

YOUTH CENTRAL'S TD YOUTH EARTH
AMBASSADORS PRESENT:

Fresh & Sustainable Eats

A VEGAN AND VEGETARIAN
COOKBOOK

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Inspiration behind the Vegetarian Cook-Off

Ultimately, our goal with the Vegetarian Cook-Off was to give youth an opportunity to explore more sustainable methods of living through the small, yet impactful ways we eat. We hope for this event to serve as a look into the impact that our eating choices have on the environment and our ecological footprints.

We hope participants will be motivated by how simple it is to integrate sustainable practice into their cooking and will be inspired to make small changes in their lifestyles to create positive change upon the environment.



The Youth Central's TD Youth Earth Ambassadors

The TD Youth Earth Ambassadors (YEA) program is an opportunity for like-minded youth aged 12-18 to gather and come up with new ways to promote positive, environmental change within Calgary. Each year the YEA committee proposes and selects projects that they feel are relevant will raise awareness, and create tangible impact.

Meet the Chefs

KEN CHUNG



BIOGRAPHY

Ken Chung is a father of two and has been a chef for over 30 years. He immigrated to Calgary when he was in High School and fell in love with cooking. He owned the restaurant Thanh Long Noodle House for 16 years, he recently sold the business to have a slower lifestyle. He loves to cook for his family and is able to cook various types of cuisines. He finds joy when people are fed and happy.

ALEX HAMILTON



BIOGRAPHY

Alex Hamilton has been cooking professionally for over 19 years. Having a passion for sustainable cooking and food utilization. Working with locally sourced products, he cooks Contemporary Alberta cuisine, a celebration of techniques from across the globe, tapping into the diversity our city, province and country has. He has cooked in many of Calgary's best restaurants, many places in the B.C. and Alberta Rockies, in Whistler, Los Angeles and around China. He is currently a chef instructor at the Cookbook Co.

ALEX HAMILTON'S SMOKED CHEDDAR GRITS, ASPARAGUS AND WATERCRESS, TAJIN GARLIC PUREE, URFA BIBER PICO DE GALLO, TORTILLA CRUNCH

INGREDIENTS

SMOKED CHEDDAR GRITS

1.5L vegetable stock
1 tbsp. salt
1 cup grits or cornmeal
1 cup canned
hominy(draind)
½ cup hominy liquid
1 cup grated smoked
cheddar
¼ cup butter
1 tbsp. smoked paprika
1 tbsp. cumin
½ tsp. liquid smoke
1 tbsp. honey
2 tbsp. lime juice

ASPARAGUS AND WATERCRESS

1 bunch of asparagus, woody
ends removed(blanched)
1 bunch of watercress
2 shallots, sliced
2 garlic cloves, sliced
3 tbsp. grapeseed oil
Reserved tomato
insides(strained) (from pico
de gallo, see below)
1 lime zested and juiced
2 tbsp. butter

INGREDIENTS CONTINUED

TAJIN GARLIC PUREE

1 head of garlic(peeled),
sliced
½ white onion, diced
2 tbsp. butter
½ cup milk
2 tbsp. tajin
1 tsp paprika
1 tsp ancho chili
Salt to taste

TORTILLA CRUNCH

2 cups tortilla chips
pulverized
½ cup smoked cheddar
grated
1 tbsp. olive oil
1 serrano pepper, seeds and
white pith removed
2 tbsp. tajin

URFA BIBER PICO DE GALLO

2 medium tomatoes
1 cup cherry tomatoes
½ white onion
1 serrano pepper (seeds and
white pith removed)
¼ bunch of cilantro
2 limes
2 drops liquid smoke
1 tbsp cumin
1 tbsp coriander
2 tbsp. urfa biber chili

DIRECTIONS

SMOKED CHEDDAR GRITS

1. Bring stock, salt and hominy liquid to a boil, add asparagus from recipe below and blanch for 1 minute, shock in ice water or very cold water, reserve for next recipe
2. Whisk in grits or cornmeal and turn heat down to a simmer and cover, cooking for approximately 30 minutes for cornmeal and about an hour for grits
3. Grind hominy up in a food processor
4. Continue cook and stir grits to ensure it doesn't burn on the bottom, add hominy half way through.
5. Once mix is cooked, add remaining ingredients and adjust salt level as necessary.

