

Peta

Guide to Vegan Holiday Cookies

Give a little love to your friends, family, and neighbors by baking them some egg- and butter-free sweet treats this year. These festive favorites are perfect when paired with vegan milks or other holiday drinks

like vegan eggnog, but no matter whether you give them away or eat them all yourself, you won't go on Santa's naughty list—because they're kind to animals, too!



Recipes

Sometimes, our favorite foods are already vegan. But if there's a certain animal-derived food that you used to enjoy, don't worry—there's a vegan version of nearly everything! Sub dairy milks with readily available oat, almond, coconut, or soy milks. Switch out the dairy butter with scrumptious vegan butter from Wayfare, Violife, or Miyoko's Creamery.

Applesauce, bananas, tofu, and flaxseeds all make for wonderful, healthy egg replacements, or you could use Just Egg, Bob's Red Mill Egg Replacer, or Orgran No Egg. Playful cows and intelligent chickens deserve respect, so try some of these crowd-pleasing vegan holiday cookie recipes below.



Classic Holiday Sugar Cookies

Ingredients

- 1 cup vegan butter
- 1 cup sugar
- 1 vegan egg (or egg replacement)
- 1 tsp. vanilla extract
- 2 tsp. baking powder
- 2 3/4 cups + 1/2 cup flour
- 1/2 cup powdered sugar
- Vegan frosting and sprinkles (optional)

Directions

- Preheat the oven to 400°F and line 2 baking sheets with parchment paper.
- Combine the vegan butter and sugar in a large bowl and beat with an electric mixer on medium speed until smooth.
- Add the vegan egg and vanilla extract and mix again until combined.
- Add the baking powder and 2 3/4 cups flour and beat on low speed until a thick dough forms.
- In a separate bowl, combine the remaining flour and the powdered sugar and generously cover your hands, work surface, and rolling pin with the mixture. Place the dough on the surface and roll to desired thickness.
- Use cookie cutters to make fun and festive shapes, or roll the dough into 1-inch balls and flatten for circular cookies. Place on the baking sheets and bake for 9 to 11 minutes or until lightly browned.
- Let cool for 10 to 15 minutes before decorating with frosting and sprinkles.

Chocolate-Dipped Holiday Cookies

Ingredients

- 1 cup vegan butter
- 1/2 cup sugar
- 1/2 cup brown sugar
- 6 Tbsp. unsweetened applesauce
- 1 1/2 tsp. vanilla extract
- 2 drops peppermint extract
- 2 3/4 cups all-purpose flour
- 1 tsp. salt
- 1/2 tsp. baking soda
- 3/4 cup crushed candy canes
- 1 cup vegan chocolate chips, melted

Directions

- Preheat the oven to 375°F.
- In a large mixing bowl, combine the vegan butter and both types of sugar. Add the applesauce and mix well, then beat in the vanilla and peppermint extracts.
- In a separate bowl, combine the flour, salt, and baking soda. Add one cup at a time to the sugar mixture, then stir in 1/2 cup of the crushed candy canes.
- Scoop about 2 tablespoonfuls of the dough at a time onto a parchment paper-lined baking sheet and flatten with the palm of your hand.
- Bake for 10 minutes, or until the edges begin to brown. Place on wire racks and allow to cool.
- Dip in the melted chocolate and top with the remaining crushed candy canes.



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Chocolate Chunk Cookies

Ingredients

- 3 $\frac{1}{4}$ cups plus 2 Tbsp. all-purpose flour
- 1 $\frac{1}{2}$ tsp. baking soda
- 9 oz. vegan margarine
- 1 cup plus 2 Tbsp. sugar
- 1 cup plus 2 Tbsp. brown sugar
- Egg replacer equivalent to 3 eggs
- 3 Tbsp. vanilla extract
- 1 $\frac{1}{2}$ cups vegan chocolate chunks or chips

Directions

- Sift together the flour and baking soda. Set aside.
- Cream together the vegan margarine and sugars in a large bowl. Stir in the egg replacer and vanilla. Add the flour mixture, stirring until just incorporated. Fold in the chocolate chips.
- Scoop by the tablespoonful onto a lightly greased baking sheet. Bake at 375°F for 9 to 12 minutes, or until golden.

