VEGAN STARTER KIT
YOUR ULTIMATE GUIDE TO GOING VEGAN

Look inside

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# Table of Contents

3    Vegan Food Plate  
4    Academy of Nutrition & Dietetics  
5-8  Vegan Nutrition Grocery List  
9    The Protein Myth  
10   Plant-Based Foods Packed with Protein  
11   Plant-Based Foods Packed with Calcium  
12   Plant-Based Foods Packed with Iron  
13   Plant-Based Foods Packed with Omega-3  
14   Nutrition Facts  
15   The Dairy Myth  
16   Plant-Based Milks  
17   Vegan Alternatives to Dairy  
18   Eggs: Not All It’s Cracked Up To Be  
19-20 Vegan Alternatives to Eggs  
21   Vegan Alternatives to Poultry  
22   Vegan Alternatives to Beef  
23   Vegan Alternatives to Pork  
24   Fish Warning  
25   Vegan Alternatives to Fish & Seafood  
26-27 Vegan Shopping Guide  
28-37 Everyday Meals Made Vegan  
38-43 Ethnic Restaurants Vegan Options  
44   Fast Food Vegan Options  
45   Common Non-Vegan Ingredients  
46-54 Vegan Recipes  
55-56 More Resources
Vegan Food Plate

Let food be thy medicine and medicine be thy food.
Appropriately planned vegan diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. A well-planned vegan diet is appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.

Journal of Academy of Nutrition and Dietetics, December 2016, Volume 116, Number 12
# Vegan Nutrition Grocery Checklist

## Protein

- **RDA:** 0.36 grams/pound of body weight
- Tofu - 20 g/cup
- Lentils - 18 g/cup
- Kidney Beans - 20 g/cup
- Chickpeas - 15 g/cup
- Quinoa - 8 g/cup
- Peanut Butter - 8 g/ounce
- Peas - 8 g/cup

## Calcium

- **RDA:** 1,000 milligrams/day
- + Tofu - 868 mg/cup
- + Soy Milk - 350 mg/cup
- + Almond Milk - 350 mg/cup
- Collard Greens - 268 mg/cup
- Dried Figs - 241 mg/cup
- Chia Seeds - 179 mg/ounce
- Kale - 177 mg/cup

+ Prepared with calcium sulfate
* Fortified

## Iron

- **RDA:** 10-20 milligrams/day
- Soybeans - 8.8 mg/cup
- Dried Apricots - 7.5 mg/cup
- Tofu - 6.8 mg/cup
- Lentils - 6.6 mg/cup
- Spinach - 6.4 mg/cup
- Lima Beans - 4.5 mg/cup
- Swiss Chard - 4 mg/cup

## Omega-3

- **RDA:** 1.1-1.6 grams/day
- Chia Seeds - 5 g/ounce
- Walnuts - 2.5 g/ounce
- Flax Seeds - 2.3 g/tablespoon
- Hemp Seeds - 1.7 g/tablespoon
- Soybeans - 1.3 g/cup
- Tofu - 0.6 g/cup
- Spinach - 0.5 g/cup

Source: USDA FoodData Central
## Vegan Nutrition Grocery Checklist

### Complex Carbs

RDA: 130 grams/day

- Sweet Potato - 51 g/potato
- Chickpeas - 49 g/cup
- Brown Rice - 49 g/cup
- Lentils - 40 g/cup
- Kidney Beans - 40 g/cup
- Quinoa - 39 g/cup
- Cashews - 36 g/cup

### Fiber

RDA: 25-35 grams/day

- Black Beans - 15 g/cup
- Lentils - 15 g/cup
- Avocado - 9 g/hass avocado
- Raspberries - 8 g/cup
- Peas - 8 g/cup
- Potato - 6 g/large potato
- Broccoli - 5 g/cup

### Vitamin A

RDA: 700-900 micrograms/day

- Sweet Potato - 1,730 mcg/potato
- Butternut Squash - 1,140 mcg/c
- Carrots - 1,070 mcg/cup
- Spinach - 943 mcg/cup
- Dried Apricots - 753 mcg/cup
- Cantaloupe - 371 mcg/cup
- Red Pepper - 257 mcg/pepper

