking use more flour on the board. Flouring your rolling pin also helps. Cut circles out using a round cookie cutter and gently place each disc inside a muffin tin making sure to press up the sides as well. The dough will probably only go about half way up the sides. Use a cookie cutter that is at least as big as the opening of the muffin tin.

To make the filling, puree the tofu in a blender. In a bowl mix together the pureed tofu, corn syrup, sugar, margarine and vanilla.

Put chopped pecans, walnuts or raisins in the bottom of the tart shells. Fill until 2/3 full and bake for 25-30 minutes.

Remove from oven take out of the muffin tins and allow to cool on wire racks.
French Toast

1 package medium firm tofu
1 cup soy milk
1 teaspoon vanilla
1 teaspoon cinnamon
3 tablespoons maple syrup
Dash of fresh nutmeg
8-10 thick slices white bread

Place the tofu, soy milk, vanilla, maple syrup, cinnamon and nutmeg in a food processor and blend until smooth and creamy. Pour the mixture into an 8.5” x 11” baking dish.

Heat up griddle or non stick frying pan. Lightly grease with vegan margarine. Dip bread in the mixture (don’t soak the bread or it will be too soggy) and fry till brown, about 5-6 minutes, flip and brown the other side for another 5-6 minutes.

Keep cooked pieces warm in a low temperature oven until all the french toast is done and ready to serve.
Spinach and Mushroom Quiche

Crust

2 1/2 cups all purpose flour
1/2 teaspoon salt
1 cup vegetable shortening
1 teaspoon vinegar
The equivalent of 2 eggs using egg replacer powder*

Filling

1 package frozen chopped spinach (thawed)
8 oz sliced mushrooms
1 onion chopped
2-3 cloves crushed garlic
Salt and pepper
1 package firm tofu
1/4 cup nutritional yeast
1/8 teaspoon turmeric
1/2 teaspoon black salt
1/2 teaspoon dijon mustard
1 tablespoon cornstarch
1/4 cup soy milk
3/4 cup shredded vegan mozzarella cheese

Preheat the oven to 375°F.

To make the crust, mix the flour and salt in a large bowl. Cut the shortening in with a pastry cutter until it is crumbly and resembles rolled oats.

In a cup, combine the egg replacer mixture, vinegar and enough water to equal 1/2 cup of liquid. Gradually stir mixture into flour. Add enough to make the dough cling together. Add more water if it is not clinging. Roll dough out to desired thickness, then lift up and place in a 9” x 2” high fluted, removable bottom, tart pan. Press the dough into the pan and up the sides making sure the entire dish is covered. Set aside.

In a large pan, heat 1 tablespoon of oil over medium heat. Add the onions and cook for 5 minutes. Add the mushrooms and garlic and continue to cook until the mushrooms are done. Add the spinach and salt and pepper and stir. Remove from the heat.

Put the tofu, nutritional yeast, turmeric, black salt, dijon mustard, cornstarch and soy milk in a food processor and blend until the mixture is smooth and there are no big chunks of tofu. Pour the mixture into a bowl, add the cheese and the spinach mixture. Mix well. Place the filling in the shell and bake for about 1 hour 30 minutes. The crust should be golden brown and the top should feel firm and will be brown. Allow quiche to cool for 10-15 minutes before removing the ring.
Crispy Tofu Fingers

1 block extra firm tofu  
1 cup corn flake crumbs  
1/2 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1 teaspoon dried parsley  
Salt and pepper

Marinade

1/3 cup light tamari soy sauce  
1/3 cup hoisin sauce  
1/4 cup maple syrup  
2 cloves crushed garlic  
Few drops hot sauce (optional)

Take the tofu out of the packaging and wrap it in a clean tea towel. Place it on a large plate and put another large plate on top of the tofu. Weigh down with a heavy can and let it stand for 30 mins. This will remove any excess liquid from the tofu.

Cut tofu into 1/2” slices, and then cut the slices in half to make fingers. Mix all the marinade ingredients in a bowl and pour over the tofu. Cover the tofu and let it marinate in the fridge for at least 2 hours (the longer you leave it in the marinade, the better it tastes. I usually let my tofu marinate all day).

Place the corn flake crumbs and seasonings in a bag. Remove the tofu from the marinade and put the tofu into the bag a few pieces at a time. Shake the bag well to cover the tofu. Repeat with the rest of the tofu. Cover the bottom of a non stick frying pan with oil. Place all the fingers in the pan, and cook over medium heat until both sides are golden brown. About 4-5 minutes a side.

When the tofu fingers are ready, pat them down with paper towel to get rid some of the excess oil. Serve
Replacing Dairy
With so many choices it's easy to live without dairy.
With so many non-dairy options available, it’s not hard to give up milk. You can find all different kinds of milk alternatives at most grocery stores and not just soy. You’ll even find a lot of non-dairy milks right with the milk making it that much more convenient to buy. Here are some companies offering non-dairy milks. There are many more than this, these are just a few examples.

**Silk Soy Milk**

Available in Original, Light Original, Vanilla, Vanilla Light, Unsweetened, and Omega

**Silk Almond Milk**

Available in Original

**So Good Soy Milk**

Available in Original, No Sugar Added, Chocolate, Fat Free Original, Strawberry and Vanilla

**So Nice Soy Milk - The Classics**

Available in Original, Natural, Unsweetened, Chocolate, Vanilla and Strawberry

**So Nice Soy Milk - Specialty Flavors**

Available in Vanilla Bliss, Original Delight, and Chocolate Passion

**So Nice Soy Milk - Health Enhanced**

Available in Prebiotic Fibre/ Original and Omega-3/ Vanilla
**Ryza Rice Milk**
Available in Original and Vanilla

**Rice Dream Rice Milk (Refrigerated)**
Available in Enriched Original and Enriched Vanilla

**Rice Dream Rice Milk (Shelf Stable)**
Available in Carob, Enriched Chocolate, Enriched Original, Enriched Vanilla, Heartwise Original, Heartwise Vanilla, Horchata, Original, Supreme Chocolate Chai, Supreme Vanilla Hazelnut, and Vanilla

**Soy Dream Soy Milk (Refrigerated)**
Available in Classic Original, Enriched Original and Enriched Vanilla

**Soy Dream Soy Milk (Shelf Stable)**
Available in Classic Vanilla, Enriched Chocolate, Enriched Original and Enriched Vanilla

**Almond Breeze Almond Milk (Refrigerated)**
Available in Original, Chocolate, Vanilla and Unsweetened Vanilla

**Almond Breeze Almond Milk (Shelf Stable)**
Available in Original, Unsweetened Original, Chocolate, Unsweetened Chocolate, Vanilla and Unsweetened Vanilla

**Hemp Bliss Hemp Milk**
Available in Original, Unsweetened Original, Chocolate, and Vanilla

**So Delicious Coconut Milk (Turtle Mountain)**
Available in Original, Unsweetened, and Vanilla
Butter can be replaced with several different products, the most common of which is margarine. However, not all margarines are vegan. It is very important to read the labels of margarines and look out for things like whey, lactose and modified milk ingredients. There are also other ways of replacing butter like using all vegetable shortening or oil. Here are some margarines and vegetable shortenings that are vegan.

