

# Viva! Kids' cook veggie

Delicious and easy vegan recipes -  
ideal for 7 to 17 year olds

£1.90

Guide 15

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Thanks to The Redwood Wholefood Company for their kind donation to help print this guide (see page 26).

Sausage and Pasta Salad, page 13



Cover photo: Jane and Amy with colourful cookies (page 17) and soya milk.

## Meet our winning recipe creator

Viva! hosted a popular competition to find a selection of new delicious recipes to feature in this guide, *Viva! Kids' Cook Veggie*.

Katie Spencer, 12, from Hull entered a delicious recipe she created and everyone at Viva! agreed that her hummus and mushroom pie deserved first prize. Please turn to page 10 to try out the recipe.

Photo©Terry Bearpark



# Viva!

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# What is a **vegetarian**?

A vegetarian doesn't eat any dead animals or slaughterhouse by-products. That means they consume no meat, poultry, fish or seafood (eg prawns or crabs) and no by-products such as gelatine (which is actually made from boiled up animals' bones, horns and hooves – gross).

## What is a **vegan**?

A vegan doesn't eat anything derived from animals; dead or alive! That means they choose not to eat the same things as vegetarians but also avoid dairy products, such as milk, cheese or butter, along with eggs and honey.

It is scientifically proven that vegetarians are more intelligent, smell better and suffer less from lots of diseases than meat-eaters! Hardly surprising considering the rubbish meat-eaters put into their body every meal.

Now you know what veggies don't eat, let's take a look at what they do eat!

## **Breakfast**

A veggie breakfast is just the same as a non-veggie breakfast, minus the cruelty of course! You can't go wrong with cereal, toast and juice. Vegans opt for soya milk instead of cow's milk. For cold winter mornings porridge is advisable. Try adding sultanas and sliced banana with a fat blob of golden syrup in the centre! Toast toppings include jam, peanut butter, yeast extract (eg Marmite) and vegan chocolate spread. Veggies also enjoy crumpets and bagels. Muesli fans don't have to miss out either, you can top the muesli with soya yoghurt and fresh fruit.

If you're a full-English breakfast kinda person, don't worry you won't miss out on a veggie diet! You can have grilled veggie sausages, veggie rashers, baked beans, mushrooms, waffles, hash browns, scrambled tofu, grilled tomatoes and fried mushrooms.





# Lunch

Think generous and give the good old British sandwich a make-over. Variety is the spice of life, so ditch the white bread and try malted brown, wholemeal, French bread, ciabatta, pitta bread, bagels and olive bread. Experiment with your toppings, some Viva! favourites include:

- marmite and tomato
- vegetable pâté
- a veggie BLT
- soya cheese and pickle
- veggie sausages
- falafel
- spicy bean burger with almond butter and banana
- avocado, with fresh lemon and black pepper and red onion
- mock 'meats' like chicken and ham are available in health food stores and major supermarkets and taste great with salad and veggie mayo

- hummus with grated carrot and apple slices
- for vegans missing egg mayo we recommend plain tofu, mashed with a fork mixed with Plamil egg-free mayo, very finely chopped onion, turmeric and black pepper

Or you could have a jacket potato with baked beans, chilli non carne or curry. Or, the old favourite, a delicious veggie soup with lovely crusty bread for dipping!



Wholesome and delicious veggie sandwiches

# Snacks

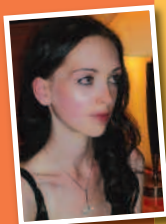
No doubt you will continue to feast on crisps and chocolate in moderation, however, try out a few healthy veggie snacks too. Carrot, cucumber and celery are great for dipping into hummus or guacamole (an avocado dip available in all supermarkets). Dried fruit (such as mango or raisins), fresh fruit, nuts and seeds are great for snacking on because they give you lots of energy and help you to concentrate.

# Dinner

Viva! Activists (supporters of Viva! who are under 18) have come up with a selection of mouth-watering recipes to please any veggie critic. All are quick and easy to make and will have all your friends desperate for a dinner invitation in no time!

If you're a budding master chef and have some favourite recipes of your own, email them to [activists@viva.org.uk](mailto:activists@viva.org.uk) or scribble them down and post to **Viva! Kids Cook Veggie, Viva!**, 8 York Court, Wilder Street, Bristol BS2 8QH.

"I went veggie when I was 11 years old and since then I have encouraged other people to change their diets too. I believe that education is the way to enlightenment so I campaign as often as I can!"  
Emily, 16, Bristol



Recipe by Liam, 17, Bristol

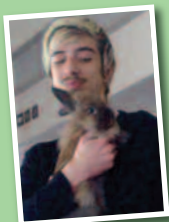
# Bean burgers

## equipment

- Chopping board and knife
- Grater
- Garlic crusher (or just chop with the knife if you don't have one)
- Measuring spoons
- Scales
- Potato masher or stick blender
- Mixing bowl and wooden spoon
- Frying pan and fish slice

These are easy, quick, tasty and cheap! This is a flexible recipe that can easily be changed by using different combinations of beans/lentils and spices/herbs.

- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- 10ml/2tsp olive oil
- 1 medium carrot, grated finely
- ½ tsp mild chilli powder (or even less if you really hate hot spices)
- 1 tsp ground cumin
- 1 tin rinsed and drained pinto or kidney beans
- 1 tbsp Dijon mustard (milder than English, so don't worry)
- 1 tbsp soya sauce
- 1 tbsp tomato purée
- 75g/3oz rolled oats – use either jumbo or porridge
- A little vegetable oil



- 1 Fry onion and garlic in oil until softened. Add a little water if mixture starts to stick.
- 2 Add grated carrot and spices for another minute or two, stirring to make sure nothing sticks.
- 3 In a bowl, mash beans thoroughly.
- 4 Add cooked vegetable and spice mixture to beans.
- 5 Add mustard, soya sauce, tomato purée and oats.
- 6 Mix all ingredients thoroughly.
- 7 If you have time, chill the mixture in the fridge before making into burgers – makes it easier to handle.
- 8 With wet hands, form mix into burgers. Flatten each one with back of wooden spatula or spoon. (Use a cup as a cookie cutter if you want them evenly round.)
- 9 Fry gently in oil for a few minutes on either side until they are brown on the outside and squidgy in the middle. Don't worry if they fall apart, just squish them back together!
- 10 Serve with salad and baked potatoes, or on a wholemeal roll with a little Plamil vegan mayo, relish and salad.



