

500 VEGAN RECIPES

*An Amazing Variety of Delicious Recipes,
From Chilis and Casseroles to Crumbles, Crisps, and Cookies*

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This book is dedicated to the furry and the feathered, the scaly and the prickly. To the friends that share our home, and the friends we enjoy from afar. This book is for all the animals that give us joy and share our planet in peace.

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What Is a Vegan Diet?

If you are holding this book in your hands, you definitely have some interest in learning more about the vegan diet and lifestyle (or you're a vegan already!). Maybe you just want to reduce your meat consumption, or you find yourself considering making the switch to a completely animal-free lifestyle. In this introduction, we hope to answer many of the questions you may have.

Of course, you could also already know 99.99 percent of what there is to know about veganism and simply be on the lookout for new recipes to play with, in which case we hope a whopping five-hundred of them will be enough to keep you busy in the kitchen—and well fed—for a long, long time.

Merriam-Webster's Dictionary defines *vegan* as: A strict vegetarian who consumes no animal food or dairy products; also: one who abstains from using animal products (as leather).

Vegan not only describes the food someone eats, but often also refers to a lifestyle that vegans follow. Most vegans refrain not only from eating any animal products but also from using beauty products that contain animal derivatives; wearing animal products such as leather, wool, or fur; and generally using any type of animal product in their lives.

People who decide to follow a vegan diet do so for many reasons, some of which may include animal compassion, better health, environmental as well as economic issues, and religion. Maybe a friend or family member has decided to become a vegan, and you want to show support.

From the standpoint of those who decide to follow a vegan lifestyle for compassionate reasons, most feel that all living creatures have the same right to live a life without fear of being killed or tortured for a meal. Most vegans who follow the lifestyle for this reason are often also involved in animal rights groups and tend to volunteer at animal shelters.

A VEGAN DIET IS HEALTHY FOR YOU

There is no doubt that leading a vegan lifestyle is better for your health. By its nature, the diet has zero cholesterol, very little saturated fat, and typically an astronomical amount of vitamins, nutrients, and minerals from a wide variety of plant-based sources. Those who choose to go vegan for better health need to understand that simply giving up meat and dairy in favor of french fries and pasta is not going to make

them healthier. When making the decision to eliminate animal foods from your diet, it is imperative to understand how to successfully achieve optimum health through plant-based sources.

The question that is asked most often is how to get enough protein. There seems to be a lot of misinformation out there that claims the human body needs more protein than it actually does. There are many plant-based sources of protein that can easily provide the body with more than enough. Beans, nuts, lentils, soy products such as tempeh and tofu, and gluten-based foods such as seitan and grain meats are all excellent sources of heart-healthy proteins.

It is also important to ensure that vitamin and mineral needs are met through diet. Iron can be obtained through legumes, nuts, and seeds, as well as through enriched grains. Leafy greens such as kale and collards, broccoli, soymilk and other fortified nondairy milks, almonds, tofu, and figs can be excellent sources of calcium. Sea vegetables such as algae, kelp, and seaweed can be great sources of essential fatty acids and iodine.

Two of the most difficult vitamins to obtain through a vegan diet are vitamin D and vitamin B₁₂. To increase the body's absorption of vitamin D, make sure you get plenty of sun exposure during the warm months. Nutritional and dietary supplements such as nutritional yeast can easily be added to the diet to substantiate the vitamin B₁₂ intake.

A VEGAN DIET IS HEALTHY FOR THE ENVIRONMENT

From an environmental standpoint, the vegan diet is undoubtedly a sustainable way to eat. Each year the United States imports about 200 million pounds (90 million kg) of beef from Central America. Fuel costs and pollution aside, where does this beef come from? The grazing land needed to raise these cattle is often found by clear-cutting dense forests and rainforest land. Studies estimate that the necessity for more grazing land means that for every minute of every day, a land area equivalent to seven football fields is destroyed in the Amazon basin. For each hamburger that originated from animals raised on rainforest land, approximately 55 square feet (16.8 m) of forest have been destroyed. It's not just the rainforest. In the United States, more than 260 million acres of forest have been clear-cut for animal agriculture. With increased per capita meat consumption, and an ever-growing population, we can only expect to see more deforestation in the future.

