

# **EVEN NOW Short Stack 11/22/14**

1. **Kicking the Cheese Habit** by Angel Flinn
2. See **Vegan Essentials** new website
3. Watch (sign up for) **McDougall Moments**
4. The **Vegg French Toast Mix** - Now Available
5. The **Vegg Best Muffin Recipe Contest**
6. Chloe Coscarelli's **Raspberry Tiramisu Vegan Cupcakes**
7. **Vegan Nutrition in a Nutshell** by Vegetarian Resource Group

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## **Kicking the Cheese Habit**

by Angel Flinn

Have you ever found yourself speaking these words, or just thinking them inside your own mind? If so, you're not alone. In fact, this belief is so widespread that vegan advocates have devoted pages and pages of writing to addressing this one simple statement. There's a reason for this, and it's much simpler than most people would probably imagine. *Cheese is addictive.* [>>More](#)

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See **Vegan Essentials** new website! Vegan Essentials is your complete online store for all your vegan products including vegan clothing, vegan snacks, vegan sweets and vegan health. Over 1,200 all vegan items in stock! Shop [Vegan Essentials](#) and mention EVEN for an extra discount!

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## **Watch McDougall Moments online!**

[High Blood Pressure](#)

[Gall Bladder Disease](#)

[GERD](#)

[Eating Out](#)

[Eat Like a Gladiator](#)

[Don't take your Doctor's Word for it](#)

Sign up for free McDougall Moments videos [here](#).

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**THE VEGG FRENCH TOAST MIX NOW AVAILABLE AT VEGAN CUTS AND OTHER LOCATIONS!**





**MAKING PLANT-BASED FRENCH TOAST HAS NEVER BEEN EASIER!** With the new The Vegg French Toast Mix, simply whisk water with the mix, coat your bread and pan-fry! And the best part is that it's vegan, gluten free, cholesterol free, GMO free, fat free and kosher. If you've been missing the savory taste of this breakfast staple, then wait no more. This is so easy to use it's also perfect for camping. Delicious!

Also available at The Vegg Shop [www.thevegg.com/shop](http://www.thevegg.com/shop) and coming soon to Pangea ([www.veganstore.com](http://www.veganstore.com)) and Vegan Essentials ([www.veganessentials.com](http://www.veganessentials.com)) plus more stores soon.

Made in a facility that handles common allergens.

# Nutrition Facts

Serving Size 1/2 teaspoon (1.5g)

Servings Per Container 18

Amount Per Serving

**Calories 5**

% Daily Value\*

**Total Fat 0g 0%**

**Sodium 35mg 1%**

**Total Carbohydrate 1g 0%**

**Protein 0g**

**Vitamin A 6%**

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, sugars, vitamin C, calcium and iron.

\*Percent Daily Values are based on a 2,000 calorie diet.

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Ash (g)	0.15	9.60
Calories (kcal)	5.46	354.82	Water (g)	0.08	5.04
Calories from Fat (kcal)	0.44	28.62	Vitamins		
Fat (g)	0.05	3.18	Vitamin A - IU (IU)	334.43	21716.49
Saturated Fat (g)	0.02	1.08	Vitamin C (mg)	0.18	11.78
Trans Fatty Acid (g)	0.00	0.00	Vitamin B12 (mcg)	0.19	12.50
Cholesterol (mg)	0	0	Minerals		
Carbohydrates (g)	0.99	64.14	Sodium (mg)	33.48	2173.98
Dietary Fiber (g)	0.23	14.85	Calcium (mg)	0.71	46.01
Total Sugars (g)	0.10	6.44	Iron (mg)	0.05	3.14
Protein (g)	0.29	18.62	Amino Acids		
Gram Weight (g)	1.54	100.00	Phenylalanine (g)	0.01	0.55

to zoom, click the Alt button while pressing "+"

## **SPECIAL VEGANCUTS DEALS AND QUICHE RECIPE!**

### **The Vegg Cholesterol-Free Vegan Egg Alternative**

Offer includes 2 x 6.0 oz container of The Vegg Baking Mix or 2 x 4.5 oz container of The Vegg Vegan Egg Yolk

Missing all those recipes from your pre-vegan days but don't want to contribute to the cruel egg industry? The Vegg products are just what you need! They're made from 100% plant-based ingredients, meaning you can rest assured that no chickens were harmed in the making of these egg substitutes and they're cholesterol free to make your heart happy, too.

#### **The Vegg Baking Mix**

Add a subtle egg-like richness to all your baked goods with The Vegg Baking Mix. It's sure to become your go-to egg substitute for cookies, cupcakes, muffins, banana bread, and more. The Vegg Baking Mix looks, smells, and tastes like eggs when blended.

To use: Beat 1 teaspoon of The Vegg Baking Mix with 1/4 cup of water and you've got a vegan egg replacer ready to go for your favorite recipes. Each container will make about 48 eggs for baking!

#### **The Vegg Vegan Egg Yolk**

The Vegg is a versatile egg yolk replacer that can replace eggs in a wide range of recipes. Whip up vegan versions of classic dishes like egg noodles, French toast, custard, lemon curd, Hollandaise sauce, and so much more. It's also ideal as a liquid base when breading foods for frying. You can even use it as a liquid yolk for dipping toast. It looks, smells, and tastes like eggs—but without all the cruelty.