Makes 6-8 small burgers  
Preparation/cooking time 50 minutes

Recipe by Libby, 7, Shirenewton



# Fishless Fish & Chips with Tartar Sauce



Serves 2

Preparation/cooking time 30 minutes

## equipment

- Oven
- Saucepan
- Two baking trays
- Colander
- Chopping board
- Knife

- 1 packet of Redwood Vegi-Deli Vegetarian Fish Style Fingers \*
- 140g/5oz frozen garden peas
- 200g/7oz oven chips
- 1 tbsp egg-free mayonnaise eg Plamil †
- 2 tsp chopped capers

1 Open the packet of Redwood Vegi-Deli Vegetarian Fish Style Fingers, place on a baking tray and cook according to the instructions on the packet.

2 Do the same with the chips, place them on the second baking tray and ask an adult to help you time the cooking of the two foods together.

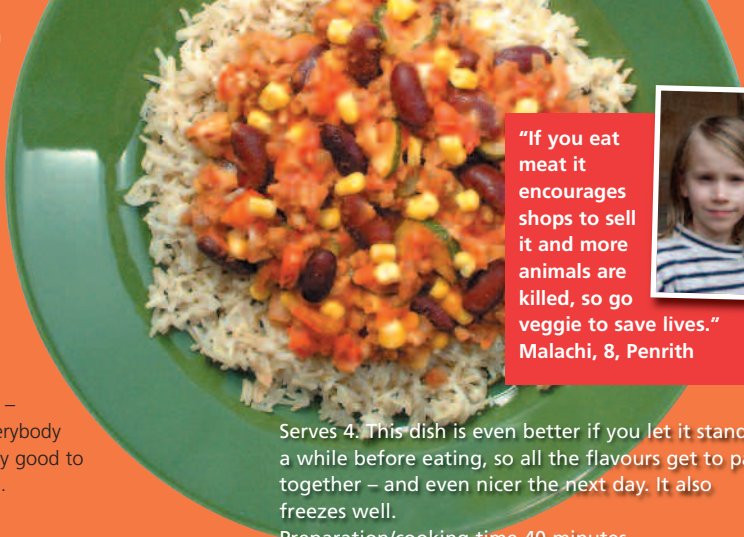
3 Meanwhile, bring a saucepan of water to the boil on the top of your oven, then add the peas and cook according to the packet instructions. Drain them off in a colander before putting on the plates.

4 Serve with tartar sauce, which you can make simply by mixing the capers into the mayonnaise.

5 Why not cook up some carrots too if you fancy it!

\*Redwood Fingers are available in Holland & Barrett, health shops or online at [www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk). † Plamil mayo is available in most supermarkets.

We just had to include this recipe – it is taken from the *Martin Shaw Cooks Veggie* recipe guide and has been eaten by literally hundreds of thousands of people around the country! We use it in schools, at big shows – everywhere – and everybody loves it. It's particularly good to make for meat-eaters.



**"If you eat meat it encourages shops to sell it and more animals are killed, so go veggie to save lives."**  
**Malachi, 8, Penrith**



**Serves 4.** This dish is even better if you let it stand for a while before eating, so all the flavours get to party together – and even nicer the next day. It also freezes well.

**Preparation/cooking time 40 minutes**

# Chilli Non Carne

- 2 tbsp vegetable oil
- 1 large onion, chopped
- 3 cloves of garlic, crushed
- ½ red pepper, chopped
- 1 medium courgette, chopped in half lengthways then sliced into half moon shapes
- 100g/4oz mushrooms, chopped
- 1 tsp each of paprika and cumin
- ½ tsp mild chilli powder or less, especially if you really hate hot spices
- Salt and black pepper
- 1 tbsp tomato purée
- 1 tbsp peanut butter (Yes, really! Don't miss this bit out unless you're cooking for someone who is allergic to peanuts as it really does make the dish extra special)
- 225g/8oz frozen veggie mince (eg Asda/RealEat/Redwood/Fry's) OR 100g/3½oz dried savoury TVP mince, soaked in hot veggie stock first
- 2 x 400g tins of chopped tomatoes
- 100g/3½oz sweetcorn, tinned or frozen
- 100g/3½oz cooked kidney beans, rinsed and drained

- 1 Fry the onion and red pepper in the oil until soft.
- 2 Add the garlic, courgette and mushrooms and cook until the mushrooms are golden brown.
- 3 Add the veggie mince and spices and fry for 4-5 minutes, stirring constantly. (If the mixture sticks and needs a bit of moisture use some of the juice from the tinned tomatoes).
- 4 Add the purée and peanut butter. Mix in well so the peanut butter melts and is well distributed.
- 5 Add the tinned tomatoes, stir well and simmer for 10 minutes over a low heat.
- 6 Add the sweetcorn and kidney beans. Cook for a further 10 minutes.
- 7 Season and taste. Adjust if necessary.
- 8 Serve with rice. Also nice with baked potato.

**Good side options:** avocado dip (guacamole), tortillas/wraps and tomato salsa.

## equipment

- Chopping board and sharp knife
- Medium-large saucepan with lid
- Scissors
- Wooden spoon
- Garlic crusher
- Measuring spoons
- Tin opener





## equipment

- Tin opener
- Lemon squeezer
- Measuring spoons
- Food processor or blender
- Rubber spatula to scrape mix from sides of blender etc
- Mixing bowl
- Wok or shallow saucepan for frying
- Fish slice or slotted spoon to drain
- Kitchen paper
- Oven tray or dish

Serves 2  
Preparation/cooking time 25 minutes

"I am vegetarian because I do not agree with animal slaughter. Since obesity is on the rise in Britain, I think people should try a vegetarian diet for themselves to see the benefit!" Jess, 17, Bristol



# Falafels

These mildly spiced chick pea rissoles originate from the Middle East (countries such as Egypt, Turkey, Israel) but are now very popular in UK restaurants and takeaways, as well as large supermarkets. They are much nicer than the ones you buy in supermarkets – lighter and not so chewy.

- 400g tinned chick peas, rinsed and drained
- 1 onion, finely chopped
- 2 tbsp parsley, chopped (any type)
- Juice of 1 lemon
- 4 garlic cloves, crushed
- 1 tsp ground coriander
- 1 tsp ground cumin
- ½ tsp salt
- Freshly ground black pepper
- ½ tsp turmeric
- ¼ tsp chilli powder
- 1 tsp baking powder
- 50g/2oz plain flour
- Vegetable oil for frying – use a wok or shallow saucepan and pour enough oil to make it about 8-10 cm deep

- 1 Combine the chick peas, onion, parsley, lemon juice, garlic, coriander, cumin, salt, pepper, turmeric and chilli powder.
- 2 Blend the mixture until it forms a smooth paste, scraping the sides of the bowl as needed. (You can use a stick blender if you don't have a processor, but it's a little more hard work).

