



SAMPLE HOLIDAY VEGAN DINNER

Cranberry-Orange Spread Appetizer*

Serve with vegan crackers

(Choose an organic variety if possible, but Club and Town House original crackers are vegan, too)



Tofurkey

Purchase (available at most health food stores or co-ops) and cook according to the package directions with lots of root vegetables such as potatoes, sweet potatoes, carrots and add onions and mushrooms, if desired.

Vegan gravy*

(or purchase a vegan gravy mix)

Smashed Sweet Potatoes w/cranberries* or traditional mashed potatoes

Use your favorite recipe using soy butter, soy sour cream and soy or rice milk as needed.

Fresh (or frozen) vegetables
(Corn, peas, or any favorite)

Pumpkin Biscuits*

Pumpkin Pie* or Pumpkin Roll*

Tofu Whip*

*See recipe inside this brochure or see
www.northernvegans.com
for more recipes.



Our Mission

Advocating a vegan lifestyle through educational outreach and providing a community for those who share this vision of healthy, compassionate, and sustainable living in the North.

The term vegan (pronounced vee-gun) was coined by Donald Watson in 1944 and was defined as follows:

Veganism is a way of living which excludes all forms of exploitation of, and cruelty to, the animal kingdom, and includes a reverence for life. It applies to the practice of living on the products of the plant kingdom to the exclusion of flesh, fish, fowl, eggs, honey, animal milk and its derivatives, and encourages the use of alternatives for all commodities derived wholly or in part from animals.

See our Web site for more information about how a vegan lifestyle helps your health, the environment and the animals.

Please join us for our upcoming events.
Everyone is welcome.
No membership is required.

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www.northernvegans.com



Eating and living for ALL life.

Holiday

Recipes

www.northernvegans.com

VEGAN HOLIDAY RECIPES

Orange-Cranberry Spread

- 1 container (8 oz. Toffutti's or other brand) soy cream cheese
- 2 Tablespoon orange juice concentrate (thawed from frozen container, not mixed with water)
- 1/8 teaspoon cinnamon
- 1 Tablespoon organic sugar
- 1/4 cup finely chopped pecans
- 1/4 cup finely chopped dried cranberries

Combine soy cream cheese, orange juice, cinnamon and sugar with an electric mixer or food processor. Gently fold in pecans and cranberries. Refrigerate. Serve with your favorite vegan crackers.

Pumpkin Biscuits

From "Vegan Planet" by Robin Robinson—used with permission (www.robinrobertson.com)

For tender biscuits, be sure to mix lightly, since over-mixing can result in tough biscuits.

- 2 cups unbleached all-purpose flour
- 1 Tablespoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon ground allspice
- 3/4 cup canned pumpkin
- 1/2 cup soy milk or other dairy-free milk
- 3 Tablespoons corn oil
- 1 Tablespoon pure maple syrup



1. Preheat the oven to 450 degrees F. Lightly oil a baking sheet and set aside.
2. In a large bowl, sift together the flour, baking powder, salt, and allspice and set aside.
3. In a medium-sized bowl, combine the pumpkin, soy milk, corn oil, and maple syrup and blend until smooth. Combine the pumpkin mixture with the flour mixture, stirring until the dough is just mixed and holds together.
4. Transfer to a lightly floured work surface and roll out to about 1/2 inch thick. Using a biscuit cutter or small drinking glass, cut the dough into 2-inch rounds and place on the prepared baking sheet. Re-roll the dough scraps and cut out more biscuits.
5. Bake on the center oven rack until golden brown on top, 12 to 14 minutes. Serve hot.

Smashed Sweet Potatoes with Dried Cranberries

From "Fresh from the Vegetarian Slow Cooker" by Robin Robertson (www.robinrobertson.com)

- 4 large sweet potatoes, peeled and cut into 1/2-inch thick slices
- 1/2 cup apple juice
- 1/4 cup organic light brown sugar
- Salt and freshly ground black pepper
- 1/3 cup dried sweetened cranberries

1. Place the sweet potatoes slices in a lightly oiled slow cooker. In a small bowl combine the apple juice and sugar and pour over potatoes. Season with salt and pepper to taste. Cover and cook on low for 6 hours or until the potatoes are tender.
2. Just before serving, smash the potatoes with a potato masher and fold in the cranberries. Serves 4

Bryanna's Rich (Fat-Free) Brown Gravy

Recipe by Bryanna Clark Grogan—used with permission (www.bryannaclarkgrogan.com)

- 2 1/2 cups water (or use 2 cups water and 1/2 cup dry sherry, port, Madeira, or Marsala)
- 1/3 cup unbleached white flour
- 1/3 cup nutritional yeast flakes (available at health food stores in the refrigerated section—a good source of vitamin B12)
- 2 Tablespoons soy sauce
- 1/2 teaspoon salt

OPTIONAL: a few shakes of gravy brownier, such as Kitchen Bouquet. Add sautéed mushrooms to the gravy, if you like.

