

Go Vegan with  
**CONFIDENCE!**

Stock Your Pantry  
**VEGAN STAPLES**

Vegan Rebuttals  
**WHAT TO SAY**

# **vKind VEGANUARY**

A SHOP GUIDE FOR THE EVERYDAY VEGAN

**SPECIAL EDITION:  
A BEGINNERS GUIDE TO  
THE VEGAN LIFESTYLE**

JANUARY 2022



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[WWW.VKIND.COM](http://WWW.VKIND.COM)





VEGANUARY 

**A CELEBRATION  
OF VEGANUARY!**



## INSIDE YOU WILL FIND:

- **Our vKind Shop Guide**
- **Delicious Vegan Recipes**
- **Books, Films & Videos**
- **Vegan Fashion Finds**
- **Amazing Vegan Travel**
- **Podcasts, Dating & More!**

**COME AND JOIN US!**



@veganuary



@weareveganuary

#Veganuary2022





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**98%**  
**OF PARTICIPANTS**  
**SAY THEY**  
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# **TRY VEGAN** **THIS JANUARY**

**VEGANUARY IS HERE WITH SUPPORT  
AND ENCOURAGEMENT TO HELP YOU  
TRY VEGAN THIS JANUARY**

By joining the hundreds of thousands of people each year who sign-up with us and try vegan for a month, you could improve your health, protect the environment and help spare the suffering of many farmed animals.



**VEGANUARY** 



# THINK ONE PERSON CAN'T MAKE A DIFFERENCE? THINK AGAIN!

More than a million people from all around the world have already taken part in Veganuary and their impact has been huge.

## WHAT IMPACT HAVE ONE MILLION PAST VEGANUARY PARTICIPANTS HAD BY EATING VEGAN FOR 31 DAYS?

Data provided by Dr Helen Harwatt from Harvard University's Animal Law and Policy Program\*



**103,840 TONNES OF CO<sup>2</sup>EQ SAVED**  
equivalent to driving around the world almost 15,000 times

**405 TONNES OF PO<sub>43</sub>-EQ (EUTROPHICATION) SAVED**  
the same as 1,645 tonnes of sewage spared from waterways



**6.2 MILLION LITRES OF WATER SAVED**  
the same as flushing the toilet almost half a million times

**ALSO SPARED THE LIVES OF 3.4 MILLION ANIMALS\*\***

**\*\*according to The Vegan Society's calculator**



**WILL YOU JOIN THEM?**

**SIGN UP AT VEGANUARY.COM NOW AND YOU'LL RECEIVE:**

Regular emails with **shopping lists**, **recipes**, **meal plans** and **nutrition advice**

A **celebrity e-cookbook**, with delicious vegan recipes  
**Social media support** in our closed Facebook Group

**It's all free!**



\*Based on calculations extrapolated from Poore & Nemecek (2018) Science  
<http://science.sciencemag.org/content/360/6392/987/>



# the vegan rebuttal

## WHAT TO SAY WHEN QUESTIONED ABOUT THE LIFESTYLE

While veganism is one of the fastest growing worldwide movements, vegans currently make up just 3% of the global population, meaning you'll probably be faced with a difficult conversation or two at some point. We hope these brilliant rebuttals inspired by writer Sofo Archon will serve you the next time someone challenges your views!

### Argument 1: "It's instinctual."

If so, why do we choose packaged, trimmed, prepared, seasoned, and flavored meats? If instincts were driving us to eat meat, we'd drool over flesh and blood. But we don't.

Some claim that murder, rape, and physical violence are instinctual, natural drives, just because people do them. Even if that were true, does it make it okay?

### Argument 2: "We have the teeth to eat meat."

Canines are for chewing meat, and we don't have them! Our teeth are very different from those of a shark, tiger, or even the omnivorous dogs, and much closer to those of herbivores. Could you use your teeth to kill a living animal, open it up, and eat it raw?

### Argument 3: "Meat gave us big brains."

If that's true, why aren't carnivores the smartest animals on the planet? Let's say humans evolved to where we are because of meat consumption. Should we keep eating it?

Certainly not from a scientific standpoint, as evidence reveals that consuming meat is harmful to our health. So why not use our big brains for our own good?

### Argument 4: "We've always consumed animals."

Just because we've done something for a long time, doesn't mean we should keep doing it. People have been killing each other for millennia. Is that an excuse to murder?

### Argument 5: "Animals eat other animals."

This is a common argument against veganism, yet it is neither rational nor sensible. First of all, this is not true of all animals. Humans are not obligate carnivores, thus we do not have to eat meat. Isn't it ridiculous to compare ourselves to animals that simply must consume meat to survive?



Just because other animals do something, doesn't mean we should. Animals kill other animals, smell each other's bums, and lick their own anuses, but I've never heard anyone propose that we should do the same. Why should we emulate only one animal behavior and not the rest? Isn't that a bit hypocritical?

#### Argument 6: "**Vegans are not healthy.**"

Many people believe vegans can't assimilate all the nutrients, minerals, and vitamins they need to stay healthy from plants, but study after study disproves this myth. In reality, evidence shows that most vegans are healthier than non-vegans.

