

# YOUTH EMPOWERED ACTION (YEA) CAMP COOKBOOK!



31 easy recipes  
TO ROCK YOUR KITCHEN!

[www.yeacamp.org](http://www.yeacamp.org)

## **Thank you for coming to YEA Camp and wanting to try out some of our foods!**

We get so many compliments on our food at YEA Camp, by popular demand we needed to make a cookbook! This cookbook doesn't necessarily have the recipes from your exact session of camp (we will be updating it, though!), but it's close enough!

YEA Camp is all about changing the world and having fun doing it, so it's no surprise that we often have campers who want to try out eating the fun and delicious vegan foods like we ate at camp -- either because they loved the food or because of the many social justice-related reasons for reducing consumption of animal-based foods, or both! We get a lot of questions about this, so feel free to read more on it in this introduction or else just skip straight to the recipes!

Eating fewer animal products is one of the very best things we can do in our daily lives to protect the environment and mitigate climate change, reduce cruelty to animals, to boycott an industry with horrific and unethical labor practices toward their workers, and to chip away at a major cause of world hunger. Eating vegan is also linked to so many health benefits (reduced risk of heart disease, cancers, stroke, diabetes, and more), including longer life expectancy! It is a win-win-win-win-win! A google search will reveal literally millions of articles and websites for more information about the harm of industrialized animal agriculture. We recommend [www.vegweb.com](http://www.vegweb.com) and [www.chooseveg.com](http://www.chooseveg.com) for tons more recipes, nutrition, tips, and other info!

## **On eating more vegan foods or transitioning to a vegan diet:**

If any of you (or your kids) are considering moving toward a vegan diet, we recognize that changing one's diet can be difficult -- both from a practical standpoint as an individual, as well as impacting family meal dynamics, learning new foods to cook, purchasing different or additional foods, or requiring additional meal prep. It can also spark challenging meal-time conversations. We hope any experiences like these that may come up are positive!

We advise our campers in all things to be respectful and loving to family members or friends who disagree on any topic at all, and this one is certainly included! Campers, if you want to eat more vegan foods at home, you can help make things easier by offering to help cook or shop, learning more about nutrition and eating healthy, and not pressuring anybody else to change their food choices as well.

Just as you don't need to be Mexican to eat Mexican food or Indian to eat Indian food, you don't need to be vegan to eat vegan food! We think it's about progress -- not perfection and suggest easing into it.

We think of eating vegan kind of like recycling. Ideally, from an environmental and social justice standpoint, everyone would do it all the time! But realistically, especially for people who have never had a practice of doing it before, many people find it hard to do it even sometimes let alone all the time. But this is not an all or nothing endeavor, and making moves in the right direction is far better than not doing anything at all! Nobody is perfect, and so the more people who reduce their consumption even a little bit, the better it is for our world. If you "cheat," like on any diet, don't worry about it. You can keep it in mind in the future.

If you do want to shift to eating more vegan or vegetarian meals, it can be harder to go "cold turkey" and shift to vegan overnight. You could also approach it by trying out Meatless Mondays, trying out being vegetarian, reducing your consumption of animal products to just a few times or days a week, or trying out vegan versions of animal products and phasing in the ones you like while continuing to eat

those products you would really miss until and unless you want to cut them out. And there are [so many ideas for lunch meals](#) you can try another time!

There are vegan versions of most animal products that tend to taste similar and be healthier, and these make great transition food replacements, as they taste similar and tend to be high in protein and lower in saturated fat, with no cholesterol. Some of our favorites are companies that donate to YEA Camp! (This is not a coincidence or a sales pitch; we reach out to our favorite companies to request donations!) Items donated to and served at YEA Camp are in bold.

We recommend:

- **Veggie Burgers - Amy's Organics (California burgers are our favorite! Sonoma burgers are gluten-free.)**
- **Deli slices - Tofurky**
- **Sausages - Field Roast & Tofurky**
- **Mayo & salad dressings - Just Mayo and Just Ranch - Hampton Creek**
- **Cheese (shredded vegan mozzarella for pizza, pasta, quesadillas) - Daiya Cheese**
- **Artisanal cheeses - Miyoko's Kitchen**
- Cream cheese - Tofutti
- Chicken tenders and other meat alternatives - Gardein
- Butter alternative (non-hydrogenated margarine) - Earth Balance
- Non-dairy milks - soy, coconut, almond, and more
- Non-dairy ice cream - So Delicious, Nada Moo, Ben & Jerry's, Haagen Dazs

