


# Vegan Junk Food

Friday, April 28, 2017 8pm

- So... Rice cakes? Dried fruit?
- Why vegan junk food? To make friends
- Where and what to buy (source:  
<http://www.peta.org/living/food/accidentally-vegan/>)
  - Meijer / Kroger / Target
    - Original flavor Sun Chips
    - Fritos original and BBQ
    - Duncan Hines Double Fudge Decadent Brownie Mix (many boxed cake and brownies, check for dairy)
    - Frosting tubs (check for dairy)
    - Oreos! All flavors!
    - Airheads
    - Cracker Jack
    - Doritos Spicy Sweet Chili
    - Fritos
    - Fruit by the Foot
    - Tube crescent rolls
    - Tube cinnamon rolls (some brands-check)
    - Regular / original potato chips
    - Most BBQ flavor potato chips (check for chicken / beef ingredients)
    - Ritz / Trisket / Wheat Thins / Club / Saltines
    - Nature Valley peanut butter granola bars
    - Sour Patch Kids
    - Red Vines
    - Hershey's syrup
    - Tater tots
    - Back to Nature Lemon / Chocolate Chunk / Classic Creme Cookies
    - Brach's Mandarin Orange Slices
    - Atomic FireBalls
    - Jujubes / Jujufruits / Dots
    - Kettle Brand Popcorn (Maple Bacon, Salt + Pepper, Sea Salt, and Sriracha varieties)



- Kettle Brand Potato Chips (Barbecue, Jalapeño, Maple Bacon, Pepperoncini, Red Curry, Roasted Garlic, Sea Salt, Sea Salt & Vinegar, Spicy Thai, Sriracha)
  - Lay's Kettle Cooked potato chips (Vinegar, Original)
  - Lay's potato chips (Barbecue, Classic, Deli Style Original, Dill Pickle, and Lightly Salted varieties)
  - Lindt 70%, 85%, and 90% Cocoa bars
  - Munchos
  - Nabisco Ginger Snaps and Original Grahams
  - Ruffles All Dressed potato chips
  - Smartfood Sweet & Salty Kettle Corn
  - Snyder's of Hanover Jalapeño Pretzel Pieces
  - Terra Real Vegetable Chips (most varieties)
- Dollar store
    - All the cookies. Butter cookies, iced oatmeal cookies, fudge stripe cookies and fudge covered graham crackers
    - Oatmeal creme pies
    - Sour patch / Swedish fish / Mamba / Mary Jane / Nerds / Now and Laters / Skittles / SweetTarts / Twizzlers
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- TJ (Source: <https://www.peta2.com/vegan-life/vegan-trader-joes-options/>)
    - Red Hot Blues
    - Sesame sticks
    - Coconut creamer
    - Dark chocolate truffle bar
    - Cherry chocolate soy ice cream
    - Jumbo cinnamon rolls
    - Mini soy ice cream sandwiches
    - Mini Café Twist Cookies
    - Organic Animal Crackers
    - Organic Brown Rice Marshmallow Treats
    - Soft-Baked Snickerdoodles
    - Speculoos Cookies
    - Caramel popcorn
    - Speculoos cookie butter
    - Joe-Joes
- World Market
    - Sriracha Peas

- Carrot chips
  - Hot Pepper Fire Trucks
  - Super Cola candy
  - Manner Hazelnut wafers
  - Ritter dark chocolate marzipan bar
  - Ginger People ginger candies
- Recommended pairings
  - Doritos and guacamole
  - Red vines and Mr.Pib
  - Speculoos cookies and hot tea
  - Cookie butter on graham crackers
  - Twizzlers and Diet Coke
  - Butter cookies & nondairy vanilla ice cream
- How to read labels / stealth ingredients / how low should you go
  - Gelatin
  - Allantoin
  - Carmine / Cochineal / Carminic Acid
  - Casein / Caseinate / Sodium Caseinate
  - L-Cysteine
  - Glycerin / Glycerol
  - Hyaluronic / Linoleic / Caprylic / Arachidonic / Oleic Acid
  - Lactic Acid / Lactose
  - Honey
  - Shellac. Resinous Glaze
  - Sodium Steroyl Lactylate
  - Monoglycerides. Glycerides.
- Making vegan treats at home
  - Brownie / cake mix hacks
    - Pop cake
    - Black bean brownies
  - Egg replacers
    - Flax egg
    - Chia egg
    - Egg replacer
    - Veg egg

**Vegan Queso Dip** (Source: <http://minimalistbaker.com/vegan-mexican-cheese-three-ways/>)

1½ cups raw cashews  
3 Tbsp nutritional yeast  
½ tsp sea salt  
¼ tsp garlic powder  
½ tsp cumin  
¼ tsp chili powder  
1 chipotle in adobo with a little sauce (or sub salsa or your favorite hot sauce)  
1 Tbsp olive or grape seed oil (optional, for blending)  
Hot water

1. Add raw cashews to a food processor and process into a butter, scraping down sides as needed.
2. Add in spices and chipotle pepper and mix until until a spread is formed. You may need to add a little oil to help things blend together.
3. Pour into bowl and add very hot water a little at a time and whisk until pourable. Great as a dip or on nachos!

### **Amy's no bakes**

1/2 cup Earth balance  
1/2 cup non dairy milk  
6 tablespoons choc chips  
2 cups white sugar

Melt all above ingredients together, Bring to a boil, and boil for one minute. Remove from heat. Immediately stir in

3/4 cup peanut butter  
1/2 teaspoon vanilla  
3 cups quick oats

Once combined drop by the spoonful on parchment paper and let cool.