**Vegan for a week**

**Southampton Buddhist Group**

**Sponsored challenge!**

**Buddhist Action Month - June 2015**

**All proceeds to Green Tara Trust for Nepal Earthquake**

****[**http://www.greentaratrust.com/**](http://www.greentaratrust.com/)

Green Tara Trust helps to save the lives of mothers and babies in rural Nepal through health education, training for health workers, and improved medical facilities. We also work closely with Nepal’s government to ensure health promotion and women’s rights are on the national agenda.

 **Any questions about the Vegan for a Week Challenge, email Sarah at** **theboakster@hotmail.com**

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11. **What is Buddhist Action Month?**

Buddhist Action Month (BAM) is a festival of Buddhist social action in many forms. It started in Britain in 2012, as an initiative of the [**Network of Buddhist Organisations UK,**](http://www.nbo.org.uk/get-involved/projects-campaigns/buddhist-action-month/) but this year it’s going international, fuelled by loving kindness!

Loving kindness, or [**metta,**](https://thebuddhistcentre.com/text/loving-kindness-meditation) is the strong intention to show loving kindness for all, and it is expressed in acting for the benefit of the world. Practising this is at the heart of everything we do in the [**Triratna Buddhist Community.**](https://thebuddhistcentre.com/text/what-triratna-buddhist-community)

**Actions and consequences**
BAM is an opportunity for more of us to act on our deepening understanding that we live in a complex, interconnected world, in which all our thoughts, feelings and actions have consequences, for us and for other living things.

Working with metta, we can learn to see through our imagined limits in order to address the sheer heat of the world's suffering (and our own), meeting it more effectively. And there's a lot in the world today that urgently needs a metta-ful response: an attentive, skilful, generous response, based in the Buddha's particular understanding of suffering, its causes, and how to end it.

[**Get involved!**](https://thebuddhistcentre.com/login?destination=group/node/8257/subscribe)Your world needs you!

**Triratna themes for Buddhist Action Month 2015**
Last year BAM focussed on global warming and environmental sustainability; this year we're suggesting three themes to inspire a wider range of activities - but don't let this limit your thinking!

* Sustainability
* Awakening our money sense
* Caring for others
1. **What is veganism?**

Veganism is often described as ‘cruelty-free living’. We don’t use or consume any products that are derived from animals in order to make sure that we don’t inflict any pain or damage on animals. In that sense, veganism is a lifestyle, based on ethical principles, rather than just a ‘diet’. In this challenge we are focusing on not eating food that derives from animals so that we can be cruelty-free for a week.

However, a broader vegan lifestyle would include not just what we eat, but all products that we buy and consume. For example, a vegan wouldn’t eat honey, nor wear any leather or suede, nor use make-up/toiletries/cleaning products that have animal ingredients in (such as beeswax or lanolin).

In terms of diet vegans try to avoid anything containing animals, in particular:

* meat and fish
* dairy products (cheese, milk, eggs, cream, butter)
* honey

Fortunately there are LOTS of substitutes to help replace these foods in your diet – see page 20 for a chart that lists substitutions

**Reading labels**

You may find it helpful to learn more about reading food labels, as there isn’t currently a widely used ‘suitable for vegans’ labelling system in the UK. It is also useful to be more mindful generally about what food we are eating – when practising lovingkindness (metta) for ourselves we could consider this part of our practice, of taking care of our bodies.

This website contains a handy list of ingredients vegans avoid which you may find on food labels <http://www.cookingforvegans.co.uk/shopping/speedreading.html>

1. **What does Buddhism have to do with veganism?**

Buddhists follow five training principles, called precepts, which form an ethical code. The first of the five precepts is **‘Not killing or causing harm to other living beings’.** This is the fundamental ethical principle for Buddhism, and all the other precepts are elaborations of this. The precept implies acting non-violently wherever possible, and many Buddhists are vegetarian for this reason. The positive counterpart of this precept is love.

To take this precept further, we can think about the harm, pain and damage caused to animals in the production of products and substances that are animal-derived. To be vegan means that we embrace this precept to its fullest potential – we don’t cause any harm to animals, because nothing we consume contains anything from animals.

The BAM themes of sustainability, awakening our money sense and caring for others are all rooted in the dharma, and veganism also speaks to all three of these.