**Earth Balance Natural Buttery Spreads**
Available in Original, Original Whipped, Soy Garden, Olive Oil and Soy Free

**Earth Balance Natural Buttery Sticks**

**Earth Balance Natural Shortening**

**Becel Vegan Margarine**

**Crisco All Vegetable Shortening**

**Spectrum Organic All Vegetable Shortening**

There are also many other margarines and shortenings that are vegan, these are just the ones I am familiar with.
Gone are the days where vegan cheese tasted bad and didn’t melt properly. Vegan cheese has come a long way and now you can find vegan cheeses that melt and taste like the real thing. There are also a number of companies making vegan cream cheese that is hard to tell from the real thing. Below are my favorite cheese alternatives.

**Daiya Vegan Cheese**
Available in Cheddar and Mozzarella

**Teese Vegan Cheese**
Available in Mozzarella, Cheddar, Creamy Cheddar Sauce and Nacho Sauce

**Vegan Gourmet Cheese**
Available in Cheddar, Mozzarella, Monterey Jack and Nacho

**Vegan Gourmet Cream Cheese**
Available in Plain

**Tofutti Vegan Cheese Slices**
Available in Mozzarella and American

**Tofutti Better Than Cream Cheese**
Available in Plain, French Onion, Herbs & Chives, Garlic & Herb, Garden Veggie, and Non-Hydrogenated Plain
For those people that love cream in their coffee or sour cream on your baked potato, there are even vegan versions of that. More and more companies are realizing that people want alternatives to dairy cream and here are some that are making amazing alternatives.

**Silk for Coffee**
Available in Original, French Vanilla and Hazelnut

**SoyGo Soy Creamer**
Available in individual shelf stable packages

**MimicCreme Coffee Creamers**
Available in Original Unsweetened, French Vanilla and Hazelnut Biscotti

**MimicCreme Almond and Cashew Cream**
Available in Unsweetened, Sweetened and Sugar Free

**MimicCreme Shelf Stable Whipping Cream**
Available in Original Healthy Top

**Soyatoo Whipped Topping**
Available in Shelf Stable Soy Whip, Spray Can Soy Whip and Spray Can Rice Whip

**Alpro Soya Cream**
Available in Chilled Single Cream and Long Life Single Cream
Belsoy Cooking Cream
Available in Organic Shelf Stable

Tofutti Sour Supreme
Available in Plain, Guacamole and Non-Hydrogenated

YoSo Sour Cream
Available in Plain

Vegan Gourmet Sour Cream
Available in Plain
Yogurt lovers rejoice. Dairy free yogurts are finally starting to make their way into grocery stores. From soy to coconut, these yogurts are every bit as delicious as the dairy versions. Here are some companies that are making tasty vegan yogurt.

**So Nice Soy Yogurt**
Available in Vanilla, Plain, Strawberry and Peach

**So Delicious Soy Yogurt (Turtle Mountain)**
Available in Blueberry, Plain and Vanilla

**So Delicious Coconut Yogurt (Turtle Mountain)**
Available in Blueberry, Chocolate, Passionate Mango, Plain, Pina Colada, Raspberry, Strawberry, Strawberry Banana and Vanilla

**Silk Live! Soy Yogurt**
Available in Blueberry, Black Cherry, Key Lime, Peach, Raspberry, Strawberry, Banana, Strawberry, Vanilla and Plain

**Whole Soy & Co. Soy Yogurt**
Available in Cherry, Raspberry, Mixed Berry, Lemon, Peach, Vanilla, Blueberry, Apricot Mango, Strawberry, Plan and Strawberry Banana

**Yoso Soy Yogurt**
Available in Vanilla, Strawberry and Blueberry
Fancy desserts are great, but my all time favorite dessert is still ice cream. Non dairy ice creams are widely available and come in an amazing variety of flavors. Not only can you get soy, rice and coconut ice creams, they also come in various bars and sandwiches. These are the companies that I think are doing the best job making non dairy ice cream.

**Purely Decadent Coconut Pints (Turtle Mountain)**
Available in Chocolate, Chocolate Peanut Butter Swirl, Coconut, Cookie Dough, Mint Chip, Mocha Almond Fudge, Passionate Mango and Vanilla Bean

**Purely Decadent Soy Pints (Turtle Mountain)**
Available in Belgian Chocolate, Blueberry Cheesecake, Cherry Nirvana, Chocolate Brownie Almond, Chocolate Obsession, Chunky Mint Madness, Coconut Craze, Cookie Avalanche, Cookie Dough, Dulce de Leche, Key Lime Pie, Mint Chocolate, Chip, Mocha Almond Fudge, Peanut Butter Zig Zag, Pomegranate Chip, Praline Pecan, Purely Vanilla, Rocky Road, Snickerdoodle, So Very Strawberry, and Turtle Trails

**Purely Decadent Novelties Stickbars Singles (Turtle Mountain)**
Available in Purely Vanilla and Vanilla Almond

**Purely Decadent Novelties Multipacks (Turtle Mountain)**
Available in Purely Vanilla, Vanilla Almond, Mocha Mania Coated Sandwich, Vanilla Mania Coated Sandwich
**Organic So Delicious™ Dairy Free Quarts (Turtle Mountain)**
Available in Butter Pecan, Chocolate Peanut Butter, Chocolate Velvet, Cookie ‘N Cream, Creamy Vanilla, Dulce de Leche, Mint Marble Fudge, Mocha Fudge, Neapolitan, Strawberry

**Organic Soy Delicious™ Novelties (Turtle Mountain)**
Available in Big Buddy, Chocolate Chip, Creamy Fudge Bar, Creamy Vanilla Bar, Mint Chocolate Chip, Mint Mania Coated Sandwich, Mocha Mania Coated Sandwich, Vanilla & Almonds and Vanilla Sandwich

