

The 2011 Baltimore Vegan Pledge Program

Guide to Vegan Cheese!

Here is a sampling of some delicious cheese substitutes on the market today. You are likely to find some of these at your nearest natural food store, though some are becoming more available at mainstream grocery stores. Watch out for “casein” in some other cheese substitutes - casein is an animal product. The products listed here are 100% vegan!

ALL THIS AND MORE! Find a comprehensive guide to delicious vegan products that “mock” animal products (meat, eggs, dairy and others) at www.veganoutreach.org/guide/substitutes.html

DAIYA VEGAN CHEESE



Known in some circles as “The best thing to ever happen to veganism!” Made from tapioca and arrowroot flour, Daiya deliciously dairy free cheese melts and stretches like dairy cheese on your vegan pizza, quesadilla or casserole! Available as Cheddar Style Shreds or Mozzarella Style Shreds. Daiya is soy-free and gluten-free. www.daiyafoods.com Where to find Daiya: <http://www.daiyafoods.com/where/index.aspx>

VEGAN SLICES, BLOCKS, AND TOPPING FROM GALAXY NUTRITIONAL FOODS



Free of all animal products. Not of taste. Vegan comes in a variety of forms, including blocks and grated Parmesan flavor toppings. Perfect for satisfying any cheese craving. Find Vegan in the cheese alternative section of your favorite natural foods store. www.galaxyfoods.com/galaxy-products/vegan-cheese/vegan

WE CAN'T SAY IT'S CHEESE

FROM WAYFARE



Enjoy all of the real dairy taste with the benefits of non-dairy, made from whole grain oatmeal and other healthy ingredients. **We Can't Say It's Cheese** is available in Cheddar-Style Spread, Hickory-Smoked Cheddar-Style Spread, Cheddar-Style Dip, and Mexi Cheddar-Style Dip. Great on crackers, tortilla chips, and mini-toasts! www.wayfarefoods.com.

TOFUTTI SOY-CHEESE SLICES

American Soy-Cheese Slices and Mozzarella Soy-Cheese Slices from Tofutti are sold in individually-wrapped 8 oz packages. Great for cold sandwiches or vegan grilled cheese sandwiches! www.tofutti.com Where to find Tofutti products: <http://tofutti.com/loc-search.asp>

TOFUTTI BETTER THAN CREAM CHEESE



Tofutti Better Than Cream Cheese spreads on your bagel or cracker. Available in plain, non-hydrogenated plain (pictured), French Onion, Herbs and Chives, and Garlic and Herb variety. www.tofutti.com Where to find Tofutti products: <http://tofutti.com/loc-search.asp>

SHEESE HARD "CHEESE" AND CREAMY "CHEESE"

Absolutely delicious, Sheese is made in Scotland and comes in nine flavors of hard cheese including smoked cheddar, strong cheddar and blue style. There are also five flavors of creamy Sheese including Mexican Style, Chives, and Garlic and Herb. www.buteisland.com Available from some specialty markets (Roots Market, Whole Foods) or from Pangea: The Vegan Store - www.veganstore.com/vegan-food-items/dairy-alternatives.html

VEGAN RELLA

Shreds, melts and tastes great! Available in cheddar and mozzarella variety. Dairy-free and soy-free!

VEGAN GOURMET CHEESE ALTERNATIVE **FROM FOLLOW YOUR HEART**

Melts well, especially in ooey gooey recipes like casseroles! Available in Cheddar, Mozzarella, Monterey

Jack and Nacho Cheese style. www.FollowYourHeart.com (You may search for availability by zip code!)

TEESE

FROM CHICAGO SOY DAIRY

Teese Vegan Cheese, a **100% dairy-free, gluten-free, soy-based alternative to dairy cheese**, first launched in 2008. Teese can be used just like regular dairy cheese in all of your favorite meals. Perfect for pizzas, mac 'n' cheese, grilled cheese, and nachos. Available in Mozzarella, Cheddar, Nacho Cheese style and Cheddar Sauce. www.chicagosoydairy.com (You may search for availability by zip code!)

THE BEST VEGAN MACARONI AND CHEESE EVER - A RECIPE



Serves 6

Preheat oven to 350 degrees

- 1 1/2 cups plain soymilk
- 1 cup water
- 1/3 cup tamari or soy sauce
- 1 1/2 cups nutritional yeast
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 1 teaspoon salt
- 3 ounces firm tofu
- 1 cup canola oil
- 1 1/2 pounds macaroni noodles
- 2 teaspoons mustard (optional)

Boil water in a big pot for macaroni noodles. Put all other ingredients in a blender to create the cheese-like sauce. Be sure to BLEND the sauce thoroughly! Once noodles are cooked, drain and put in a baking pan and pour sauce over the noodles. Serve as-is (creamy and delicious!) or bake until the top of the pasta looks slightly browned and crispy - about 15 minutes.

Recipe #180878 from recipezaar.com, re-printed in United Poultry Concerns' "Life Can Be Beautiful - Go Vegan" guide - www.upc-online.org/whatsnew/upcgoveg.pdf



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