In addition to needing land for raising meat, animal agriculture also requires water. In the United States, the amount of water needed for animal consumption is almost equivalent to all other uses of water combined. To grow 1 pound (0.45 kg) of beef requires about 2,500 gallons (9,463 L) of water. Compare that to 1 pound (0.45 kg) of soy, which only requires 250 gallons (946 L), or a pound (0.45 kg) of wheat, which requires only 25 gallons (94.6 L). In addition, it is an inefficient use of resources because it takes years to grow that single pound of beef. Think about it: the amount of water needed to produce just one hamburger is enough to take a nice long, hot shower every day for two and a half weeks. With numbers like these, eating vegan is surely the green way to go.

Beyond the waste is the pollution: agricultural pesticides and manure seep into the groundwater, eventually finding their way to the rivers and oceans. In addition to water pollution, the effect of animal agriculture on fossil fuels is tremendous. Each animal grown and slaughtered for food must be fed. The feed ranges from grain to soy products. The production of this feed requires energy to grow and transport. Imagine the amount of people that could be fed if we focused our agriculture on wheat and grain grown for human consumption rather than growing food for livestock.

A report in the *New Scientist* estimated that driving a hybrid car rather than an average vehicle would conserve a little over one ton of carbon dioxide per year. A vegan diet, however, consumes one and a half tons fewer than the average American diet. Adopting a vegan diet actually does more to reduce emissions than driving a hybrid car!

A VEGAN DIET IS HEALTHY FOR YOUR POCKETBOOK

From an economic standpoint, it can be much cheaper to maintain a plant-based diet. Purchasing bulk pantry staples, such as dried beans, rice, and other grains, and supplementing them with fresh fruits and vegetables can save hundreds, possibly thousands, of dollars on your yearly grocery bill.

Many cultures and religions also have strict dietary guidelines. Following a plant-based diet can easily be adjusted to meet the guidelines of most cultures and religions.

Making the decision to eliminate animal-sourced ingredients, however, can be tricky, regardless of the reason. Ingredients you've probably never even heard of before will now become a part of your everyday language, and label reading will also become part of your shopping routine. In the beginning, this can add a little time to your trip to the market, but rest assured that in no time, it will become second nature.

There are countless websites and resources that have lists of ingredients (check the resource section at the end of this book, page 500) that are animal-derived. Following is a concise list of the major offenders.

Animal-Derived Ingredients

* denotes that product can be animal- or plant-derived

albumin

calcium stearate

carmine

cochineal

capric acid

casein

clarifying agent (also known as fining agent)

disodium inosinate

emulsifiers (also known as surfactants)

flavor enhancers (such as disodium guanylate)
folic acid*
glycerols or glycerine*
isinglass (except Japanese isinglass, which is made from agar)
lactic acid*
lactose
lanolin
lard
lecithin*
magnesium stearate*
mono-, di-, or triglycerides*
MSG*
myristic acid or tetradecanoic acid*
natural flavorings*
oleic or oleinic acid
palmitic acid*
pancreatin
pepsin
propolis
rennet
royal jelly
shortening*
sodium stearoyl lactylate*
stearic acid or octadecanoic acid
suet
surface-acting agents*
tallow (found in many waxed papers, but not Reynold's)
vitamin A*
vitamin A₂*
vitamin D*
wetting agents
whey

When in doubt, seek out information from the manufacturer. Call the number on the label or send an email requesting the information. You'll be surprised how helpful most manufacturers will be.

No matter the reason behind your decision to give the vegan diet a try, we hope that

this book, filled with more than 500 delicious meat- and dairy-free options, will help you make a seamless and pleasurable transition.

A NOTE ABOUT FOOD ALLERGIES

A food allergy is a response from the immune system when it mistakenly believes that a food is harmful. Because of how the immune system works, the human body will produce antibodies that can become reactive every time a certain type of food is eaten. Allergic reactions can range from mild irritation to anaphylactic shock, which can lead to death.

There are many types of food allergies. Some of the most common ones include milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat. By following a vegan diet you can eliminate the worry of at least half of these.