**Organic Li'l Buddies (Turtle Mountain)**
Available in Chocolate, Mint, Peanut Butter and Vanilla

**Li'l Buddies (Turtle Mountain)**
Available in Chocolate and Vanilla

**So Delicious Coconut Novelties (Turtle Mountain)**
Available in Chocolate Almond Bar, Vanilla Bar, Banana Split Sandwiches and Coconut Sandwiches

**All Natural So Delicious Sandwiches (Turtle Mountain)**
Available in Chocolate, Vanilla, Minis Vanilla, Minis Chocolate, Minis Neapolitan, Minis Pomegranate and Minis Mint

**Organic So Delicious Sandwiches (Turtle Mountain)**
Available in Chocolate, Mint, Neapolitan and Vanilla

**It's Soy Delicious™ Fruit Sweetened Pints (Turtle Mountain)**
Available in Almond Pecan, Awesome Chocolate, Black Leopard, Carob Peppermint, Chocolate Almond, Chocolate Peanut Butter, Espresso, Green Tea, Mango Raspberry, Pistachio Almond, Raspberry, Tiger Chai, Vanilla and Vanilla Fudge

**Sweet Nothings® Novelties (Turtle Mountain)**
Available in Fudge Bar and Mango Raspberry
So Delicious™ Dairy Free Sugar Free Novelties (Turtle Mountain)
Available in Fudge Bar and Vanilla Bar

So Delicious Coconut Water Sorbets Pints (Turtle Mountain)
Available in Hibiscus, Lemonade, Mango and Raspberry

Rice Dream Organic Pints and Quarts
Available in Cocoa Marble Fudge, Neapolitan, Orange Vanilla, Strawberry and Vanilla

Rice Dream Pints and Quarts
Available in Carob Almond, Cookie ‘N Dream, Mint Carob Chip and Vanilla Swiss Almond

Rice Dream Novelties
Available in Rice Dream Bites, Chocolate Frozen Pies, Mint Chocolate Frozen Pies, Mocha Frozen Pies, Vanilla Bars, Vanilla Frozen Pies, Vanilla Nutty Bars

Soy Dream Pints and Quarts
Available in Butter Pecan, Chocolate Fudge Brownie, French Vanilla, Green Tea, Mocha Fudge, Vanilla and Vanilla Fudge

Rice Dream Novelties
Available in Vanilla Lil’ Dreamers

So Good Pints
Available in Butterscotch Swirl, Simply Strawberry, Chocolate Supreme and Creamy Vanilla

Tofutti Pints
Available in Strawberry Cheesecake, Vanilla, Chocolate Supreme, Wild Berry Supreme, Vanilla Almond Bark, Vanilla Fudge, Better Pecan and Chocolate Cookie Crunch
**Tofutti Cuties**

Available in Vanilla, Cookies ‘N Cream, Totally Vanilla, Strawberry Wave, Chocolate, Peanut Butter, Mint Chocolate Chip, Coffee Break, Wild Berry and Key Lime

**Tofutti Stick Treats**

Available in Marry Me Bars, Totally Fudge, Chocolate Fudge Treats, Mint by Mintz, Hooray! Hooray!, Yours Truly, Chocolate Covered Flowers and Coffee Break Treats
Replacing Eggs
It’s easy to do when you know how.
Replacing Eggs In Baking

I love to bake so people always ask me how I bind things if I don’t use eggs. Believe it or not there are actually quite a few ways of replacing eggs. How I replace the eggs depends on what kind of recipe it is and why the egg is needed in the recipe. It is very difficult to try and replicate something light and airy like an angel food cake or a souffle so as a general rule I usually don’t attempt to bake anything that calls for more than about 4 eggs.

When I make cookies or cheesecakes I like to use a product called egg replacer. The brand I use is Paneriso Kingsmill Egg Replacer and it’s available at most health food stores and grocery stores. It is a powder made from corn starch, potato starch, guar gum, sodium bicarbonate and baking powder. To replace one egg you would mix 1 teaspoon of egg replacer with 2 tablespoons of water. There are other similar brands on the market and each has it’s own ratio of powder to water.

When I make cakes, muffins, cupcakes or dough I prefer using unsweetened applesauce. It makes cakes light and moist and because the applesauce is unsweetened, you can’t taste it. I use 1/4 cup of applesauce for every egg I need to replace. I have also heard that you can use a mashed banana or 1/4 cup of pureed prunes to replace an egg, but I have never tried this method so I don’t know how well it works and if it changes the taste at all.

If I’m making a custard or something that uses eggs as a filling, like in butter tarts or pecan pie, I always use pureed tofu. I use 1/4 cup of pureed silken tofu to replace an egg. Depending on what the recipe is I may use either soft or firm silken tofu. For pudding I generally use soft, but when I want something firm like in a mousse, I’ll use firm silken tofu.

These are my favorite ways of replacing eggs in baking, but here are some other methods that I’ve heard work well too.

2 Tablespoon water + 1 Tablespoon oil + 2 teaspoons baking powder = 1 egg

1 Tablespoon ground flax seed simmered in 3 Tablespoons water = 1 egg

1 Tablespoon plain agar powder dissolved in 1 Tablespoon water, whipped, chilled, and whipped again = 1 egg white
Vanilla Cupcakes

2 1/4 cups all purpose flour
1 1/3 cups white sugar
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup canola oil
1 cup soy milk
1 teaspoon vanilla extract
1/2 cup unsweetened applesauce

Preheat oven to 350°F. Line muffin tins with cupcake liners.

In a large bowl, combine all ingredients and mix with a large spoon. Mix until all the ingredients are combined and there are few lumps. If need be, you can use a whisk to get the lumps out.

Fill the liners till they are 2/3 full. Bake for 20-25 minutes or until a toothpick stuck in the centre comes out clean.

Let them cool for a few minutes in the pans, and then remove them and place on cooling racks to cool off completely.

To make the icing, beat margarine for about 30 seconds. Continue beating, adding the icing sugar 1/2 cup at a time. Beat on low speed till smooth. Add the vanilla and soy milk and beat again.

Ice when the cupcakes are completely cool.
Replacing Eggs In Cooking

Unlike all the fake meats and non dairy products on the market, no one has yet to come out with an egg substitute that cooks and tastes like the real thing. That being said, tofu is a great way to substitute eggs in dishes like quiches and egg salad. Tofu is also great for replacing eggs in scrambled eggs.

The kind of tofu used to replace the eggs depends on what the recipe is. And when the proper tofu is used, the texture really does mimic that of eggs. Here are the kinds of tofu I would use based on the recipe.