You might enjoy trying different cuisines from all over the world that have wonderful vegan meals without these meat or dairy replacements, such as:

- Indian - curries, biryani, dosas
- Asian cuisines - tofu with vegetables and rice or noodles
- Japanese - vegetarian sushi
- Middle Eastern - falafel, hummus, rice and lentils, grape leaves
- Mexican - burritos or tacos with rice and beans
- Italian - pasta primavera or marinara
- Ethiopian - lentils, split peas, and many vegan dishes

### **Nutrition Questions:**

- There is agreement among major health organizations that you can get all of the nutrients you need from a healthy vegan diet and that in fact you can reduce your risk for many of our society's biggest killers (heart disease, cancer, stroke, diabetes) from eating vegan, provided that you eat a varied vegan diet. This means including nutritious foods like fruits and vegetables, healthy carbohydrates, and legumes (like beans, lentils, tofu), which are rich in protein. See the [American Dietetic Association's position paper here](#) or research online for more info.
- Whether you eat a totally vegan diet or not, if you eat nothing but junk food (like white bread, Oreos, potato chips, French fries, etc.) that would not be healthy! Of course this is true of non-vegetarian diets too. (Most non-vegetarians don't get enough of many important nutrients, like fiber and the vitamins, minerals, and antioxidants that come from fruits and vegetables) and get too much of other harmful ones, like saturated fat and cholesterol.) We recommend eating as many fruits and vegetables as possible; and eating whole grains; almond or soy milk fortified with calcium and B12; protein sources like nuts, tofu, beans, chickpeas, lentils, quinoa, veggie burgers, and other "fake

meats”; as well as taking a multivitamin. See [the vegan 4 food groups](#) and [these other resources](#) from the Vegetarian Resource Group for more info on nutrition.

- For more information on nutrition questions related to vegan diets, see [Physicians Committee for Responsible Medicine](#), [VeganHealth.org](#), and [NutritionFacts.org](#). Great documentaries on Netflix focusing on the health benefits of vegan eating are [Forks Over Knives](#) and [What the Health](#).
- The recipes in this cookbook are “kid-friendly,” camper-approved meals that are similar to the non-vegetarian foods many people would expect at a “regular” camp. They are not all health foods (see: Desserts!), but they are certainly healthier than the non-vegan alternative some are replacing.

### **Ingredients found in some of these recipes that you might not know:**

- Nutritional yeast - a super healthy powder with a cheesy flavor; found in health food stores
- Textured vegetable protein - high in protein, low in fat; used in sloppy joe’s or vegan meatballs
- Tofu – high in protein, low in fat; available in most grocery stores. **Be sure to buy “firm” or “extra firm” tofu** for use in sandwiches, stir-fries, or anything that is not in a dessert or smoothie.
- Daiya cheese or Follow Your Heart Vegan Gourmet Cheese - available in health food stores
- Tofutti “Better Than” Cream Cheese - available in health food stores
- Vegemise Vegan Mayo - healthier and better-tasting than mayo! Available in health food stores
- Earth Balance Buttery Spread – vegan butter substitute that contains no hydrogenated oils.
- Tahini – sesame seed butter, great in hummus or salad dressings; high in protein.

### **Substitution tips:**

- Recipes that call for soymilk can be substituted with other nondairy milks (almond, rice, coconut).
- Canola oil can be substituted for olive oil, soybean oil or other “vegetable oils” or blends.

We hope you enjoy these meals and incorporating healthier and more sustainable and compassionate meals into your diet. Feel free to reach out to us at [info@yeacamp.org](mailto:info@yeacamp.org) if you have any questions or concerns, recipe tips, or success stories of eating more vegan meals!