**Sustainability**

The current environmental crisis calls for us to take action, in whatever way we can. One of the most effective things an individual can do to lower their carbon footprint is to avoid all animal products. This goes way beyond the problem of cow flatulence!

Why is meat and dairy so bad for the environment?

The production of meat and other animal products places a heavy burden on the environment - from crops and water required to feed the animals, to the transport and other processes involved from farm to fork. The vast amount of grain feed required for meat production is a significant contributor to deforestation, habitat loss and species extinction. In Brazil alone, the equivalent of 5.6 million acres of land is used to grow soya beans for animals in Europe. This land contributes to developing world malnutrition by driving impoverished populations to grow cash crops for animal feed, rather than food for themselves. On the other hand, considerably lower quantities of crops and water are required to sustain a vegan diet.

**Awakening our money sense**

Thinking ethically about how we spend our money, and what we spend it on is a vital part of our practice. Our money has an impact in the world, and if what we buy is tied up with cruelty, pain and suffering, we are in some way supporting this activity.

**Caring for others**

Caring for animals, as sentient beings, is part of our practice of compassion. Opening our hearts to the suffering of ALL beings, whether human or animal, offers us a chance to deepen our understanding of what compassion is.

 **Mindfulness**

Extending mindfulness to what we eat – to be conscious about the food that we put in our mouths and where it might come from – is something that you may want to reflect on during the challenge. As you are eating your food, think about the sources of food, where it might have come from and what processes it has been through. When eating vegan food, we can reflect that no animals have been harmed or forced into cruelty, and our food can take on an important role as nourishing not only ourselves, but nourishing the arising of compassion in the world.

1. **The challenge!**

The challenge is to be vegan for a week, in whatever way is most applicable to your lifestyle. The aim is for you to have fun whilst reflecting more on how our food intake has a broader impact on animals, the environment and our own ethical practices.

The challenge is to eat a vegan diet – this booklet gives lots of recipes and ideas to help you, and should contain enough ideas for you to have a really delicious week! You may wish to invest in some American style cup measures, if you don’t have any already, as some of the recipes call for cups.

**Example shopping list**

porridge oats

dried fruit cranberries, raisins, apricots etc.

nuts cashews, almonds, pecans etc.

tofu

vegetables aubergine, potato, tomatoes, asparagus, peas, onions, peppers, kale, spinach, broccoli, sugarsnap peas… the list goes on!

(to extend the challenge, try an organic veg box for a week,

such as from Abel & Cole <http://www.abelandcole.co.uk/>)

grains quinoa, couscous, millet, rice, pearl barley, amaranth

lentils

spices/herbs cinnamon, cumin, turmeric, paprika, basil, coriander … so

many to choose from!

pasta/noodles dried wheat pasta, udon or rice noodles

1. **Breakfasts**

**Porridge**

Make according to package instructions with soya or almond milk

Add some cinnamon, seeds, raisins or dried cranberries and sweeten with maple syrup or agave. Add chopped banana if feeling super hungry!

**Overnight oats**

Mix porridge (1/2 cup) with soya or almond milk (1/2 cup) in an airtight container
Add cacao nibs (available from health food shops) and pomegranate seeds and a touch of vanilla extract, and leave overnight in the fridge
Add in a little extra milk to get to desired consistency and eat straight from fridge

(Full recipe <http://ohmyveggies.com/recipe-cocoa-nib-pomegranate-overnight-oats/>)

**Tofu scramble**

1 pack of extra firm tofu, drained and pressed
1 tablespoon olive oil
1 medium chopped white onion
2 cups mushrooms, thinly sliced
2-3 cloves garlic, minced
1/4 cup nutritional yeast (available in health food shops, you can omit)
juice of 1/2 a lime
1 carrot (this is optional, I grate it in at the end, mostly for color)

 *Spice Blend*
2 teaspoons cumin
1 teaspoon thyme, crushed with your fingers
1 teaspoon paprika
1/2 teaspoon tumeric
1 teaspoon salt

Heat oil in frying pan over medium-high. Saute onions 3 minutes, until softened. Add mushrooms, saute 5 minutes more. Add garlic, saute 2 minutes more. Add spice blend and mix it up for 15 seconds or so. Add 1/4 cup water and deglaze the pan, scraping the bottom to get all the garlic and spices.