### Vitamin B12

RDA: 2.4 micrograms/day

- *Soy Milk* - 3 mcg/cup
- *Almond Milk* - 3 mcg/cup
- *Cashew Milk* - 3 mcg/cup
- *Coconut Milk* - 3 mcg/cup
- *Impossible Burger* - 3 mcg/patty
- *Nutritional Yeast* - 2.4 mcg/tbsp
- *Cheerios* - 1.9 mcg/cup

*fortified

Source: USDA FoodData Central
# Vegan Nutrition

## Grocery Checklist

### Vitamin C

- **RDA**: 75-90 milligrams/day
- Red Pepper - 209 mg/pepper
- Guava - 126 mg/guava
- Orange - 98 mg/large orange
- Papaya - 88 mg/cup
- Strawberries - 84 mg/cup
- Broccoli - 81 mg/cup
- Pineapple - 79 mg/cup

### Vitamin D

- **RDA**: 15-20 micrograms/day
- Button Mushrooms - 25 mcg/c
- Sunlight - 15 mcg/15 min of sun
- Tofu - 3.5 mcg/cup
- Soy Milk - 2.5 mcg/cup
- Almond Milk - 2.5 mcg/cup
- Cashew Milk - 2.5 mcg/cup
- Coconut Milk - 2.5 mcg/cup
  - *exposed to ultraviolet light
  - *fortified

### Vitamin E

- **RDA**: 15 milligrams/day
- Sunflower Seeds - 7.4 mg/oz
- Almonds - 7.3 mg/ounce
- Avocado - 6.3 mg/FL avocado
- Hazelnuts - 4.2 mg/ounce
- Spinach - 3.7 mg/cup
- Peanut Butter - 3 mg/ounce
- Butternut Squash - 2.6 mg/cup

### Vitamin K

- **RDA**: 90-120 micrograms/day
- Spinach - 888 mcg/cup
- Collard Greens - 773 mcg/cup
- Kale - 494 mcg/cup
- Broccoli - 220 mcg/cup
- Brussel Sprouts - 218 mcg/cup
- Cabbage - 163 mcg/cup
- Asparagus - 91 mcg/cup

*Source: USDA FoodData Central*
Vegan Nutrition
Grocery Checklist

**Iodine**
* RDA: 150 micrograms/day
  - Dulse Seaweed - 836 mcg/tbsp
  - Iodized Salt - 270 mcg/tsp
  - Kombu Seaweed - 150 mcg/sheet
  - Nori Seaweed - 150 mcg/sheet
  - Potato - 60 mcg/large potato
  - Prunes - 27 mcg/10 prunes
  - *Lima Beans - 16 mcg/cup

*varies depending upon iodine content of the soil

**Magnesium**
* RDA: 310-420 milligrams/day
  - Spinach - 157 mg/cup
  - Swiss Chard - 150 mg/cup
  - Soybeans - 148 mg/cup
  - Hemp Seeds - 140 mg/ounce
  - Black Beans - 120 mg/cup
  - Quinoa - 118 mg/cup
  - Brown Rice - 86 mg/cup

**Potassium**
* RDA: 2,600-3,400 milligrams/day
  - Potato - 1,600 mg/large potato
  - Dried Apricots - 1,510 mg/cup
  - Prunes - 1,270 mg/cup
  - Dates - 964 mg/cup
  - Lima Beans - 955 mg/cup
  - Raisins - 749 mg/cup
  - Edamame - 676 mg/cup

**Zinc**
* RDA: 8-11 milligrams/day
  - Tofu - 4 mg/cup
  - Hemp Seeds - 3 mg/ounce
  - Lentils - 2.5 mg/cup
  - White Beans - 2.5 mg/cup
  - Chickpeas - 2.5 mg/cup
  - Oatmeal - 2.3 mg/cup
  - Pumpkin Seeds - 2.2 mg/ounce

Source: USDA FoodData Central
THE PROTEIN MYTH

**MYTH**
You cannot get enough protein on a vegan diet.

**REALITY**
Vegans can get all the protein they need from tofu, lentils, beans, peas, whole grains, nuts and seeds. In fact, the largest land animals on Earth are all vegan.

**MYTH**
You cannot get all the essential amino acids on a vegan diet.

**REALITY**
All plants contain at least moderate amounts of all nine essential amino acids; as long as you eat a variety of plant-based foods, you will get them all.