Quiche - Firm Tofu
Scrambled Eggs - Medium Firm Tofu
Egg Salad - Firm or Extra Firm Tofu
French Toast - Medium Firm Tofu
Meat Replacement - Firm or Extra Firm

I have also recently discovered something called Black Salt. It is common in Indian cooking and it has a strong egg like smell. Because of this, when it is added to tofu it helps to mimic the taste of egg.
1 package med. firm tofu
1/4 teaspoon turmeric
1/4 cup nutritional yeast
1/2 teaspoon black salt*

*Black salt is widely used in Indian cooking so you can usually find it in Indian markets.

Place all the ingredients in a blender or food processor and blend till smooth. (Every so often, wipe the sides down with a spatula to ensure everything gets incorporated)

In a large non-stick frying, heat 1 tablespoon of oil up over medium heat. Add the tofu mixture to the pan and cook, stirring occasionally, until all the liquid has evaporated and the tofu has firmed up and resembles scrambled eggs, about 15 minutes.
Replacing Meat
Fake meat will keep your taste buds happy.
When I first became vegan there were very meat alternatives. Other than tofu and veggie burgers, the choices were very limited. Today it’s a whole new ball game. There are now companies that specialize in making meat alternatives that not only look like the real thing but taste like it too. Fake meat is full of protein and most companies also fortify the products with vitamins and minerals. Below is a list of some companies that are making great tasting meat alternatives and which products they sell that are vegan.

**Amy’s**

California Veggie Burger, Texas Burger, All American Burger, Bistro Burger, and Quarter Pound Veggie Burger

Amy’s also has several other frozen products that are vegan.

**Boca**

Chili, Vegan Burger, Roasted Garlic Burger, Roasted Onion Burger, Chik’n Nuggets, Chik’n Patties, Spicy Chik’n Patties, and Ground Burger

Boca recently made the Roasted Garlic Burger and Chik’n Nuggets and Patties vegan by removing egg, milk and dairy ingredients so it is advisable to check the packaging to make sure you’re getting the vegan versions.

**Field Roast**

**Original Field Roast Loaves:** Lentil Sage, Wild Mushroom and Smoked Tomato

**Deli Slices:** Lentil Sage, Wild Mushroom and Smoked Tomato
Sausages: Italian, Mexican Chipotle and Smoked Apple Sage
They also have a Stuffed Celebration Roast and Classic Meatloaf

Gardein

Refrigerated: BBQ Pulled Shreds, BBQ Skewers, Chick’n Filets, Chick’n Strips, Herb Dijon Breasts, Santa Fe Good Stuff and Tuscan Breasts

Frozen: Sweet and Tangy Barbecue Wings, Classic Style Buffalo Wings, Home Style Beefless Tips, Marinara Chick’n Good Stuff, Chick’n Scallopini, Mandarin Orange Crispy Chick’n, Chipotle Lime Crispy Fingers, and Seven Grain Crispy Tenders

Gardenburger

California Burger, Veggie Medley, Garden Vegan and Black Bean Chipotle Veggie Burger

LightLife

Hot Dogs: Smart Dogs, Smart Dogs Jumbo, and Tofu Pups

Deli: Roast Turkey Style, Baked Ham Style, Bologna Style and Pepperoni Style

Grounds: Gimme Lean Ground Beef Style, Gimme Lean Ground Sausage Style, Smart Ground Original, and Smart Ground Mexican

Strips: Steak Style Strips and Chick’n Style Strips

Burgers: Original, Veggie and Mushroom

Breakfast: Smart Links Breakfast Sausage and Smart Bacon

Heat ‘n Eat: Smart Chili, Smart BBQ and Smart Tex Mex

MorningStar Farms

Chik’n Veggie Patties, Vegan Veggie Burgers, Hickory BBQ Riblets, Chik’n Strips, Chik’n Strips made with natural ingredients, Sesame Chik’n and Sweet & Sour Chik’n
Tofurky

Deli Slices: Pepperoni, Oven Roasted Tofurky, Peppered Tofurky, Hickory Smoked Tofurky, Cranberry & Stuffing Tofurky, Italian Tofurky and Philly-Style Steak

Sausages: Beer Brats, Italian Sausage and Kielbasa,

Franks and Links: Original Franks, Chipotle Franks and Breakfast Links

Jurky: Original Jurky and Peppered Jurky

Holiday Products: Tofurky Feast and Tofurky Roast

Yves Veggie Cuisine

Breakfast: Veggie Breakfast Patties, Veggie Breakfast Links, Veggie Bacon Strips and Canadian Veggie Bacon

Deli Slices: Veggie Salami, Veggie Pepperoni, Veggie Bologna, Veggie Turkey, Veggie Ham, Veggie Roast Beef and Veggie Cajun Chicken

Dogs & Sausages: Sweet Italian Veggie Sausages, Veggie Dogs, Tofu Dogs, Jumbo Veggie Dogs, Hot n’ Spicy Chili Veggie Dogs, Spicy Italian Veggie Sausages and Bavarian Veggie Sausages

Ground Round: Original, Asian, Italian, Mexican and Ground Chicken

Chicken Breast: Veggie Chicken Arrabbiata and Veggie Chicken Vindaloo

Tenders & Skewers: Satay Veggie Skewers, Souvlaki Veggie Skewers, Chicken Veggie Tenders, Chicken Teriyaki Veggie Tenders and Beef Veggie Tenders

*Please note that there are many other companies making vegan alternatives, the companies I have mentioned are simply the ones I am familiar with. Also, since I am in Canada, the products I am able to get may vary to those that are available to you in your area.
Veganizing Recipes

Turn your favorite recipes into something vegan.
Veganizing Recipes

Cooking a vegan meal doesn’t necessarily mean you have to use a vegan recipe. I like to do what I call veganizing, where I take a regular recipe and make it vegan. Although not every recipe can be made vegan, most can. With years of practice under my belt, I’ve veganized everything from beef stroganoff to pecan pie.

Since none of my friends are vegan, I love experimenting with recipes and getting their opinions. I recently had some friends over for dinner and I wanted to try something new on them. I found some recipes online and figured out how to make them vegan. I made an appetizer, main course and dessert.

I have included both the original recipes and the modified recipes so you can see what I changed to make them vegan. As you will see sometimes I just had to substitute a couple of things to make it vegan. I encourage you to experiment with some of your own favorite recipes and see if you can turn them into tasty vegan meals.
Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.