- 3 Transfer mixture to a large bowl and mix in the baking powder and flour. Season to taste with salt and freshly ground pepper.
- 4 Chill the chick pea mixture for 20 minutes until firm.
- 5 While chilling, preheat the oven to 180°C/350°F/Gas Mark 4. You will need to keep the first batch of falafels warm while you cook the second batch.
- 6 Heat the oil for frying in the wok or shallow saucepan. It should spit if you drop a teeny piece of batter in it.
- 7 While it is heating, quickly make the falafels. With damp, clean hands, shape the chick pea batter into balls, then flatten the balls into patties.
- 8 Fry the falafels in two separate batches until golden brown on all sides, about 3 minutes. Remove with a slotted spoon and drain on kitchen paper.

Good served in pitta bread, with salad, hummus dip, sweet chilli sauce and olives (or whatever you like!).



# Pizza

Mmmm, everybody loves pizza. Here is a cool vegan version!

Asda and Sumerfield's pizza base mix are both vegan. You can also buy vegan pizza bases and mixes from health stores. Or if you really want to experiment, make your own! [www.viva.org.uk/recipes/pizzadough](http://www.viva.org.uk/recipes/pizzadough) has a good one...

"We are vegan because we don't want animals to die." Spencer, 7, and Rowan, 4, Bristol



- 1 large pizza base – ready-made or made from a mix
- 1 jar pizza topping or pasta sauce
- 3 medium mushrooms, sliced
- ½ small red pepper, cut into thin rings or slices
- Other veg of your choice: sweetcorn, olives, tinned artichoke hearts cut in half, thinly-sliced onions etc are all very good
- Olive oil
- 3-4 tbsp grated melting vegan 'cheese' such as Redwood's Melting Mozzarella or Melting Cheddar, available from health stores
- Freshly ground black pepper

- 1 Preheat oven to temperature according to instructions on pizza base packet.
- 2 Lightly fry vegetables – except for ready cooked items such as sweetcorn and artichoke hearts.
- 3 Leave mushrooms until last and don't overcook.
- 4 Spread pizza base with topping, then arrange vegetables and cheese artistically on top.
- 5 Bake for 10-15 minutes or until vegetables are just tender and the cheese has melted a bit.

Recipe by Spencer & Rowan



Serves 2

Preparation/cooking time 25 minutes

## equipment

- Oven tray if using a ready-made base
- Round pizza pan if making pizza dough from a mix or home-made
- Chopping board and sharp knife
- Measuring spoons
- Frying pan or wok with fish slice
- Grater

# Hummus & Mushroom Pie



This mouth-watering recipe won Viva!s national cookery competition – try it, we think you'll agree it deserved first prize! Katie, 12, Hull

Recipe by Katie

Serves 2  
40-50 minutes total: 20-30 minutes preparation, 20-25 minutes baking

Yum yum! What a great pie... Pastry isn't so difficult, give it a go and impress everyone! We give you two ways of making it – with a food processor or by hand. The secret is not to handle it too much – and keep your hands cool.

## Pastry

- 100g/3½oz fine wholemeal pastry
- 100g/3½oz plain white flour
- 100g/3½oz vegan margarine, eg Pure or Vitalite
- A little very cold water to mix (about 2-3 tbsp)

## Filling

- 1 tbsp olive oil
- 1 small or half a large onion, finely chopped
- 2 small cloves garlic, crushed
- 330g/12oz mushrooms, sliced
- ½ tsp dried tarragon or thyme
- Salt and black pepper
- 5-6 tbsp hummus or more to taste
- A little soya milk to glaze

## equipment

- Scales and measuring spoons
- Food processor OR large mixing bowl
- Clean plastic bag, large enough to hold the ball of pastry
- Rolling pin
- Shallow pie dish
- Small bowl and pastry brush for soya milk
- Chopping board and sharp knife – remember to use the reverse side when rolling your pastry so it doesn't stink of onions! Or just use a clean work surface
- Frying pan and fish slice

1 If you have a food processor, place flour and margarine in it. Whizz it for a few seconds until it looks like breadcrumbs. Add the water and whizz for a few seconds more – don't overdo it, as this makes the pastry tough.

2 Remove from the processor, form it into a ball and place in a plastic bag. Tie the bag up and put in the fridge while you make the pie filling.

3 If you don't have a processor, it's easy to make the pastry by hand. Run your hands under cold water to make them cold. Rub the margarine



# Garlic bread

"I love all animals and I want them to stick around! You can make yummy food without the suffering, so why not?"  
Kirsty, 18, Stockton-on-Tees



Serves 2-4

Preparation/cooking time 20 minutes

## equipment

- Chopping board and sharp knife
- Tinfoil
- Garlic crusher
- Small bowl
- Rubber spatula or table knife to spread the margarine on the bread
- Measuring spoons

into the flour until it resembles breadcrumbs, then add water until it forms a dough. Form into a ball and place in plastic bag, as in step 2.

4 Preheat the oven to 220°C/425°F/Gas Mark 7.

5 In a frying pan, heat the olive oil and then add the onion and garlic.

6 Gently fry until onion is starting to soften. Add the mushrooms and cook for about 4 minutes. Add the tarragon, salt and pepper.

7 Roll the pastry out on a lightly floured board. Divide it in half. With the first half, line the base of a shallow pie dish. Fill the base with the mushroom onion mixture and then spoon blobs of hummus on the top.

8 Make pastry lid by placing the second half on the top so it fits well. Seal the edges and vent it – that means you need to prick holes in the middle with a fork.

9 With a pastry brush, paint on a little soya milk for a glaze.

10 Bake for 20-25 minutes.

- 1 large baguette (French stick)
- 50g/2oz vegan margarine, eg Pure, Vitalite, Suma
- 3-6 garlic cloves, crushed
- 1 tsp dried mixed herbs
- A pinch of black pepper

- 1 Heat oven to 200°C/400°F/Gas Mark 6.
- 2 Mix the margarine, garlic, mixed herbs and black pepper together in a bowl.
- 3 Slice vertically into the baguette at equal spacing along the bread – a large baguette would require about 10 cuts, but make sure to only half cut into the bread.
- 4 Spread the margarine mix evenly throughout the baguette, coating everything well.
- 5 Wrap the loaf in baking foil and bake for 10 minutes.
- 6 Remove and fully open the foil. Bake for a further 5 minutes then serve hot.





Recipe by Emma, 16, Norwich

# Tomato and Lentil Soup



Serve this delicious warming soup with some fresh crusty rolls and grated vegan 'cheese' to sprinkle on the top.

- 2 tbsp olive oil
- 1 onion, chopped
- 1 red pepper, chopped
- 1 clove garlic, crushed
- 175g/6oz red lentils
- 1 x 800g can chopped tomatoes
- 1L/140fl oz vegetable stock
- Salt and freshly ground black pepper

## equipment

- Measuring spoons
- Chopping board
- Knife
- Garlic crusher
- Kitchen scales
- Measuring jug
- Large saucepan
- Food processor or hand blender

1 Heat the oil in a large saucepan, add the onion and pepper and cook over a gentle heat for 6-8 minutes or until pale golden. Add the garlic and stir for 30 seconds.