Some studies do show the opposite, but nearly all are funded by meat or dairy industries, who carefully manipulate studies to mislead the public.

#### Argument 7: "**Vegans kill plants.**"

This is a common ethical argument against veganism. Perhaps one to absolve the guilt of eating meat.

To those people, I simply say: Eating animals harms plants far more than eating plants directly (it takes 3-20 pounds of vegetable protein to produce just one pound of animal protein). Vegans "kill" far fewer plants than meat eaters by not killing animals. So if you really want to save plants, eat more of them!

#### Argument 8: "**Animal cruelty is acceptable.**"

Some feel that if an animal has a good life before being murdered, and if the murder is carried out as quickly and painlessly as possible, it's okay. This reasoning is as absurd as claiming that killing another human being is fine if you treat them well and murder them quickly and painlessly.

By killing animals, we not only cause unnecessary pain, but also deprive animals of life. And since we don't need animals to survive, murdering them is cruel.

#### Argument 9: "**It doesn't hurt animals to eat dairy or eggs.**"

Most people think cows are milk machines that produce milk nonstop.

In actuality, cows only produce milk around birth to nourish their young, just like humans do. I'm sure they'd object to humans taking it from them, much as a human mother might object to her milk being stolen.

Tragically, female cows are constantly raped in order to stay pregnant and produce milk for dairy goods. Their babies are kidnapped from them as soon as they are born. Male calves are then murdered and sold as veal, while female calves are treated precisely like their mothers: raped while still producing milk, then slaughtered. So innocent, right?

Is the chicken industry better for animals? No way. Male chicks are either ground alive or suffocated in plastic bags shortly after birth. Since they won't lay eggs, the poultry industry considers them worthless.

The reality is even worse for female chicks. Their eggs are frequently taken as they grow up, forcing them to produce more.

Hens naturally lay eggs only until they have a full nest. By removing their eggs for our consumption, this process is interrupted and hens feel urged to lay more eggs to fill their nest. Every egg leads to a huge calcium loss from the hen, and in intensive farming settings, some hens die due to the continuous strain their laying organs endure.



What do you think happens to hens after a few short years of being exploited and abused? Their throats are slit. A natural chicken's life span is 8 years.

**Argument 10: "Animals would die if we didn't breed them."**

Are we really saving animals by exploiting, abusing, and killing them? How did these animals exist before animal agriculture?

There is simply no right way to kill something that doesn't want to die. Period.

**Argument 11: "Meat tastes good"**

Is liking meat enough to justify the exploitation, pain, and slaughter of animals? Consider the following hypothetical scenario:

How would you feel if someone claimed that human meat was delicious and justified killing others based on their taste for flesh?

**Argument 12: "Vegan cuisine is expensive."**

While processed vegan foods or imported produce items can add up if consumed regularly, the cost of a healthy plant-based diet comprised of fresh, local ingredients is comparable to a diet that includes animal products, if not cheaper. The best part? Your food won't carry the karmic load of abuse!

**Argument 13: "You can't be 100% vegan."**

No matter how compassionately you attempt to live, you will unwittingly inflict some animal misery. Taking a walk may cause you to step on an insect, for example.

Plus, we live in a non-vegan culture, and many of us can't always avoid using products that contain animal products or involve animal abuse in their manufacture.

Does that mean we should do nothing to change our culture or stop animal abuse? Should the civil rights movement have stopped simply because discrimination was everywhere?

Veganism is about *\*you\** decreasing suffering as much as possible in your life. You may not be perfect in that process, but who is?

**Argument 14: "No one individual can make a difference."**

Actually, you can. According to Vegan Calculator, by spending just one day vegan, you'll have saved 1,000 gallons of water, 30 sq ft of forest, 30 lbs of grain, 20 lbs of CO2.

Imagine the difference a lifetime can make! \*



*\*This piece is adapted from an article by blogger Sofo Archon. Support their work and read more, here:*

<https://sofoarchon.com/anti-vegan-arguments/>

**SHOP**

**TILL**

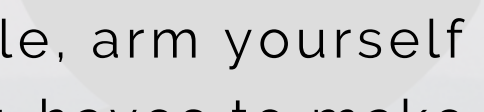
**YOU**

**DROP**



The background of the top half of the image is a vibrant sunset sky with orange and yellow hues. Dark, silhouetted clouds are scattered across the sky. On the right side, there is a black silhouette of a person in a yoga pose, specifically the Urdhva Dhanurasana (Upward Bow) pose, with their arms raised and hands clasped behind their head. The text "for the body" is written in a white, cursive, brush-stroke font across the middle of the image, partially overlapping the sunset and the yoga silhouette.

*for the body*

The bottom half of the image has a solid light blue background. A faint, light blue heart shape is visible in the background, centered behind the text. The text is in a black, sans-serif font and is centered horizontally.

Since going vegan starts at the table, arm yourself with the tools and vegan food must-haves to make eating this way a natural choice, and animal product cravings will be a thing of the past!