In a medium skillet over high heat, brown the beef in 1 tablespoon of oil, stirring often and reducing the heat to medium, if necessary. Drain, and set aside to cool. Cook the onion in the same pan, stirring frequently. Add the garlic, soy sauce, hoisin sauce, ginger, vinegar, and chile pepper sauce to the onions, and stir. Stir in the chopped water chestnuts, green onions, and sesame oil, and continue cooking until the onions just begin to wilt, about 2 minutes.

Arrange lettuce leaves around the edge of a large serving platter, and pile meat mixture in the centre. To serve, allow each person to spoon a portion of the meat into a lettuce leaf. Wrap the lettuce around the meat like a burrito and enjoy.
Asian Lettuce Wraps - Vegan Version

1 head iceberg lettuce
1 pound marinated tofu cut into very small squares
1 tablespoon cooking oil
1 large onion, chopped
2 cloves garlic, minced
1 tablespoon soy sauce
1/4 cup hoisin sauce
1 tablespoon rice wine vinegar
Asian chile pepper sauce (optional)
1 (8 ounce) can water chestnuts, drained and finely chopped
1 bunch green onions, chopped
2 teaspoons sesame oil

Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.

In a medium skillet over medium heat, brown the tofu in 1 tablespoon of oil, stirring often, about 5-7 minutes. Remove from the heat and set aside to cool. Cook the onion in the same pan, adding more oil if necessary, stirring frequently. Add the garlic, soy sauce, hoisin sauce, vinegar, and chile pepper sauce to the onions, and stir. Stir in the chopped water chestnuts, green onions, and sesame oil, and continue cooking until the onions just begin to wilt, about 2 minutes. Return the tofu to the pan and mix. Remove from the heat.

Arrange lettuce leaves around the edge of a large serving platter, and pile tofu mixture in the centre. To serve, allow each person to spoon a portion of the meat into a lettuce leaf. Wrap the lettuce around the meat like a burrito and enjoy.
Pinwheel Meatloaf - Original Recipe

Preheat oven to 350°F.

Make the filling: Place the spinach in a large bowl, set aside. Heat the butter in a large heavy skillet over medium heat. Saute mushrooms and onion until onion is translucent. Transfer mushroom mixture to bowl with spinach. Mix in 1/2 cup bread crumbs, 1 egg and parsley. Season with salt, pepper and nutmeg.

In a large bowl, combine ground beef, ground pork, cheddar cheese, 1/2 cup bread crumbs and 1 egg. Season with worcestershire sauce, salt and pepper. Place meat mixture between two sheets of waxed paper, and roll into a rectangle approximately 18x8 inches. Remove top sheet. Spread spinach mixture evenly over meat, leaving a 1/2 inch border. Roll up meat from the short end in jelly-roll style, lifting and removing paper as you go. Place loaf into and 8x4 inch loaf pan.

Bake in preheated oven for about 1 hour, or until browned and juices run clear.
Meatloaf Muffins - Vegan Version

1 (10 ounce) package frozen chopped spinach - thawed, drained and squeezed dry
1 tablespoon vegan margarine
8oz sliced mushrooms
1/2 onion, chopped
1/2 cup fine dry bread crumbs
1/4 cup pureed soft silken tofu
1/2 teaspoon salt
1 pinch ground black pepper
1 pinch ground nutmeg
1 1/2 packages veggie ground beef
1 cup shredded vegan cheddar cheese
1/2 cup fine dry bread crumbs
1/4 cup pureed soft silken tofu
2 teaspoons soy sauce
1/4 cup ketchup
2 cloves crushed garlic
1/2 onion, chopped
3/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Preheat oven to 350°F.

Place the spinach in a large bowl, set aside. Heat the margarine in a large heavy skillet over medium heat. Saute mushrooms and onion until onion is translucent. Transfer mushroom mixture to bowl with spinach. Mix in 1/2 cup bread crumbs and 1/4 cup tofu. Season with salt, pepper and nutmeg.

In a large bowl, combine veggie ground beef, cheddar cheese, 1/2 cup bread crumbs, onion and tofu. Season with soy sauce, ketchup, garlic, salt and pepper.

Lightly grease a muffin tin with non stick spray. Mix the meat and spinach together and fill each muffin cup with the mixture.

Bake in preheated oven for about 30-40 minutes. Allow to cool in muffin tin for about 5-10 minutes before removing them and serving.
Blueberry Buckle - Original Recipe

1/4 cup butter, softened
3/4 cup sugar
1 egg
2 cups all purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup milk
2 cups fresh blueberries

Topping:
2/3 cup sugar
1/2 cup all purpose flour
1/2 tsp ground cinnamon
1/3 cup cold butter

Preheat oven to 375°F.

In a small mixing bowl, cream margarine and sugar. Beat in the applesauce. Combine the flour, baking powder and salt; add to creamed mixture alternately with soy milk. Fold in the blueberries. Pour into greased 9 inch square baking pan.

For topping, combine the sugar, flour, and cinnamon in a bowl; cut in butter until crumbly. Sprinkle over blueberry mixture. Bake for 40-45 minutes or until a toothpick inserted near the centre comes out clean. Cool on a wire rack.
Blueberry Buckle - Vegan Version

1/4 cup vegan margarine, softened
3/4 cup sugar
1/4 cup unsweetened applesauce
2 cups all purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup soy milk
2 cups fresh blueberries

Topping:
2/3 cup sugar
1/2 cup all purpose flour
1/2 tsp ground cinnamon
1/3 cup cold vegan margarine

Preheat oven to 375°F.

In a small mixing bowl, cream butter and sugar. Beat in the egg. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk. Fold in the blueberries. Pour into greased 9 inch square baking pan.

For topping, combine the sugar, flour, and cinnamon in a bowl; cut in butter until crumbly. Sprinkle over blueberry mixture. Bake for 40-45 minutes or until a toothpick inserted near the centre comes out clean. Cool on a wire rack.

*When I made this, I only had an 8 inch square dish so it took more time to cook. About 65 minutes.*
I Can’t Believe It’s Vegan!

Everyday products that happen to be vegan
Please note that this list was obtained from PETA’s website and below is a direct quote from their website explaining the list. I think it is a good message and it is how I try to live my life.

“Items listed may contain trace amounts of animal-derived ingredients. While PETA supports a strict adherence to veganism, we put the task of vigorously reducing animal suffering ahead of personal purity. Boycotting products that are 99.9 percent vegan sends the message to manufacturers that there is no market for this food, which ends up hurting more animals.