2 Stir in the lentils, tomatoes and stock. Bring to the boil, cover and simmer for 30 minutes or until the lentils are beginning to break up.

3 Add salt and pepper to taste.

4 Blend the soup in a food processor or with a hand held blender until just smooth. Serve ladled into bowls.

Serves 4-6

Preparation/cooking time 45 minutes



# Sausage Pasta Salad

Serves 2

Preparation/cooking time 20 minutes

## equipment

- Large saucepan
- Colander
- Frying pan or grill pan and fish slice (for sausages)
- Chopping board and sharp knife
- Measuring spoons
- Large serving bowl
- Small bowl and whisk or fork to make dressing

"I am proud to be veggie. To anyone out there who wants to go veggie, one tip: believe in yourself. Being vegetarian is good for the animals, the planet and for your health!" Betsy, 13, London



If anyone ever tells you that salads are boring, give them this to try!

- 2 bowls of pasta
- ½ vegan stock cube or 1 tsp vegan bouillon powder (Green Oxo or Marigold or Kallo brands)
- 5 veggie sausages, cooked and sliced (eg Linda McCartney's or Redwood Veggie Deli or Fry's or Be-Well are all good)
- 1-2 sticks celery, chopped
- ½ bag of bean sprouts
- 2 large handfuls of spinach leaves
- 1 red pepper, chopped into small pieces
- 3-4 large lettuce leaves, chopped (not iceberg)
- ¼ cucumber, diced small
- 1 tomato, chopped
- 2 spring onions, chopped into pieces – including the green tops
- 1 garlic clove, chopped
- 1 tbsp chives, finely chopped
- 1 tbsp parsley, finely chopped

### Salad Dressing I – Tangy

- 1 tbsp olive oil

- ½ tbsp vinegar
- 1 tbsp lemon juice
- Lots of black pepper
- Salt to taste

### Salad Dressing II – Creamy

- 3 tbsp Plamil vegan mayo (or other vegan mayo)
- 1 tbsp soya or rice milk

- 1 Bring a large pan of hot water to the boil. Add the stock cube/powder and cook the pasta in it – check the instructions on the packet.
- 2 While pasta is cooking, cook the sausages and chop up the salad ingredients.
- 3 Drain pasta and let it cool in a big bowl.
- 4 Finish preparing the other ingredients.
- 5 Add the sausages, salad vegetables and herbs.
- 6 Choose which salad dressing you would like. In a small bowl, mix the ingredients together thoroughly.
- 7 Pour dressing over the salad and mix well with some salt and black pepper.

Recipe by Matt, 17, from Little Hallingbury, Herts

Serves 4-8

45-50 minutes: 30 minutes preparation, 15-20 minutes baking



## Sweet Potato Savoury Pie

This looks like a lot of ingredients, but don't panic! Just get everything out that you need first and put it on a tray or the table – that way you won't be rushing back to the cupboard.

- 3 large sweet potatoes OR 2 large sweet potatoes and 1 large white potato, chopped into medium chunks
- 3 tbsp nutritional yeast flakes (Engevita brand, available in health stores)
- 1 tsp salt
- 1-2 tbsp oil, olive or other type
- 1 large onion, chopped
- 1 clove garlic, crushed
- 2 large carrots, diced
- 3 sticks celery, sliced
- 2 small leeks, chopped lengthways then into chunks (to make semi-circles). Top tip to avoid gritty leeks! Soak the pieces in cold water to loosen any dirt, and then give them a good wash under the tap, shaking the colander well
- 1 courgette, cut into semi-circles
- 100g/3½oz mushrooms, chopped
- 150g/5oz Redwood's vegan mince or other vegan mince eg RealEat, Fry's or Asda own brand
- 1 tsp mixed herbs

- Pinch chilli powder
- ½ tsp allspice or cinnamon
- 120g/4oz cooked beans (half a tin) – aduki good, but try others like haricot or kidney
- 200ml/7fl oz strong vegan stock – eg use a green Oxo or 1 tbsp Marigold bouillon powder
- 1½ tbsp tomato purée
- 1½ tbsp soya sauce
- Black pepper
- Oil spray or a little extra oil

- 1 Bring a large pan of water to the boil. Add the salt and the chopped potatoes.
- 2 Bring to the boil again then cook for about 10-15 minutes, or until the potatoes are tender.
- 3 Pre-heat oven to 200°C/400°F/Gas Mark 7.
- 4 Meanwhile, in a medium pan, heat the oil.
- 5 Add the onion, garlic, carrot, celery, leeks, courgette and mushrooms to the hot oil and sauté (fry gently) for about 5 minutes, until the onions are softened.



This is a brilliant twist on traditional Shepherd's Pie – the sweet potato gives it a really different flavour, as well as being a great source of Vitamin A (your mum and dad will love that bit!). If you aren't used to the taste of sweet potatoes, try our other option in the recipe.

## equipment

- Vegetable peeler
- Chopping board and sharp knife
- Large saucepan
- Colander
- Measuring spoons
- Tin opener
- Potato masher and wooden spoon
- Large lasagne dish or similar – it needs to be reasonably deep.
- Fork

Freeze it!  
It makes loads,  
so you can easily  
freeze it in  
portions for a  
quick meal.



- 6 Add the vegan mince and the spices and herbs, stirring in well. Cook for another 2 minutes, stirring occasionally.
- 7 Add the beans and vegan stock, bring to the boil and cover.
- 8 Add the tomato purée and soya sauce, stirring well.
- 9 Cook the mixture for a few more minutes – it should start to thicken. If it starts to stick, add a little more hot stock or water.
- 10 Drain the potatoes and mash. Stir in the yeast flakes and black pepper and mix well.
- 11 If you are making this for one meal, bake it in a large lasagne dish.
- 12 Otherwise, use 4-8 small oven-proof dishes. You can freeze some of them if you wish – defrost then cook in the usual way before.
- 13 Grease whichever dishes you are using with low-cal spray or oil.
- 14 Spoon the veggie mince mixture into the dish or dishes. Top with mashed sweet potato and use a fork to make nice patterns on the top.
- 15 Bake for 15-20 minutes in the oven.