Throughout this book, we have done our best to mark recipes that are free of soy-based products and wheat ingredients. However, in today's global market, it is important to be vigilant when it comes to the ingredients that can sneak into your foods.

Celiacs, and others who must maintain a strict gluten-free diet, should use extreme caution, even when preparing recipes that are marked as being gluten free, because some ingredients not normally associated with wheat, such as soy sauce, vinegar, vanilla and other extracts, and oats, can sometimes contain small or trace amounts of gluten.

We are not nutritionists or dieticians, but a couple of gals with a passion for good, nutritious, vegan food. If you have particular food allergies, we recommend that you consult your physician before trying new foods that may contain certain allergens.

How to Use This Book

In an attempt to make your cooking life just a little easier, you will find the following notations next to the recipes that follow these four specifications:



Under 30 Minutes Recipes that can be prepared quickly, based on the idea that you have intermediate skills in the kitchen.

Keep in mind that it may take you a little longer than that if preparing your own meals from scratch is an entirely new endeavor for you, but hang in there: it's all a question of practice, and you'll do it all in five seconds flat, with your eyes closed, in no time. (Okay, maybe not, but we can dream, can't we?)



Low Fat Recipes that contain 3 grams or less of fat per serving, if part of the reason why you are switching or have switched diets is to shed those few "hard to reach" extra pounds.



Gluten Free Recipes that do not contain gluten, in case of food allergies. As noted in the introduction, be sure to double-check all ingredients on food labels before using.



Soy Free Recipes that do not contain soy, in case of food allergies. Remember to double-check labels, for your own safety. Thankfully, almost all recipes that call for soymilk can be replaced with other nondairy milks (such as rice, almond, or hemp), although we have found that recipes calling for "sour" or "curdled" milk work best with soymilk.

NEW-TO-YOU INGREDIENTS

You might find yourself wondering what on earth some of the ingredients used in this book could possibly be, if veganism or healthier eating isn't something you are too familiar with quite yet. Fear not!

Soy sauce, tamari, and Bragg's Liquid Aminos are all interchangeable, in a ratio of 1 : 1. Bragg's only contains a small amount of natural sodium, without added table

salt, and is also free of gluten. Its flavor differs from soy sauce and tamari, and is more of an acquired taste. It is also more expensive.

Nondairy butter has gotten quite the bad rap in recent headlines. When choosing a nondairy butter, look for products that don't contain any hydrogenated fats. One of our favorites is Earth Balance, though there are many on the market. Also, note that all margarines are not necessarily nondairy. Check labels for sneaky ingredients such as whey or casein, which are dairy derivatives.

Vegetable broth or bouillon is a very important staple in the vegan kitchen. Although it is best to use homemade broth so you can control ingredients and sodium content, it can be hard to find the time to prepare it from scratch. Experiment with different broths, powders, and cubes until you find one that suits your needs. There are many types, ranging from straight vegetable to chicken-flavored and even beef-flavored vegetable broths. Be sure to check the labels and do your best to avoid those containing hydrogenated oils and fats.

Agar flakes and powder are derived from seaweed. Agar-agar, also known as kanten, is commonly used as a thickener for soups, desserts, and jellies in Japan but has recently become readily available in health food stores and international markets, and even online. It works wonders as a vegetarian alternative to gelatin. Normally sold in flakes or powder, it can also sometimes be found in huge rods. If you are lucky enough to find it this way, which is much cheaper, you will need to break it down into flake form in a food processor. As with gelatin, agar requires heat to be activated.

If you need agar for a recipe that calls for flakes when you only have powder, or vice versa, it is important to know that 1 teaspoon of the powder is roughly equivalent to 1 tablespoon of the flaked version.

TVP, otherwise known as textured vegetable protein, is a versatile meat substitute that, in its smaller granulated form, has the appearance of Grape-Nuts. For the purposes of this book, only the smaller granules are used. When reconstituted with vegetable broth or water, it can be used to mimic the texture of ground meats. It has very little flavor on its own and, much like tofu or seitan, takes on the flavor of whatever it is prepared with. Very low in fat and high in protein and fiber, it is produced from defatted soy flour, then cooked under pressure and dried.