**MYTH**
You cannot build muscle on a vegan diet.

**REALITY**
Not only can you build muscle on a vegan diet but plants contain phytonutrients that can provide you more energy and better recovery. In fact, a growing number of professional athletes, including Chris Paul and Novak Djokovic, have embraced a plant-based diet.
PLANT-BASED FOODS PACKED WITH PROTEIN

- Peas: 8 g/cup
- Tofu: 20 g/cup
- Beans: 15 g/cup
- Oatmeal: 6 g/cup
- Almonds: 6 g/oz
- Quinoa: 8 g/cup
- Lentils: 18 g/cup
- Peanut Butter: 8 g/tbsp
- Edamame: 18 g/cup
PLANT-BASED FOODS PACKED WITH CALCIUM

Collard Greens 268 mg/cup
Pinto Beans 79 mg/cup
Dried Figs 241 mg/cup

Tofu 866 mg/cup
Broccoli 43 mg/cup
Chia Seeds 179 mg/oz

Oranges 72 mg/cup
Almonds 385 mg/cup
Kale 177 mg/cup
PLANT-BASED FOODS PACKED WITH IRON

- Collard Greens: 2.1 mg/cup
- Dried Apricots: 7.5 mg/cup
- Kidney Beans: 5.2 mg/cup
- Tofu: 6.8 mg/cup
- Spinach: 6.4 mg/cup
- Lentils: 6.6 mg/cup
- Chickpeas: 4.7 mg/cup
- Almonds: 5.3 mg/cup
- Swiss Chard: 4 mg/cup
PLANT-BASED FOODS PACKED WITH OMEGA-3

- Flax Seeds: 2.3 g/tbsp
- Walnuts: 2.5 g/oz
- Tofu: 0.6 g/cup
- Hemp Seed Oil: 7 g/tbsp
- Hemp Seeds: 2.6 g/tbsp
- Flax Seed Oil: 6.6 g/tbsp
- Soybeans: 1.3 g/cup
- Spinach: 0.5 g/cup
- Chia Seeds: 5 g/oz
**B12**

B12 is a microorganism, a bacteria found in soil and water that helps cell production and blood formation. Animals do not produce B12, they acquire it by eating food that is contaminated with these microorganisms in the soil and water, or as is the case on many farms, they are injected with a B12 shot. Since B12 is made by bacteria, vegans can obtain vitamin B12 through supplements and fortified vegan foods. The recommended dietary allowance for vitamin B12 is only 2.4 micrograms. Common vegan foods fortified with vitamin B12 include nutritional yeast, soy milk, almond milk, and other plant milks, and many breakfast cereals and granola bars. You can also get a vitamin B12 supplement at most health food and vitamin stores.

**Omega-3**

Omega-3 acids are important in the normal functioning of all tissues of the body. Omega-3 fatty acids are found in many vegetables, beans, nuts and seeds. In order to maximize production of DHA and EPA omega-3 fatty acids, you should include good sources of alpha-linolenic acid (ALA) in your diet, such as flaxseed, flaxseed oil, tofu, soybeans, hemp seeds, hemp seed oil, chia seeds, and walnuts. Our bodies convert ALA into EPA and DHA, so if you eat enough ALA, you will get enough EPA and DHA.

**Iron**

Vegans do not have a higher incidence of iron deficiency than do meat-eaters. In fact, dried beans and dark green leafy vegetables such as spinach and swiss chard are even better sources of iron on a per calorie basis than meat. Although vegan diets only contain non-heme iron, iron absorption will be greatly increased by eating foods containing vitamin C along with iron-rich foods. For instance, commonly eaten combinations, such as beans and tomato sauce or stir-fried tofu and broccoli will result in high levels of iron absorption. And, many iron-rich vegetables, such as broccoli, kale, and bok choy, are also high in vitamin C so that the iron in these foods is just as well absorbed as in meat.

**Vitamin D**

Vitamin D can be made by humans following exposure to sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults so that vitamin D production can occur. Vegan sources of vitamin D include vitamin D-fortified soy milk & other plant milks, fortified orange juice, and fortified breakfast cereals.