# Veganiser

## traditional breakfast

- ✗ Cereal with milk and fruit served with orange juice
- ✗ Scrambled eggs, toast, sausage, cup of tea
- ✗ Bacon sandwich
- ✗ Pancakes and Maple Syrup

## veganised breakfast

- ✓ Cereal with soya (or other non-dairy milk) and fruit served with orange juice
- ✓ Scrambled tofu, wholemeal toast, veggie sausage, cup of tea with soya milk
- ✓ Veggie Rashers sandwich – Redwood brand sold in health stores
- ✓ Pancakes (see p23) with maple syrup, fruit and nuts

## traditional lunch

- ✗ Chicken sandwich with lettuce, tomato and mayo; yoghurt; crisps
- ✗ Chicken soup, bread, green salad and vinaigrette
- ✗ Burger and chips

## veganised lunch

- ✓ Smoked tofu or hummus sandwich with lettuce, tomato and vegan mayo; fruity soya yoghurt; piece of fruit
- ✓ Tomato and lentil, or vegetable soup, bread, green salad with flax seed or olive oil dressing
- ✓ Veggie burger in a wholemeal roll, chutney and vegan mayo with extra portion of salad

## traditional dinner

- ✗ Spaghetti Bolognese with garlic bread
- ✗ Quiche Lorraine, chips with salad
- ✗ Chicken Chow Mein
- ✗ Chilli Con Carne
- ✗ Baked potato with ham and cheese

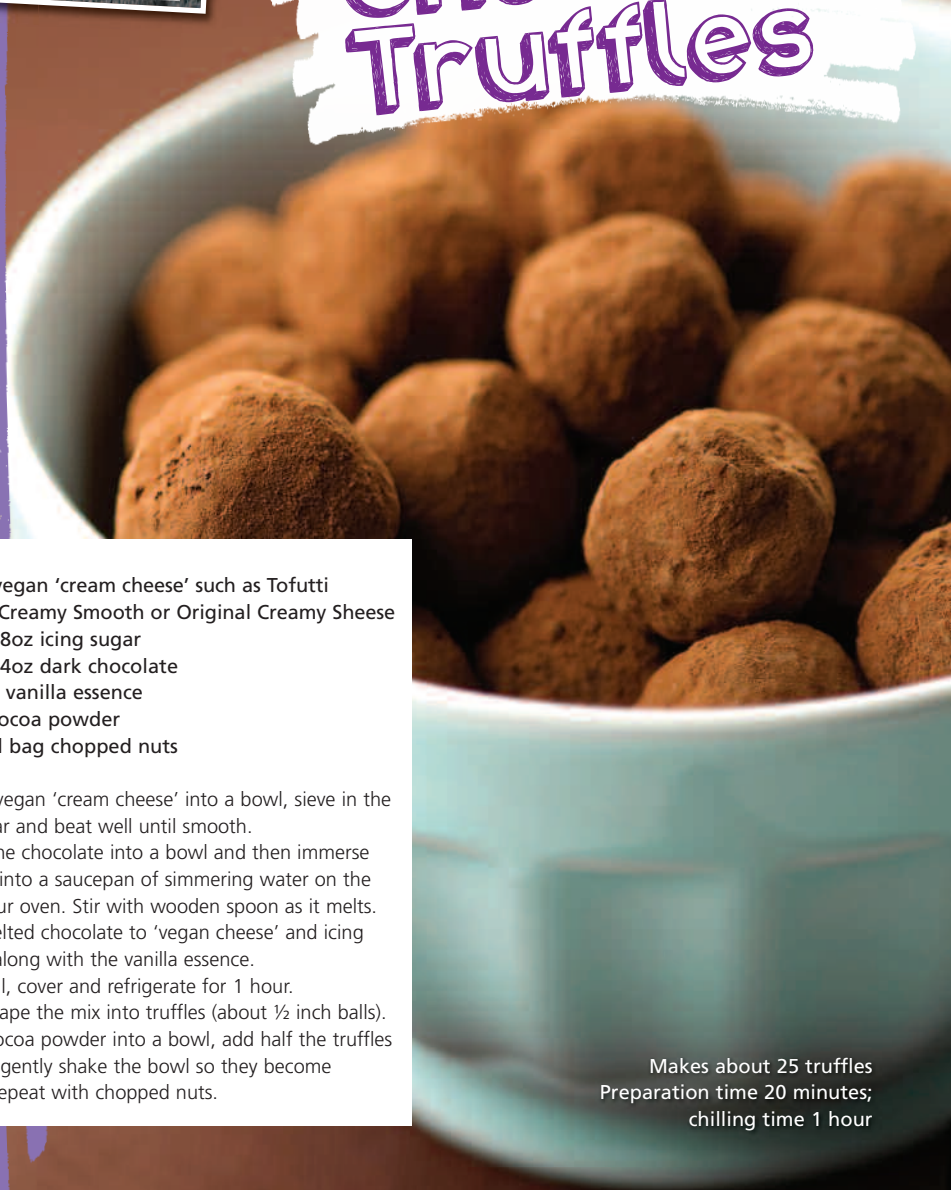
## traditional dinner

- ✓ Veggie Bolognese (substitute frozen veggie mince or whole lentils for meat). Serve with crusty bread and green salad
- ✓ Red Onion and Thyme Tart, baked potato or low-fat potato wedges with salad
- ✓ Tofu Vegetable Stir-Fry and Peanut Sauce with Egg-free Noodles
- ✓ Chilli Non Carne (substitute frozen veggie mince or whole lentils for meat), avocado dip (guacamole) rice and salad (page 7)
- ✓ Baked potato with chopped cooked Rashers/Cheetin' Ham and Redwood Cheezly Melting 'Cheddar' with mixed salad.

Recipe by TWINS, JAZZ and FINN, 7, CHEPSTOW



# Yummy Chocolate Truffles



## Truffles:

- 1 tub vegan 'cream cheese' such as Tofutti Original Creamy Smooth or Original Creamy Sheese
- 500g/18oz icing sugar
- 400g/14oz dark chocolate
- 1½ tsp vanilla essence
- Dark cocoa powder
- 1 small bag chopped nuts

1 Spoon vegan 'cream cheese' into a bowl, sieve in the icing sugar and beat well until smooth.

2 Break the chocolate into a bowl and then immerse the bowl into a saucepan of simmering water on the top of your oven. Stir with wooden spoon as it melts.

3 Add melted chocolate to 'vegan cheese' and icing mixture, along with the vanilla essence.

4 Mix well, cover and refrigerate for 1 hour.

5 Now shape the mix into truffles (about ½ inch balls). Put the cocoa powder into a bowl, add half the truffles and then gently shake the bowl so they become coated. Repeat with chopped nuts.

Makes about 25 truffles  
Preparation time 20 minutes;  
chilling time 1 hour

# Colourful Cookies

- 170g/6oz granulated sugar
- 225g/8oz vegan margarine
- 20g/0.7oz egg replacer\*
- 1 tsp vanilla extract
- ½ tsp salt
- 250g/9oz plain flour, sieved
- ½ tsp baking powder

## Icing

- 2 x 500g packet ready-to-roll marzipan
- 3 varieties of natural food colouring
- 1 packet of cake decorations (shapes and little balls for example)

- 1 Preheat oven to 190°C/365°F/Gas Mark 5
- 2 In a large bowl, stir together the sugar, margarine, egg replacer and vanilla.
- 3 Stir in the salt, flour and baking powder and mix.