Gluten is the protein portion of wheat. It can be purchased as flour. (Note that *vital wheat gluten flour* is not the same as *high-gluten flour*.) Vital wheat gluten flour has a variety of uses in the vegan kitchen. It can be added to breads for softness and stretch, or used for making seitan, a gluten-based wheat meat.

Nutritional yeast is a simple yellow flake usually grown on molasses. It yields a nutty, rich, almost cheesy flavor and is a favorite for vegans and vegetarians looking for a homemade alternative to cheese. Be sure to seek out "vegetarian-support" yeast flakes. They can normally be found in the vitamin aisle of your local health food store. An excellent source of fiber, B₁₂, and a multitude of other vitamins and minerals, nutritional yeast is sure to become a must-have staple in your pantry.

Egg replacers, which come in many forms, play the role of binder in baked goods. We will always mention which egg replacer we use in each recipe, but feel free to play around if the one we chose isn't to your liking. Here is a succinct list of them:

To replace one single egg, you can choose between:

- ½ banana, mashed
- ¼ cup (60 g) soy yogurt or blended silken tofu
- 1½ teaspoons Ener-G egg replacer powder, a commercially made powder that needs to be whisked with 2 tablespoons (30 ml) water
- 2½ tablespoons (18 g) ground flaxseed whisked with 3 tablespoons (45 ml) water
- ¼ cup (61 g) applesauce, preferably unsweetened

Nut butters come in a wide array of varieties; if you are allergic to a specific nut, you may find there are many other nut butters you can eat and enjoy.

We mostly use the natural type that only contains the nut in question, and eventually some salt, but no added oil or sweetener, which is a fact that is particularly welcome when using nut butters in savory dishes. Choosing creamy or crunchy nut butters will usually depend on the recipe, but also on personal preference.

Making your own nut butter is even better for guaranteed freshness, provided you own a fairly efficient food processor, or even a coffee grinder. Although the latter can make for a bit of a messy cleanup, we have found that the nuts are made into butter even more quickly than with a food processor.

Keep in mind that the consistency of nut butters varies tremendously, so the results of baked goods could also vary in turn. If what you have access to is really dry, adding a little more liquid (nondairy milk or oil, for example) might be necessary.

Tofu, which is also known as soybean curd, is a protein-packed food that has a rather bland taste on its own, which allows for endless ways for its preparation and uses. With such a generous variety of tofu firmness and quality, it would be easy getting a bit lost. Here are the main categories:

- *Silken tofu* is usually used for sauces, smoothies, and desserts. It comes in soft, firm, and extra-firm qualities. It can be found in aseptic packages and is often shelf-stable.
- *Regular tofu* comes in soft, firm, extra-firm, and even super-firm qualities. Extra-firm and super-firm are the best to use for panfrying, because they keep their shape more easily than any of the other firmness levels do.

This type of tofu can be found in the refrigerated section of the supermarket, usually packed in water, and requires draining and pressing, depending on the recipe, for best results. If you can find fresh tofu from a local health food or international market, you will be greatly rewarded with substantially better taste and texture.

Please note that when nothing is specified in our recipes, we are talking of the regular kind of tofu. We will make note of when the silken kind is needed.

Tofu usually comes packed in water. To remove the excess moisture from the tofu, we recommend first draining it, and then pressing it. An easy way to press tofu is to fold a kitchen towel, place the tofu on it, place another folded towel on top of it, and then weight it down with a heavy pan or book. Let it sit for about 30 minutes, and then proceed with the recipe directions.

Seitan, or wheat meat, is made from gluten and spices. Seitan is a popular meat substitute because it is very simple to manipulate the flavor and texture to mimic many different types of meat. The way in which it is prepared, be it boiled or baked, will have a definite effect on the texture of the final product. Most recipes calling for seitan will be specific as to which type to use.

Tempeh is made from fermented soybeans that are bound together into a cake form. Like tofu, it is high in protein, but because it is a whole bean product, it has an even higher protein, fiber, and vitamin profile than that of tofu. The flavor is a bit stronger and the texture quite firmer than tofu.