01

## VEJII: THE WORLD'S LARGEST VEGAN MARKETPLACE

With 500+ national brands and local artisans, Vejii is a consolidated place for exclusively vegan and cruelty-free items. No squinting to read for animal testing disclaimers—Vejii does the dirty work for you. Essential to simplifying the vegan shopping experience!

For speedy shipping, jump on the Vejii Express platform, where items ship from the Vejii warehouse in 1-2 days.



02

## NOPIGNEVA: TASTY VEGAN GROCERIES JUST A CLICK AWAY

NoPigNeva, the woman-owned, black-owned online vegan online grocery shopping platform, offers a variety of plant-based selections beyond what can be found in your local grocery store—all available for online order and delivery.

Become a member and save 10% on every order!





03

## THE POTATO RESET

Lose weight? With potatoes? Yes. Junk food junkie Jeannine Elder lost 30 pounds eating a potato-based diet and inspires others to do the same.

The Potato Reset is just what you need to reset your tastebuds, lose weight, and curb the cravings you might be having as a newcomer to the plant-based diet, allowing you to continue thriving as a vegan once Veganuary has passed!



04

## VEGAN LIFE NUTRITION

Feel like your health needs a safety net as you embark on a vegan diet? Rest easily knowing your health is accounted for as you transition to this lifestyle. Supplements from Vegan Life Nutrition offer bioavailable, plant-based formulations of essential nutrients that are easily overlooked on plant-based diets such as vitamins B12, D3 and K2.



05

## YOGA DESIGN LAB

Daily yoga practice is an excellent addition to your newfound, conscious lifestyle. Take it a step further by only using beautiful, eco-friendly yoga tools from Yoga Design Lab!

Their Beginner's Bundle includes a 100% recyclable yoga mat, cork block made from renewable, all-natural cork, and certified non-toxic yoga strap—all items printed with a beautiful mandala!



06

## DAILY GREEN BOOST

Not your basic barley grass juice powder! Daily Green Boost is an organic, raw, high-quality barley grass juice powder. The easiest way for your body to assimilate nutrients is by eating them, and DGB packs a nutrient punch!

Loaded with all of the key minerals that are missing in the soil where our plants are grown, DGB can be enjoyed by adding to smoothies and juices. Watch how you begin to crave the taste as your body welcomes in these much needed nutrients!





Now that you've nailed down how to nourish your body, remember that you must also feed your mind. Keeping these resources at your fingertips will arm you with the knowledge to feel confident in your choices, and the confidence to share your knowledge with others.





07

## VALERIE MARTIN- VAL THE VEGAN THERAPIST

As a new vegan, we suggest finding a therapist who truly understands your values and how you see the world, someone who will help you navigate this new lifestyle and the relationship challenges it may bring. Someone like Val!

While you're at it, be sure to download her free resource, "Response Cheatsheet for Hard Conversations about Veganism" on her website.



08

## ADVOCACY COLLABORATIVE

Know that you want to contribute more to this movement than your personal choices? Advocacy Collaborative is the perfect educational resource for any new vegan wanting to get involved in animal advocacy. Learn from the pros how to make a difference, with online courses developed by influential members of the movement.





09

## VEGAN CALCULATOR

For the month of Veganuary, you will save 33,000 gallons of water, 900 sq. ft. of forest, 1,200 lbs of grain, 600 lbs of CO<sub>2</sub>, and 30 animal lives!

Vegan Calculator is the ultimate tool for not only feeling great about your impact, but also educating your non-vegan friends about what theirs could be, too. Simply input the amount of time you've spent vegan and voila!



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## FOOD REVOLUTION NETWORK

If advocating for human health with this lifestyle is more your jam, there is no better resource out there than the Food Revolution Network.

With boatloads of free educational content on plant-based health, sustainability, and policy issues, the former heirs of the Baskin Robbins legacy have taken to educating the world on exactly why we shouldn't be eating ice cream.



