

VEGAN

Holiday Guide

So you've decided to make the compassionate decision to eat vegan this holiday season? We love to see it.



peta2 is here to provide you with easy recipes that you can cook for your family.

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Shopping List

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



Vegan Turkey

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

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

Nondairy Milk

Original and unsweetened varieties of oat, soy, or almond milk can replace cow's milk in mashed potatoes or any other holiday recipe. Cashew, coconut, and rice milks are great choices, too. Nondairy milk options are available at most grocery stores as well as Walmart and Target locations.

Vegan Stuffing

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

Vegan Butter

Perfect for sautéing veggies or spreading on fresh rolls, here are some of the most popular vegan butter products.

- Miyoko's European Style Cultured Vegan Butter
- Melt Organic spreads and sticks

- Nutiva Organic Coconut Oil with Butter Flavor
- WayFare Salted Whipped Butter

'Egg' Nog

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

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

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

Vegan Ham

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



Vegan Egg Replacers

Recipes that call for eggs are easy to veganize. One mashed banana can replace one egg in pancakes and dessert breads. Use ½ can diet soda or ¼ cup of applesauce plus ½ teaspoonful of baking powder as a leavening agent for cakes and other baked goods instead of an egg. One tablespoonful of ground flaxseed mixed with 3 tablespoonfuls of water can also replace an egg when you

need a binder. And you can use 2 tablespoonfuls of aquafaba instead of one egg white for a meringue or 3 tablespoonfuls to replace a whole egg. Go to PETA.org for more information, or try one of these premade egg substitutes.

- Bob's Red Mill Egg Replacer
- Ener-G Egg Replacer
- Follow Your Heart Vegan Egg
- Orgran No Egg Replacer
- The Neat Egg Mix



Premade Desserts

Daiya makes frozen vegan cheesecakes that come in a wide variety of flavors. Claim Jumper and Marie Callender's both make "accidentally vegan" pies in flavors like apple, cherry, peach, and "razzleberry," which can be found at some Walmart, Safeway, and Target locations. Serve them with dairy-free whipped cream from So Delicious or Reddi-wip!

Vegan Chocolate Chips

Chocolate chips are a crucial ingredient in many desserts—and that goes for vegan ones, too! What's not crucial is milk from cows. Here are our favorite dairy-free chocolate chip brands:

- Enjoy Life Semi-Sweet Mini Chips
- Simply Balanced Organic Dark Chocolate Chunks
- Nestlé Toll House Simply Delicious Semi-Sweet Morsels

Green-Bean Casserole

MAKES 4 TO 6 SERVINGS

INGREDIENTS

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

DIRECTIONS

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



Pumpkin Pie

MAKES 4 TO 6 SERVINGS

INGREDIENTS

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

DIRECTIONS

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



Classic Holiday Stuffing

MAKES 4 TO 6 SERVINGS

INGREDIENTS

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

DIRECTIONS

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



Garlicky Mashed Potatoes

MAKES 4 TO 5 SERVINGS

INGREDIENTS

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

DIRECTIONS

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



Holiday Cookies

MAKES 20 TO 25 COOKIES

INGREDIENTS

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

DIRECTIONS

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



Gingerbread Cookies

MAKES 3 DOZEN COOKIES

INGREDIENTS

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

DIRECTIONS

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



Divine Latkes

MAKES 4 SERVINGS

INGREDIENTS

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

DIRECTIONS

- In a medium bowl, combine all the ingredients except the oil. Form patties about 3 inches in diameter.

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



Vegan Noodle Kugel

MAKES 6 TO 8 SERVINGS

INGREDIENTS

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

DIRECTIONS

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



Savory Mixed Greens and 'Bacon'

MAKES 4 SERVINGS

INGREDIENTS

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

DIRECTIONS

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



Can't find Sweet Earth Benevolent Bacon or tempeh bacon, or do you want to take your cooking to the gourmet level? Try making your own vegan bacon with tofu and liquid smoke. There are tons of recipes from food bloggers online.



Corn Bread

MAKES 9 SERVINGS

INGREDIENTS

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

DIRECTIONS

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



Common Questions

Going vegan can prompt some questions from family members who are new to the idea. Just remember that adopting a vegan lifestyle is the best way to save animals and the planet and to improve your own health. Here are some answers to questions that could come up:

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

Vegetarians don't eat animal flesh, whereas vegans don't consume anything that comes from an animal, including eggs, dairy, and honey. Going vegan is the only way to prevent animals from suffering for our food. Each vegan saves nearly 200 animals a year. Vegans know that it's unacceptable to exploit animals for any reason, so they also avoid using products from companies that conduct or pay for cruel tests on animals, refuse to wear clothing made from animals, and don't support the use of animals in entertainment.

Isn't following a vegan diet really expensive? I am a student and don't have much money.

Meat, dairy, and eggs can be very expensive, while high-protein vegan foods like beans, rice, pasta, greens, and lentils are much cheaper and healthier. There are many wallet-friendly brands of nondairy milk and tofu, too. Go to [PETA.org/Recipes](https://peta.org/Recipes) for simple, affordable ideas and check out *PETA's Vegan College Cookbook*, which features more than 275 easy recipes that are perfect for a tight budget.

I've heard that following a vegan diet is unhealthy. How can I make sure that I'm getting the proper vitamins and other nutrients?

Eating vegan is extremely healthy! Wholesome plant-based foods contain no cholesterol, are often low in saturated fats, and are full of protein, iron, calcium, and other nutrients. On average, vegans have a lower rate of obesity and are less likely to suffer from heart disease, cancer, and strokes, which are among the leading causes of death in the U.S.

My family doesn't support my new vegan lifestyle. What should I do?

Call or sit down with your parents before the holidays and let them know that this is very important to you. Offer to cook with them so that you can still have a family holiday experience and they won't feel thrown off by your different way of cooking. Don't expect them to go vegan with you—simply lead by example, sticking to your convictions, and they'll probably respect your choice.

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