Iced Gingerbread Cookies



Ingredients

- $\frac{1}{2}$ cup unsweetened applesauce
- 1 cup sugar
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 tsp. ground cloves
- 1 tsp. baking powder mixed with 3 Tbsp. cold water
- 7 oz. agave syrup or brown rice syrup
- 2 cups all-purpose flour
- $\frac{1}{2}$ cup powdered sugar
- 2 Tbsp. water
- Sprinkles, for decorating

Directions

- In a large bowl, beat the applesauce with the sugar.
- Add the spices, baking powder–water mixture, and syrup, and mix well.
- Add the flour gradually and mix into a stiff dough. Shape into a ball and allow to rest for 30 minutes.
- Preheat the oven to 400°F.
- On a flat, floured surface, roll the dough out to 1-inch thickness and cut with holiday-themed cookie cutters. Place the cut-out shapes on a baking tray lined with parchment paper. (Allow some space in between, as they will spread a little while baking.)
- Bake for 10 minutes, or until lightly browned around the edges. Allow to cool.
- Mix the powdered sugar and water until smooth. Spread on the cookies and decorate with sprinkles. Store in an airtight container.



The Ultimate Vegan Baking Cheat Sheet

Many of your favorite recipes can easily be made vegan by substituting a few key ingredients. Use this list to get started!

EGGS: THEY'RE NOT ALL THEY'RE CRACKED UP TO BE

Millions of day-old male chicks are killed (usually in a high-speed grinder) every year because they are considered to be worthless to the egg industry.

First, you need to determine why your recipe calls for eggs. Then use one of the following to replace each egg in your recipe:

Is it for leavening?

The final product will be light and fluffy.

2 tsp. baking soda +
2 Tbsp. warm water

2 tsp. baking soda +
2 Tbsp. warm water + $\frac{1}{2}$ tsp. oil

1 tsp. baking powder +
1 tsp. vinegar

1 tsp. baker's yeast dissolved in
 $\frac{1}{4}$ cup warm water

Flaxseed

Flaxseed Egg Replacer

1 Tbsp. ground flaxseeds
3 Tbsp. water

Mix until well combined and gelatinous.

Replaces 1 egg

Is it for binding?

The final product will be dense and thick.

2 Tbsp. cornstarch +
2 Tbsp. water

2 Tbsp. potato starch +
2 Tbsp. water

2 Tbsp. instant mashed potatoes

Cornstarch

Cornstarch Egg Replacer

2 Tbsp. cornstarch
2 Tbsp. water

Mix until well combined and gelatinous.

Replaces 1 egg

DAIRY PRODUCTS: DON'T STEAL FROM A BABY!

Cows produce milk for the same reason humans and other mammals do—to nourish their young, but their babies are taken away from them shortly after birth.

Replace cow's milk in your recipe with equal amounts of these:

- Soy milk (better for rich desserts)
- Coconut milk (better for rich desserts)
- Almond milk
- Rice milk

Tip: Be sure to purchase unsweetened flavors for baking. Otherwise, you may experience a slightly sweeter finished product.

Buttermilk Replacer

1 cup unsweetened soy milk
2 Tbsp. lemon juice or vinegar

Combine ingredients in a mixing bowl and whisk until well combined and creamy.

Equal to 1 cup buttermilk

Sweetened Condensed Milk Replacer

2 $\frac{1}{2}$ cups soy milk
6 Tbsp. vegan margarine
 $\frac{1}{2}$ cup sugar
Dash of salt

- Heat the soy milk in a pan until boiling.
- In a separate pan, melt the vegan margarine over medium heat. Add sugar.
- When the sugar begins to melt, add the hot soy milk and a dash of salt.
- Boil gently and stir for approximately 5 minutes.

Makes 14 oz.

ARE YOU TRYING TO BUTTER ME UP?

A cow's natural lifespan is about 25 years, but cows used by the dairy industry are killed after a mere four or five years of confinement and misery. Use one of the recommended products listed below, and when baking, simply substitute the same amount in place of butter:

- Coconut oil
- Wayfare Butter
- Violife Plant Butter
- Miyoko's Creamery Plant Milk Butter

Made with lots of love by
PeTA
Happy holidays!