Crumble in tofu and mix well. Don’t crush the tofu, just kind of lift it and mix it around. You want it to remain chunky. Let cook for about 15 minutes, stirring occasionally and adding splashes of water if necessary to keep it from sticking too much. Lower the heat a bit if you find that it is sticking. Add lime juice. Add nutritional yeast and mix it up. If it seems too dry add splashes of water. The moistness really depends on how much water the tofu was retaining before you added it.

Grate the carrot into it and fold.

(Recipe from <http://www.theppk.com/2008/10/scrambled-tofu/>)

**Fruit and yoghurt/fruit and cashew nut cream**

Vegan yogurt (such as alpro, or those in free from section of supermarket) and fresh fruit such as berries and grapes, sprinkled with chopped nuts, seeds, or cacao nibs. Or try with the wonderful cashew nut cream below

**Cashew nut cream**

* 1 cup raw cashews soaked for 4 hours
* 1/4-1/2 cup water depending on desired thickness
* 1-2 tablespoons maple syrup, plus more to taste
* 1/2 teaspoon natural vanilla extract, plus more to taste
* a pinch of Celtic sea salt

Throw everything into the blender and blast on high until thick and creamy.

It is a good idea to start with ¼ cup of water, and then gradually thin it out in order to achieve the desired thickness.
(Recipe from <http://healthyblenderrecipes.com/recipes/raw_vegan_vanilla_cashew_cream>)

**Green smoothie**

Whizz up an easy smoothie in a blender with fruit such as berries or bananas
Add in some greens – spinach, kale, watercress, spring greens – for a really healthy start

Try different combinations – adding coconut milk or avocado makes a creamy smoothie. Make a tropical one with pineapple, coconut milk and mango.
Add chia or flax seeds for extra nutrients

**Vegan fry up**

Use vegan sausages (try Linda McCartney sausages), vegan rashers (vbites from Holland and Barrett), baked beans, mushrooms (cooked in oil) and tomatoes on toast, with dairy-free spread

**Hot Cocoa American-style Pancakes**1 cup non-dairy milk
1 tsp apple cider vinegar
1 cup light plain flour
2 tsp baking powder
¼ cup + 2 tbsp cocoa powder
1/2 tsp cinnamon
pinch of salt
3 tbsp maple syrup (or agave nectar) plus extra for serving
1/4 cup liquid coconut oil (or other oil)
1.5 tsp vanilla extract

Mix the non-dairy milk and apple cider vinegar in a small bowl and set aside to curdle, about 5 minutes.

Mix the flour, baking powder, cocoa powder, cinnamon and salt together in a large bowl until combined. Add the curdled milk, maple syrup, coconut oil and vanilla. Mix with a wooden spoon until just combined. It should be a tad loose-seeming.

Heat a large, non-stick pan over medium-low heat. Drop ¼ cup measures of the batter into the pan (not too many at a time!). When bubbles start to peak through the surface and you see a bit of light browning/crisping up on the underside, flip the pancakes over carefully, about 1-2 minutes. Repeat for the other side, remove from the pan and set aside on a covered plate to keep warm.

Serve with maple syrup, sliced bananas, berries or whatever other accompaniments you like.

(Recipe from <http://www.thefirstmess.com/2012/02/05/chocolate-pancakes/>)

1. **Lunches**

**Sandwiches**

* *Toasted Avocado and Tomato*

Toast bread and drizzle with olive oil. Add slices of avocado and tomatoes, season with salt and pepper.

* *Houmous with grated carrot and grated beetroot*
* *Vegan cream cheese with cucumber and pea shoots*

Or go all out with these more involved sandwich recipes <http://www.thekitchn.com/7-hearty-vegan-sandwiches-for-lunch-194972>

**Salads**

So many salad options! Experiment with combinations from these ideas:

For leaves, try rocket, baby spinach, radicchio, kale, pak choi, chinese leaf, watercress
Grate in carrot or beetroot

Add avocado, asparagus, peppers, green beans, cherry tomatoes, spring onions

Chunks of roast butternut squash

Add in chickpeas or different types of beans, sprouted are particularly good

Cubes of fried tofu

Slow roast tomatoes on a low heat for a few hours, with a drizzle of olive oil and pinch of sea salt – delicious in salads!