Some packaged foods have a long list of ingredients. The farther an ingredient is down the list, the less of that ingredient is in the food. People who have made the compassionate decision to stop eating animal flesh, eggs, and dairy products may wonder if they need to read every ingredient to check for tiny amounts of obscure animal products. Our general advice is not to worry too much about doing this. The goal of sticking to a vegetarian or vegan diet is to help animals and reduce suffering; this is done by choosing a bean burrito or a veggie burger over chicken flesh, or choosing tofu scramble over eggs, not by refusing to eat an otherwise vegan food because it has 0.001 grams of monoglycerides that may possibly be animal-derived.

We discourage vegetarians from grilling waiters at restaurants about micro-ingredients in vegetarian foods (e.g., a tiny bit of a dairy product in the bun of a veggie burger). Doing so makes sticking to a vegetarian diet seem difficult and dogmatic to your friends and to restaurant staff, thus discouraging them from giving a vegetarian diet a try (which really hurts animals). And we urge vegetarians not to insist that their food be cooked on equipment separate from that used to cook meat; doing so doesn’t help any additional animals, and it only makes restaurants less inclined to offer vegetarian choices (which, again, hurts animals).

Remember that every vegetarian saves more than 100 animals a year from horrific cruelty—and by encouraging people around you to follow your lead, you can save many more.”
Breakfast (Dry)

All-Bran  
Apple Jacks  
Bran Flakes  
Cap’n Crunch Peanut Butter Crunch  
Cascadian Farm’s Clifford Crunch  
Cinnamon Crunch Crispix  
Cinnamon Krunchers  
Cinnamon Life  
Cocoa Puffs  
Cocoa Rice Krispies  
Complete Oat Bran  
Complete Wheat Bran  
Corn Chex  
Corn Flakes  
Corn Pops  
Crispix  
Froot Loops  
Frosted Flakes  
Fruit Harvest  
Just Right  
Kellogg’s Organic Frosted Mini-Wheats  
Kellogg’s Special K Red Berries Cereal  
Kix  
Life Cereal  
Malt-O-Meal (Chocolate)  
Malt-O-Meal (Original)  
Mueslix  
Multi-Bran Chex  

Nature Valley Granola Bars (Brown Sugar)  
Quaker Apples and Cinnamon  
Quaker Cinnamon and Spice  
Quaker Date and Walnut  
Quaker Oatmeal (Raisin)  
Quaker Raisins and Spice  
Reese’s Peanut Butter Puffs  
Reese’s Puffs  
Rice Chex  
Rice Krispies  
Trix
Beverages