4 Separate dough into two pieces and roll out each half on a lightly floured surface.

5 Cut into shapes using different cookie cutters – hearts, stars, circles – go crazy!

6 Line a baking tray with greaseproof paper and place the cookies onto it to bake for 8-10 minutes or until the edges are browned.

7 Divide the marzipan into three equal quantities and place in separate bowls for colouring.

8 Add 1 tbsp of each food colouring to each bowl, mix in with a spoon, then by hand, so the colour runs throughout icing.

9 Roll the icing out on a surface lightly dusted with icing sugar, then cut shapes out to place on the cookies. Experiment with decorating them using the cake decorations.

Makes 25-50 cookies depending on size  
10 minutes preparation  
8-10 minutes baking

\* Egg replacer is available in all health food stores and some large supermarkets

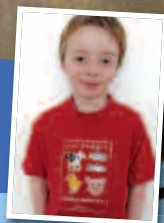




# Big Birthday Cake

Serves 8-12 generous slices  
Preparation/cooking time 50-60 minutes

"I don't eat animals because I love them. Other people should be veggie to save animals too!" Ethan, 6, Essex



Makes one beast of a double cake! We've added three options too...

## Cake

- 250g/9oz vegan margarine such as Pure/Vitalite/Suma brands
- 150g/5oz caster sugar
- 500g/18oz self-raising flour
- 6 tsp baking powder (yes, really!)
- Pinch salt
- 1 x 500ml tub of plain soya yoghurt eg Alpro Soya Yoghurt
- 2 tbsp soya milk plus a little more if necessary
- 2 tsp vanilla extract

1 Preheat the oven to 180°C/350°F/Gas Mark 4 (NB Reduce by 5-10 degrees if using a fan-assisted oven).

2 In a saucepan, warm the margarine/oil and sugar until both have melted. Leave to cool.

3 Grease two deep 20cm/8 inch loose-bottomed cake tins and line the bases with greaseproof paper.

4 Sieve the flour and baking powder into a bowl and add the salt.

5 Pour the margarine and sugar mixture,

yoghurt, soya milk and vanilla extract into the flour mix.

6 Mix well until you get a soft dropping. The batter will look slightly curdled – this is just the cake's raising agents doing their work!

7 Add a little more soya milk if necessary – about 1-2 tbsp.

8 Spoon cake mix equally into the tins and bake for 30-40 minutes until risen and golden.

9 If using an ordinary oven make sure you space the cake tins in oven so bottom cake is overshadowed as little as possible by top cake. After 25 minutes you may need to swap them over to ensure each cake gets cooked evenly. You shouldn't need to swap the tins if you are using a fan-assisted oven.

10 When the cooking time is up, the centre of the cakes should feel springy. Test with a cocktail stick – it should come out cleanly if cooked inside. If not, cook for another 5-10 minutes.

11 Leave cakes to cool completely before placing on a cooling rack.

12 Carefully remove the greaseproof paper from the bottom.

## equipment

- Scales
- Measuring spoons
- Sieve
- Large mixing bowl and wooden spoon/whisk
- Greaseproof paper or baking parchment
- Pencil and scissors
- 2 x 20cm/8 inch square cake tins
- Pastry brush to grease tins
- Measuring jug
- Toothpick or thin wooden kebab stick to test cake

- 13 Spread filling of your choice on the two inside halves of the cake.
- 14 Decorate cake according to choice – or just dust with a little icing sugar.

### Filling options:

#### Fruity and Creamy

- 1 jar of your favourite fruit jam – eg strawberry or raspberry
- 1 tub vanilla soya dessert (from large supermarkets or health stores)
- Icing sugar to dust

- 1 Spread the jam on both halves of the cake. Spread the soya dessert in the middle, making sure everything is evenly distributed.
- 2 Sieve a little icing sugar over the cake to decorate.

#### Lemon

2 tbsp lemon juice and zest of lemon added to cake mix. Make lemon icing by creaming the following thoroughly:

- 85g/3oz vegan margarine
- 200g/7oz icing sugar
- Zest of a lemon
- 2 tbsp lemon juice

Spread the icing on the bottom half of the cake and place the other half on top.

#### Chocolate Chip

Add 100g/3½oz vegan chocolate chips to the cake mix. Make icing as above, but omit lemon zest and juice. Replace with 3 tbsp sieved cocoa powder and 2-3 tbsp soya milk. Spread the icing on the bottom half of the cake and place the other half on top.

## no more EXCUSES... go veggie

Help spread the word that there are no more excuses for not being veggie by ordering our *No More Excuses* pack! We'll give you FREE posters, stickers and leaflets to hand around or put up.



To order your pack which includes all of the above – email [liam@viva.org.uk](mailto:liam@viva.org.uk).

Hand them out to friends and family, door-drop them or give them out to strangers!

You can also order a FREE back issue of our youth magazine *Viva! Active* – (while stock remains!) Call 0117 944 1000, or write to us at Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH for information, advice or to order materials!



# Viva!

# Carrot cake

This is lovely – all moist and yummy.

## equipment

- Scales
- Measuring spoons
- Sieve
- Large mixing bowl and wooden spoon/whisk
- Greaseproof paper or baking parchment
- Pencil and scissors
- 1 x 20cm/8 inch round spring form, loose-bottomed cake tin (you can use a non-spring form tin, but it should have a removable bottom!)
- Pastry brush (if not using low-cal spray to grease tin)
- Measuring jug
- Toothpick or thin wooden kebab skewer to test cake

### Cake

- Oil or low-cal spray for the cake tin plus greaseproof paper
- 100g/3½oz vegan margarine
- 200g/7oz light brown sugar OR caster sugar
- 3 cups grated carrots – about 4½ medium carrots, grated on very small holes
- 1½ cups raisins – crunched up in the food processor or blender for a few minutes
- 1½ tsp cinnamon
- 1½ tsp allspice
- ¼ tsp ground nutmeg
- ½ tsp salt
- 375g/13oz cups fine wholemeal self-raising flour
- 1 tsp bicarbonate of soda
- 200ml/7fl oz soya milk

### Icing

- 115g/4oz vegan margarine
- 170g/6oz icing sugar
- ½ tsp vanilla essence

- 1 Oil or spray a 20cm/8 inch loose-bottomed or spring-form cake tin.
- 2 Cover the base of the tin with greaseproof paper.
- 3 Pre-heat the oven to 180°C/350°F/Gas Mark 4 – no hotter, as the cake needs to cook quite slowly so the middle cooks but it doesn't get burned on the top. If you have a fan-assisted oven, reduce this temperature by about 5-10 degrees.