Add hot new potatoes for a warm salad or roasted Mediterranean veg, with a grain

Sprinkle seeds on the top of your salad to make it nutritious and pretty!

**Baked beans on toast or jacket potato**

Basic lunch favourites, totally vegan with dairy-free spread.

Try grated vegan cheese on top – violife hard cheese is quite good

**Soups**

Make your vegetarian soup recipes vegan by using Marigold vegan bouillon (the one in the purple pot) or Kallo vegetable or mushroom stock cubes, which are suitable for vegans

### Spiced Red Lentil, Tomato, and Kale Soup

* 1 tsp coconut oil (or other oil)
* 2 large garlic cloves, minced
* 1 sweet onion, diced
* 3 celery stalks, diced
* 1 bay leaf
* 1 & 1/4 tsp ground cumin
* 2 tsp chili powder
* 1/2 tsp ground coriander
* 1/4-1/2 tsp smoked sweet paprika, to taste
* 1/8th tsp cayenne pepper, or to taste
* 14-oz can diced tomatoes
* 5-6 cups vegetable stock, more if desired
* 1 cup red lentils, rinsed and drained
* fine grain sea salt and pepper, to taste
* 2 handfuls torn kale leaves or spinach

1. In a large pot, sauté the onion and garlic in oil for about 5-6 minutes over medium heat. Add in the celery and sauté for a few minutes more.

2. Stir in the bay leaf and the spices (cumin, chili powder, coriander, paprika, cayenne). You can add half the spices and add more later if you prefer.

3. Stir in the can of tomatoes (including juice), broth, and lentils. Bring to a boil, reduce heat, and then simmer, uncovered, for about 20-25 minutes, until lentils are tender and fluffy.

4. Stir in kale or spinach and season to taste adding more spices if you wish.

(Recipe from <http://ohsheglows.com/2012/11/07/spiced-red-lentil-tomato-and-kale-soup/#ixzz3eM9Usod5>)

**Mediterranean Bean salad**
NOTE :  The trick with this salad is to cut each ingredient into very small squares/pieces.

Serves 2 to 3

**INGREDIENTS**

2 x 14 oz (400 g) tins of cannellini beans, drained and rinsed

12 cherry tomatoes, chopped

1 small red pepper, chopped

1 medium cucumber (washed, but not peeled), chopped into small pieces

2 spring onions, chopped (finely chopped red onions also work very well in this)

3 large cloves garlic, finely chopped

¾ cups of rocket or radicchio lettuce

a handful of bean sprouts (optional)

the zest of 1 lemon, or other citrus fruit

8 basil leaves, chopped

a handful of fresh flat leaf parsley, finely chopped

**METHOD**

Place all the above ingredients in a bowl, then add the following dressing on top :

**DRESSING**

1 tsp dried mint

1 tsp curry powder

salt to taste (it will need it)

freshly ground pepper

1 Tbsp (15 mL) maple syrup, agave nectar, or alternative sweetener of your choice

the juice of 2 lemons

3 Tbsp (45 mL) extra virgin olive oil

Add this dressing to the salad, toss well, and then transfer into a serving dish.

(Recipe from <http://mouthwateringvegan.com/2012/07/23/mouthwatering-middle-eastern-style-salad/> )

1. **Dinners**

Many of the dinners you already make may be vegan, or easy to veganise!!

**Pasta**
Pasta dishes, leave out cheese and make sure to use dried pasta (wheat-based) rather than egg. Replace cream with Alpro soya cream (often found in UHT milk section of supermarkets)

Vegan pesto is freely available in ‘free from’ sections in supermarket – try Sacla’s free from green pesto and tomato pesto. Zest also do delicious vegan pesto, which can be found in health food shops

Make a simple home-made tomato pasta sauce by using a good glug of high-quality olive, sautéing some garlic for a minute or two, and on a high heat adding in one or two tins of chopped tomatoes, sea salt and pepper. Let them reduce down, stirring frequently, then add in a dash of balsamic vinegar and some fresh basil. (I sometimes like to begin this with sautéing a diced red onion first.)