## **Breakfast Items**

French Toast  
Pancakes  
Tofu Scramble  
Home Fries  
Bagel Day Ideas

## **Fun Snacks**

Hummus  
Guacamole  
Cheezy Popcorn  
Quesadillas  
Pasta Salad

## **Sandwiches and Beyond**

Tofurky Club  
Veggie Burgers  
Tacos  
Mac UnCheese  
Sloppy Joe's  
Burritos  
Miso Soup

## **Dinner**

Spaghetti with "Meat" Sauce  
Stuffed Shells  
Garlic Bread  
BBQ Tofu  
Pizza  
Teriyaki Stir Fry

## **Salad Dressings**

Balsamic Vinaigrette  
Goddess Dressing

## **Desserts**

Double Chocolate Brownies a la Mode  
Peanut Butter Brownie Topping  
Chocolate Chip Blondies  
Rice Crispy Treats  
Chocolate Cake  
Chocolate Cupcakes  
Vanilla Frosting  
Cinnamon Rolls

## Breakfast Items:

### French Toast

credit: peta.org

#### Ingredients:

12 slices white bread  
2 cups soy milk or other non-dairy milk  
2 tablespoons sugar  
1 tablespoon vanilla extract  
1 teaspoon salt  
1 teaspoon cinnamon  
2 tablespoons nutritional yeast  
¼ cup all purpose flour  
spray oil or other oil for pan

Whisk all ingredients except for the bread, together in a bowl until no lumps remain. Preheat a pan or skillet, spray with oil. Quickly dip both sides of bread slice in the batter, and immediately place on the hot pan/skillet. Wait a minute or two, and flip with a spatula. Cook other side until browned, remove from pan, and serve!

### Pancakes

credit: Vegan Brunch, by Isa Chandra Moskowitz

#### Ingredients:

1 ¼ cups all purpose flour  
2 teaspoons baking powder  
½ teaspoon salt  
1 teaspoon cinnamon (optional)  
2 tablespoons canola oil  
1/3 cup water  
1 to 1 ¼ cups plain soy milk or rice milk  
2 tablespoons maple syrup or pancake syrup  
1 teaspoon vanilla extract  
Spray oil or other oil for pan.

Whisk dry ingredients together in one bowl, whisk wet ingredients together in another bowl, and combine with a whisk until very few lumps remain. Preferably with spray oil, oil a skillet/pan and scoop ½ cup of batter per pancake. When bubbles start to appear and the edges appear dry, flip the pancake with a spatula and cook for about another minute. Remove from pan with spatula!

### Tofu Scramble

credit: Vegan Brunch, by Isa Chandra Moskowitz

#### Ingredients:

*for the spice blend:*

2 teaspoons ground cumin  
1 teaspoon dried thyme  
½ teaspoon ground turmeric  
1 teaspoon salt  
3 tablespoons water

***for the tofu:***

3 garlic cloves, minced  
2 tablespoons olive oil  
1 pound extra-firm tofu, drained  
¼ cup nutritional yeast  
fresh black pepper, to taste

Drain tofu and crumble into small chunks, mix spices in and fry in a pan until heated fully and slightly browned.

## **Home Fries**

**Ingredients:**

5 potatoes, peeled and cut into ½ inch diced cubes, roughly (peeling optional)  
¼ cup olive oil or vegetable oil  
1 tablespoon salt  
black pepper to taste  
pinch of cayenne pepper (optional)

Mix all ingredients together in a bowl, spread out on a tray or cookie sheet, bake for 30-40 min or until completely cooked, at 350 degrees.

## **Bagel Day Ideas**

Serve your favorite bagels (most of them are vegan already!) with the following spreads:  
Peanut Butter or Almond Butter  
Jelly or Preserves  
Earth Balance buttery spread  
Tofutti Better Than Cream Cheese spread

## **Fun Snacks:**

### **Hummus**

**Ingredients:**

1 can (16 oz) chickpeas, drained  
½ cup tahini  
1 tablespoon minced garlic  
2 tablespoons lemon juice  
1 tablespoon salt  
black pepper, to taste

½ cup olive oil (add more as needed)

¼ cup water (add more as needed)

Place all ingredients in a food processor until smooth! Use as a sandwich spread or dip! Of course, you can buy pre-made hummus at just about any grocery store.

## **Guacamole**

### **Ingredients:**

4 ripe avocados

½ minced red onion or yellow onion

¼ cup lime juice

1 tablespoon salt

1 teaspoon black pepper

Peel avocados and remove the pits, mash avocado with forks or a potato masher, or use a food processor to blend the avocado (optional). Mix the rest of the ingredients in by hand, and enjoy!

