



Vegan Cuts Holiday shopping guide

FREE



WWW.VEGANCUTS.COM

INSIDE YOU WILL FIND:

- ▶ COUPON CODES GALORE
- ▶ TOP GIFT PICKS FROM YOUR FAVORITE BLOGGERS
- ▶ RECIPES FOR A MEMORABLE HOLIDAY FEAST

WELCOME

TO THE HOLIDAY SHOPPING GUIDE!!

It's that time of the year again! Put on your acrylic knits, drop some gelatin-free marshmallows in your dairy-free hot cocoa, and start your holiday shopping.

The Vegan Cuts team is on a mission to inspire vegan gift giving and feasting this holiday season. We've searched all over the online world to find the best vegan gift ideas of the year. From artisan sweets to handmade bags to fuzzy scarves to gourmet dog treats, we've got something for everyone on your list. We hope you'll be inspired to spread love and joy with vegan-friendly gifts and by supporting the companies and organizations that are working so hard to make the vegan lifestyle accessible to the masses.

Whether you're a longtime vegan, a recent "flexitarian," a person shopping for veg-friendly loved ones, or just someone who loves awesomely ethical gifts, there's something here to complement your festive celebrations. We're not just sharing gift recommendations, but passing on some delicious recipes and gift giving advice from our blogging pals, too.

So, gather 'round with your friends and family, indulge in some vegan treats, and enjoy the experience of giving someone you care about the perfect cruelty-free gift.

Happy Holidays!

Love,

Jill & John

P.S We'd like to extend a special thank you to Stephanie Bain, our holiday shopping guide editor, and our designer, Craig Silva of [Rain or Shine Studio](#). This project couldn't have happened without you.



Vegan CLOTHING, shoes, and accessories.



BELLO IRIS

www.belloiris.com

Glamorous cruelty free gifts for the holiday. Luxurious designer inspired handbags, sultry shoes, dreamy accessories, lustful lingerie, alluring purse of the month club and more! Visit the holiday shop for special offers and free gifts!

Save 15% off your order with coupon code **VEGANCUTS** until 12/31/2011



COMPASSION CO.

www.compassionco.com

Original vegan apparel made ethically from the ground up. USA-made and sweat shop free, printed on the highest quality ultra-soft organic cotton using water based inks.

Save 15% off your order with coupon code **NOTURKEY** until 12/25/2011



ECOLISSA

www.ecolissa.com

Ecolissa is the perfect place to find fashionable eco friendly and vegan gifts. You'll find lots of warm winter scarves, hats, gloves, and sweaters as well as gorgeous sustainable jewelry!

Save 20% off your order with coupon code **VEGANCUTS20** until 12/31/2011



CRI DE COEUR

www.cri-de-coeur.com

Never before has being so eco-friendly been so stylish. Cri de Coeur, a line of top-quality vegan accessories, embody effortless and eco-luxe chic.

Save 20% off your order with coupon code **VEGANCUTS20** until 12/31/2011

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SICK ON SIN

www.sickonsin.com

Sick On Sin has tees, totes, pins, magnets and keychains with cute original designs featuring pro-veg messaging, animals, cupcakes, ninjas, zombies, etc.! Naughty or nice - there's something for everyone!

Save 20% off your order with coupon code **VCH2011** until 01/01/2012



PANSY MAIDEN

www.pansymaiden.com

Pansy Maiden provides artisan-crafted vegan bags. They believe animals should be carried in our hearts, not on our shoulders.

Save 20% off waxed canvas or faux leather bags with coupon code **VEGANCUTS11** until 12/31/2011



COLOURFUL GRASS

www.colourfulgrass.com

Colourful Grass designs and creates stylish and trendy eco & animal friendly shoes. The shoes are made with sustainable materials such as organic cotton, organic hemp, recycled rubber, coconut shell buttons to name a few.

Save 25% off your order with coupon code **25PERCENT** until 12/31/2011

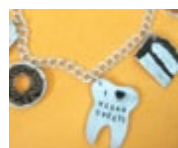


NAMASTE

www.namasteinc.com

Namaste vegan handbags and accessories are THE gift to give the eco-friendly, animal-lover, or fashionista on your list. Super durable, super stylish, and super affordable; Namaste products are guaranteed to make you smile!

Save 25% off your order with coupon code **VEGANCUTS25** until 12/31/2011



CHRISTY ROBINSON

www.christyrobinsondesigns.com

Hip, modern, affordable, handmade jewelry that is earth and animal friendly! Custom orders are welcome!



1



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3



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5

GIFTS FOR THE VEGAN MEN

IN YOUR LIFE!

By Kyle Domer
of *VeganVagrant!*

I'm the self-proclaimed King of Vegan Swagger. As **vegan men**, we're somewhat under served when it comes to cruelty-free clothing and personal care, but luckily the great companies who are giving us options are doing it right. My holiday gift picks for men are sure to up the recipient's swag, whether it's time to "suit up" (Barney Stinson voice) or it's just a casual t-shirt and jeans day. And then there's delicious vegan cookie dough, because if anyone claims they don't like cookies, they're just a damn liar. Happy Holidays!