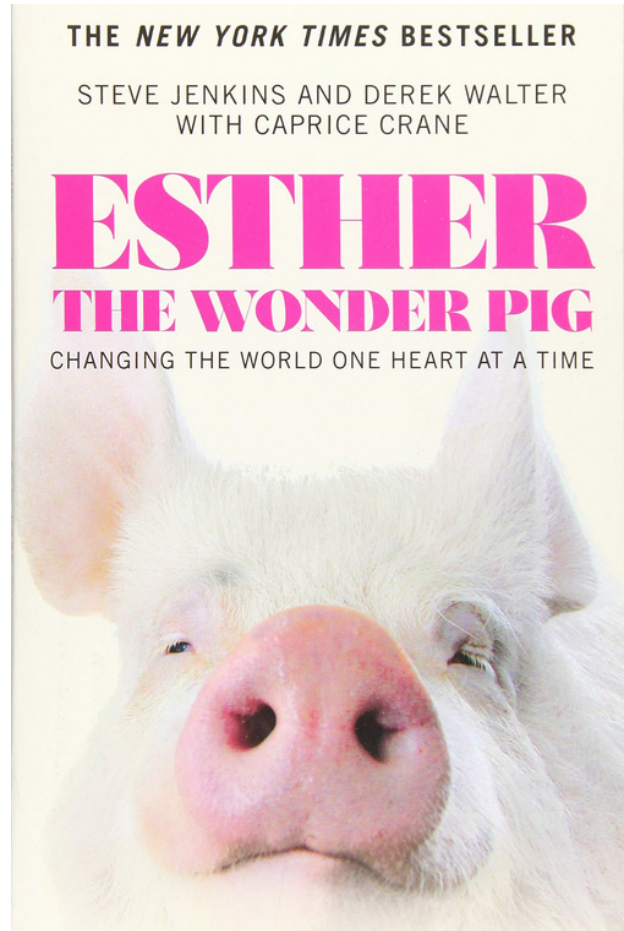
11

## VEGAN MENTOR

Are you the only vegan you know?  
Good news: you don't have to be!

By signing up for vegan mentor, you'll be connected with a volunteer mentor who'll help you navigate everything from grocery store aisles to social situations.

The Vegan Mentor Program now has 1,600 mentors in 950 cities across 50 countries!



12

## ESTHER THE WONDER PIG

This New York Time bestseller by Steve Jenkins, Derek Walter and Caprice Crane tells the funny, inspirational story of two unlikely pig owners who adopt a micro piglet that turns out to be a 600 lb sow! From reluctant pig owners to farm-owning animal advocates, Jenkins and Walter transform their lives all thanks to Esther.

Next, check out **Happily Ever Esther**, the charming memoir that captures their emotional journeys as new animal sanctuary owners.





# for the Closet

Your vegan lifestyle invites a whole new world of wardrobe options. Rather than feel restricted by what you can no longer wear, explore the infinite vegan options that are making a name for themselves in the fashion industry.



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## HERBIVORE CLOTHING COMPANY

This funky vegan line of clothing, belts, wallets, and even cookbooks and household products, screams Portland—loud and proud.

Show the world you believe animals deserve respect and love by stocking your closet with their clever, outspoken, ethically-made clothing.



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## MATT AND NAT

Inspired by the textures and hues of nature, Matt and Nat's vegan, cruelty-free and recycled accessories and outerwear are timeless, classy options for the upscale vegan.

Keeping sustainability close in mind, Matt and Nat pieces are designed to last the test of trends and time, allowing you to feel good about what you wear for years to come.





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## INFANTIUM VICTORIA

For the little fashionistas in your household, Infantium Victoria is a designer fashion brand creating comfortable and cruelty-free clothing for children ages 0-16.

All garments are designed on organic, plant-based textiles and made with sustainable, eco-friendly production practices, so you can feel confident that your commitment to veganism extends beyond yourself.



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## TREE TRIBE

For the nature lover, Tree Tribe is the outdoor lifestyle brand that gives back to the Earth by planting trees! With designs that are inspired by nature, each product has a story.

Tree Tribe has helped plant 400,000+ trees so far; supporting them allows you to reverse—not just reduce—your impact on the environment!



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## ARSAYO

The unique Arsayo city backpack promises fashion and security with a chic, sleek, ergonomic design to harmonize with any look.

After 30 years of working in fashion and leather goods, Arsayo's founder decided it was time to apply his skills to designing a cruelty-free bag that didn't compromise in any area of quality or functionality.



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## WAMA UNDERWEAR

Wama Underwear encourages you to "protect your privates naturally" with super sustainable, non-toxic hemp underwear.

Wama's hemp fabric is organic, eco-friendly and naturally antibacterial with anti-odor properties. Super comfortable, breathable and gets softer with every wash!





# for the Kitchen

No need for culinary challenges to derail your compassionate lifestyle! These kitchen tools, treats and resources will make plant-based eating and living the easy choice.



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**VEGANUARY** 





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## PLANT-BASED ON A BUDGET

Your new commitment to a vegan lifestyle doesn't have to break the bank! Plant-based on a Budget will show you how affordable, easy, and delicious eating a plant-based diet can be—without having to shop at specialty grocery stores for all kinds of unfamiliar products and substitutes to enjoy classic recipes.

Check out the Eggless Benedict and Vegan Scalloped Potatoes!



20

## TOFU BUD

Tofu—the classic go-to vegan food staple. Wondering why yours doesn't have the perfect texture that you find in Asian restaurants?

Tofu should ideally be pressed to remove water content, and the creators of Tofu Bud decided there had to be an easier way to do it than squeezing tofu blocks between plates for hours. Tofu Bud presses your tofu for the perfect block in just 15 minutes!



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## THE VEGAN POTTER

As passionate about her craft as she is veganism, Lyndsay Meiklem Dean, known as The Vegan Potter, creates Buddha bowls and various tableware items with 'vegan' carved into their rim —perfect for beautifully plated plant-based food photos!

Simultaneously support the arts and veganism while honoring your transition to consuming compassionate meals with Dean's beautiful, handcrafted crockery!



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## VEGGIDOME

Want to up your fresh produce game as a new vegan? Have fresh fruits and veggies kept in sight rather than buried in fridge drawers with the Veggidome. The elegant, hand-blown glass container creates a greenhouse environment for your veggies!