Good veg to add with pasta would be mushrooms (particularly good with cream sauces), sautéed veg such as aubergine, asparagua or courgettes. Peas always add some cheerful colour!

**Risotto**

Mushroom and butternut squash risotto are favourites – make sure to use vegan stock (see above in Lunches: ‘Soup’ section) and don’t add in cheese.

**Pizza**

Experiment with cheese-less pizza, if you don’t like vegan substitutes, and go wild with veggie toppings! I love asparagus and mushroom on my pizza, plus aubergine rings. Roasted peppers and olives, spinach and pine nuts, lots of ideas available here <http://www.vegan-pizza.com/>

**Vegan bangers, mash and gravy**

Veganise your bangers and mash by using dairy-free spread and soya milk in the mash, and having Linda McCartney or other vegan sausages. Serve with leafy greens such as kale or spinach, or sautéed field mushrooms. Make your own onion gravy using vegan stock

**Tofu Broth**

One of my absolute favourites is tofu broth – super easy, super quick, very delicious and really good for you. There are tons of recipes out there, so have a search and experiment, but a basic one is below:

Serves 1

* 250ml/9fl oz hot [vegetable stock](http://www.bbc.co.uk/food/vegetable_stock)
* 100g/3½oz dried udon [noodles](http://www.bbc.co.uk/food/noodle)
* 75g/2½oz [tofu](http://www.bbc.co.uk/food/tofu), chopped into cubes
* 1 tbsp [soy sauce](http://www.bbc.co.uk/food/soy_sauce)
* 1 red bird's eye [chilli](http://www.bbc.co.uk/food/chilli), chopped
* 25g/1oz [ginger](http://www.bbc.co.uk/food/ginger), chopped
* 3 [mushrooms](http://www.bbc.co.uk/food/mushroom), sliced
* 1 [lime](http://www.bbc.co.uk/food/lime), juice only
* 1½ tbsp [sesame oil](http://www.bbc.co.uk/food/sesame_oil)
* 2 tbsp chopped [coriander](http://www.bbc.co.uk/food/coriander), to serve

**Preparation method**

1. Put the vegetable stock into a saucepan and bring up to the boil. Add the noodles and cook for two minutes.
2. Add the tofu, soy sauce, chilli, ginger, mushrooms, lime juice and sesame oil and cook for five minutes.
3. To serve, transfer the broth into a serving bowl and garnish with the coriander.

**Vegan Chilli**

Use a normal vegetarian chilli recipe, with soya mince (not Quorn, which isn’t vegan) and vegan stock.

 **Curry**Veg curry is very easy to veganise, and there are lots of recipes online. Here’s one!

**30 minute Coconut Curry**

Serves: 4

**Ingredients**

For the Curry:

* 1 Tbsp coconut or olive oil
* 1 small onion, diced
* 4 cloves garlic, minced
* 1 Tbsp fresh grated ginger (or 1 tsp ground)
* 1/2 cup broccoli florets (or green pepper), diced
* 1/2 cup diced carrots
* 1/4 cup diced tomato
* 1/3 cup sugar snap peas (loosely cut)
* 1 Tbsp curry powder
* pinch cayenne or 1 dried red chilli, diced (optional for heat)
* 2 cans light coconut milk (sub full fat for richer texture)
* 1 cup vegan stock
* Sea salt and black pepper

For the Coconut Quinoa:

* 1 can (14 oz) light coconut milk
* 1 cup quinoa, rinsed in a fine mesh strainer\*
* 1 Tbsp agave nectar (optional)

For Serving:

* Fresh lemon juice, coriander, mint and/or basil, red pepper flake

Instructions

1. If serving with coconut quinoa, begin by washing thoroughly in a fine mesh strainer. Add to a medium saucepan over medium heat and toast for 3 minutes. Add 1 can light coconut milk and 1/2 cup water. Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until the quinoa is light, fluffy and the liquid is absorbed. Set aside until serving.
2. In the meantime, heat a large saucepan or pot to medium heat and add 1 Tbsp coconut oil. Add the onion, garlic, ginger, carrot, broccoli and a pinch each salt and pepper and stir. Cook, stirring frequently, until softened – about 5 minutes.
3. Add curry powder, cayenne (or chili pepper), veggie stock, coconut milk, another healthy pinch of salt and stir. Bring to a simmer then reduce heat slightly and continue cooking for 10-15 minutes.
4. Add the snow peas and tomatoes in the last 5 minutes so they don’t overcook.
5. Taste and adjust seasonings as needed. I added another pinch or two of salt.
6. Serve over coconut quinoa (see other options below in Notes) and garnish with fresh lemon juice and herbs.