Agave nectar, which comes from the agave cactus, is the vegan alternative to honey. It can be used in a ratio of 1 : 1, and it has a tendency to brown quickly when baked: the oven temperature needs to be at a lower setting, and baked goods will benefit from being loosely covered with foil when they aren't quite done but take on the appearance of being ready. The nectar is not only delicious, although rather neutral in flavor, but it also has a low glycemic index, making it a suitable replacement for most diabetics. We use what is called "light agave" in our recipes, unless otherwise mentioned.

Molasses comes in several varieties; blackstrap molasses happens to be the only one that retains its minerals, as opposed to regular molasses. It also has a rather strong flavor that not all people seem to enjoy. We often use blackstrap in our recipes to benefit from its richness in iron and calcium, but substitute regular for it if you prefer a mel-lower flavor.

Sweeteners come in a wide variety, and many aren't quite as bad for you as good old granulated or brown sugar can be. As is the case with almost every food, moderation is key. Everyone is "blessed" with a different degree of a sweet tooth, so be sure to adjust our recipes, depending on your liking.

With choices such as Sucanat, the nonrefined cane sugar that contains calcium, iron, and vitamin B₆, it is possible to make being the proud owner of a sweet tooth just a touch less sinful after all.

If Sucanat is not available, it can be easily replaced with light or dark brown sugar in a 1 : 1 ratio. When we use brown sugar, we usually "pack" it, but a note will be made in each recipe that uses this ingredient.

Another healthier sweetener is turbinado sugar, often sold as "raw sugar" or "sugar in the raw." We do not recommend substituting turbinado for Sucanat, or vice versa, in muffins, brownies, or cookies, because we have found the coarser texture of the former to change the outcome of several baked goods. Feel free to use them interchangeably in yeast breads, granolas, crisps, and pies, though.

We prefer using unrefined evaporated cane juice as a substitute for granulated sugar. It is substituted in a 1 : 1 ratio with granulated. It is slightly darker in color, because it is not bleached. The bleaching and refining process of traditional cane sugar requires the use of bone char, and therefore is not vegan.

As for liquid sweeteners, an obvious albeit expensive choice is pure maple syrup. What would waffles and pancakes do without their daily dose of syrup? Do not try to substitute what is known as "pancake syrup" for it, because the latter is composed of high-fructose corn syrup, which cannot even compete with pure maple syrup when it

comes to flavor or health benefits.

Other liquid sweeteners include brown rice syrup, barley malt, and the agave nectar that we previously mentioned in this chapter.

Nondairy versions of traditionally dairy items are hot products these days. With the popularity of veganism and vegetarianism on the rise, as well as with the ever-increasing population of lactose-intolerant people, many companies have come up with products that are strikingly similar to their dairy counterparts.

One of the many benefits of these products is their long shelf life. Most major supermarket chains now carry items such as nondairy yogurt, sour cream, cream cheese, and even mayonnaise. We have tried to include recipes for as many nondairy replacements as possible, but sometimes the convenience of picking up a ready-made package can't be beat. Be sure to choose varieties without hydrogenated fats. Brands such as Tofutti and Follow Your Heart are excellent sources. If you can't find these items on your market shelf, don't be afraid to ask! Most markets are more than happy to place special orders for their customers.

Nondairy milks come in a wealth of choices. So many milks, so little time! If local stores are conscientiously stocked, you should be able to choose among soymilk, rice milk, almond milk, hemp milk, oat milk, and even hazelnut milk. All of these delicious milks come in different flavors, including chocolate and vanilla, but can also be found in plain and unsweetened versions. Needless to say, the last two are especially useful when preparing savory foods.

We like to get all the nutrients we can from the foods we eat, which is why it's important to choose milks that are fortified with calcium.

Not all milks are created equal when it comes to flavor, creaminess, and thickness; your personal preference might make it important to test several milks before finding your perfect match.

If you find yourself consuming a lot of milk, and would rather save on packaging and cost, while at the same time having complete control over the ingredients, purchasing a soymilk maker may be a good investment. There are several good-quality brands out there, so consider doing some research to find the one that would best meet your needs.

Salt and pepper, while certainly not "new", are often followed by the notation "to taste" in our recipes. It is obvious that this is most definitely a matter of personal taste, and while we will give guidelines to the approximate amount that works well in each recipe, you are strongly encouraged to adjust them according to your own needs.