Recipe by Zhane, 14



Serves 8-12

Preparation/cooking time 1 hour

**"There are three important reasons for being veggie:**

**1. It's healthy. 2. You save the lives of 11,047 animals. 3. It's cool!" Zhane, 14, London**



- 4 In a saucepan, melt the margarine and then add the sugar. Stir around until it has all melted.
- 5 Add the grated carrot, raisins and spices. Let the mixture cook gently for a couple of minutes, but keep stirring with a wooden spoon.
- 6 Sieve the flour, bicarbonate of soda and salt into a large bowl.
- 7 Add the mixture from the pan, plus soya milk. Beat thoroughly with a wooden spoon until everything is mixed in well.
- 8 Pour cake batter into the tin and place on top shelf of oven.
- 9 Bake for 40-50 minutes. Test after 35 minutes by sticking a toothpick into the centre of the cake. If it comes out clean, the cake is done! Otherwise, put the cake back in the oven for another 5-10 minutes or so, testing again.
- 10 Meanwhile, make the icing by mashing the margarine and vanilla essence into the sugar with a fork.
- 11 Chill the icing in the fridge in a covered bowl before spreading on cake.
- 12 When the cake is ready, cool it on a rack before removing from tin.
- 13 When the cake is completely cold, smooth on the icing, using a palette knife or rubber spatula. You can leave it as it is or make patterns with a fork.



Recipe by Reuben, 14, Hebden Bridge



"I have been a vegetarian all my life because my mum is vegetarian and my dad is vegan. I would not want to eat meat because meat is murder. I enjoy cooking vegetarian food and sharing recipes." Reuben, 14, Hebden Bridge



Serves 8

Preparation/cooking time  
25 minutes plus chilling time

## 'Creamy Cheese' Cake

Creamy and sweet, what more do you want?!

- 110g/4oz vegan margarine
- 225g/8oz vegan biscuits – digestive or oat biscuits work well (McVitie's Light Digestives are vegan, so are Dove's Farm. Hob Nob ordinary are vegan and supermarket own brand oat biscuits are usually vegan, too)
- 1 tbsp soft brown sugar

### Filling

- 285ml soya whipping cream (a tub of either Soya-Too OR Cremita soya whipping cream – available from health stores)
- 85g fruit soya yogurt, eg Alpro, Sojade or Sojasun brands
- 170g/6oz Tofutti plain cream cheese – just over  $\frac{3}{4}$  of a tub. You'll find it in health stores
- 90g/3oz caster sugar

- 1 Preheat the oven to 180°C/350°F/Gas Mark 4
- 2 Lightly oil a 20cm/8 inch pie dish.
- 3 Melt margarine and sugar in a pan.
- 4 If you have a food processor, whizz the biscuits in it until you get fine crumbs. Alternatively, place the biscuits in a plastic bag,

- Scales
- Measuring spoons
- Small saucepan and wooden spoon
- Food processor OR plastic bag and rolling pin

## equipment

- 20cm/8 inch pie dish
- Scissors (to open cream packages)
- Two mixing bowls and a whisk

tie it loosely and batter it with a rolling pin until the biscuits are in fine crumbs.

5 Add the crumbs to the saucepan and mix well into margarine.

6 Spoon the biscuit mixture into the cake tin. Using the back of a wooden spoon press the mixture into sides and bottom of the cake tin.

7 Bake in the oven for 10 minutes then remove from oven and allow to cool.

8 Meanwhile, in a mixing bowl, place the soya cream. Soya-Too needs whipping, Cremita is ready-whipped. (Check packet instructions first).

9 Add the soya yoghurt and stir in carefully.

10 In a separate bowl cream together the cream cheese and sugar.

11 Gradually add the cream mixture to the cheese mixture.

12 Stir well and spoon into the biscuit base. Chill the cheesecake until cold.

Recipe by Chris, 13, Haywards Heath

# Luscious Lemon Slices

Makes about 12 squares

Preparation/cooking time 1 hour approximately

Lemony gorgeousness... and the sugar glaze looks very professional but is really easy to do!



- 100g/3½oz vegan margarine, eg Pure or Vitalite
- 150g/5oz self-raising flour
- 1 level tsp baking powder
- 150g/5oz caster sugar
- 175g/6oz silken tofu (eg Mori-Nu brand, sold in Sainsbury's, other large supermarkets and health stores)
- 60ml/4tbsp soya milk
- 1 lemon, finely grated (or use a lemon zester if you have one)
- 1 tbsp lemon juice

## For the icing:

- Juice of 1 lemon
- 100g/3½oz granulated sugar

- 1 Preheat the oven to 180°C/350°F/Gas Mark 4.
- 2 Grease and line the bottom of the cake tin with greaseproof paper.
- 3 Put all the ingredients in a food processor and mix for 10 seconds. Scrape down the sides and mix for a further 5 seconds. If you don't have a food processor, you can whizz the mixture with a stick blender, or very vigorously with a wooden spoon.

## equipment

- EITHER an 18cm/7 inches x 23cm/9 inches by 2.5cm/1 inch tin OR 20cm/ 8 inch square tin.
- Oil and pastry brush to grease tin OR low-calorie spray
- Greaseproof paper or baking parchment
- Pencil and scissors
- Scales
- Measuring spoons
- Sieve
- Food processor and rubber spatula OR mixing bowl and wooden spoon
- Lemon squeezer
- Small mixing bowl for sugar and lemon juice glaze

- 4 Pour the mixture into the prepared tin and bake for 25-30 minutes or until pale golden and springy.
- 5 While the cake is baking, stir together the lemon juice and the sugar for the icing.
- 6 Spoon this mixture over the cake whilst it is still hot – spread evenly.
- 7 Leave until cold, cut into slices and then enjoy!

# Pancakes Sweet or Savoury

These are like thin crepes – really good and dead easy. If sweet, serve with a syrup such as date, agave or maple or a little sugar/lemon juice. Fresh fruit such as berries or banana is also lovely.

If savoury, add a pinch of dried herbs and some pepper to the batter before you cook it. Then add cooked filling of your choice, roll it all up and serve! Fried mushrooms and red peppers are nice – but make up your own veggie combo...

**"I've been vegetarian for over 10 years! When I was five years old I found out where meat came from and I remember feeling utterly disgusted with the fact that**

**I had been eating animals. It just seems so silly when meat-eaters selfishly munch away at their beef burger and don't give any thought to the pain and suffering which went on behind closed doors."**  
Serena, 16, Llanymynech



- 175ml/6fl oz soya milk
- 175ml/6fl oz water
- 175g/6oz sieved plain flour
- 2 tbsp sieved chick pea flour (also known as gram or besan flour – available in large supermarkets, health stores or ethnic shops)
- 1 tsp baking powder
- 1 tbsp sunflower oil
- Pinch of salt
- Additional oil for frying – or low-cal spray if using non-stick pan

1 Preheat the oven to 170°C/300°F/Gas Mark 3 – so you can keep the pancakes warm as you cook them.

2 Blend or whisk the first seven ingredients until smooth – basically everything but the additional oil/spray for frying.

