

# VEGAN HOLIDAY RECIPES

## Vegan "Cheese" Cake

### CRUST:

16 graham crackers or equal amt. of  
Trader Joe's Cats Cookies (crumbled)  
1/2 stick vegan margarine  
1 Tbsp light Karo syrup  
1 Tbsp flour  
-- Mash up with fingers and press  
firmly into spring-form pie pan.

### FILLING:

16 oz Tofutti "Cream Cheese"  
1/3 C fructose or sugar  
4 EnerG Egg Replacer "Eggs"  
1 tsp vanilla  
Juice from one lemon  
-- Blend until smooth and creamy.  
Pour on top of crust and bake at  
375F for 25 minutes, or until set.

### TOPPING:

16 oz Tofutti "Sour Cream"  
1/2 C fructose or sugar  
1 tsp vanilla

-- Blend. Pour on top of cooled filling  
and bake at 375F for 5-8 minutes.  
Must cool at least 12 hours in  
refrigerator.

## Vegan Chocolate Pie

### FILLING:

One 12 or 16 oz block of tofu  
1 banana  
2 Tbsp vegan margarine  
1 bag vegan chocolate chips

### CRUST:

1 pkg (not box) graham crackers  
1/8 C fructose or sugar (optional)  
6 Tbsp vegan margarine

Melt the chocolate chips in a saucepan with 2 Tbsp margarine to keep  
it

from sticking. Blend the banana, tofu, and melted chips until smooth.  
Crumble up graham crackers (a rolling pin works well) and mix with  
sugar. Mix in margarine until the graham crackers stick together. Push  
into pie pan to form a crust. Pour in filling and bake at 325F for 15 to 20

## Vegan Cranberry Bread

2 C sifted white or whole-wheat flour  
1 C fructose or sugar  
1 1/2 tsp baking powder  
1 tsp salt  
1/2 tsp baking soda  
1/4 C vegan margarine

1 EnerG Egg Replacer "Egg"  
1 tsp grated orange peel  
3/4 C orange juice  
1 1/2 C raisins  
1 1/2 C cranberries, chopped

Sift flour, sugar, baking powder, salt, and baking soda into a large bowl. Cut in  
margarine until mixture is crumbly. Add "egg," orange peel, and orange juice  
all at the same time. Stir just until mixture is evenly moist. Fold in raisins and  
cranberries. Spoon into oiled 9x5x3 pan. Bake at 350F for one hour and 10 min-  
utes, or until a toothpick inserted into the center comes out clean. Remove from  
pan and cool on a rack.

## REALITIES OF ANIMAL BASED AGRICULTURE

### Animals:

Number of turkeys slaughtered every year  
for holiday dinners: **~45,000,000**

Percentage of U.S. farmed animals raised  
in intensive confinement: **90 %**

Percentage of U.S. farmed birds raised in  
intensive confinement: **over 95 %**

Wingspan of an average egg laying chicken:  
**26 inches**

Average space given each chicken in an egg  
factory: **6 by 6 inches**

*"We have discovered chickens literally  
grown fast to their cages... the flesh of their  
toes grew completely around the wire."*

- Poultry Tribune

Most "farm" animals spend their entire lives  
on concrete, slatted metal, or wire mesh  
floors, sometimes stacked several high,  
allowing excrement to drop onto animals  
below.

Chickens and turkeys are territorial animals  
who don't deal well with the closely packed  
conditions of the factory farm. To keep the  
animals from pecking each other to death,  
the top 2/3 of their beak is cut off with a  
hot knife. This is also true of "free range"  
birds as well as egg laying hens.

*"Today's pigs, like many chickens and tur-  
keys, seldom see the light of day, and their  
feet never touch the earth, much less wallow  
in the mud."*

- Washington Post 12/22/96

**"The time will come when men such as I will look upon the murder of animals  
as now they look upon the murder of men."** Leonardo Da Vinci

# GO VEGAN GO VEGAN GO VEGAN

## Animals:

During transport, many animals will freeze to the sides of the truck in winter, or die from heat stroke in the summer.