Alpine Spiced Cider
Ghirardelli Hot Chocolate (Chocolate Hazelnut)
Ghirardelli Hot Chocolate (Chocolate Mocha)
Ghirardelli Hot Chocolate (Double Chocolate)
Ghirardelli Sweet Ground Chocolate (Baking Cocoa)
Kool-Aid Drink Mix
Monster Energy Drinks
Nescafe Ice Java Iced Coffee Syrup
Nestle Nesquik Syrup (Chocolate)
Nestle Nesquik Syrup (Strawberry)
Nestle Nesquik Syrup (Very Vanilla)
Power Edge Energy Drink Mix
Red Bull Energy Drink
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<tr>
<th>Snacks</th>
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<tr>
<td>Airheads Taffy</td>
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<td>Anna’s Almond Cinnamon Thins</td>
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<td>Anna’s Ginger Thins</td>
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<tr>
<td>Big League Chew Gum</td>
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<td>Blow Pops</td>
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<tr>
<td>Brach’s Cinnamon Hard Candy</td>
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<td>Brach’s Orange Slices</td>
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<td>Brach’s Root Beer Barrels</td>
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<td>Brach’s Star Brites</td>
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<td>Bremner Wafers</td>
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<td>Brownstone Baking Co. Mini Bagel</td>
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<td>Crisps (Garlic)</td>
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<td>Bubble Tape Gum</td>
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<td>Carr’s Table Wafer</td>
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<td>Carr’s Tea Biscuits</td>
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<td>Charms Lollipops</td>
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<td>Chew-ets Peanut Chews (Original)</td>
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<td>Chick-o-Sticks</td>
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<td>Chocolove Dark Chocolate bar</td>
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<td>Chocolove Orange Peel (Dark Chocolate Bar)</td>
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<td>Entenmann’s Fudge Delights Fudge &amp; Mint Cookies</td>
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<td>Everest Gum</td>
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<td>Famous Amos Sandwich Cookies (Chocolate)</td>
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<td>Famous Amos Sandwich Cookies (Oatmeal Macaroon)</td>
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<td>Famous Amos Sandwich Cookies (Peanut Butter)</td>
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<td>Famous Amos Sandwich Cookies (Vanilla)</td>
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<td>Ferrara Wafer Swirls With Chocolate</td>
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<td>Fireballs</td>
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<td>Food Lion Animal Cookies</td>
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<td>Food Lion Oatmeal Cookies</td>
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<td>Food Lion Saltines</td>
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<td>Food Lion Sandwich Cookies (Chocolate Creme)</td>
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<td>Food Lion Sandwich Cookies (Double Creme-O’s)</td>
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<td>Food Lion Sandwich Cookies (Mini Chocolate &amp; Vanilla Cremes)</td>
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<td>Food Lion Sandwich Cookies (Peanut Butter)</td>
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<td>Fruit By the Foot</td>
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<td>Ghirardelli Twilight Delight Intense Dark</td>
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<td>Hubba Bubba Bubblegum</td>
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<td>Hubba Bubba Gum</td>
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<td>Jolly Ranchers (lollipops and hard candy)</td>
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<td>Jujubees</td>
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<td>Kettle Brand Potato Chips Sea Salt &amp; Vinegar</td>
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<td>Kool-Aid Gels</td>
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<td>Krispy Kreme Fruit Pies</td>
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<td>Lance Capitain’s Wafers</td>
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<td>Lance Choc-O Cookies</td>
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<td>Lance Peanut Bar</td>
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<td>Lance Sugar Wafers (Strawberry Creme)</td>
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<td>Lance Van-O Lunch Cookies</td>
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<td>Lay’s Potato Chips (Thick Cut Sea Salt)</td>
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<td>Lundberg Brown Rice Cakes</td>
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<td>Mary Janes (regular and peanut butter kisses)</td>
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<td>Mates Pudding Mix</td>
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<td>Mrs Freshley’s Oatmeal Crème-filled Cookies</td>
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<td>Murray Cinnamon Grahams</td>
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<td>Murray Southern Kitchen Iced Oatmeal Cookies</td>
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<td>Nabisco Saltine Crackers</td>
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<td>Nabisco Teddy Grahams (Chocolate and Cinnamon)</td>
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<td>Nabisco Triscuit Crackers Baked</td>
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<td>Whole Grain Wheat Fire Roasted Tomato</td>
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<td>Nabisco Triscuit Crackers Baked</td>
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<td>Whole Grain Wheat Rosemary &amp; Olive Oil</td>
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<td>Nabisco Triscuit Crackers Cracked</td>
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<td>Pepper &amp; Olive</td>
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<td>Nabisco Uh-oh Oreos, Spring Oreos, Chocolate Creme Oreos</td>
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<td>Nature Valley Crunchy Granola Bars (Apple Crisp)</td>
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<td>Nature Valley Crunchy Granola Bars (Maple Brown Sugar)</td>
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<td>Nature’s Path Deep Chocolate Cookies</td>
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<td>New York Flatbreads (Everything, Garlic, and Fat-Free)</td>
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<td>Now and Later</td>
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<td>Pure De-Lite Coconut Bars</td>
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<td>Ruffles Potato Chips (All Dressed)</td>
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<td>Ruffles Potato Chips (BBQ)</td>
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<td>Ruffles Potato Chips (Plain)</td>
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<td>Sesame Royale Breadsticks</td>
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<td>Smarities (U.S. version only)</td>
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<tr>
<td>Snackwells Cracked Pepper Crackers</td>
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<tr>
<td>Snyder’s Jalapeno Pretzel Pieces</td>
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<td>Snyder’s Pretzel Sticks (Pumpernickel/Olive and Oat Bran)</td>
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<td>Sour Patch Kids</td>
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<td>Soy Crisps (Barbecue, Deep Sea Salt, and Garlic Onion)</td>
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<td>Stacey’s Pita Chips (Baked and Taxarkana Hot)</td>
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<td>Toasted's Crackers (Sesame and Wheat)</td>
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<td>Triscuit Crackers (Original, Reduced Fat, Garlic Herb, and Roasted Garlic)</td>
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<tr>
<td>Tropical Source mini chocolate bags</td>
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<tr>
<td>VeganSweets marshmallows</td>
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<td>Velamints Mints</td>
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<td>Wasa Crispbread (Light Rye and Multi-Grain)</td>
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<tr>
<td>Wheat Thins (Original, Multi-Grain, and Reduced Fat)</td>
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<tr>
<td>Wise Onion Rings</td>
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<td>Zesta Original Crackers</td>
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Arnold Premium Seasoned Stuffing
Betty Crocker Bac-o’s Bacon Flavor Bits
Brianna’s French Dressing
Brianna’s Poppy Seed Dressing
Brianna’s Santa Fe Blend Dressing
Campbell’s Franco-American Mushroom Gravy
Classico Pasta Sauces (Roasted Garlic and Spicy Red Pepper)
Dona Maria Mole
El Paso Enchilada Sauce
French’s Beef Stew Mix
Girard’s Champagne Dressing
Girard’s Italian Dressing
Girard’s Original French Dressing
Girard’s Raspberry Dressing
Gravy Master Seasoning & Brown Sauce
Heinz Ketchup
Hershey’s Syrup
Hunt’s Manwich Sauce
Kame Marinades (Red Chili)
Kame Marinades (Sweet Teriyaki)
Kame Marinades (Thai Coconut)
Kame Marinades (Wasabi with Ginger)
Kellogg’s Corn Flakes Crumbs
Knorr Red Bell Pepper Pesto Sauce Mix
Kraft Balsamic Dressing
Kraft Catalina Dressing
Kraft Classic Italian Vinaigrette Dressing
Kraft Creamy Italian Dressing
Kraft Fat Free Italian Dressing
Kraft French Dressing
Kraft French Fries Seasoning
Kraft Original Barbecue Sauce
Kraft Shake ‘N Bake Seasoned Coating Mix Crispy Chicken Nuggets
McCormick Bag’n Season Chicken
McCormick Bag’n Season Italian Herb Chicken
McCormick Bag’n Season Oriental Chicken
McCormick Bag’n Season Pot Roast
McCormick Bag’n Season Southwest Style Chicken
McCormick Bag’n Season Swiss Steak
McCormick French Onion Dip Mix
McCormick Hunter Sauce Blend
McCormick Mesquite Chicken Seasoning
McCormick Rotisserie Chicken Seasoning
McCormick Skillet Paste Sweet & Sour Chicken
McCormick Skillet Paste Thick & Spicy BBQ Pork
McCormick Spaghetti Sauce Mix
McCormick Spring Onion Dip Mix
McCormick Stir Fry Chicken Seasoning Blend
McCormick Vegetable Dip Mix
Melissa’s White Chocolate Dessert Topping
Newman’s Light Balsamic Dressing
Newman’s Light Italian Dressing
Newman’s Light Raspberry and Walnut Dressing
Newman’s Olive Oil and Vinegar Dressing
Newman’s Red Wine Vinaigrette and Olive Oil Dressing
Newman’s Regular Balsamic Dressing
NOH Chinese Lemon Chicken Sauce Mix
Old El Paso Taco Seasoning Mix
Peanut Butter & Co. White Chocolate Wonderful
Ragu Pizza Sauce
Smucker’s Marshmallow Icecream Topping
Baked Goods

Arnold’s Carb-Counting Multi-Grain Bread
Arnold’s Jewish Rye Bread
Arnold’s Potato Sandwich Rolls
Arnold’s Sesame Sandwich Rolls
Arnold’s Stone Ground Whole Wheat Bread
Arnold’s Wheat Sandwich Rolls
Baker’s Inn Hearty Potato with Grain
Baker’s Inn Raisin Wheat
Cobblestone Mill Hoagie Rolls
Cobblestone Mill Jewish Rye Bread
Cobblestone Mill Kaiser Rolls
Cobblestone Mill Onion Rolls
Cobblestone Mill Party Rolls
Cobblestone Mill Pumpernickel Bread
Cobblestone Mill San Francisco Sourdough Bread
Cobblestone Mill White Sub Rolls
Cobblestone Mill Whole Wheat Bread
Dutch Country Soft Potato Bread
Dutch Country Whole Wheat
Krispy Kreme Fruit Pies (Apple)
Krispy Kreme Fruit Pies (Cherry)
Krispy Kreme Fruit Pies (Peach)
Sunbeam Bread
Thomas New York Style Bagels (Blueberry)