ASPARAGUS AND WATERCRESS

1. Heat grapeseed oil and saute shallots and garlic, add lime zest
2. Add tomato juice and lime juice reduce by 1/2 and add butter
3. Just before serving, gently heat sauce and warm asparagus, fold in watercress
4. Season with salt

TAJIN GARLIC PUREE

1. Heat butter and saute onion and garlic for about 1 minute
2. Add milk and bring to boil, simmer until garlic is soft
3. Add spices and puree in a blender
4. Adjust seasoning and reserve

DIRECTIONS CONTINUED

URFA BIBER PICO DE GALLO

1. Quarter tomatoes and cut out seeds and insides, reserve insides for asparagus recipe
2. Dice tomatoes and quarter cherry tomatoes
3. Finely dice white onion and mince serrano pepper
4. Mix all prepped vegetables and season with a few pinches of salt
5. Add chopped cilantro and remaining ingredients, adjust salt levels
6. Allow to sit for at least 30 minutes

TORTILLA CRUNCH

1. Have oven pre heated to 350 F
2. Add all ingredients to a food processor and blitz
3. Spread out on tray lined with parchment and bake for approximately 20 minutes turning once
4. Cool and reserve to finish the dish

NGA PHAN



BIOGRAPHY

Nga Phan discovered her love of cooking after immigrating to Canada from Vietnam. Feeling as an outsider in Canada, she began spending time in the kitchen teaching herself how to recreate the foods of her native Vietnam.

She then started hosting dinners for friends and from there started getting asked to cater dinners. It is her passion to share her own heritage with others, "I love feeding people, and seeing the happiness that comes from my cooking," she says. Now cooking for almost 30 years, Nga is one of the owners of Spring Roll Chalet in Calgary and is an active member in the Vietnamese Buddhist community.

She's not a chef, but she is a spectacular cook!

NGA PHAN'S VEGETARIAN SPRING ROLLS

INGREDIENTS

Filling:

1 bag - Cellophane Noodles

5 lbs - Carrots (julienned)

5 lbs - Taro Root (julienned)

5 Tbsp - "Vegeta" Seasoning

2 Tbsp- White Sugar

Pepper to taste

Mix all ingredients together.

DIRECTIONS

WRAPPING ROLLS:

1. Place wrapper like diamond on a clean, dry surface.
2. Place 1 tablespoon of filling near corner. No more than that. (**Overstuffed spring rolls break apart in the oil.)
3. Fold over the corner. Roll tight.
4. Fold over left side and then right side. (**TIP: Leave no space or air pockets, air pockets create oily rolls.)
5. Roll it nice and tight.
6. Finger paint a flour paste (equal parts flour and water to create paste) along the top corner edge to seal the roll (**as if you are sealing an envelope.)
7. Place the rolls seam side down (this helps to secure the corner.)

DIRECTIONS CONTINUED

FREEZING:

1. Place rolls into a plastic ziplock bags for storage.
2. Single layer only. If you put them on top of each other, they will stick together.

FRYING/COOKING:

1. Heat up 1 1/2" of cooking oil (canola, vegetable, rice bran, corn, peanut) to 350F. (**Stick a wooden chopstick straight down in the oil. If the oil bubbles around the wood, it's hot enough.)
2. Carefully slide the springrolls in.
3. Fry a few at a time.
4. Keep turning rolls constantly until they are evenly golden brown.
5. Place finished rolls on a rack to drain excess oil.
6. Enjoy!

NGA PHAN'S VEGETARIAN CURRY

INGREDIENTS

- 1 - Courgette (sliced)
- 1/2 lbs - Green Bean (diced)
- 2 - Eggplants (sliced)
- 1- Taro Root (cubed)
- 4- Yellow Potatoes (cubed)
- 1 bag - Fried Tofu (cubed)
- 1 can - Coconut Milk
- 3 Tbsp - Curry Seasoning
- 3 tbsp - "Vegeta" Seasoning
- 1 tsp - Sugar

DIRECTIONS

1. Mix all the seasonings and sugar with all the vegetables and tofu.
2. Marinate for an hour.
3. Cook the marinated ingredients in a large pot then add coconut milk and allow to simmer.
4. Enjoy!