1. Jaan J. - Non-Silk Ties
2. Lion's Share Industries - T-Shirts
3. Herban Cowboy - Personal Care
4. The Vegan Collection - Wallets, Belts & Accessories
5. EatPastry - Vegan Cookie Dough



Southern Californian resident, Kyle, went vegetarian 10 years ago for health reasons. After becoming vegan, Kyle embraced all the positive aspect of a vegan diet including benefiting the environment and animals. Kyle started his blog, [Vegan Vagrant](http://VeganVagrant.com), with the goal of showing people that eating healthier and cruelty-free does not have to be hard or stressful. Join Kyle on his adventure finding healthy, vegan comfort foods at VeganVagrant.com.

-Kyle

Cosmetics and ♥♥ Bath & Beauty



CRAZY RUMORS

www.crazyrumors.com

All natural & vegan lip treats made with certified organic ingredients! The perfect present starts with the perfect pout, and their super moisturizing balms will do just that! Available in everyone's holiday favorite, Candy Cane in 4 festive flavors.

Save 20% off your order with coupon code **VCUTS** until 12/31/2011



WEMBE

www.wembe.com

Organic aromatherapy skincare from the tropical rainforest of Paraguay. Wembe's luxuriant cleansing bars and bath salts are lovingly hand-made and generously infused with the pure essential oils and extracts of nature's most rejuvenating plants, herbs and fruits.

VEGAN BEAUTY MARKET

www.veganbeautymarket.com

All your favorite cosmetics and skincare products from brands you love. Free shipping on orders over \$49 U.S. Samples with every order.



PIROUETTE

www.pirouettemakeup.com

The leading 100% vegan, luxury makeup brush collection. Your source for cruelty-free brushes, professional quality & free worldwide shipping.



ALIMA PURE

www.alimapure.com

Love animals, eat vegetables, wear minerals. Alima Pure powders are vegan and cruelty free so you can be Naturally Gorgeous.



DIY Gift Idea:



BROWN SUGAR BODY SCRUB

By Sunny from: *Vegan Beauty Review*

Whether you're on a holiday budget or you simply prefer gettin' all crafty for your friends and fam, I've got an affordably fun gift idea—one that keeps on giving... luscious glowing skin, that is! ;)

Brown Sugar Body Scrub --- What you'll need:

- An empty jar
 - 1 cup organic brown sugar
 - 1/2 cup jojoba oil
 - 1 teaspoon pure vanilla extract
-



This really is the easiest beauty recipe on the planet. Simply mix all of your ingredients together in a medium-sized mixing bowl and then pack all that brown sugar-y goodness into a jar.

I like to tie a festive, colorful ribbon around the jar so it looks uber pretty. You can also add a personalized label. Let your creativity run wild! Happy Holidays!



Sunny, vegan since 2000, was inspired to adopt a vegan lifestyle by her furry felines, Towane, Spirulina, Kaduki and Conan. On her blog, Sunny lays to rest the stereotype that all vegans are stinky, hairy earth babies. She wants the world to know that you can be vegan and cruelty-free and still be girlie and have fun. For more quick and easy DIY beauty recipes, head on over to VeganBeautyReview.com.

5 gifts that give back.

By Kelly Bennett of

**VEGAN
CONSULTANT.COM**

With the holiday season quickly approaching, I started brainstorming gifts that were vegan, eco-friendly, and give back in some way. Another important factor for my holiday shopping is supporting small businesses. I am a firm believer in supporting fellow vegan business owners in order to grow our movement to the next level. Here are my top five veg-friendly companies and items I picked for gifts that give back this holiday season:

1



MeSoap - Natural vegan soap. All soaps are made with natural ingredients of organic safflower and/or sunflower, palm and coconut oils with essential organic oils. For every bar of MeSoap purchased they provide a bar for a child in need. This is a great way to have a cruelty-free shower and help a child take care of their most basic hygiene needs. Soap scents include Oatmeal Cookie which sounds perfect for the holidays!

Wicked Cute! - Eco shopping bags. This company is the brainchild of my friend Anna Caputo who is extremely passionate about making the world a better place. Her concept is to create handmade eco-shopping bags to cut down on plastic use. I get so many compliments on my Wicked Cute! eco-shopping bag when grocery shopping. It feels good to use an eco-friendly and locally-made shopping bag created by a fellow vegan. When you use a Wicked Cute! eco-shopping bag, you are giving back to the environment in a super cute and practical way.



2

Indie Tea - Organic loose leaf tea Indie Teas come in a variety of flavors, ranging from classic earl grey to vegan gummy bear infused teas. My favorite flavor is Cranberry Boobilicious which is a special flavor to raise money for breast cancer awareness. By choosing their organic and fair trade tea, you are giving the power back to farmers.

3

The Vegan Collection - Vegan clothing and accessories I love my "Veganize LA" shirt from The Vegan Collection and wear it when I need an extra boost of vegan power. The company is stylish, eco-friendly, and totally vegan. The best part is 25% of all profits are donated to one of four animal rights charities like ARME: Animal Rescue Media Education. Your super cool vegan shirt actually helps an animal in need.