To use: Blend 1 teaspoon of The Vegg powder with 1/4 cup water—the equivalent of about two to three yolks. Each container will make over 99 yolks!

<http://www.vegancuts.com/offer/the-vegg-cholesterol-free-vegan-egg-alternative>



Improved Vegg Quiche recipe using The Vegg Vegan Egg Yolk & The Vegg Baking Mix! [www.thevegg.com](http://www.thevegg.com)

## TOFU-FREE VEGG QUICHE RECIPE

By Rocky Shephard

[www.thevegg.com](http://www.thevegg.com)

Ingredients:

6 tsp Vegg Baking Mix

4 tsp Vegg Vegan Egg Yolk

1 cup unsweetened almond milk

3/4 cup bread flour

2 cups chopped spinach-packed

1/4 cup fake bacon bits

1/2 cup vegan mozzarella cheese

1 tsp salt

1 tsp pepper

1 pie crust

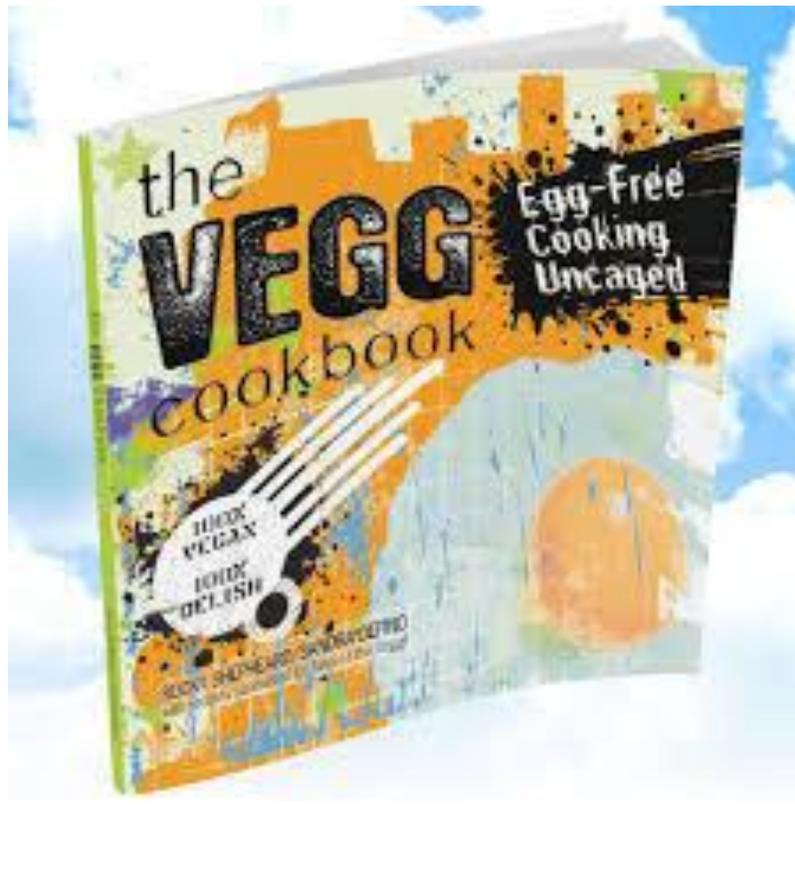
pad of margarine

Preheat oven to 350 F. Whisk milk, yolk, and baking mix in large bowl. Slowly mix in flour, salt and pepper. Fold in spinach, cheese and bacon bits. Mix well by hand and place in pie crust. Bake for 45 min. Remove from oven and place a small pad of margarine on top. Spread over top evenly . Broil for a minute or two until golden brown. Let set for 1 hour. Cut and serve.

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## **THE SECOND PRINTING OF THE VEGG COOKBOOK IS ALMOST READY TO SHIP!**

We should have it on hand by the first week in December! I made some typo corrections in this issue. Thanks for making the first printing a rousing success! I'll be giving away 12 copies in December. To get a free copy just email me with your complete shipping address.rocky@thevegg.com. Winners will be selected randomly. Good luck



**THE VEGG BAKING MIX 'BEST MUFFIN' RECIPE CONTEST**

## **EXTENDED TO DEC FIRST!**

**Submit a recipe and photo of your muffin creation [torocky@thevegg.com](mailto:torocky@thevegg.com). Deadline has been extended to Dec 1. (Photo must include muffins and a view of the canister of The Vegg Baking Mix.) The selected winner will be sent a case of 12 of The Vegg Baking Mix for their holiday baking pleasure. Be creative!**



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Improved Vegg Quiche recipe using The Vegg Vegan Egg Yolk & The Vegg Baking Mix! [www.thevegg.com](http://www.thevegg.com)

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1/2 cup vegan mozzarella cheese

1 tsp salt

1 tsp pepper

1 pie crust

pad of margarine

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pepper. Fold in spinach, cheese and bacon bits. Mix well by hand and place in pie crust. Bake for 45 min. Remove from oven and place a small pad of margarine on top. Spread over top evenly . Broil for a minute or two until golden brown. Let set for 1 hour. Cut and serve.