3 Heat a small amount of oil or low-cal spray in a frying pan until piping hot. Drain off any excess (or use low-cal spray, as above)

Makes 8 pancakes

Preparation/cooking time 35 minutes

## equipment

- Scales
- Sieve
- Measuring jug
- Large jug or medium mixing bowl for batter
- Stick blender OR whisk
- Wooden spoon
- Ladle (to pour out batter into pan)
- Non-stick frying pan
- Non-scratch fish slice/spatula
- Oven-proof dish to keep pancakes warm in oven

4 Pour enough of the batter mixture into the frying pan to thinly cover the bottom.

5 Fry on one side for about a minute. Loosen the edges with a spatula and flip. Don't worry if the first pancake is a bit lame, as this often happens. The rest will be fine!

6 Fry the flip side for another minute or until done.

7 Remove from pan and keep warm in the oven on an oven tray.

8 Add more oil/spray to the pan if and when necessary. Repeat steps 3 to 6 until all of the mixture is used up.

9 Serve hot.



Recipe by identical twins, Leela and Jaffy, 16, Bristol

Healthy and decadent! A low-fat dessert that blows all the stereotypes out of the water.

# Fruit Kebabs with Chocolate Sauce



Leela and Jaffy are pictured at the launch of Viva!'s Fruity Fundays campaign

## Kebabs

- 1 wooden skewer per person
- On each skewer: apple, banana, pear, mango, melon or any other combination of fresh, firm fruit.

## Chocolate Sauce

- 3 tbsp maple or 1½ tbsp agave syrup
- 2 tbsp cocoa powder (eg Green & Blacks) NOT drinking chocolate
- 120ml/4fl oz water
- 1 tsp cornflour or arrowroot
- 1 tsp vanilla essence

- 1 Combine syrup, cocoa, water, cornflour/arrowroot and vanilla in a small pan.
- 2 Mix well and cook over medium heat until thickened, stirring constantly.
- 3 Arrange kebabs on a large plate.
- 4 Drizzle chocolate sauce artistically over kebabs.



Serves 4

Preparation/cooking time 10-15 minutes

# Why Vegan?

Because it saves animals, the environment and human health – it's the next logical step after going vegetarian. And guess what? All the recipes in this guide are vegan and they are awesome! You don't have to be a full-on vegan to enjoy the recipes of course – but we wanted to give you a taste of what vegans do eat rather than what they don't!

If you really want to go for it, look no further than Viva!s *L-Plate Vegan* guide. It gives you all the low-down on what products are suitable and where you

can get them. You can download it FREE from [www.viva.org.uk/guides](http://www.viva.org.uk/guides) or buy it in booklet form direct. Just email [info@viva.org.uk](mailto:info@viva.org.uk) or phone Viva! on 0117 944 1000 (9am-6pm Monday-Friday).

And for important health and nutritional information, check out the guide called *Nutrition in a Nutshell*. This gives simple, easy to follow information on how to get a balanced diet – and will help you and your family to adjust!) Just like the *L-Plate* guide, you can download it free or buy a paper copy. Visit [www.viva.org.uk/guides](http://www.viva.org.uk/guides).

## Cakes

Leave eggs out of your favourite cake recipes and try using an egg replacer such as No Egg from Orgran – sold in health food stores or free-from sections in large supermarkets. Check out our cake recipes on pages 17-22.

## Milk

replace with one of these

- ✓ Fortified soya milk, fresh or UHT, sweetened or unsweetened
- ✓ Fortified rice milk
- ✓ Flavoured shakes in little cartons called OySoy! Strawberry, banana, chocolate...
- ✓ Almond milk for an occasional treat too!

## Cheese

leave out altogether or try

- ✓ Grated Redwood Cheezly or Sheese – some melt, some don't
- ✓ Tofutti Cream Cheese – plain and flavoured. They taste like Philadelphia. The plain makes great cheesecake or on sarnies with cucumber. Or try the flavoured ones with crackers...
- ✓ Nutritional yeast flakes (Engevita) from health food shops. Good to sprinkle on pasta dishes
- ✓ Florentino vegan 'Parmesan' cheese, available in small tubs from large supermarkets and also health food shops

## Pizza

see our recipe on page 9

# Other ideas...

## Jacket Potatoes

good with just about anything: baked beans, curry, chilli, pasta sauce, veggie sausages, bean salad...

## Family Meat-out!

See if you can persuade the family to have one meat-free meal every now and then – not only will they be saving animals but they'll be doing their bit for the environment and for their health! Keep it simple – sausage, mash, gravy and veg is always a favourite or try them with one of the recipes from this guide.

**"Nothing ever comes to one, that is worth having, except as a result of hard work."**

Booker T. Washington

**NEW!**



**At Redwood we have been working hard  
- we think you will agree!**

- ✓ Gluten free
- ✓ Meat & egg free
- ✓ Dairy free
- ✓ Natural ingredients
- ✓ No hydrogenated fats
- ✓ Cholesterol free
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- ✓ Ethical
- ✓ Vegan

## Probably The Best Vegan Quarter Pounder Money Can Buy



You can find Redwood products in Holland & Barrett & your local independent health store. If you are having difficulty in finding our products please telephone 01536 400557 and we will be delighted to help find your nearest stockist.

Alternatively go to [www.redwoodfoods.co.uk](http://www.redwoodfoods.co.uk) to visit our online shop

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# Viva!

# ACTIVISTS

Fancy becoming a Viva! Activist? You'll be helping us save the lives of thousands of animals every year. All you need to do is sign up – Viva! can advise you how ever you would like to help spread the veggie word to other young people!

We have loads of great materials that you can hand out – which we will send you out free!

You can door-drop leaflets, give them to your friends, or be more adventurous and try running a stall or doing a demo!

There are plenty of ways to get involved and Viva! will be glad to have your support. To become a Viva! Activist, for just £5 a year visit [www.vivaactivists.org.uk](http://www.vivaactivists.org.uk), email [liam@viva.org.uk](mailto:liam@viva.org.uk) for more info, ideas and advice, or call 0117 944 1000 (Mon-Fri, 9am-6pm).



Join us online for regular updates on everything we're doing. You can also get involved by posting, inviting and linking us – e-campaigning is a great way to spread the word!



# Viva! Kids' cook veggie

...is a straight-talking vegetarian recipe guide for young people, full of delicious, easy to make recipes created by Viva! Activists



Published by Viva! and the Vegetarian & Vegan Foundation 2010

For a free Go Veggie pack and for more information about Viva!, send your name and address to:

Go Veggie pack, Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH.  
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