## **Cheezy Popcorn**

### **Ingredients:**

1 cup popcorn kernels

¼ cup oil (vegetable, canola, etc)

1 tablespoon salt (or more, to taste)

¼ cup nutritional yeast - found in health food stores

Place popcorn kernels and oil in a pot, covered with a lid. As kernels start popping, shake the pan back and forth so that kernels do not stick to pan or burn in the oil, and continue to do so until you only hear a few pops. Sprinkle the salt and nutritional yeast after the popping has finished.

## **Quesadillas**

### **Ingredients:**

6 tortillas (flour tortillas or corn tortillas)

2 cups non-dairy cheese (Daiya works best, Vegan Gourmet Follow Your Heart works, too)

Any of the following fillings:

½ cup diced onions

½ cup diced tomatoes

Morningstar vegan chick'n strips or other mock meats

Black beans

Condiments:

Vegan Sour Cream (Tofutti brand is great)

Guacamole

Place one tortilla on a dry skillet or pan on medium heat, and sprinkle vegan cheese onto top side of tortilla. Add any additional toppings (onions, beans, etc..) Add a little more cheese on top of toppings, and place second tortilla on top.

Wait at least a minute, press top tortilla down to help melting cheese adhere both layers together. Flip the entire quesadilla carefully so toppings don't fall out, heat for another minute, and then remove from pan. Cut, (easier with a pizza cutter!) and serve with condiments. Enjoy!

## **Pasta Salad**

### **Ingredients**

1 package rotini pasta  
½ cup Italian dressing, or olive oil with oregano, basil, pepper  
1 tablespoon salt  
Mixed Veggies of choice such as:  
Diced sun-dried tomato  
Steamed broccoli  
Olives

Cook pasta according to package directions, rinse under cool water in a colander, until pasta has cooled down. Mix dressing and veggies in and enjoy!

## **Sandwiches and Beyond!**

### **Tofurky Club Sandwich**

#### **Ingredients:**

Club Rolls  
Tofurky deli slices  
Vegenaise vegan mayo spread  
Mustard  
Sliced tomatoes  
Sliced red onions  
Lettuce: iceberg or romaine

### **Veggie Burgers**

#### **Ingredients:**

4 veggie burgers (some great brands are Boca, Amy's, and Morningstar, available at most grocery stores)  
4 hamburger rolls  
sliced tomatoes  
sliced onions  
ketchup  
mustard  
pickles  
Vegenaise vegan mayo spread

### **Tacos**

**Ingredients:**

6 Taco Shells

1 package Soy Chorizo from Trader Joe's, other brands available as well

1 cup vegan cheese (Daiya is our favorite)

Condiments:

Salsa

Chopped Onions & Tomatoes

Guacamole

Vegan Sour Cream (Tofutti Brand is great)

**Mac UnCheese****Ingredients:**

1 lb (16 oz) elbow macaroni or other pasta

2 cups soy/rice milk

2 tablespoons Earth Balance or other non-dairy margarine

2 tablespoons vegan mayonnaise (such as Vegenaïse or Nayonaïse)

1 cup nutritional yeast

½ cup - 1 cup white flour

1 teaspoon turmeric

1 teaspoon salt

¾ teaspoon ground pepper

½ teaspoon garlic powder

Cook pasta and drain. In a large bowl, combine pasta and all other ingredients. Cook over a low heat until sauce begins to bubble and thicken. Stir frequently. If sauce does not thicken, add more flour until desired consistency is achieved. Mix thoroughly with pasta and enjoy!

For variety, mix in one cup of steamed vegetables, such as broccoli or peas.

**Sloppy Joe's****Ingredients:**

4 hamburger or sandwich rolls

1 cup dry textured vegetable protein (TVP) - available at health food stores

olive oil

2 tablespoons tomato paste

1 cup tomato or pasta sauce

1 tablespoon yellow mustard

2 tablespoons maple syrup or sugar

1 tablespoon salt

1 tablespoon oregano

1 tablespoon onion powder

1 tablespoon chile powder  
1 diced green pepper  
1 diced onion

Cook TVP according to package directions. In a separate pan, saute onions and peppers in the olive oil, and then add remaining ingredients including TVP. Place a large spoonful of the mixture into toasted sandwich roll and enjoy!