Thomas New York Style Bagels (Cinnamon Swirl)
Thomas New York Style Bagels (Everything)
Thomas New York Style Bagels (Plain)
Thomas Toaster Bagels (Cinnamon Raisin)
Thomas Toaster Bagels (Plain)
Weight Watchers Fork Split English Muffins
<table>
<thead>
<tr>
<th>Refrigerated and Frozen Foods</th>
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<tbody>
<tr>
<td>Anne’s Flat Dumplings</td>
</tr>
<tr>
<td>Athens Phyllo Dough</td>
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<tr>
<td>Athens Phyllo Mini Shells</td>
</tr>
<tr>
<td>Calaro Guacamole</td>
</tr>
<tr>
<td>Edy's No-Sugar Bars</td>
</tr>
<tr>
<td>Edy’s Whole Fruit Bars</td>
</tr>
<tr>
<td>Food Lion French Fries</td>
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<tr>
<td>Food Lion Hash Browns</td>
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<tr>
<td>Food Lion Restaurant Fries</td>
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<tr>
<td>Food Lion Seasoned Curly Fries</td>
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<tr>
<td>Food Lion Shoe String Fries</td>
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<tr>
<td>Food Lion Steak Fries</td>
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<tr>
<td>General Mills Italian-Style Vegetables</td>
</tr>
<tr>
<td>General Mills Roasted Potatoes with Garlic and Herbs</td>
</tr>
<tr>
<td>Kashi Black Bean Mango</td>
</tr>
<tr>
<td>Kashi Garden Vegetable Pasta</td>
</tr>
<tr>
<td>Kashi Mayan Harvest</td>
</tr>
<tr>
<td>Kashi Ranchero Beans</td>
</tr>
<tr>
<td>Kashi Tuscan Veggie Bake</td>
</tr>
<tr>
<td>Keebler Fudge Shoppe Fudge Pops</td>
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<tr>
<td>Luigi’s Italian Ice</td>
</tr>
<tr>
<td>Marie Callender Frozen Fruit Pies and Cobblers</td>
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<tr>
<td>Minute Maid Frozen Lemonade Bars</td>
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<tr>
<td>Mrs. Smith’s Cherry Crumb Pie Slices</td>
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<tr>
<td>Mrs. Smith’s Deep Dish Pie Crust</td>
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<tr>
<td>Mrs. Smith’s Dutch Apple Crumb Pie Slices</td>
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<tr>
<td>Product</td>
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</tr>
<tr>
<td>Aunt Jemima Coffee Cake Mix</td>
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<tr>
<td>Aunt Jemima Whole Wheat Pancake/</td>
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<tr>
<td>Waffle Mix</td>
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<tr>
<td>Betty Crocker Bisquick</td>
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<tr>
<td>Betty Crocker Bisquick Reduced Fat</td>
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<tr>
<td>Blue Bonnet Light Margarine</td>
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<tr>
<td>Crisco All-Vegetable Shortening</td>
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<tr>
<td>Crisco Original Cooking Spray</td>
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<tr>
<td>Crisco Zero Grams Trans Fat Per</td>
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<tr>
<td>Serving All-Vegetable Shortening</td>
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<tr>
<td>Duncan Hines California Walnut</td>
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<tr>
<td>Brownie Mix</td>
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<tr>
<td>Duncan Hines Creamy Home-Style</td>
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<tr>
<td>Frosting (Chocolate)</td>
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<tr>
<td>Duncan Hines Creamy Home-Style</td>
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<tr>
<td>Frosting (Classic Vanilla)</td>
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<tr>
<td>Duncan Hines Creamy Home-Style</td>
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<tr>
<td>Frosting (French Vanilla)</td>
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<tr>
<td>Hodgson Mill Bran Muffin Mix</td>
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<tr>
<td>Hodgson Mill Caraway Rye Bread Mix</td>
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<tr>
<td>Hodgson Mill White Bread Mix</td>
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<tr>
<td>Hodgson Mill Whole Wheat Gingerbread Mix</td>
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<tr>
<td>Jell-O Instant Pudding (Pistachio)</td>
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<tr>
<td>Jello-O Instant Pudding (Banana Creme)</td>
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<tr>
<td>Jello-O Instant Pudding (Lemon)</td>
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<tr>
<td>Jello-O Instant Pudding (Vanilla)</td>
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<tr>
<td>Keebler Ready Crust Pie Crusts</td>
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<tr>
<td>(Graham Cracker)</td>
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<tr>
<td>Miracle Muffins</td>
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<tr>
<td>Pillsbury Treat Toppers Chocolate</td>
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<tr>
<td>Pillsbury Treat Toppers Vanilla</td>
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<tr>
<td>Reduced Fat Bisquick</td>
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<tr>
<td>Royal Pudding &amp; Pie Filling</td>
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<tr>
<td>Tropical Source Dark Chocolate Chips</td>
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<tr>
<td>Betty Crocker Hash Brown</td>
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<tr>
<td>Campbell's Franco-American Mushroom Gravy</td>
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<tr>
<td>Campbell's canned mushroom gravy</td>
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<tr>
<td>Del Monte White Corn Cream Style Green Giant Cream Style Sweet Corn</td>
</tr>
<tr>
<td>Healthy Choice Garden Vegetable Soup</td>
</tr>
<tr>
<td>Hormel Vegetarian Chili</td>
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<tr>
<td>Hunt's Manwich Sauce</td>
</tr>
<tr>
<td>Knorr Red Bell Pepper Pesto Sauce Mix</td>
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<tr>
<td>Kraft &quot;It's Pasta Anytime&quot; Spaghetti with Marinara</td>
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<tr>
<td>Kraft French Fries Seasoning</td>
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<tr>
<td>Kraft Shake 'N Bake (Original Chicken Coating Mix, Original Pork Coating Mix, and Hot/Spicy Coating Mix)</td>
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<tr>
<td>Kraft Taco Bell Taco Dinner</td>
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<tr>
<td>Manischewitz Sweet Potato Pancake Mix</td>
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<tr>
<td>McCormick Fajitas Seasoning Mix</td>
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<tr>
<td>McCormick Original, Hot, and Mild Chili Seasoning Mix</td>
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</tbody>
</table>
Thanks for trying out Vegan Cooking For Carnivores! I truly hope you enjoy veganizing your favorite recipes!

Happy Cooking!
Claire Gosse

http://vegancookingforcarnivores.com/
http://www.vegancooking.com/
http://www.areyousurethatsvegan.com
http://twitter.com/vegancooking/