Veggidome's unique design allows ethylene plant gas to escape throughout the day, preventing your produce from wilting and keeping it as fresh as the fridge can.





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## TINY YELLOW BUNGALOW

These vegan reusable wax food wraps are a great plastic-free, zero-waste alternative to disposable plastic wrap.

While the internet was thrilled by beeswax wraps, Tiny Yellow Bungalow strived to create a plastic-free, vegan alternative! These food wraps are perfect for storing leftovers and veggies, without harming any creatures!



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## FOOD HUGGERS

The Eco Pro Bundle from Food Huggers is the ideal package for families as well as true waste-free warriors who want to go green.

In this package, you'll get all of Food Huggers' fantastic waste-reducing solutions in one convenient place, allowing you to finally ditch single-use plastics for good.



# The Perfect Recipes

FROM THE VKIND  
**RECIPE PAGE**

**6 delicious and easy vegan recipes** that will impress even non-vegans in your life!

These recipes are so simple to make, you'll wonder why you ever found vegan cooking difficult.

Complete with breakfast, dinners, and of course, desserts!





4 tbsp  
of chickpea  
flour + 4 tbsp.  
of water



3 tbsp of  
aquafaba

1/4 cup of soft tofu  
or vegan yogurt



2 tbsp of corn starch  
+ 2 tbsp. of water



1/4 cup  
applesauce



## WAYS TO REPLACE AN EGG IN BAKING

Each portion  
equals one egg



1 tbsp of chia or flaxseed  
+ 3 tablespoons of water



3 tbsp of peanut butter  
or any nut butter



1 tbsp of  
vinegar + 1 tbsp  
of baking soda

1/4 cup  
avocado or  
mashed banana





# Simple Tofu Scramble

by Sam Cooks Kindness

[samcookskindness.com](http://samcookskindness.com)

[www.instagram.com/samcookskindness/](https://www.instagram.com/samcookskindness/)

A simple and delicious staple recipe that everyone should have in their recipe arsenal, a Simple Tofu Scramble!

## My Story

I love a tofu scramble once in a while for breakfast, but let's be real, this recipe is usually my emergency recipe for dinner when I just don't want to cook or have no idea what to make. You know those days? Breakfast for dinner is never a bad idea. It's also an amazing way to sneak in lots of veggies into a meal. Now I don't want to brag.... but my veggie intake is off the charts... I JUST LOVE THEM AND I CAN'T STOP. But if you're someone who struggles getting enough, or you just can't eat them for breakfast, this is the recipe for you! A scramble without veggies just feels sad. So load them in! You won't regret it.

**PREP TIME 5 mins**

**COOK TIME 15 mins**

**TOTAL TIME 20 mins**

**COURSE Breakfast, Main Course**

**CUISINE v**

**SERVINGS 4 servings**

## INGREDIENTS

- 1x2x3x
- 5-6 cups chopped veggies of choice recommend-> onion peppers, zucchini, mushrooms
- 1 block firm tofu drained
- 1/4 tsp turmeric
- 1/4 cup nutritional yeast\*
- 1 tsp garlic powder
- 1/2 tsp black salt kala namak\*\*
- 2 handfuls baby spinach
- 1/4 cup unsweetened plant based milk
- 1/4 tsp dry thyme & fennel optional

## INSTRUCTIONS

1. In a large skillet over medium heat, add chopped vegetables and 1/3 cup of water. Stir occasionally to prevent sticking, about 7 minutes.
2. Into the skillet crumble in drained tofu. Add turmeric, nutritional yeast and garlic powder and stir until combined and warmed through, about 5 minutes.
3. Stir in black salt, baby spinach, plant milk and dried herbs if using. Allow to heat through for about 3 minutes longer or until vegetables are cooked and spinach is wilted. Enjoy!





# Pumpkin Oat Pancakes

by Sam Cooks Kindness

[samcookskindness.com](http://samcookskindness.com)

[instagram.com/samcookskindness/](https://www.instagram.com/samcookskindness/)

Pumpkin Oat Pancakes are easy, fluffy and filling! Inspired by fall flavors and loved by toddlers and adults alike. Grab a few simple ingredients and fill that belly!

## My Story

Just because it was over 90F degrees today doesn't mean I can't dream, right?! I may or may not have seriously considered getting the fall decorations out today. Don't judge me. These pancakes make me SO happy. For multiple reasons. 1) They're so yummy. 2) My kids love them. My picky eater has actually requested these 6/7 days this week... so of course we made them! 3) They remind me of fall. 4) They're actually pretty good for you!