**CHLOE**

VEGAN  
RASPBERRY  
TIRAMISU  
CUPCAKES



WATCH CHLOE ON  
**MARIE***forleo*

Chloe's  
Vegan Italian  
Kitchen

**AVAILABLE NOW**



AWARD WINNING  
RASPBERRY TIRAMISU CUPCAKES

Here is my winning Raspberry Tiramisu Cupcake Recipe. It's a moist vanilla cake soaked with espresso and amaretto, stuffed with a fresh raspberry filling, ground chocolate, and

Here is my winning Raspberry Tiramisu Cupcake Recipe. It's a moist vanilla cake soaked with espresso and amaretto, stuffed with a fresh raspberry filling, ground chocolate, and topped with fluffy tiramisu buttercream. Totally vegan and totally delicious!

Makes 12 cupcakes

**To make the Vanilla Cupcakes:** Preheat the oven to 350 degrees F. Line 1 (12-cup) cupcake pan with 12 cupcake liners.

In a large bowl, whisk together flour, sugar, baking soda, and salt. In a separate bowl, whisk together nondairy milk, oil, vinegar, and vanilla. Pour the wet mixture into the dry mixture and whisk until just combined. Do not over mix.

Fill the cupcake liners about two-thirds full with batter. Bake for 16 to 18 minutes, or until a toothpick inserted in the center of the cupcake comes out clean with a few crumbs clinging to it. Cool the cupcakes completely before frosting.

**To make the Espresso Soak:** In a small bowl, whisk amaretto and espresso powder until espresso dissolves. Set aside.

**To make the Raspberry Sauce:** In small saucepan, cook raspberries and agave over medium heat until raspberries wilt down. Let simmer on low for 5 minutes until the mixture becomes a pourable consistency. Remove from heat and mix in vanilla, lemon juice, cinnamon, and salt. Taste and adjust sweetness by adding more agave if necessary. Let cool in refrigerator.

**To make the Frosting:** Combine espresso powder, amaretto, water, and vanilla in small bowl and mix or swirl bowl until espresso powder has dissolved (about 1 minute). Using a handheld or stand mixer,

beat the shortening until smooth. With the mixer running on low, add powdered sugar and beat to incorporate. Add 1 tablespoon of espresso liquid at a time, as needed, until it reaches desired frosting consistency and tiramisu flavor. Beat on high for 2 more minutes until light and fluffy.

**To assemble the cupcakes:** Using a spoon, cut out a small hole from the top of each cupcake (scoop out about 1 tablespoon of cake) and discard. In the hole of the cupcake, layer approximately 1 teaspoon of the Espresso Soak, 1 tablespoon of the Raspberry Sauce, 2 teaspoons ground chocolate, and piped frosting on top. Garnish with a raspberry and mint leaf. Enjoy!

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## **Making the Change to a Vegan Diet**

Many people become vegan instantly. They totally give up meat, fish, poultry, dairy and eggs overnight. Others make the change gradually. Do what works best for you.

Being vegan is as hard or as easy as you choose to make it. Some people enjoy planning and preparing elaborate meals, while others opt for quick and easy vegan dishes.

**Protein:** Vegans easily meet their protein needs by eating a varied diet, as long as they consume enough calories to maintain their weight. It is not necessary to plan combinations of foods. A mixture of proteins throughout the day will provide enough "essential amino acids."

*[Position of the American Dietetic Association: Vegetarian Diets," JADA, June 2003, Simply Vegan; and nutrition information on VRG's website, vrg.org]*

**Sources of Protein:** Beans, lentils, tofu, nuts, seeds, tempeh, chickpeas, peas... Many common foods, such as whole grain bread, greens, potatoes, and corn, quickly add to protein intake.

**Sources of Iron:** Dried fruits, baked potatoes, mushrooms, cashews, dried beans, spinach, chard, tofu tempeh, bulgur, and iron-fortified foods (such as cereals, instant oatmeal, and veggie 'meats') are all good sources of iron. To increase the amount of iron absorbed at a meal, eat a food containing vitamin C, such as citrus fruit or juices, tomatoes, or broccoli. Using iron cookware also adds to iron intake.

**Sources of Calcium:** Collard greens, broccoli, kale, turnip greens, tofu prepared with calcium, fortified soymilk, and fortified orange juice all contain high quantities of calcium.

[>> MORE of Veganism in a Nutshell by Vegetarian Resource Group](#)

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*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."—Melody Beattie (thank you for sending us her quote, Meredith!)*

### **Eugene Veg Education Network (EVEN)**

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

*Eugene Veg Education Network*

*---EVEN - serving as a vegan resource since 2005---*

The **Eugene Veg Education Network (EVEN)** is an **official 501(c)(3)** non-profit based in Eugene serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and**

**sustainability.** Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members**--- as well as the larger community ---by providing pertinent information on veganism and its positive impact on the health of the planet and all its inhabitants. [www.eugeneveg.org](http://www.eugeneveg.org) **Peace.**