## **Burritos**

### **Ingredients:**

4 flour tortillas  
1 can of black beans or pinto beans  
1 cup vegan cheese (We love Daiya!)  
1 cup cooked rice (½ cup rice + 1 cup water)  
Condiments (optional):  
Salsa  
Chopped Onions & Tomatoes  
Guacamole  
Vegan Sour Cream (Tofutti Brand is great)

## **Miso Soup**

### **Ingredients:**

1 cup water  
1 tablespoon Miso  
1 tablespoon chopped scallions  
¼ cup tofu, cut into cubes

In a small pot, bring to boil. Do not over boil. Or, microwave on high for one minute or until hot. Add desired amount of chopped tofu and/or sea vegetables such as wakame. Garnish with chopped scallions.

## **Dinner:**

### **Spaghetti with “Meat” Sauce**

#### **Ingredients:**

1 pound of spaghetti  
1 32 oz jar of Prego pasta sauce (any brand works but this one is easy to find)  
3 vegan sausages or other meat substitutes, crumbled (Boca burgers or Gimme Lean mock meats work well)

Cook pasta according to package directions, drain. Saute meat substitute in olive oil until browned, add in pasta sauce and cook on medium heat until sauce is heated. Mix sauce in with pasta, and serve!

## **Stuffed Shells**

**Ingredients:**

1 box (12 oz) large pasta shells  
1 to 2 cups pasta sauce  
(optional) 1 cup vegan mozzarella cheese (Daiya or Vegan Gourmet Follow Your Heart)

*Filling ingredients:*

2 lbs (2 blocks) of firm tofu, extra-firm if available, pressed and drained  
¼ cup Veganaise, or substitute soy milk if not available  
2 teaspoons salt  
¼ cup nutritional yeast  
¼ teaspoon basil  
¼ teaspoon oregano  
½ cup olive oil  
2 tablespoons minced garlic

Cook pasta according to package directions, and rinse pasta under cold water in a colander. Set pasta sauce aside. Combine all remaining ingredients (except for pasta and sauce and Daiya cheese) in a food processor and blend until smooth to make the filling.

Stuff each pasta shell with a heaping tablespoon or more, of the filling. Drizzle pasta sauce over the top of the shells after they are all assembled in the tray. Sprinkle vegan mozzarella cheese on top of the shells if you have it. Bake at 350 degrees for 20-25 minutes.

**Garlic Bread****Ingredients:**

1 loaf Italian bread  
½ cup minced garlic  
1 cup olive oil  
2 tablespoons salt

Cut bread into 1 inch slices. Mix salt, olive oil, and garlic in a bowl. Dip one surface of the bread into this mixture, place on pan, and bake at 350 degrees for 10-15 min or until lightly browned.

**BBQ Tofu****Ingredients:**

1 pound (1 block) **extra-firm** tofu, pressed and drained  
2 cups barbecue sauce (most store-bought brands are vegan)

Cut tofu into large flat squares. Cover with BBQ sauce, place in a lightly oiled pan, and bake at 350 degrees for 20 minutes or until much of the BBQ sauce has been absorbed.

Pour remaining BBQ sauce over the tofu after it has been removed from the pan, and eat!

**Pizza****Ingredients:**

1 ball of pizza dough (most grocery store deli or dairy sections have frozen or fresh dough that

is vegan)

½ cup tomato or pasta sauce

1 cup vegan mozzarella cheese (Daiya or Vegan Gourmet Follow Your Heart work best)

Optional toppings:

faux sausages (Tofurky is great), broccoli, sliced onions, mushrooms, garlic cloves

Preheat oven to 400 degrees. Using a pre-made pizza crust or dough, roll out the dough or place crust onto a pan. Add sauce, spread evenly. Sprinkle vegan cheese or other toppings on top of the sauce, bake for 20-30 minutes or until done, and then serve!

## **Pizza Dough**

### **Ingredients:**

2 ¼ teaspoons dried active yeast

½ teaspoon brown sugar

1 ½ cup warm water

½ teaspoon salt

2 tablespoons olive oil

3 1/3 cups flour

Combine yeast, brown sugar, and warm (this is important!) water together by whisking in a bowl. Set aside for 10-15 minutes or until it becomes a bit foamy. Add in the remainder of ingredients, combine with a spatula since it will become doughy quick and a whisk will just get stuck. Dusting hands and the dough with flour, continue to knead ingredients in large bowl or on floured surface, until well combined.

Place dough in a lightly oiled bowl so that it is easy to remove without sticking. Cover with a towel or plastic wrap, place in a warm area in the kitchen, such as on top of the oven, if possible, for a minimum of 30 minutes, can be left there for a few hours.