**PREP TIME 5 mins**

**COOK TIME 12 mins**

**TOTAL TIME 17 mins**

**COURSE Breakfast**

**CUISINE Gluten-Free, Vegan**

**SERVINGS 4 servings**

## INGREDIENTS

- 1 cup pumpkin puree not pie mix
- $\frac{1}{3}$  cup coconut sugar
- $2\frac{1}{2}$  cups oat flour\* gluten free if needed (scoop and level to measure)
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- $\frac{1}{4}$  teaspoon sea salt
- 2 teaspoons vanilla extract
- $1\frac{1}{2}$  cup water

## INSTRUCTIONS

1. In a large mixing bowl add all ingredients and whisk until combined. A few small chunks of flour is okay.
2. Allow batter to sit for 5 minutes. Preheat pan or skillet to medium heat, lightly coat with non-stick spray if needed.
3. Pour or spoon batter onto skillet, about  $\frac{1}{4}$ - $\frac{1}{2}$  cup of batter for each pancake. Batter will be thick, use spoon or spatula to gently shape pancakes. (see notes in blog post about thinning batter)
4. Cook for 5-6 minutes and then flip. Pancakes are ready to flip when edges appear to be cooking through and bottom is golden brown. If they are sticking to your pan, give them another minute and try again.
5. Cook for additional 5-6 minutes and serve as desired! My favorite combination is maple syrup, berries and a sprinkle of cinnamon!



# Creamy Vegan Pasta

[www.vkind.com](http://www.vkind.com)

[www.instagram.com/vkindapp/](https://www.instagram.com/vkindapp/)

[www.youtube.com/channel/UCB\\_tzCLWBf4Mpl7VQ-hxKaw](https://www.youtube.com/channel/UCB_tzCLWBf4Mpl7VQ-hxKaw)

## My Story

This creamy vegan pasta is my favorite recipe to make when I'm craving comfort food but don't have hours to spend in the kitchen. From start to finish, it takes just over 20 minutes to make, so it's the perfect weeknight meal. All you need to do is boil the pasta, blend up the sauce, sauté onion and broccoli, and toss it all together. Then, you can sit down to devour warm bowls of noodles and veggies coated with this super creamy vegan pasta sauce.

**PREP TIME 20 mins**  
**COOK TIME 10 mins**  
**TOTAL TIME 30 mins**  
**COURSE Main Dish**  
**CUISINE Pasta**

**SERVINGS 4 People**

## INGREDIENTS

- 2½ cups small shell pasta
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion chopped
- 5 cups broccoli florets chopped stems, and leaves (keep stems separate)
- ¼ cup toasted pine nuts
- lemon wedges for serving
- 1½ cups cooked white beans drained and rinsed
- ¼ cup vegetable broth more as needed
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- ¼ cup nutritional yeast\*
- 1 garlic clove minced
- ¼ teaspoon onion powder
- ½ teaspoon sea salt
- freshly ground black pepper to taste

## INSTRUCTIONS

1. Make the sauce: In a blender, combine the white beans, broth, lemon juice, olive oil, nutritional yeast, garlic, onion powder, salt, and pepper, and blend until smooth. Set aside.
2. Bring a large pot of salted water to a boil. Prepare the pasta according to the instructions on the package, cooking until al dente. Drain and set aside.
3. Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the onion and sauté until soft, about 5 minutes.
4. Stir in the chopped broccoli stems and cook for another 3 to 5 minutes or until tender. Add the broccoli florets and leaves and a splash of water or vegetable broth. Cover and turn off the heat.
5. Allow the broccoli to steam for 2 to 3 minutes or until tender but still bright green. Add the pasta, then stir in ¾ of the sauce, adding more broth if the sauce is too dry.
6. Season to taste with more salt, pepper and lemon juice, as desired, and portion into bowls. Divide the remaining sauce onto each bowl. Top with the pine nuts and serve with lemon wedges on the side.





# Pulled Pork Sweet Potatoes

by Karen Sommers / [michianavegfest.org](http://michianavegfest.org)

**PREP TIME 15 mins**

**COOK TIME 25 mins**

**TOTAL TIME 40 mins**

**COURSE Main Course**

**CUISINE Vegan**

## INGREDIENTS

### PULLED PORK SWEET POTATOES

- 3 Large Sweet Potatoes
- 1 Diced White Onion
- 2 Cloves Minced Garlic
- 2 tsp Garlic Powder
- 3 tsp Onion Powder
- 3 tsp Fresh Ground Pepper
- 1 tsp Sea Salt

### BBQ SAUCE

- 1 15 oz Can Organic Tomato Sauce
- 1 Chipotle Pepper in Adobo Sauce
- 2 tbsp Grape Jelly
- 2 tbsp Apple Cider Vinegar

## INSTRUCTIONS

1. In a large non-stick skillet, saute garlic and onion on medium heat until onions are translucent and brown.
2. You may need to add a small amount of vegetable broth if the onions and garlic begin to stick to the pan.
3. Add shredded sweet potatoes and spread evenly in the pan, and allow to cook for a few minutes before flipping over.
4. Continue flattening the shredded potatoes in the skillet to allow you to cook completely before flipping over.
5. I flipped the potatoes 4 times in 15 minutes until onions and potatoes are cooked through and browned.
6. Add a small amount of vegetable broth if your potatoes stick, but not too much.
7. Once the potatoes and onions are browned, add 1 cup of BBQ sauce and stir.
8. Remove from the heat.
9. Use immediately or store in an airtight container in the refrigerator until ready to use.