LEXXI AMBROSE



BIOGRAPHY

I am Lexxi Ambrose, a 27 year old Vegan Chef that started my career as a prep cook 9 years ago at Cactus Club in Calgary. My switch to veganism started when I moved to Vancouver, this redirected my career into the vegan culinary world. I put myself through Plant Lab Academy, a vegan cooking school. Before I came back home I was head chef of a vegan restaurant for one year. When I moved back home, I joined a great team to co-create and help bring to fruition - The Dandelion - a vegan restaurant in Ramsay that has grown to be a wonderful little hub since it opened in September last year. I am now embarking on the next step of my career, which is more zoned in on people and their lifestyles. I aim to teach, I aim to inspire, and I am to give back to the community here which is growing so rapidly! Fun fact to close it off, I absolutely despise the taste of pumpkin pie and cannot for the life of me understand its overwhelming LOVE by our society.

LEXXI AMBROSE'S VEG-SHEP PIE

INGREDIENTS

FOR THE BASE

1 Tbsp Olive Oil
1 Small-medium Yellow Onion
1 Carrot
1 Celery Stalk
1 Garlic Clove
¼ Cup Peas
1 Cup of Green Lentils
1 tsp Thyme
1 tsp rosemary
2 tsp salt
¼ Cup Ketchup
¼ Cup Braggs Amino's
1 Tbsp Apple Cider Vinegar
(optional)

FOR THE MASH

2 Heaping Cups Potato
1.5 Heaping Cups of
Cauliflower
¼ Cup Vegan Butter
Splash of "Mylk" of choice
2 tsp of salt

DIRECTIONS

1. Soak Lentils for a few hours
2. Preheat your oven to 375 F
3. Put lentils in a pot with a pinch of baking soda to help soften them in the cooking process
4. Peel and cut potatoes into small chunks - cut the cauliflower to match size and put them in a pot together on the stove to cook until fork tender.
5. Measure out spices and set aside

DIRECTIONS CONTINUED

6. Measure out ketchup and Amino's put them together and set aside with ACV (if using)
7. Cut onion, celery, carrot into small dice and mince garlic clove
8. Once lentils are cooked, drain and set aside while you saute the onions, celery, carrot, garlic, and spices.
9. When all the ingredients are in the pot simmering and softened, add the lentils to infuse everything together.
10. Add ketchup and aminos and let simmer for roughly 7 minutes.
11. By this time your potatoes and cauliflower should be ready for mashing, strain them and return to pot with vegan butter and salt, mash together and use Mylk if needed to make them more fluffy. Add more butter or salt if you prefer it that way.
12. Line an oven dish with parchment paper and grease the sides, lay down the base pressing it together and make sure it is flat.
13. Spoon the potatoes on top of the base and use a spatula to smooth out the top.
14. Place Veg-Shep Pie in the oven for 30 minutes until top starts to brown.
15. When done, remove from oven and let sit for around 10 minutes to cool down before cutting.
16. Lastly, ENJOY!

Breakfast

EGG BREAKFAST MUFFINS

VEGETARIAN



PREP TIME: 30 MINUTES
COOK TIME: 50 MINUTES

INGREDIENTS

- 1 bell pepper, red (your favourite colour)
- 3 spring onions
- 4 cherry tomatoes (or one normal tomato)
- 6 eggs
- 1 handful spinach (or any green leaves)
- 2 slice cheddar (2 slices = around 50g; you can use different cheese too)
- ½-1 tsp salt
- 4-5 splashes hot sauce (or curry powder)

DIRECTIONS

1. Preheat the oven to 200°C/ 390°F.
2. Dice the pepper, tomatoes, and onions, and place them into the bowl
3. Chop up the spinach and add it to the bowl as well.
4. Add the eggs and salt. Mix well.
5. Optionally add some hot sauce, curry powder
5. Grease the muffin tin with oil and pour the egg mixture evenly into the muffin slots.
6. Layer some cheese over the top of each muffin before they go into the oven i
7. You can also mix in the cheese to the batter.
8. Pop the tray into the oven for 15-18 minutes or until the tops are firm to the touch.