In a heavy saucepan over high heat, whisk the yeast and flour together until it smells toasty. Off the heat, whisk in the water, soy sauce, salt and Kitchen Bouquet, if using. Stir constantly over high heat until it thickens and comes to a boil. Reduce the heat and simmer for 2-5 minutes. This can be made ahead and reheated.

Yield: 2 1/2 cups

Bryanna's Vegan Pumpkin Pie

Recipe by Bryanna Clark Grogan—used with permission (www.bryannaclarkgrogan.com)

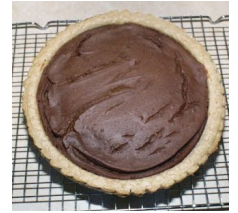
MAKE THIS THE DAY BEFORE SERVING. It needs a day to set really well. This is a spicy filling. Preheat oven to 350 degrees F. Have ready, one 9" unbaked pastry crust. (try the Wholly Wholesome brand in the freezer section of your health food store, if available)

- Blend in blender:
- 2 cups solid-pack canned pumpkin (if you use home-cooked pumpkin, drain it for several hours hanging in a cloth bag, so it's thick like canned pumpkin)
 - 1 cup non-dairy milk (preferably a rich soymilk)
 - 3/4 cup organic brown sugar or Sucanat
 - 1/4 cup cornstarch
 - 1 Tablespoon molasses or blackstrap molasses
 - 1 teaspoon ground cinnamon
 - 1 teaspoon vanilla
 - 1/2 teaspoon ground ginger, nutmeg and salt
 - 1/2 teaspoon ground nutmeg
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground allspice or cloves

Pour the filling into the pastry and bake 60 minutes, covering the edges with foil if they begin to brown too quickly. Cool on a rack, then refrigerate overnight before serving.

Tofu Pumpkin Pie

- 1 can (15 ounces) pureed pumpkin
- 3/4 cup organic sugar or sucanat
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 3 Tablespoons cornstarch
- 1 package (12 ounces) silken firm tofu (boxed)
- 1 9-in unbaked vegan pie shell (try the Wholly Wholesome brand in the freezer section if available)



Preheat oven to 400 F. Blend the pumpkin and sugar in blender or with electric mixer. Add salt, spices, cornstarch and tofu, mix thoroughly. Pour mixture into pie shell and bake for 15 minutes. Lower heat to 350 F and bake for another 60 minutes. Chill and serve.

Tofu Whip

- 1 12-ounce box of firm silken tofu
- 1/4 cup pure maple syrup
- 1 teaspoon vanilla

Blend ingredients in a food processor or blender until smooth. Keep refrigerated.

Pumpkin Roll

- 3/4 cup unbleached white flour
- 1 teaspoon baking powder
- 1 teaspoon ginger
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg
- Ener-G Egg Replacer (equivalent to 3 eggs) - Available at your local health food store
- 1 cup organic white sugar or sucanat
- 2/3 cup canned pumpkin



Filling

- 1 8-ounce container (Toffutti's or other brand) soy cream cheese
- 2 Tablespoons soy spread (Earth Balance or other brand)
- 1 cup organic powdered sugar
- 1 teaspoon vanilla

With electric mixer or food processor combine the filling ingredients and set aside. Mix flour, baking powder, ginger, salt and nutmeg in a large bowl. Mix Ener-G with warm water as directed on package (for 3 "eggs") and whip until frothy, add sugar and mix well. Stir in pumpkin. Combine with flour mix. Line a cookie sheet with waxed paper and spray or lightly coat with oil. Pour on mixture and spread or shake until even. Bake for 15-20 minutes. Be careful not to burn edges. Let cool; spread with filling and carefully roll up off wax paper. Wrap in saran wrap and refrigerate. OPTIONAL: Roll in chopped walnuts and/or sprinkle with powdered sugar.

See www.northernvegans.com for more recipes.