



EarthSave[®]
HEALTHY PEOPLE HEALTHY PLANET

VEGAN HALLOWEEN

08 October 2013

VEGAN DEVILISH EGGS

2 c plain unsweetened almond nondairy milk
2 tsp agar powder (Telephone Brand)
½ tsp black salt

1 2 oz extra firm silken tofu, divided
2 TBSP vegan mayonnaise
2 TBSP vegetable oil
2 tsp dijon mustard
1 tsp white wine vinegar
½ tsp black salt
½ tsp turmeric
Salt & pepper to taste

Decoration: Paprika, black or green olives, roasted red pepper sliced into long thin strips

Combine almond milk, agar powder and black salt in a small saucepan and whisk to combine. Bring to a boil. Remove from heat and pour into molds. Refrigerate for 30 minutes to allow to set.

Cut tofu block in half; Place half the tofu, vegan mayo, oil, mustard, vinegar, black salt, turmeric, salt and pepper in a food processor or blender. Blend 30 seconds or until smooth. Transfer to a bowl. Chop the rest of the tofu into small cubes and fold into the rest of the mixture.

Using a small cookie cutter, spoon or melon baller scoop out a small circle from the inside of each egg half. (The egg innards can be chopped up and added to the rest of the filling).

Add filling to each hole, using a spoon. Sprinkle with paprika. Add olives & peppers to make them look like creepy devil eyes. Serve and enjoy :)



BLEEDING HEART PUNCH

Red fruit juice of choice (Pomegranate, cherry, raspberry cranberry, etc)

Sparkling fruit juice of choice

Heart-shaped mold

Make fruit juice ice cubes by pouring red fruit juice into a heart-shaped silicone ice cube or candy mold. Freeze until solid.

In a bowl or pitcher, combine red fruit juice and sparkling fruit juice at a ratio of 1:1.

When ready to serve, add heart shaped ice cubes (FYI: depending on the mold and what kind of juice is used, the ice cubes may be more or less solid than desired. If there is a higher water content than sugar content, they will be more solid).

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PEANUT BUTTER CUPS

1 package Vegan Graham crackers or vegan graham cracker pie shell, broken up into small bits

1 c Powdered Sugar

1/2 c Vegan Margarine

1/2 c Peanut Butter (creamy or crunchy)

2 bags vegan semi-sweet chocolate chips

In a double boiler, melt chocolate chips. In a large bowl, melt margarine. Add peanut butter and crushed graham crackers/ broken up pie crust shell and powdered sugar. Set up molds or mini muffin cups by drizzling a little bit of the melted chocolate in the bottom and along the sides. Roll a small piece of the dough & place in the mold (flatten if you need to), and top with more melted chocolate. Refrigerate or freeze until chocolate has resolidified. Carefully remove from molds and wrap in foil or place in paper candy cups.

COCONUT ALMOND DELITES

2 bags vegan semi-sweet chocolate chips, melted

1 c dried shredded coconut

3/4 c Brown Rice Syrup

Blanched almonds

Melt chocolate in a double boiler.

Blanch almonds by placing in a pot of boiling water. Allow to cook until they float to the top (just a few minutes). Place in a colander, drain off water, then immediately rinse with cold water. The skins should then come off very easily by applying a little bit of pressure (just don't add too much pressure—they are known to go flying across the room...)

In a bowl, combine coconut and brown rice syrup. Allow to sit for at least a few minutes to allow the coconut to rehydrate.

Set up mold by drizzling a little bit of the melted chocolate chips in the bottom and along the sides. Add a small amount of coconut, followed by 1-2 blanched almonds (however many you can fit in your mold). Cover with additional melted chocolate.

Refrigerate or freeze until chocolate has resolidified. Carefully remove from molds and wrap in foil or place in candy cups.

DISTURBINGLY CREEPY FINGER COOKIES

1/2 c vegan margarine

1/4c brown sugar or sucanat

1/2 tsp pure vanilla, almond or lemon extract

1-1/4c unbleached, spelt, or whole wheat pastry flour + extra for rolling

1/4 c whole blanched almonds

Red jam or jelly, such as raspberry or strawberry water, as needed

Preheat oven to 325 °F. With a fork or electric mixer, cream margarine, brown sugar and vanilla in a large bowl until fluffy. Slowly add flour until dough becomes too stiff to mix with the mixer/ fork. Mix with your hands until all the flour is incorporated. If the dough is too dry to hold its shape, add a little bit of water.

Shape the cookies into creepy fingers by rolling the dough and using a knife to make knuckles. To make the fingers especially creepy, cut the finger in half and spread just enough jam inside to be able to seal it up again without having it ooze out. Once sealed, at the tip of the finger.

insert a blanched (skinned) almond to look like a fingernail. Bake 15 minutes or until golden brown.

COMMERCIAL VEGAN CANDY LIST

Airheads Taffy • Big League Chew Gum • Brach's Cinnamon Hard Candy • Brach's Cinnamon Hard Candy • Brach's Orange Slices • Brach's Root Beer Barrels • Brach's Star Brites • Charms lollipops • Chew-ets Peanut Chews (Original) • Chick-o-Sticks • Chocolove Dark Chocolate bar • Chocolove Orange Peel (Dark Chocolate Bar) • Cry Babies • Dem Bones • Dots • Dum Dums • Everest Gum • Fireballs • Goldenberg's Peanut Chews (Original) • Hubba Bubba Bubblegum • Jolly Ranchers (lollipops and hard candy) • Joyva Ring Jells Chocolate Covered Orange • Joyva Ring Jells Chocolate Covered Raspberry • Jujubes • Jujufruits • Lance Peanut Bar • Mambas • Mary Janes (Regular and Peanut Butter Kisses) • Now and Laters • Red Vines • Skittles • Smarties (U.S. version only) • Sour Patch Kids • Super Bubble • Swedish Fish • Twizzlers • Velamints Mints