BANANA DARK CHOCOLATE OATMEAL

VEGAN



INGREDIENTS

1 cup water
1/2 cup rolled oats
Olive oil spray
1/2 medium banana, sliced
1 tbsp dark chocolate chips
(dairy free)

PREP/COOK TIME: 15 MINUTES

SERVINGS: 2

DIRECTIONS

1. In a small saucepan, bring water to a boil. Stir in oats and reduce heat to low. Simmer until oats have absorbed all of the liquid, 3–5 minutes.
2. While oats are cooking, spray a small non-stick skillet with olive oil. Add sliced bananas in a single layer and cook over medium heat until caramelized, about 3 minutes per side.
3. Spoon oatmeal into a bowl and top with caramelized bananas, and chocolate chips

GREEN SMOOTHIE

VEGAN



PREP/COOK TIME: 15 MINUTES

SERVINGS: 2

INGREDIENTS

- 2 kale leaves
- 2 celery sticks
- 2 carrots
- 1 small knob ginger
- 1 pear, core removed and sliced
- 2 cups spinach
- 1 tablespoon chia seeds
- 6-8 ice cubes

DIRECTIONS

1. If you have a 'low' setting on your juicer, begin with the softer items first - kale.
2. Turn to 'high' and juice the celery, carrots and ginger.
3. Place fresh juice in the blender with spinach, pear slices, chia seeds and ice cubes.
4. Blend until smooth, about 30 seconds.

LUNCH

FLATBREAD WITH AVOCADO & FETA

VEGETARIAN



PREP/COOK TIME: 25 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 teaspoon cumin seeds
- 250 g wholemeal self-raising flour , plus extra for dusting
- $\frac{3}{4}$ teaspoon baking powder
- 350 g plain yoghurt
- olive oil
- 2 ripe avocados
- 75 g feta cheese
- 1 teaspoon rose harissa

DIRECTIONS

1. Lightly toast the cumin in a dry pan, then tip into a bowl.
2. Add the flour, baking powder and seasoning with 250g of the yoghurt and mix together until you have a rough dough.
3. Turn out onto a lightly floured surface and knead until the dough just comes together. Place in a lightly greased bowl, cover with a damp tea towel and put to one side.
4. Peel, destone and chop the avocado into chunks, then place in a bowl. Crumble in the feta. Add a drizzle of oil and season to taste.
In another bowl, stir the harissa into the rest of the yoghurt.
5. Divide the dough into eight balls. Roll each one on a lightly floured surface into an oval shape, roughly 3mm thick.
6. Place a griddle pan over a high heat. Once hot, griddle each flatbread for 2 to 3 minutes, until puffed up and charred, turning halfway.
7. Off the heat, brush the flatbread with a little oil, then serve with the avocado salad and harissa yoghurt.

GREEK PASTA SALAD

VEGAN

PREP/COOK TIME: 40 MINUTES

SERVINGS: 4

INGREDIENTS - Vegan Feta and Dressing

Feta:

8 oz very firm tofu

1/2 cup apple cider vinegar

2 tablespoons fresh lemon
juice

1/2 cup unsweetened almond
milk

1 teaspoon dried thyme

3 cloves of garlic, minced

1 teaspoon salt

INGREDIENTS

- Salad

cherry tomatoes

one cucumber

artichoke hearts (in brine
not oil)

one red onion

black olives



Dressing:

4 tablespoons olive oil

2 cloves of garlic, minced

1 teaspoon Dijon mustard

2 tablespoons fresh lemon
juice

3 tablespoons balsamic
vinegar or red wine vinegar

1 teaspoon dried basil

1 teaspoon dried oregano

1 teaspoon dried thyme
salt

pepper

garlic

farfalle or rotini pasta

vegan feta (recipe follows)

fresh parsley

optional ingredients: yellow

bell pepper

and peperoncini (pickled
peppers)

GREEK PASTA SALAD

DIRECTIONS

1. Vegan cheese: The night before making the salad, cut the tofu into small cubes. In a small bowl, combine all of the ingredients for the marinade. Fill the tofu and the marinade into a ziploc bag and store it overnight in the fridge.
2. Cook the pasta according to the instructions on the package. Set aside and let it cool down a bit
3. Chop the remaining ingredients and make the dressing.
In a large bowl, combine all ingredients for the pasta salad including the vegan feta. Add the dressing and toss.
4. Refrigerate for at least 2-3 hours before serving.