# Apple Caramel Tartlets

**PREP TIME 40 mins**

**COOK TIME 25 mins**

**TOTAL TIME 1 hr 5 mins**

**COURSE Dessert, Snack**

**CUISINE Dairy-Free, nut-free, Vegan Baking, Vegan Dessert**

**SERVINGS 12 people**

## INGREDIENTS

### Tartlet Crust:

- 3/4 Cup All-Purpose Flour
- 6 tbsp Vegan Butter
- 1 tbsp Granulated Sugar
- 1 tsp Powdered Sugar
- 1/8 tsp Salt
- 3 tbsp Cold Water

### Pudding:

- 1 cup Coconut Milk full-fat can
- 2 tbsp Brown Sugar
- 2 tbsp Applesauce smooth
- 3/4 cup Oat Milk
- 2 tbsp Corn Starch
- ½ tsp Vanilla Extract
- ¼ tsp Salt
- 1 tbsp Poppy Seeds optional
- Apple Slices for topping optional
- Vegan Ice Cream optional

## INSTRUCTIONS

1. Mix the crust ingredients together forming a dough ball then cover and chill it in the fridge for 20 min.
2. Roll out the dough into a thinner layer using a rolling pin then cut out 12 circles of the pasty to fit the mini tartlet moulds.
3. Use empty moulds to press into them in order to have smoother edges.
4. Use a fork to prick into the bases of the crust before baking in a pre-heated oven at 375 °F (190 °C) for 15 min until light golden brown, then cool down before filling.
5. Boil half the coconut milk with the sugar on the stovetop then switch to medium heat while stirring constantly until darker color.
6. Pour the oat milk with the corn starch and the remaining of the coconut milk into another pan on medium heat while stirring until well dissolved.
7. Turn off the heat and add both mixtures together along with the applesauce, vanilla, salt and the poppy seeds while stirring until thicker consistency.
8. Pour the filling on top of the crust and put in the freezer for a couple hours before adding apple slices or any topping of preference, and serving them with ice cream on the side.





# Vegan Berry Tart

by Laura Ball / [michianavegfest.org](http://michianavegfest.org)

[www.instagram.com/michianaveg/](https://www.instagram.com/michianaveg/)

PREP TIME 15 mins

COOK TIME 4 hrs

TOTAL TIME 4 hrs 15 mins

COURSE Dessert, Party Dish, Snack

CUISINE Vegan

## INGREDIENTS

### SHORTCRUST PASTRY

- 1 1/4 cups Organic All-Purpose Flour
- 1/3 cup Vegan Butter or Coconut Oil
- 4 tbsp Coconut Sugar Can use cane sugar
- 1 tbsp Cold Water

### CUSTARD

- 1 1/2 cup Canned Coconut Cream Thick top part only
- 1 1/4 cups Oat Milk
- 1/2 cup Corn Starch
- 1/3 cup Maple Syrup Can use cane sugar
- 2 tbsp Vegan Butter or Coconut Oil
- 1 1/2 tbsp Vanilla Extract
- Pinch Turmeric for color
- Pinch Black Salt

### TO DECORATE

- Berries or fresh organic fruit of your choice Have fun decorating!

## INSTRUCTIONS

### PASTRY

1. Preheat oven to 350 degrees. Line a loose-bottom tart tin or spray with non-stick oil.
2. Add all the base ingredients to medium sized bowl. Add extra water if it's a bit crumbly, make sure it is pliable dough.
3. On a floured surface, roll out the pastry into a thin circle and transfer the pastry dough to the tart tin and press around the base and sides, trim off any excess. Prick the bottom with a fork to let hot air escape while baking.
4. Bake Crust for 10-15 minutes or until the pastry is slightly golden. Allow it to cool in tart tin.

### CUSTARD

1. Add all the ingredients to a sauce pan without heating. Whisk until it is lump free from the corn starch. Place saucepan over medium heat and cook for 10-15 minutes while stirring. Taste test and add any extra vanilla, salt, etc. if needed to taste.
2. The mixture is ready when you lift your whisk and it leaves little 'ribbons' of custard. You will see the custard start to thicken.
3. Remove saucepan from the stove and cool for 10 minutes while stirring occasionally. If it is lumpy, blend with immersion blender.
4. When the custard has thickened further, pour into your tart base. Chill for at least 4 hours in the fridge or 2 hours in the freezer. Decorate and serve!