Both salt and pepper come in many different varieties and types: when it comes to salt, we favor fine and sometimes coarse sea salt, because not only are they affordable options, but sea salt also naturally retains trace minerals. If you'd rather stick to the more common table or even kosher salt, the difference in the outcome would be next to nil.

As for pepper, we prefer to have a pepper mill at hand to grind the black or white versions of it fresh each time we need it, because the flavor will be kept more intense and intact, but any sort of pepper will do just fine.

INGREDIENT SUBSTITUTIONS

Most of the ingredients that are used in this book are getting increasingly easier to find in common supermarkets. International food markets and online stores are also great options for getting your hands on harder-to-find items. It might take a bit more work, but by doing some research and shopping around, it is usually possible to find affordable options. If none of these options is feasible where you live, here is a list of substitutions for the ingredients we use the most:

- **Arrowroot powder** can be replaced with equal amounts of cornstarch, which is more readily available at grocery stores. Although arrowroot produces clearer results than cornstarch does in sauces, it is also more expensive. Both thickening agents yield great results.

- We generally use **mild-flavored oils** in our baked goods, but if you are opposed to using canola oil due to the GMO controversy, you can choose vegetable or any other mild-flavored oil instead.

- **Whole-grain flours** contain a lot of vitamins, nutrients, and fiber that all-purpose flour is lacking, but if you find the flavor of whole wheat, white whole wheat, or whole wheat pastry flours to be too strong and heavy for your liking, you can use half all-purpose and half any of these flours, or even choose to use all-purpose completely on its own instead.

All the aforementioned flours are pretty much interchangeable, but expect denser results if using whole wheat or white whole wheat flours in cookies or muffins: therefore, we recommend using whole wheat pastry flour instead, or as mentioned above, a combination of unbleached all-purpose and white whole wheat flours.

The fact that whole wheat and bread flours contain more gluten actually makes these flours especially well suited for yeast breads.

Also note: In this book, flours are measured by lightly spooning them with a separate measure or spoon, and leveling them with the flat side of a knife. Keep in mind that scooping packs the flour and makes a noticeable difference in the outcome, especially in baked goods.

- **Light spelt flour** can replace wheat flour, and vice versa, but you will usually need up to ¼ cup (30 g) more of it than you would wheat flour. You will have to experiment judging on texture, but our recommendation is that unless a recipe is already using 100 percent spelt flour, you only substitute half of it along with any wheat flour, instead of using it alone.

- **Oat flour** makes a wonderful addition to bread, cookies, and other baked goods. We like to make our own because it is often cheaper than purchasing ready-made at the store. Simply finely grind a large amount of quick or old-fashioned oats in a food processor, and keep it handy for future use.

- The most common types of **dry yeast** you will see used in this book are bread machine yeast and active dry yeast. We have used them interchangeably without any issue, but we will still specify which one is used in each recipe.

Bear in mind that while bread machine yeast does not need to (and shouldn't) be

dissolved prior to being used, active dry yeast does. Proofing active dry yeast is necessary to make sure the yeast is indeed active, and it only takes 10 minutes of extra preparation time. We will describe the process in every recipe that calls for active dry yeast.

When in doubt, follow the instructions that can be found on the package itself.

- Choosing **foods that are fresh, local, and organic** is always best, but sometimes it just isn't practical depending on where you live or the size of your pocketbook. When it comes to subbing veggies and fruits for something other than fresh, try to pick frozen over canned, because frozen veggies retain more of their vitamins and nutrients than canned vegetables do. If you can only get canned vegetables, try to go for the "no salt added" options, or rinse thoroughly before using, whenever possible.
- If you do not have access to **fresh herbs**, the dried versions make a fine substitution: simply use 1 teaspoon of dried herb (e.g., basil, thyme, parsley) for 1 tablespoon of the fresh version.