BURRITO BOWL

VEGAN

PREP/COOK TIME: 20 MINUTES

SERVINGS: 4

INGREDIENTS - Avocado Dressing

1 ripe avocado (smashed)
1/3 cup vegan sour cream
1 tbsp lime juice
1 tsp cumin
1/2 tsp chili powder
salt and pepper to taste
2-3 tbsp non dairy milk to thin (if necessary)

INGREDIENTS - Bowl

1 15 oz can black beans
8 oz frozen corn kernels
2 cups instant brown rice
12 oz jar Salsa (I like
Trader Joe's Salsa
Authentica, but use your
favorite)
1 red bell pepper (diced)
handful
cilantro (chopped)



BURRITO BOWL

DIRECTIONS

Avocado Dressing:

Combine all ingredients, except the non dairy milk, in a small bowl and stir well to combine. Add 1 tbsp non dairy milk at a time and stir until you reach your desired consistency. (I used 2 tbsp). Set aside.

Burrito Bowls:

Cook the instant rice according to package directions (this usually takes about 5 -10 minutes depending on brand). When the rice is done, add to the same pot the black beans, corn, and salsa. Cook over medium heat, stirring occasionally until heated through, about 5 minutes. Take off heat, add bell peppers and cilantro if using. Pour in Creamy Avocado Dressing and combine. Serve with tortilla chips or over chopped Romaine lettuce.

DINNER

SPINACH RICE

VEGETARIAN/VEGAN



SERVINGS: 3

INGREDIENTS

1 cup white rice (rinsed and drained)
2-3 cups fresh baby spinach
2 Tomatoes diced
1 medium onion diced
2-3 cloves garlic minced
1 cup Pinto beans canned (rinsed and drained)
2 cup low sodium chicken stock (or vegetable stock or water if vegan)
1 1/2 tsp curry powder
1 tsp avocado oil or other cooking oil
salt and pepper

DIRECTIONS

1. Heat oil in a large skillet on medium heat. Add garlic and saute until fragrant for about 30 sec
2. Add onion and saute until translucent. Then add diced tomatoes and cook them until they soften for about 3-4 mins
3. Add spinach, beans, rice and cook for a couple of minutes. Now add water, chicken stock or vegetable stock (if vegan) and bring the mixture to a boil
Season with curry powder, salt and pepper. Adjust salt and pepper according to taste
4. Simmer the rice mixture for 18-20 min (or until rice is tender) on low heat with lid on
5. Turn off the heat and serve warm to enjoy this nutritious spinach rice

PESTO SPINACH QUINOA STUFFED TOMATOES

VEGETARIAN



PREP/COOK TIME: 10 MINS

SERVINGS: 3

INGREDIENTS

Pesto Sauce:

2 cups fresh basil
1/4 cup olive oil
1/4 cup raw cashews,
1 garlic clove
1 tbsp nutritional yeast
Sea salt and pepper to taste

Tomatoes:

6 large beefsteak
tomatoes, (seeds and cores
scooped out)
1 tbsp olive oil
Sea salt and pepper to taste
fresh basil for garnish

Quinoa Filling:

1 tbsp olive oil
1 medium onion, diced
4 garlic cloves, minced
2 tsp Italian seasoning
10 oz fresh spinach
3 cups cooked quinoa
Sea salt and pepper to taste