When dough has doubled in size, punch the dough down and roll it out on a floured surface with a rolling pin. Follow pizza recipe above and enjoy!

## **Teriyaki Stir Fry**

### **Ingredients:**

1 cup brown or white rice (cook with 2 cups water)

1 pound (1 block) firm tofu, pressed and drained

2 tablespoons olive oil

1 onion, sliced

2 cups broccoli, cut into small pieces

1 cup bell peppers (red, green, or yellow), sliced

1 cup teriyaki sauce (most store bought brands are vegan. If teriyaki sauce not available, cook veggies and tofu with a sauce such as this: ¼ cup soy sauce, ¼ cup lemon juice, black pepper, 2 tablespoons cornstarch, 2 tablespoons olive oil).

Cut tofu into triangular chunks, set aside. Cook rice according to package directions. Saute the onion and bell peppers in the olive oil until lightly browned. Toss in the broccoli, tofu, and Teriyaki sauce, continue to cook until some sauce has been absorbed by the tofu.

Serve over rice and enjoy!

## **Salad Dressings:**

### **Balsamic Vinaigrette**

**Ingredients:**

½ cup olive oil  
½ cup balsamic vinegar  
1 clove garlic  
1 teaspoon mustard  
pinch salt  
pinch black pepper

Combine all ingredients in blender until smooth.

### **Goddess Dressing**

**Ingredients:**

½ cup olive or canola oil  
½ cup tahini  
½ cup apple cider vinegar  
¼ cup soy sauce  
1 tablespoon lemon juice  
1 teaspoon salt  
½ cup water  
1 tablespoon dried parsley  
1 tablespoon sugar

Combine all ingredients in blender until smooth.

## **Desserts:**

### **Double Chocolate Brownies a la Mode**

**Ingredients:**

¾ cup canola oil  
2 cups sugar  
2 tablespoons vanilla extract  
2 tablespoons flaxseed meal  
½ cup soy milk  
2 cups flour  
¾ cup cocoa powder  
1 teaspoon baking soda  
½ teaspoon salt  
1 cup chocolate chips (most semisweet chocolate chips are vegan!)

(Optional) Soy ice cream such as Tofutti brand, So Delicious, etc.

Whisk dry ingredients in one bowl, set aside. Whisk wet ingredients together in another bowl, and gradually combine dry ingredients into the wet bowl with a spatula, since the batter will be thick. Fold in chocolate chips. Spread batter into a 8 x 8 inch pan or similar size pan, and bake at 350 for 25 minutes. Allow to cool completely before cutting into brownie squares.

Serve with a scoop of your favorite non-dairy ice cream!

### **Peanut Butter Brownie Topping**

#### **Ingredients:**

1 cup Earth Balance buttery spread  
½ cup shortening  
1 1/3 cup peanut butter  
5 cups powdered sugar  
2 tablespoons vanilla  
¼ cup – ½ cup soy milk

With a hand mixer or a stand mixer, blend vegetable shortening and Earth Balance and peanut butter until creamy. Slowly add vanilla extract and soy milk, blend. Gradually add powdered sugar, sift if clumpy, first. Mix until fluffy, and add more water or soy milk if necessary to reach desired consistency.

### **Chocolate Chip Blondies**

#### **Ingredients:**

¾ cup canola oil  
2 cups sugar  
2 tablespoons vanilla extract  
2 tablespoons flaxseed meal  
½ cup soy milk  
2 ½ cups flour  
1 teaspoon baking soda  
½ teaspoon salt  
1 cup chocolate chips (most semisweet chocolate chips are vegan!)

Whisk dry ingredients in one bowl, set aside. Whisk wet ingredients together in another bowl, and gradually combine dry ingredients into the wet bowl with a spatula, since the batter will be thick. Fold in chocolate chips. Spread batter into a 8 x 8 inch pan or similar size pan, and bake at 350 for 25 minutes. Allow to cool completely before cutting into blondie squares.

### **Rice Crispy Treats:**

#### **Ingredients:**

6 cups rice krispies cereal (feel free to use brown rice cereal if you want– or really you can substitute with most cereals)  
10 ounces (1 package) Dandies vegan marshmallows from Chicago Vegan Foods Co., or vegan

marshmallows from Sweet and Sara  
3 tablespoons Earth Balance vegan butter

Melt the vegan butter in a large pot. Add vegan marshmallows to butter and stir, on medium, until completely melted. Remove from heat and stir in rice krispies. Pour this mixture into a large pan and press firmly to mold. Let cool for 20 minutes, then cut into squares.