Notes

\*An alternative to coconut quinoa would be plain quinoa, millet, coconut rice, white or brown rice.

1. **Snacks and sweet treats**

**Snacks**

Great healthy vegan snacks are the simple ones.

Hummus and crudités – carrot, pepper and cucumber sticks – or bread sticks

Nuts and dried fruit – I love dried cranberries and pecans, with some chopped up dark chocolate (check label that milk isn’t listed in the ingredient list), apricots and almonds, just experiment with whatever combinations you like

**Vegan energy balls**

Lots of recipes for variations online, you can experiment a bit with these, and roll in desiccated coconut or grated dark chocolate for a twist.

Ingredients

* 1 cup (220 g) dates, pitted (if dry, soak in warm water for 10 minutes, then drain well)
* 3 Tbsp peanut or almond butter
* 1/4 cup dairy free dark chocolate, roughly chopped
* 1 Tbsp chia seeds (or sub flax or hemp seeds)
* 2/3 cup rolled oats

Instructions

1. Pulse dates in a food processor or blender until they’re in small pieces or it forms a ball
2. Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly processed.
3. Carefully roll into 1-inch balls using the warmth of your hands to mold them together. Should yield 14-15 balls.
4. To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is! Will keep fresh in an air-tight bag or container for up to a week. Freeze for longer term storage.

(Recipe from <https://minimalistbaker.com/5-ingredient-peanut-butter-cup-energy-bites/>)

**Tea Loaf**

Many tea loaf recipes are vegan, here’s one example below:

**Ingredients**
250ml / 8½ fl oz / 1 cup strongly brewed tea (I use green tea – you can also use fruit teas, as well as normal ‘black’ tea)
225g / 8 oz / 1½ cups mixed dried fruit (I use raisins, sultanas, goji berries, candied citrus peel)
113g / 4 oz / ½ cup unrefined caster sugar
1 TBSP marmalade (or apricot spread)
227g / 8 oz / 1 2/3 cups fine wholemeal (wholewheat) or chapatti flour (I use the latter)
2 tsp baking powder
1 tsp ground cinnamon or mixed spice
3 TBSP water

 **Method**
Soak the dried fruit in the brewed tea for 4-5 hours (can be left overnight).

Lightly grease a 2lb loaf pan and line the bottom with non stick baking paper (or use a non stick loaf liner).

Pre-heat the oven to 160C / 325F / Gas 3.

Tip the dried fruit and any remaining soaking liquid into a mixing bowl. Stir in the sugar and marmalade. Sift in the flour, baking powder and spice. Add 3 TBSP water and stir until thoroughly combined. Tip into the prepared loaf tin. Spread the mixture evenly in the tin using the back of a metal spoon. Bake for 1¼ hours, or until a tooth pick inserted in the middle comes out clean. Leave to rest in the tin for 30 minutes or so. Gently run a knife round the edge of the tin, tip upside down and shake to release the cake. Place on a wire rack until completely cooled.
Stored in an airtight container in the fridge, the loaf will keep for up to five days. It also freezes well. (I always keep a few slices in the freezer for lunchboxes).
The loaf is delicious served on its own, or with marmalade or apricot jam.

(Recipe from: <http://bitofthegoodstuff.com/2014/03/old-fashioned-english-tea-loaf-dairy-free-egg-free-fat-free/> )

**Mexican Hot Chocolate Snickerdoodles**

*Makes 2 dozen Cookies*

A beautiful crackle topped chocolate cookie with a spicy cayenne kick and a sugary cinnamon coating.