PESTO SPINACH QUINOA STUFFED TOMATOES

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Pesto Sauce: Add all of the pesto ingredients to a high powered blender and blend until smooth and creamy, set it aside until later.
3. Quinoa Filling - In a large pan, saute the diced onion in olive oil until it's translucent. Add the Italian seasonings and garlic cloves and let it cook for 2 minutes. Add the spinach and let it cook for 1-2 minutes or until the spinach starts to wilt. Add the cooked quinoa, pesto cream sauce, salt, and pepper. Stir to combine.
4. Tomatoes - Cut the top of the tomatoes. Use a grapefruit spoon (with a serrated edge) to slip into the tomatoes and scoop out all the seeds and membranes. Spoon the pesto quinoa filling into the tomatoes and put the tops back on.
5. Drizzle a little bit of olive oil in the bottom of a baking dish and evenly spread it around. Place the tomatoes in a baking dish and season each tomato with salt & pepper. Bake for 30 minutes or until the skin starts to blister. Garnish with fresh basil.

VEGGIE LASAGNA



PREP/COOK TIME: 45-50 MINS

SERVINGS: 8-10 people

INGREDIENTS

14 lasagna noodles (2 extra for filling in holes)

2 tablespoons extra-virgin olive oil

1 cup (140 grams) of chopped onion (1/2 large onion)

3 garlic cloves, minced

1/8 teaspoon crushed red pepper flakes (or more to taste)

2 medium zucchini, cut into 1/2-inch pieces

2 medium yellow squash, cut into 1/2-inch pieces

1 1/2 cups roasted red peppers, drained and cut into 1/2-inch pieces ,
(1 cup)

1 (28-ounce) can or 3.5 cups of crushed tomatoes handful of fresh
basil leaves, chopped

2 cups of part-skim ricotta cheese or cottage cheese

2 large eggs

2 ounces (60 grams) parmesan cheese, grated (about 1 cup)

8 ounces (230 grams) low-moisture mozzarella cheese, shredded

Salt and fresh ground black pepper, for taste

VEGGIE LASAGNA

DIRECTIONS

1. Heat oven to 350 degrees fahrenheit.
2. Lightly oil a 13-inch by 9-inch baking dish or spray with non-stick cooking spray.
3. Heat olive oil in a wide skillet with sides over medium heat. Add onion and cook, stirring occasionally until translucent; 3 to 5 minutes. Add garlic, red pepper flakes, zucchini, squash, and a pinch of salt then cook, stirring occasionally until softened but still with some crunch (5 to 8 minutes).
4. Stir in the roasted red peppers and crushed tomatoes. Bring to a low simmer and cook until the liquid has thickened and reduced by half the amount; 5 to 8 minutes. Add the basil and season to taste with additional salt and pepper.
5. Spoon just enough vegetable mixture (roughly 1 cup) into the baking dish to lightly cover the bottom. Arrange four noodles lengthwise and side by side to cover the bottom. (If the noodles are short on one end, you may need to cut an extra noodle and place into dish to cover where the other noodles have not).
6. Spread about half of the ricotta cheese mixture over the noodles. Sprinkle with a third of the parmesan cheese and a third of the mozzarella cheese. Top with a third of the vegetable mixture.
7. Add another layer of noodles then repeat with remaining cheese and vegetables.
8. Finish with a final layer of noodles, vegetables, parmesan cheese and mozzarella cheese.
9. Cover loosely with aluminum foil and bake 20 minutes, uncover then bake 15 minutes until cheese is crusty around the edges. To make the cheese golden brown on top, slide under the broiler for 1 to 2 minutes. Let rest 10 to 15 minutes before serving.

DESERTS

CHOCOLATE CHIP COOKIES

VEGAN



PREP/COOK TIME: 25 MINUTES

SERVINGS: 4

INGREDIENTS

2 1/4 cups whole wheat pastry flour
1 teaspoon salt
1 teaspoon baking soda
1/2 cup pure cane sugar
2/3 cup brown sugar
1/3 cup unsweetened applesauce
1 teaspoon baking powder
1/2 cup vegan butter, softened
1/2 cup coconut oil, melted
10 Oz dairy free dark chocolate chips

DIRECTIONS

1. Whisk flour, salt, baking soda, and baking powder until combined. Set aside
2. In a large bowl, cream together sugar, brown sugar, applesauce, vegan butter, and coconut oil
3. Add the dry ingredients to the wet, and beat to combine
4. Fold in chocolate chips
5. Drop by rounded spoonfuls onto a baking sheet
6. Bake at 350 degrees for 10 - 14 minutes, until browned