**Calcium**

A varied plant-based diet will provide all the calcium you need to build strong bones without the cholesterol and high saturated fat found in cow’s milk and other dairy products. Good sources of calcium include: dark green vegetables, tofu made with calcium sulfate, nuts & seeds, beans, peas and lentils, calcium-fortified soy milk and other plant milks, and calcium-fortified orange juice.
Cows, like all mammals, produce milk for their babies, not for humans. In order to digest the high amounts of lactose, a sugar found in cow's milk, you need the enzyme lactase in your gastrointestinal tract. However, the enzyme lactase naturally decreases as all mammals mature, including in humans. This would help explain why 65% of the human population is lactose intolerant.

WARNING: Use of this product has been known to cause diarrhea, gassiness, bloat, cramps, ear infections and excess mucus.
Plant-Based Milks
About 60% of the calories in eggs are from fat, and a big portion of that fat is saturated. Eggs are also loaded with cholesterol - about 186 milligrams for an average-sized egg. Diets high in cholesterol and saturated fat have been linked to an increase in heart disease - the leading cause of death in the United States.
Vegan Alternatives to Eggs
Vegan Alternatives to Baking with Eggs

1/2 mashed banana = 1 egg

1/4 cup apple sauce = 1 egg

1/4 cup silken tofu = 1 egg

1/4 cup pureed pumpkin = 1 egg

3 tbsp aquafaba (chickpea can liquid) = 1 egg

1 tbsp ground flax seeds + 3 tbsp water = 1 egg
Vegan Alternatives to Poultry
Vegan Alternatives to Beef
Nearly all fish and seafood contain some amount of mercury and related compounds, chemicals known to cause cancer, birth defects and other reproductive harm.
Vegan Alternatives to Fish & Seafood

- Gardein Golden Fishless Filets
- Good Catch Plant-Based Fish Burgers
- Sophie’s Kitchen Vegan Smoked Salmon
- Quorn Fishless Sticks
- Gardein Mini Crispy Crabless Cakes
- Sophie’s Kitchen Vegan Shrimp
- Loma TUNO Spring Water

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Vegan Shopping Guide

Pantry
- Lay's Classic
- Clif Bar Chocolate Chip
- Amy's Organic Soups Lentil
- Success Boil-in-Bag Brown Rice
- Rosarita Whole Grain
- Planters Cocktail Peanuts
- Bush's Vegetarian Baked Beans
- Prego Marinara
- Vega Protein Bar
- Barilla Spaghetti

Fridge
- Almond Breeze Unsweetened Original
- Violife Block Original
- Field Roast Frankfurters
- Silk Original Vegenaise
- Sabra Classic
- Earth Balance Original

Freezer
- Annie's Organic Pumpkin Spice
- Gardein Gluten-Free Filets
- Morning Star Farms Chik'n Nuggets
- Beyond Sausage
- So Delicious Cookie Dough
- Boca Original

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### Veggie Chicken, Turkey & Fish
(freezer section)
- Boca Chik’n Nuggets
- Boca Chik’n Patties
- Field Roast Celebration Roast
- Gardein Barbecue Wings
- Gardein Fishless Filets
- Gardein Orange Chick’n
- MorningStar Chik’n Nuggets
- Quorn Vegan Fishless Sticks
- Sophie’s Kitchen Vegan Shrimp
- Tofurky Veggie Roast
  (produce section)
- Good Catch Fish-Free Tuna
- Lightlife Smart Chicken Tenders
- Lightlife Smart Deli Turkey Slices
- Tofurky Deli Slices

### More Meat Alternatives
(produce section)
- Lightlife Tempeh
- Nasoya Tofu
- WestSoy Seitan

### Vegan Pizza/Mac & Cheese
(freezer section)
- Amy’s Vegan Rice Mac & Cheese
- Daiya Cheeze Lover’s Pizza
- Gardein Pizza Pockets
- Tofurky Pepp’roni Pizza Pocket

### Dairy-Free Condiments, Spreads, Dressings & Dips
(dairy section)
- Daiya Cream Cheese
- Earth Balance Buttery Spread
- Follow Your Heart Vegenaise
- I Can’t Believe It’s Not Butter
  It’s Vegan Spread
- Kite Hill Ricotta
- Tofutti Cream Cheese
- Tofutti Sour Cream
  (produce & dressing aisle)
- Daiya Caesar Dressing
- Daiya Creamy Italian Dressing
- Follow Your Heart Ranch Dressing
- GO Veggie Vegan Parmesan
- JUST Mayo
- So Delicious Cocowhip
- Soyauto Soy Whip Cream