*Vegan  
Resources*





# Recipes

<https://www.veganricha.com/>

<https://www.thebuddhistchef.com/>

<https://highcarbhannah.co>

<https://ohsheglows.com>

<https://thevegan8.com>

<http://ElysabethAlfano.com/Recipes>

<https://sweetsimplevegan.com/>

<https://frommybowl.com>

<https://www.hotforfoodblog.com>

<https://www.bosh.tv/>

<https://www.avantgardevegan.com/>

<https://thebeet.com/category/recipes/>

<https://www.onegreenplanet.org/channel/vegan-recipe/>





# Education

## **NUTRITION:**

<https://nutritionfacts.org/>

## **VEGANISM:**

<https://www.vegansociety.com>

## **CRUELTY-FREE PERSONAL HYGIENE:**

<https://thederreview.com/cruelty-free-skincare-and-more/>

## **ANIMAL RIGHTS:**

<https://goveganworld.com/right-to-education-that-is-respectful-of-veganism-animal-rights/>



# News

<https://www.vwire.com>

<https://janeunchained.com/>

<https://vegnews.com>

<https://vegoutmag.com>

<https://www.livekindly.co>

<https://www.plantbasednews.org>

<https://www.veganlifemag.com/vegan-news/>

<https://theveganreview.com/>

<https://vegannewsnow.com>

<https://www.veganlifemag.com/vegan-news/>

<https://www.nytimes.com/topic/subject/veganism>

<https://www.vegknowledge.com>





# Film and Videos

## **VEGAN FILM DATABASE**

<https://www.vegmovies.com/>

## **SEASPIRACY**

<https://www.seaspiracy.org/>

## **COWSPIRACY**

<https://www.cowspiracy.com>

## **WHAT THE HEALTH**

<https://www.whatthehealthfilm.com>

## **EARTHLINGS**

<http://www.nationearth.com/Earthlings>

## **GAME CHANGERS**

<https://gamechangersmovie.com>

## **DOMINION MOVEMENT**

<https://www.dominionmovement.com/watch>

## **A PRAYER FOR COMPASSION**

<https://aprayerforcompassion.com>

## **OKJA**

<https://www.netflix.com/Okja>



# Books

The image features a stack of several books. The top book is open, showing its pages fanned out. Below it are several closed books with spines of different colors, including red, yellow, and blue. The background is a light blue with a textured, brush-stroke-like pattern.

**EATING ANIMALS by Jonathan Safran Foer**

<https://www.amazon.com/Eating-Animals-Jonathan-Safran-Foer/dp/0316069884>

**THE CHINA STUDY by Colin T Campbell**

<https://www.amazon.com/China-Study-Comprehensive-Nutrition-Implications/dp/1941631568/>

**HOW TO GO VEGAN by Veganuary**

<https://www.amazon.com/How-Go-Vegan-everything-going/dp/1473680964/>



# Podcasts

<http://elysabethalfano.com/PBH>

<https://thatvegancouple.com/podcasts/>

<https://www.brownvegan.com/podcast/>

<https://www.karinainkster.com/podcast>

- <https://nutritionfacts.org/audio/>

<https://www.thechickpeeps.com/>

<https://www.thebeardedvegans.com>

<http://liveplanted.com/podcast>

<https://www.richroll.com/category/podcast/>

<https://elysabethalfano.com/category/awesome-vegans-podcast-vlog/>



# Social and Dating



## **Veggly**

<https://apps.apple.com/us/app/veggly-vegan-dating/id1418079413>

## **Vegandr**

<https://apps.apple.com/us/app/vegandr-vegan-dating-app/id1465195027>

## **Veggie Connection**

<https://www.veggieconnection.com/#1453>

## **Veggie Date**

<https://www.veggiedate.org/>

## **VegPal**

<https://vegpalapp.com>

## **Grazer**

<https://grazerapp.com>



# Vegan Jobs

## **Vegan Jobs**

<https://veganjobs.com/>

## **Passion Placement**

<https://passionplacement.com/>

## **Veg News**

<https://vegnews.com/jobs>

## **Indeed**

<https://www.indeed.com/jobs?q=Vegan&l=>

## **Zip Recruiter**

<https://www.ziprecruiter.com/Jobs/Vegan>



TRY **VEGAN**  
~~SOMETHING~~  
TO STOP  
CLIMATE  
CHAOS!



Try Veganuary this January.



# WOULD YOU MAKE A NEW YEAR'S RESOLUTION THAT HAS THE POTENTIAL TO NOT ONLY CHANGE YOUR LIFE, BUT THE WORLD TOO?

If so, we have the perfect idea for you! This year vKind is supporting #VEGANUARY to help hundreds of thousands of people try a vegan diet this January!

Almost one million people have previously taken part - trying a vegan diet in January to reduce their environmental footprint, protect animals and improve their health. You'll receive helpful tips, resources, advice and support to make the transition to a plant-based diet easy and fun! And best of all – Veganuary is free for anyone to take part in!

Choosing plant-based is the most effective way to reduce our environmental footprint, according to recent research from Oxford University. Worldwide, more than 70 billion land animals are killed every year for food alone. Fish are farmed in such colossal numbers that we measure their existence in weight rather than individuals. The vast majority of these animals are raised in factory farms, and the scale of their suffering is astounding.

Adopting a plant-based diet is not only better for them and the planet, it is also better for us. Research has repeatedly shown that vegans have reduced risk of the world's biggest killers, including heart disease, type 2 diabetes, obesity and some cancers, while diets high in animal products are linked to a host of health problems.

There's never been a better time to try vegan! **Sign up today to join the challenge!!**







**VKIND INVITES YOU  
TO TRY VEGAN THIS  
JANUARY**