ALMOND BUTTER CUPS

VEGAN



PREP/COOK TIME: 25 MINUTES

SERVINGS: 4

INGREDIENTS

10 oz semi sweet dairy free
chocolate chips

2 tablespoons coconut oil

1/2 teaspoon vanilla
extract

2/3 cup creamy almond
butter

2 tablespoons maple syrup

5 teaspoons coconut flour

1/4 teaspoon sea salt

Flaked sea salt, for topping

ALMOND BUTTER CUPS

DIRECTIONS

1. Whisk flour, salt, baking soda, and baking powder until combined.
Set aside
In a large bowl,
2. Add chocolate chips and coconut oil to a medium sized sauce pan
3. Turn heat on low or medium, and heat until melted, stirring frequently to avoid burning
4. Once melted, stir in the vanilla extract
Line a muffin tin with 12 parchment paper muffin cups
5. Add 2 teaspoons of the chocolate mixture to the bottom of each muffin cup
6. Once finished, shake the pan down to make sure chocolate lays flat in each cup
7. Place muffin tin in freezer for 10 - 15 minutes, until chocolate hardens
8. While chocolate is hardening, combine the almond butter, maple syrup, coconut flour, and 1/4 teaspoon of sea salt. Use a fork or your hands to combine (the mixture should be dry enough to not stick to your hands)
9. Once chocolate hardens, distribute almond butter mixture evenly into each of the 12 tins, and use your hands to flatten it down
10. Pour remaining chocolate over the tops, around 1 1/2 - 2 teaspoons per cup, until all of your chocolate is used up
11. Sprinkle tops generously with flaked sea salt
12. Place tin back in freezer for around 15 minutes, or until chocolate is hardened
13. Store the almond butter cups in the fridge or freezer
14. Add the dry ingredients to the wet, and beat to combine
15. Fold in chocolate chips
16. Drop by rounded spoonfuls onto a baking sheet
17. Bake at 350 degrees for 10 - 14 minutes, until browned

VEGAN SUBSTITUTIONS

Try these sustainable, vegan substitutions for when you are cooking and baking!

Eggs - 1 egg

- 3-4 tablespoons applesauce
- 1 banana

Milk - 1:1 ratio

- almond milk and nut-based milks
- rice milk
- buttermilk: add 1 tsp of vinegar to a cup of plant-based milk

Cheese

- tofu cheese
- cashew cheese

Butter

- coconut oil
- vegetable oil

Honey (not always vegan!)

- agave nectar
- maple syrup
- coconut nectar



Your Impact

Each day much of the waste produced around the world is due to the consumption of food. This ranges from the initial agricultural cultivation or livestock upbringing, all the way to water and solid food waste in a home or public restaurant. In fact, it is said that one of the easiest ways to reduce one's ecological footprint and overall impact on the Earth is through regulating how and what food an individual chooses to eat. In particular, diet choices or changing what food is consumed can radically save land, resources, and the Earth as a whole. In fact, the simple act of vegetarianism can help the environment in very many ways.



Impacts of Sustainable Eating

First, meat consumption requires large land spaces, which is much larger compared to vegetable farming. For example, in the United States alone, 304 million hectares are used for livestock grazing and farming, in comparison to only 12 million hectares that are used for vegetable farming.

Second, vegetarianism can also reduce water usage globally.

Livestock, such as chickens or cows require a lot of water to be adequately raised. In fact, on average one pound of beef takes more than 10,000 liters to be produced, whereas a pound of wheat require less than a 100. Even by cutting out one pound of meat from our diets we dramatically reduce water usage.

Lastly, a vegetarian diet reduces the amount of methane and nitrous oxide released, which in turn reduces greenhouse gas emissions and our overall contribution to climate change.

In summation, even small alterations in our diet or adopting a reducetarian diet (eating less meat) can help change the planet in a multitude of ways. The change from our side doesn't have to be big but it will still be met by drastic changes in the environment around us. Keeping this in mind, we should all strive for a healthier more animal-free diet.