### Dairy-Free Milk
(dairy & health aisle)
- Blue Diamond Almond Milk
- Califia Almond Milk Creamer
- Milkadamia Macadamia Milk
- Oatly Oat Milk
- Rice Dream Rice Milk
- Ripple Pea Milk
- Silk Soy Creamer
- Silk Soy Milk
- So Delicious Coconut Milk

### Dairy-Free Yogurt
(dairy section)
- Daiya Greek Yogurt
- Forager Cashewgurt
- Kite Hill Almond Yogurt
- Silk Soy Yogurt
- So Delicious Coconut Milk Yogurt

### Egg Replacers & Vegan Breakfast Items
(freezer section)
- Amy’s Tofu Scramble Wrap
- Gardein Breakfast Sausage Patties
- Nature’s Path Chocnut Granola Bars
- Nature’s Path Waffles
  (health & baking aisle)
- Ener-G Egg Replacer
- Follow Your Heart VeganEgg
- JUST Egg
- The Veg Vegan Egg Yolk

### Dairy-Free Ice Cream
(freezer section)
- Almond Dream Ice Cream
- Ben & Jerry Non-Dairy Ice Cream
- Breyers Non-Dairy Ice Cream
- Coconut Bliss Ice Cream
- Haagen-Daz Non-Dairy Ice Cream
- Halo Top Dairy-Free Ice Cream
- So Delicious Ice Cream
- Tofutti Cuties Ice Cream Sandwiches

### Vegan Snacks
(vitamin & health aisle)
- Clif Bars & Vega Bars
  (snack & cookie aisle)
- Dandel’s Vegan Marshmallows
- Doritos Spicy Sweet Chili
- Earth Balance Cheddar Squares
- Lenny & Larry’s Complete Cookie
- Nocciolata Dairy-Free Hazelnut Spread (vegan Nutella)
Everyday Meals Made Vegan

Spaghetti with Meatless Meatballs

Photo & Meal by Jessica in the Kitchen
Vegan Cheeseburger
Spaghetti with Meatless Meatballs
Vegan BLT

Ingredients:
- Lightlife SMART BACON
- Original Vegenaise
- Lettuce
- Sliced tomato
- Bread
Breakfast
Veggie Hot Dog
Veggie Turkey Sandwich
Vegan Tacos

Ingredients:
- Lightlife Smart Ground Plant-Based Crumbles
- Daiya Cheddar-Style Shreds
- Tofutti Sour Cream
- Red onions
- Tomatoes
- Avocado
Vegan Chili

- Beyond Meat Beyond Beef Crumbles
- Goya Red Kidney Beans
- Goya Black Beans
- Chopped Garlic
- Tomatoes
- Red Onions
Chick'n Stir-Fry

gardein teriyaki chick'n strips

Ingredients:
- Chick'n strips
- Broccoli
- Carrots
- Mushrooms
- Green beans
- Red bell peppers
- Onions
Ethnic Restaurants
Vegan Options

General Tso's Tofu

Photo & Meal by Simple Vegan Blog
CHINESE

- FRIED TOFU W/ VEGETABLES
- VEGETABLE LO MEIN (NO EGG)
- VEGETABLE FRIED RICE (NO EGG)
- SPRING ROLL
INDIAN

CHANA MASALA

VEGETABLE SAMOSA

ROTI (NO BUTTER/GHEE)

ALOO GOBI
BEAN & VEGGIE BURRITO  
(NO CHEESE, NO SOUR CREAM)  

BLACK BEAN SOUP  

CHIPS & GUACAMOLE  

PLANTAINS
MIDDLE EASTERN

FALAFEL SANDWICH

TABBOULEH

HUMMUS & PITA

STUFFED GRAPE LEAVES (NO MEAT)
PAD THAI W/ TOFU
(NO EGG, NO FISH SAUCE)

MASSAMAN CURRY
W/ TOFU (NO FISH SAUCE)

MISO SOUP

VEGGIE SUSHI ROLL
Fast Food Vegan Options

**Blaze Pizza**
- VEGAN CHEESE
- REGULAR DOUGH
- CLASSIC RED SAUCE
- SPICY VEGAN CHORIZO
- MUSHROOMS
- GREEN BELL PEPPERS
- BASIL