**Rich Chocolate Cake** (makes two 9-inch circular cake layers, or one 11x13 sheet cake)

**Ingredients:**

3 ½ - 4 cups all purpose flour  
3 cups sugar  
1 cup cocoa powder, sifted  
1 tablespoon baking soda  
2 teaspoons salt  
3 cups warm water  
1 tablespoon vanilla extract  
1 tablespoon apple cider vinegar  
1 cup vegetable oil

Whisk dry ingredients in one bowl, set aside. Whisk wet ingredients together in another bowl, and combine dry ingredients into the wet bowl with a whisk. Whisk together until batter is smooth and few lumps remain. Pour batter into greased cake pan(s), and bake at 350 for 25 minutes. Cake is done when a toothpick, fork, or knife inserted into center of cake comes out clean.

\*This recipe also works for cupcakes!

**Chocolate Cupcakes** (makes 12)

**Ingredients:**

12 cupcake liners  
1 cup soy milk  
1 teaspoon apple cider vinegar  
¾ cup sugar  
1/3 cup canola oil  
1 teaspoon vanilla  
1 cup all purpose flour  
1/3 cup cocoa powder  
¾ teaspoon baking soda  
½ teaspoon baking powder  
½ teaspoon salt

Whisk wet ingredients together in one bowl, set aside. Whisk dry ingredients together in another bowl, and combine with the wet ingredients. Whisk until no lumps remain, and portion the batter evenly into cupcake liners in a cupcake pan. An easy trick is to use an ice cream scoop or other portion scoop to do this.

Bake at 350 degrees for 12 – 15 minutes or until a knife inserted into the center of the cupcake

comes out clean. Allow to cool completely before decorating with frosting.

## **Vanilla Frosting**

### **Ingredients:**

½ cup Earth Balance buttery spread  
½ cup vegetable shortening  
1 pound powdered sugar, or 4 cups  
1 tablespoon vanilla extract  
2 tablespoons to ¼ cup of soy milk or water

With a hand mixer or a stand mixer, blend vegetable shortening and Earth Balance until creamy. Slowly add vanilla extract and soy milk, blend. Gradually add powdered sugar, sift if clumpy, first. Mix until fluffy, and add more water or soy milk if necessary to reach desired consistency.

## **Cinnamon Rolls**

### **Ingredients:**

4 ½ teaspoons yeast  
2/3 cup sugar  
1 cup warm water  
1 ½ cup soy milk  
2 teaspoons salt  
2 teaspoons cinnamon  
8 cups unbleached flour

### *Filling ingredients:*

½ cup to 1 cup Earth Balance buttery spread  
1 cup brown sugar  
2 teaspoons cinnamon  
chopped pecans or walnuts (optional)

Combine yeast, 2 tablespoons only of the sugar, and warm (this is important!) water together by whisking in a bowl. Set aside for 10-15 minutes or until it becomes a bit foamy. Add in the remainder of ingredients, combine with a spatula since it will become doughy quick and a whisk will just get stuck. Dusting hands and the dough with flour, continue to knead ingredients in large bowl or on floured surface, until well combined.

Place dough in a lightly oiled bowl so that it is easy to remove without sticking. Cover with a towel or plastic wrap, place in a warm area in the kitchen, such as on top of the oven, if possible, for a minimum of 30 minutes, can be left there for a few hours.

Preheat oven to 350 degrees.

When ready, punch the dough down in the bowl, and without kneading it, roll it out on a floured surface with a rolling pin, into as much of a rectangular shape as possible, with a thickness of about a half inch. Spread Earth Balance all over the surface of the rectangle shape of dough liberally. Sprinkle cinnamon/brown sugar/nut mixture on top of the Earth Balance. Roll this dough up into a long log, tightly. When rolled up, cut rolls that are about 1 inch wide, and place on their sides, so spirals are visible when you look down, in a well greased/oiled pan.

Bake for 15-25 minutes or until done.

Drizzle vanilla icing over the finished rolls, or a combination of powdered sugar and water if you do not have icing, can be used as a glaze.