TIPS FOR ULTIMATE COOKING SUCCESS

- Some of the baked good recipes yield amounts for a cake, or jumbo muffins, but if you want to change the size of the baked good, be sure to adjust the baking time accordingly; standard-size muffins or cupcakes need a shorter baking time than larger versions. Check for doneness by inserting a wooden toothpick, or the tip of a knife, into the center of the baked good; it should come out dry (or with a few crumbs) and without wet batter stuck to it.
- Using an oven thermometer is important to making sure your oven is well calibrated, so that you can get the best possible results.
- It is preferable for ingredients to be at room temperature when baking in general, but this is especially important when making yeast bread, because the yeast reacts to differences in temperature and could fail to rise properly if the ingredients that accompany it are either too cold or too hot.

We hope these tips will help you on your way to becoming an expert at cooking and baking delicious vegan feasts. Be sure to have a look at the end of this book for links to websites that are packed with even more useful information to make your transition to veganism even easier.

Chapter 2

Breakfast

There's nothing better than waking up late on a Sunday morning and fixing a big, elaborate breakfast in your fuzzy slippers. This chapter offers plenty of inspiration for those mornings, with mouthwatering recipes for pancakes, waffles, and tofu scrambles, while covering the rest of the week with quick, healthy breakfast recipes, such as granola, energy bars, and on-the-go options that will fuel you through hectic days.

Macadamia Yogurt Granola

Very lightly sweetened, this granola is an ideal snack to munch on when you're on the go. If macadamia nuts aren't your cup of tea, rest assured that any other nut is equally lovely in this recipe.

- ¼ cup (29 g) wheat germ**
- 2 cups (160 g) old-fashioned rolled oats**
- 2 tablespoons (16 g) arrowroot powder**
- ¼ teaspoon fine sea salt**
- ¼ cup (34 g) macadamia nuts, coarsely chopped**
- 2 tablespoons (30 ml) melted coconut oil**
- 2 tablespoons (30 ml) pure maple syrup**
- ¼ cup (60 g) vanilla soy or other nondairy yogurt**

Preheat the oven to 350°F (180°C, or gas mark 4). Have a large-size rimmed baking sheet handy.

Combine the wheat germ, oats, arrowroot, salt, and nuts in a medium-size bowl. Whisk together the oil, syrup, and yogurt in a small-size bowl.

Combine the wet ingredients with the dry, and stir until well coated. Spread the mixture evenly on the baking sheet.

Bake for 8 minutes. Stir well.

Bake for another 8 minutes, or until golden brown. Let cool on the baking sheet before transferring to a tightly closed container. Store in the fridge once completely cooled.

Yield: About 3 cups (366 g)

White Chocolate Raspberry Granola

Eating chocolate for breakfast probably should not be an every morning event, but a sweet tooth sometimes has to be tended to, no matter what the time of day.

- 1 cup (80 g) old-fashioned rolled oats**
- ¼ cup (40 g) brown rice flour**
- ¼ cup (23 g) shredded coconut**
- 8 Brazil nuts or other nuts of similar size, coarsely chopped**
- ¼ cup (27 g) chopped pecans**
- 1 tablespoon (8 g) sesame seeds**
- ¼ teaspoon fine sea salt**
- 2 tablespoons (30 ml) canola oil**
- ¼ cup plus 1 tablespoon (105 g) agave nectar**
- ½ teaspoon pure vanilla extract**
- ¼ cup (30 g) dried raspberries**
- ¼ cup (50 g) nondairy white chocolate chips**

Preheat the oven to 350°F (180°C, or gas mark 4). Have a large-size rimmed baking sheet handy.

Combine the oats, flour, coconut, Brazil nuts, pecans, sesame seeds, and salt in a medium-size bowl.

Whisk together the oil, agave, and vanilla in a small-size bowl.

Combine the wet ingredients with the dry, stirring until well coated. Spread the mixture evenly on the baking sheet.

Bake for 8 minutes. Stir well.

Bake for another 10 minutes, or until golden brown. Be sure to keep a close eye on the granola as it bakes, because agave nectar browns quickly.

Remove from the oven, and stir in the raspberries and white chocolate chips while the granola is still hot so that the chips melt and coat the granola.

Let cool on the baking sheet before transferring to a tightly closed container. Store in the fridge once completely cooled.

Yield: About 3 cups (366 g)

VARIATION

If you cannot find vegan white chocolate chips or dried raspberries where you live, substitute the same

amount of nondairy semisweet chocolate chips and dried cherries, or any other dried fruit you prefer.