**Burger King**
- IMPOSSIBLE WHOPPER (NO MAYO, NO CHEESE)
- FRENCH TOAST STICKS
- DUTCH APPLE PIE
- FRENCH FRIES
- HASH BROWNS
- GARDEN SALAD

**Chipotle Mexican Grill**
- SOFRITAS
- BLACK BEANS
- PINTO BEANS
- FAJITA VEGGIES
- GUACAMOLE
- SALSA
- CHIPS

**Denny’s**
- BEYOND BURGER (NO CHEESE, NO SAUCE)
- SEASONED FRIES
- HASH BROWNS
- BAKED POTATO
- OATMEAL
- GRITS

**Dunkin’ Donuts**
- BEYOND SAUSAGE SANDWICH (NO EGG, NO CHEESE)
- BAGELS: EVERYTHING, PLAIN, SESAME
- LATTE W/ ALMOND MILK
- HASH BROWNS

**Olive Garden**
- BREAD STICKS
- MINESTRONE SOUP
- SPAGHETTI W/ MARINARA SAUCE
- SALAD W/ OIL & VINEGAR (NO CROUTONS)

**Starbucks**
- VANILLA FRAPPUCCINO W/ ALMOND, COCONUT, OR SOY MILK (NO WHIPPED CREAM)
- COCONUT MILK LATTE
- PLAIN BAGEL LATTE
- OATMEAL

**Subway**
- VEGGIE DELITE W/ AVOCADO ON ITALIAN, SOURDOUGH, OR 9-GRAIN WHEAT BREAD (NO CHEESE, NO MAYO)
- SUBWAY VINAIGRETTE
- GUACAMOLE

**Taco Bell**
- BEAN BURRITO (NO CHEESE)
- BLACK BEAN CRUNCH-WRAP SUPREME
- FRESCO STYLE
- CHIPS & GUACAMOLE
- CINNAMON TWISTS
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beeswax</td>
<td>Secretions from the glands of female bees.</td>
</tr>
<tr>
<td>Carmine/E120/Natural Red 4</td>
<td>A food coloring derived from the dried bodies of female beetles.</td>
</tr>
<tr>
<td>Casein</td>
<td>The principal protein in animal milk.</td>
</tr>
<tr>
<td>Gelatin</td>
<td>Made from boiling the skin, cartilage, and bones of animals.</td>
</tr>
<tr>
<td>L-Cysteine</td>
<td>Made from duck and chicken feathers, and human hair; often used in breads.</td>
</tr>
<tr>
<td>Lactose</td>
<td>The principal sugar found in animal milk.</td>
</tr>
<tr>
<td>Lard</td>
<td>The purified, internal fat from the stomach of a pig.</td>
</tr>
<tr>
<td>Rennet</td>
<td>Made from the stomach lining of a calf; often used in cheeses.</td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>Made from the fat of sheep's wool. A plant-based version is available too.</td>
</tr>
<tr>
<td>Whey</td>
<td>The watery material which remains after milk has been curdled and strained.</td>
</tr>
</tbody>
</table>
Vegan Recipes

- 7 INGREDIENTS OR LESS
- UNDER 15 MINUTES TO MAKE
- EVERYDAY INGREDIENTS
- MINIMAL COST
CHICKPEA TUNA

INGREDIENTS

- 15 oz can of chickpeas
- 1/4 cup red onion
- 1/4 cup celery
- Vegenaise (or another vegan mayo)

DIRECTIONS

1. Drain the chickpeas and place in a bowl.
2. Mash chickpeas with a fork.
3. Finely chop the onion and celery and add to the bowl.
4. Add two tablespoons of Vegenaise.
5. Stir until all is mixed.
6. Add salt and pepper to taste. Enjoy on a slice of bread, crackers, or with veggies.
1. Drain tofu of any excess water.

