

## Vegan Coconut Cupcakes

2 cups flour  
1 tsp baking powder  
1 tsp baking soda  
¼ tsp salt  
½ cup canola oil

2 cups coconut milk beverage  
1 ⅓ cups sugar  
2 tsp vanilla  
½ tsp coconut extract  
1 ½ cups toasted coconut

Toast the coconut, along with the coconut for the frosting. Spread the coconut in a thin layer on a cookie sheet. Place it in the oven and bake at 325F for about 10 minutes, stirring after 5 minutes. Let cool.

Mix flour, baking powder, baking soda, and salt in a medium bowl and set aside. Blend oil, coconut milk, sugar, vanilla, and coconut extract until smooth. Slowly add the dry mix to the wet and stir until there are no lumps. Add the toasted coconut to the batter and mix until evenly distributed. Pour into liners in a cupcake pan and bake at 350F for 20 to 25 minutes. Check the centers of the cupcakes around 20 minutes; if a toothpick comes out clean, they are done. When the pan is cool enough to touch, you can move the cupcakes to wire racks.

Note: These cupcakes are very moist! When you pick them up, they may feel like they aren't baked all the way through, but they are, as long as the toothpick comes out clean.

### Frosting

¼ cup vegetable shortening  
½ stick (¼ cup) vegan margarine  
1 T coconut milk beverage  
3 cups powdered sugar

1 tsp vanilla  
½ tsp coconut extract  
½ tsp almond extract  
¾ cup toasted coconut

Blend shortening and margarine until smooth. Add powdered sugar a little bit at a time, followed by the coconut milk. Add in flavorings and mix well. Mix in the toasted coconut and decorate your cupcakes!

## Chewy Vegan Brownies

1 cup sugar  
⅓ cup water  
⅓ cup unsweetened cocoa powder  
½ tsp baking powder

¼ cup canola oil  
1 cup flour  
1 T ground flax seed  
⅛ tsp salt

Mix sugar, water, and oil until blended, then add in the dry ingredients and mix well. Pour into an oiled 6 x 9 inch pan and bake at 350F for 25 to 30 minutes.



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# Sweet Vegan Recipes



Want to do something sweet for animals?  
Make amazing vegan treats  
without using eggs, dairy, or any other animal products.

*Animals exist to live their own lives, not to supply us with ingredients.*

## Eggs

Most hens used in egg production spend their lives in cages too small for them to spread even one wing. To reduce loss from stress-induced fighting, their sensitive beaks are cut off with a hot blade. When they are no longer profitable layers, the hens are slaughtered. Worn out hens are roughly thrown into cages and stacked on the backs of transport trucks. This rough handling often causes broken wings and legs. At slaughterhouses they are shackled upside down by their legs and have their throats slit. Birds who aren't killed by the blade are scalded to death in the feather removal tank. Hens used for free-range, cage-free, and organic eggs also have their beaks mutilated and are slaughtered when no longer useful.

Chicks must be hatched to replace the slaughtered hens. The male babies, unable to ever lay eggs, are killed at just one day old. Killing methods include being ground up alive, suffocated in plastic bags, or being thrown into a dumpster to slowly die. This is also true of males hatched to replace hens at free-range, cage-free, and organic egg farms. Since males will never produce a profit, their lives are considered worthless.

## Vegan Chocolate Chip Cookies

2 sticks (1 cup) vegan margarine, softened  
1 ½ cups light brown sugar  
1 tsp baking soda  
1 tsp vanilla extract  
8-oz vegan semi-sweet chocolate chips

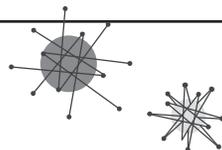
1 ½ cups flour  
1 ½ cup quick oats  
1 tsp salt  
2 Ener-G "eggs"

Mix dry ingredients in a bowl, including Ener-G powder. Add the margarine and the water from the "eggs" and mix with a hand blender. Dribble vanilla over mixed ingredients and mix again. Dough should stick together but not be too wet; it should hold its shape when formed into a ball. If too dry, add a teaspoon of water; if too wet, add ¼ cup flour or oats. Add chocolate chips and fold in by hand or with a mixer. Using a spoon, form balls of dough and place on cookie sheet about 2 inches apart. Bake at 350F for 8 to 10 minutes. Let cookies cool on sheet.