Animals too weak or injured to walk off the truck after transport are called “downers.” Investigators have filmed downed cows being unloaded by tying a rope around their leg or neck, tying the other end to a pole, and then driving the truck away. Footage has also been taken of “downers” being moved around the stockyard with forklifts. Approximately 350,000 “dairy” cows are downers every year.

To reduce tail biting and aggressiveness in piglets, the pork industry cuts off their tails and castrates them without anesthesia.

*“Forget the pig is an animal. Treat him just like a machine in a factory.”*

- Hog Farm Management

Cows are branded numerous times during their lives, castrated (by cutting off their testicles with a knife or causing them to fall off by removing the blood supply), and dehorned, all without anesthesia.

If you don't support the veal industry you should not drink cow's milk. To keep milk production at maximum, “dairy” cows are annually impregnated on what the industry calls the “rape rack.” If the calf born is a female, she will replace her mother on the dairy farm, if male, he will most likely be sent to live in a veal crate for 12 to 16 weeks, after which he will be slaughtered. “Dairy” cows are usually killed around age four when their milk production wanes. In nature a healthy cow would live 20 - 25 years. 40% of America's hamburger is from slaughtered “dairy” cows.

## Vegan Pumpkin Pie

### PIE CRUST DOUGH:

2 C white flour (or blend of flours)      1/2 C + 2 Tbsp vegetable shortening  
3/4 tsp salt      (NOT Crisco, made by P&G)

Mix 1/3 cup ice cold water into ingredients with a fork to form pea-sized lumps. Roll and shape to fit into a round pie pan.

1 unbaked 9 inch pie crust      1/3 C vegetable oil  
3/4 lb tofu (soft or medium)      1 tsp vanilla  
2 C canned pumpkin (plain)      1 C brown sugar  
1 1/2 tsp cinnamon      1 1/2 Tbls molasses  
3/4 tsp ginger      1 tsp salt

Preheat oven to 350F. Mix all ingredients (except crust) in a blender or with a hand mixer until smooth. Pour into unbaked crust. Bake for one hour.

## Orange-Scented Sweet Potatoes

6 baked sweet potatoes      5 Tbsp orange juice  
1/2 tsp grated orange rind      1/2 tsp grated lemon rind  
1 tsp grated fresh ginger root      Pinch of ground nutmeg  
2 1/2 Tbsp maple syrup      1/8 tsp salt (or to taste)

Lightly toasted, chopped pecans for garnish

Preheat oven to 350F.

Peel the sweet potatoes and put the flesh into a food processor, along with the remaining ingredients. Process until smooth. Bake the puree in a casserole dish until heated through, about 15 minutes. Garnish with the pecans and serve hot.

## Vegan Mushroom Gravy

1/2 lb mushrooms      1/2 tsp salt  
1/4 C vegan margarine      3/8 tsp onion powder  
1/2 C nutritional yeast flakes      1 tsp Bouquet browning sauce  
1/4 C white flour      2 1/4 C water

Sauté mushrooms in margarine until browned and limp. Mix yeast, flour, salt, and onion powder. Blend water and sauce. Wisk water/sauce into dry ingredients until smooth. Heat on low until thick, stirring constantly. Cook one more minute. Add mushrooms to the mix and stir to blend. Taste. Add extra salt or onion powder if desired. Makes about three cups.

Try these amazing meat-free “turkeys”

Tofurky ([www.tofurky.com](http://www.tofurky.com) / (800) 508-8100) & UnTurkey ([www.unturkey.com](http://www.unturkey.com) / (800) 335-1959)

Now available at most health food stores and even some larger grocery stores!

**Action for Animals - (206) 227-5752 - [www.afa-online.org](http://www.afa-online.org)**