2. Crumble tofu with your hands into a frying pan coated with oil.

3. Add onions, tomatoes and peppers.

4. Sprinkle on turmeric.

5. Cook on medium heat for 5 to 7 minutes.

6. Add salt and pepper to taste.

7. Optional - Add a touch of black salt (a rock salt that tastes like a boiled egg yolk due to its sulfur content).

SCRAMBLED TOFU

INGREDIENTS

- Half a package (7 oz) of firm tofu
- ½ teaspoon turmeric
- ¼ cup red onion
- ½ cup chopped tomato
- ½ cup chopped green or red bell pepper

SERVES 2 to 3
PREP TIME 5 min
COOK TIME 5 to 7 min

DIRECTIONS

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**BEAN BURGER**

**INSTRUCTIONS**

1. Drain the beans and place in a bowl.
2. Mash beans finely.
3. Add the flour and mix together.
4. Form into two patties.
5. Place on a frying pan with a little oil.
6. Cook on medium heat until lightly brown.
7. Serve on a bun with lettuce, tomato and onion.

**INGREDIENTS**

- Half a 15 oz can of chickpeas
- Half a 15 oz can of kidney beans
- ¼ cup all-purpose flour
- 2 slices of tomato
- 2 slices of red onion
- 2 slices of lettuce
- 2 hamburger buns (dairy & egg free)

**SERVES** 2

**PREP TIME** 5 min

**COOK TIME** 5 min
BREAKFAST SMOOTHIE

INGREDIENTS

- 1 banana
- ¼ cup frozen blueberries
- ¼ cup frozen strawberries
- 1 single-serving package of instant oatmeal
- 1 tablespoon creamy peanut butter
- 1 cup soy milk or almond milk

DIRECTIONS

1. Add all ingredients into a blender.
2. Blend for 20 seconds.
3. Pour into 2 glasses.
4. Enjoy.
CHOCOLATE OAT MILK

INGREDIENTS

- 1/2 cup rolled oats
- 1 1/2 cup water
- 1 tablespoon maple syrup
- 1 tablespoon cocoa powder
- pinch of salt

DIRECTIONS

1. Add all ingredients into a blender.

2. Blend for 30 to 45 seconds.

3. Strain through a coffee filter or fine cloth towel or napkin to remove any oat remnants.

4. Shake well and enjoy cold.
VEGAN PANCAKES

INGREDIENTS

- 1 cup all-purpose flour
- 1 cup soy milk or almond milk
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 tablespoon canola oil
- ½ teaspoon salt

DIRECTIONS

1. Add flour, sugar, baking powder and salt to a bowl and mix thoroughly.

2. Add soy/almond milk and canola oil into a separate bowl and mix thoroughly.

3. Add the liquid mixture to the dry ingredients and whisk until smooth.

4. Pour batter by the spoonful into a lightly oiled pan over medium heat.

5. Cook until bubbles form and the edges are dry.

6. Flip pancake and cook until browned on the other side.

7. Repeat with remaining batter.

Serves: 2 to 4
Prep Time: 5 min
Cook Time: 10 min
CHOCOLATE MOUSSE

INGREDIENTS

- 3 ripe hass avocados
- 4 tablespoons cocoa powder
- ½ cup sugar
- 3 sliced strawberries (optional)

DIRECTIONS

1. Place all ingredients into a blender and blend until smooth.
2. Pour into 2 bowls.
3. Top with strawberries, bananas or other fruit.
OATMEAL BANANA COOKIES

INGREDIENTS

- 2 cups rolled oats
- 3 ripe bananas
- ⅓ cup applesauce
- ½ cup raisins (optional)
- ¼ cup almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

SERVES 24
PREP TIME 10 min
COOK TIME 15 min

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mash bananas in a bowl.
3. Add oats, applesauce, raisins, almond milk, vanilla extract, and cinnamon to the bowl.
4. Stir until evenly mixed.
5. Drop the mixture by the spoonful onto a baking sheet.
6. Bake in the oven until the edges are golden, 15 to 20 minutes.
7. Serve with almond milk or soy milk.
### More Resources

<table>
<thead>
<tr>
<th>Animal Rights</th>
<th>Nutritional Information</th>
<th>Documentaries</th>
<th>Vegan-Friendly Restaurants</th>
<th>Vegan Presentation</th>
<th>Vegan Recipes</th>
</tr>
</thead>
<tbody>
<tr>
<td>arff.org</td>
<td>nutritionfacts.org veganhealth.org</td>
<td>Earthlings Game Changers</td>
<td>happycow.net</td>
<td>101 Reasons to Go Vegan</td>
<td>vegweb.com findingvegan.com</td>
</tr>
</tbody>
</table>
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