## Dairy

In order to produce milk, a cow must have a calf. Cows used for dairy are repeatedly impregnated, often on what the industry calls a "rape rack," to keep their milk production high. The cows are milked by machines multiple times a day, often live in filthy concrete stalls or crowded barns, and suffer from diseases such as the udder infection mastitis. After only 4 to 6 years of their natural 20 year lifespan, they are worn out and sent to slaughter. The cows are packed into trucks for often long trips to slaughterhouses. In winter, they may freeze to the sides of the trucks; in summer, they may die from dehydration or heat stroke. At slaughterhouses, they are shot in the head with a high-powered steel rod called a captive bolt gun. If that doesn't kill them, they are skinned and dismembered while still alive.

One of a cow's female calves will replace her mother in the milking herd; the rest of the calves will likely be sold for veal. Calves used for veal are stolen from their mothers just days after birth and chained by the neck in crates. They are fed an iron-deficient formula to keep their flesh pale, making them weak and unhealthy. After 12 to 16 weeks they are slaughtered. The veal industry is just one of the heartbreaking results of the dairy industry.



## Egg Replacements for Baking

Ener-G Egg Replacer – a boxed powder available in stores and online  
Arrowroot Flour – 2 T + 1 T water for 1 egg  
Potato Starch – 2 T + 1 T water for 1 egg  
Corn Starch – 2 T + 1 T water for 1 egg  
Soy Powder – 1 heaping T + 2 T water for 1 egg  
Ground Flax Seed – 1 T + 3 T water for 1 egg  
Banana – ½ banana  
Applesauce – ¼ cup applesauce

## Vegan Peanut Butter Chocolate Truffles

1 stick (½ cup) vegan margarine, melted  
1 16-oz jar (about 2 cups) peanut butter  
1 1-lb box (about 4 cups) powdered sugar  
3 cups puffed rice cereal (optional)  
1 bag vegan semi-sweet chocolate chips  
8-oz bar Baker's Semi-Sweet Baking Chocolate Squares

In a large bowl, mix the melted margarine and peanut butter until fully blended. Continue to mix (with a spoon or using your fingers), gradually adding the powdered sugar and rice cereal. Once evenly mixed, mold mixture into 1-in balls. If it is too dry to form balls, add more peanut butter. Set the balls aside. Break Baker's Chocolate into smaller pieces, then combine with chocolate chips in a double boiler. Melt the chocolate, stirring occasionally, until all chunks are gone. With the chocolate on low heat, use a fork to dip each peanut butter ball into the chocolate. After dipping, place balls on wax paper on a cookie sheet. Cool in refrigerator until chocolate is hard. Drizzle remaining chocolate over the tops of the cooled truffles to create a decorative effect. Refrigerate until all of the chocolate is firm then remove truffles from the wax paper. Serve chilled or at room temperature. Makes a few dozen.

## Vegan Cheesecake

### Crust

1 ½ cups graham crackers or Trader Joe's Cats Cookies, crumbled  
½ stick (¼ cup) vegan margarine  
1 T Karo Light Syrup  
1 T flour

Mash together with fingers and press firmly into a spring-form pie pan.

### Filling

16-oz Tofutti "Better Than Cream Cheese"  
4 Ener-G "eggs"  
juice from 1 lemon

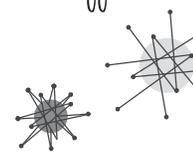
½ cup sugar  
1 tsp vanilla

Blend together until smooth and creamy. Pour on top of crust and bake at 375F for 25 minutes or until set.

### Topping

16-oz Tofutti "Sour Supreme"  
1 tsp vanilla  
½ cup sugar

Blend together, then pour on top of cooled filling. Bake at 375F for 5 to 8 minutes. Chill in refrigerator for at least 12 hours.



## Baking? Making sundaes? Enjoy dessert, dairy-free.

Vegan ice cream made from soy, rice, hemp, or coconut milk (So Delicious, Purely Decadent, Tofutti, Soy Dream, Rice Dream, Trader Joe's Soy Creamy, Coconut Bliss, Temptation, and other brands); WholeSoy frozen yogurt; Rice Dream moon pies and nutty bars; Tofutti and So Delicious ice cream sandwiches and fudge bars.

Soy, rice, almond, coconut, hemp, hazelnut, and oat milks (chocolate, vanilla, plain, and carob flavors).

Tofutti Better Than Cream Cheese and Sour Supreme. Sorbets by Häagen-Dazs, Ben & Jerry's, Sharon's, Double Rainbow, and others.

Dairy-free margarines (Earth Balance, Nucoa, and Smart Balance Light).

## Chocolate lover?

Ghirardelli, Guittard, Trader Joe's, and Whole Foods 365 brands of semi-sweet chocolate chips are vegan.

For other kinds of chocolate, check the ingredients.

Many dark chocolates are dairy-free... so enjoy.

