



## Recipe-Harvest Loaf



*Harvest Loaf*

### Harvest Loaf

Sandy's mother found this recipe at a craft show and it's been their traditional fall favorite for over 35 years.

We've merely replaced butter with vegan margarine and eggs with The Vegg.

STEP 1: Mix dry ingredients in a large bowl (Bowl A)

1-3/4 cup flour

1 tsp baking soda

1 tsp cinnamon

1/2 tsp salt

1/2 tsp nutmeg

1/4 tsp ground ginger

1/4 tsp ground cloves

STEP2: In another bowl (Bowl B), cream 1/2 cup vegan margarine with 1 cup vegan sugar.

STEP 3: Beat into Bowl B, 1/3 cup of prepared Vegg (per pkg instructions).

STEP 4: Measure out 3/4 cup canned pumpkin. Add contents of Bowl A and pumpkin into Bowl B (alternating small quantities of each while mixing)

STEP 5: Mix 1/2 cup vegan mini chocolate chips into Bowl B.

STEP 6: Mix 1/2 cup vegan butterscotch chips into Bowl B.

STEP 7: Grease 2 loaf pans. Divide batter between them. Bake in pre-heated oven at 325 degrees F. for 50 min. (Or bake as mini muffins for 20-25 min while checking frequently.)

## Recipe-Lemon Curd



*Lemon Curd*

### Lemon Curd

By: Sandy DeFino

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

#### Ingredients:

zest of 2 lemons

juice of 2 lemons

1/3 cup sugar

1/4 cup prepared Vegg

1 Tbsp. cornstarch

Zest and juice two lemons. Heat the juice from two lemons in a small sauce pan.

Dissolve 1/3 cup sugar in the lemon juice. Stir in 1/4 cup of prepared Vegg. Stir in the lemon zest. Let simmer (on low) for 10-15 minutes.

Strain out the lemon zest and put most of the liquid back in the sauce pan (reserving 3 Tbsp. of the liquid to mix with the cornstarch in a separate container).

Whisk in liquid/cornstarch mixture into liquid in sauce pan.

Heat (on medium) while whisking until mixture thickens to desired consistency.

## Recipe-Vegg Nog Pie



*Vegg Nog Pie*

### VeggNog Pie

By: Sandy DeFino

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

#### Ingredients:

pie crust

1 pkg. firm silken tofu

1/2 cup soaked raw cashews  
(soaked 4-6 hrs and drained)  
1/4 cup sugar or sweetener of your choice  
1 cup prepared Vegg  
1 tsp. nutmeg  
1 tsp. vanilla  
1 cup almond milk  
1 tsp. agar-agar powder

Prebake a pie crust at 400F for 14 minutes (ours was frozen, but homemade should work too).

In a food processor or blender, combine tofu, cashews, sugar, Vegg, nutmeg and vanilla.

Stopping to scrape the sides as necessary, combine until creamy.

Bring almond milk to a boil, whisk in agar-agar powder and continue to whisk as the mixture boils for 4-5 minutes.

Add the almond milk mixture to the mixture in the food processor and run it to incorporate everything into a thick, creamy filling.

Pour the filling into your prepared pie crust and refrigerate for several hours.

## Vegan Health & Fitness-Magazine Ad



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

*The Vegg ad in Vegan Health & Fitness magazine Jan-Feb 2014*

The Vegg has an ad going into *Vegan Health & Fitness* magazine in the Jan-Feb edition. They are the first and only internationally-distributed magazine with the word "vegan" in the title-- or to combine anything veg with health or fitness.

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

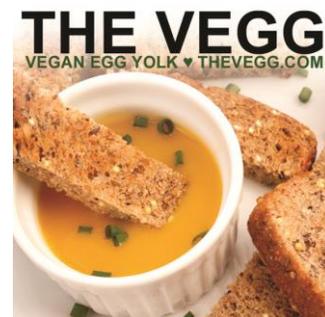
[www.facebook.com/VeganHealthAndFitnessMag](https://www.facebook.com/VeganHealthAndFitnessMag)

## Vegetarian Times-Magazine Ad

We also have an ad going into *Vegetarian Times* magazine, December issue. They surprised the heck out of me by giving me a 1/3 page ad at the same price as a 1/12 page ad. Much appreciated!

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

[www.facebook.com/pages/Vegetarian-Times/249373750432](https://www.facebook.com/pages/Vegetarian-Times/249373750432)



*The Vegg ad in Vegetarian Times*

## The Vegg Supports State of Washington I-522



[yeson522.com/](http://yeson522.com/)

## Help Get The Vegg into Wholefoods in Maryland



*Harbor East (Maryland)*

*Wholefoods location in Baltimore*

Maryland Vegg Fans:

I've contacted Christina at the Harbor East (Maryland) Wholefoods location in Baltimore. It seems like she has the ability to get The Vegg in to her location. If you'd like the convenience of picking up The Vegg while shopping at this particular location, please call (410) 528-1640, ask for Christina or Daman in grocery, and ask them to please carry The Vegg. I've already talked to Christina and sent her samples.

Thanks ---Rocky

## Bloggers: Get Free Samples

Bloggers: If you have not previously blogged about The Vegg, you can receive a sample and a copy of The Vegg Cookbook by just emailing me at [rocky@thevegg.com](mailto:rocky@thevegg.com)



## Announcing The Vegg Website Shop!

I'd been asked by people all over the world to make The Vegg available for sale on The Vegg website. **Well, now you can get The Vegg right on the site without having to search the web for store locations.** [www.thevegg.com/shop](http://www.thevegg.com/shop)



*The Vegg Website Shop*

We prefer you support our vendors, but if just can't find it anywhere else, here is your solution. We offer FREE SHIPPING WORLDWIDE. And don't forget 10% of net sales go to Compassion Over Killing until 2014!

Stay tuned and happy cruelty-free holidays to one and all! --Rocky

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This email has been forwarded to you compliments of the Eugene Veg Education Network (EVEN) on behalf of The Vegg. Please direct Vegg questions to: [rocky@thevegg.com](mailto:rocky@thevegg.com)

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

**Eugene Veg Education Network**

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

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

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.**

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