**For the topping:**1/3 cup sugar
1 teaspoon ground cinnamon

**For the cookies:**1/2 cup vegetable oil
1 cup sugar
1/4 cup pure maple syrup
3 tablespoons almond milk (Or your preferred non-dairy milk)
1 teaspoon vanilla extract
1 teaspoon chocolate extract (or more vanilla extract if you have no chocolate)
1 2/3 cups flour
1/2 cup unsweetened cocoa powder

1 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon cayenne

Preheat oven to 350 F. Line 2 large baking sheets with parchment paper.

Mix the topping ingredients together on a flat plate. Set aside.

In a medium mixing bowl, use a fork to vigorously mix together oil,  sugar, syrup, and milk. Mix in extracts.

Sift in remaining ingredients, stirring as you add them. Once all ingredients are added mix until you’ve got a pliable dough.

Roll dough into walnut sized balls. Pat into the sugar topping to flatten into roughly 2 inch discs. Transfer to baking sheet, sugar side up, at least 2 inches apart (they do spread). This should be easy as the the bottom of the cookies should just stick to your fingers so you can just flip them over onto the baking sheet.  Bake for 10 to 12 minutes, they should be a bit spread and crackly on top. Remove from oven and let cool for 5 minutes, then transfer to a cooling rack to cool completely. (Recipe from <http://www.theppk.com/2009/09/mexican-hot-chocolate-snickerdoodles/>)

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1. **Eating out**

Eating out can be difficult as a vegan, but I’d recommend Indian or Asian food as best for vegans. Check with Asian restaurants that they’re not using fish sauce.

Pizza places you can ask for veggie pizza without cheese.

Pizza Express have a vegan pizza, which is delicious, and they also allow you to bring your own vegan cheese.

Use Happy Cow to find vegan and veggie friendly places to eat, such as Art House Café in Southampton and Café Meon in Wickham. <http://www.happycow.net/>

1. **Useful websites and resources**

These are links and resources that you might find helpful during the week’s challenge:

<http://www.vegansociety.com/>

Facebook group ‘Vegan Finds UK’ – features lots of vegan food from supermarkets, though often the treaty and not so healthy type

There are a million vegan recipes on the internet – practically everything you could think of making, you can veganise!

Some great websites that are either wholly vegan, or contain lots of vegan recipes are as follows:

* Oh She Glows <http://ohsheglows.com/>
* Mouthwatering Vegan <http://mouthwateringvegan.com/>
* Post Punk Kitchen <http://www.theppk.com/>
* Oh my veggies <http://ohmyveggies.com/category/vegan-recipes/>

|  |  |
| --- | --- |
| **Avoid** | **Substitute with** |
| Meat and fishVeggie alternatives with animal products in (such as Quorn) | Vegan alternatives such as * Linda McCartney pies/sausages
* Vbites rashers/chicken pieces etc. (from Holland and Barrett)
* Tesco have a good freezer range of alternatives, labelled with ‘vegan’ on front

Soya minceTofuTempura |
| Dairy products (cheese, milk, eggs, cream, butter) | Lots of milks (soya, rice, almond, coconut etc.)Soya/oat creamDairy-free margarine (e.g. Pure or vitalite – can get in supermarkets)Dairy-free cheese (e.g. violife/vegusto – in some supermarkets such as Tesco, or in Holland and Barrett)For replacing eggs in baking, Organ Egg Replacer or a flax egg (<http://minimalistbaker.com/how-to-make-a-flax-egg/>) or other binder such as mashed banana or coconut oil |
| Honey | Agave syrup, maple syrup |
| Gelatine (in jellies, jelly sweets, some yogurts and desserts) | Gelatine-free substitutes are widely available |

1. **After the week**

Congratulations! You made it through a week of being vegan!

Hopefully this challenge will allow you to integrate some more cruelty-free eating into your diet, and to think mindfully about the effects of our diet on animals.

If you’ve particularly enjoyed the week, and would like to think about transitioning to being vegan full-time, then do contact me (Sarah) at theboakster@hotmail.com and I’ll be happy to help!**Sponsorship form**

I agree to sponsor ……………………………………… to go vegan for a week, in aid of Green Tara Trust’s work in Nepal.

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| **Name** | **Email** (for a one-off update following the challenge) | **Total amount**  |
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**All sponsorship money should go to Sarah Boak, with cheques being made payable to FWBO (Friends of the Western Buddhist Order)**