4

Blissful Bites - Vegan Macrobiotic cookbook This exciting new cookbook is by Christy Morgan, a vegan macrobiotic chef and holistic nutritionist. Her recipes are simple, inviting, healthy, and teach you how to eat in season. These recipes are not only good for your health, environment, and animals - they also give back to your taste buds.

5



I hope you enjoyed my holiday gifts ideas that give back! Peace & good vibes!



Think of Kelly as your vegan consultant, vegan guide and your #1 vegan cheerleader! On her blog, [Vegan Consultant](http://VeganConsultant.com), Kelly focus on sharing information about living a whole vegan lifestyle which includes tips on vegan fashion, entertainment, food, research, news, and more!

The Gift of GOOD FOOD (and treats!)



BACK TO THE ROOTS

www.backtotheroots.com

Grow up to 1.5lbs of tasty oyster mushrooms in as little as 10 days...right out of the little brown box! Yields multiple crops, grows year-round, & can keep for months in the box before starting. Great gift for under \$20

Save 10% off your order + get free shipping when you buy two or more with coupon code **VC MushroomGift** until 12/31/2011

VEGAN ESSENTIALS

www.veganesentials.com

VeganEssentials has all your holiday needs covered! With over 2000 different cruelty-free items in stock, you'll find great gifts for family and friends as well as plenty that you'll want, too. Worldwide shipping, great prices, and top-notch service!

Save 10% off your order with coupon code **vegancuts** until 12/31/2011



GO MAX

www.gomaxgofoods.com

Go Max Go vegan candy bars! Six vegan versions of your favorite old-timey flavors. Made with rice-milk chocolate.



HAIL MERRY

www.hailmerry.com

Hope! Healing! Happiness! in the ultimate VEGAN & GLUTEN-FREE gift! 3 indulgently healthy snacks: Raw Seasoned Pecans, Orange Cranberry Grawnola, and Coconut Macaroons. No Refined Sugars. Just Taste & Purity!

Hail Merry Triple Tin Tower \$60 with coupon code **VEGAN** until 12/11/2011 or until supplies last!



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The Gift of GOOD FOOD (and treats!)



VEGAN VINE

www.theveganvine.com

The use of animal ingredients can make many wines unsuitable for vegans. The Vegan Vine Wines practices 100% cruelty-free winemaking.



OTHER VENDORS



a Guide to Holiday Gift Baskets

by Whitney of Eco-Vegan Gal

The holidays are a great excuse to spread your compassion for animals and the Earth around by giving some inspiring gifts to the special people in your life. This year, supporting small companies will not only send some good economic karma, but can directly and indirectly save lives and the planet. No matter who you're buying for, here are 5 ideas that are practical and sustainable yet exciting - careful that you don't give into the temptation to keep them for yourself!

1. Vegan Sampler Kit - Introduce someone to veganism or spoil your compassionate loved ones. Put together a box 'o goodies no one could resist made up of snacks from companies like [PROBAR](#), [Nacheez](#), [Primal Strips](#), [Hail Merry](#) and baking mixes from the likes of [The Pure Pantry](#). Just make sure you give enough treats so that your lucky friend or family member can share with you if they so choose!

2. Body Care Gift Basket - We all need bath and body products and it's fun to try new ones, which is why they make great gifts. Also, it's a great opportunity to introduce a loved one to cruelty-free alternatives that are easily found in stores. Consider getting full-size packages so they'll feel more compelled to use them instead of re-gifting! Some products I'd recommend include [Dr. Bronner's Magic Soaps All-One](#) (everyone loves the peppermint scent!), [Giovanni Shampoo & Conditioner](#), [Aubrey Organics lotion](#), [Eco-DenT](#) tooth paste & vegan floss, and recycled toothbrush and razor from [Preserve](#).

3. On-the-Go Eating Set - Nothing says eco-vegan like bringing your own containers and utensils when you dine out! These are the kind of things everyone wants but rarely buys for themselves, so they make a great gift, especially when given as a set. Look for [To-Go Ware](#) bamboo utensils and stainless steel tiffins, [Klean Kanteen plastic-free Reflect bottles](#) and [Strawsome glass straws](#).

4. Books - Everyone loves a good read, especially one that is informative and inspiring. There are too many wonderful vegan books to name, so here are some recent publications that the receiver is unlikely to have (some haven't even come out yet!).



[30-Day Vegan Challenge: The Ultimate Guide to Eating Cleaner, Getting Leaner, and Living Compassionately](#)



[Spork-Fed: Super Fun and Flavorful Vegan Recipes from the Sisters of Spork Foods](#)



[The Healthy Voyager's Global Kitchen: 150 Plant-Based Recipes From Around the World by Carolyn Scott-Hamilton](#)

5. Donation - What do you give the person who has everything? Or to the ultra eco-vegan who doesn't want anything from a store? A donation in their name to a non-profit organization working to help animals! There are countless options, from [Farm Sanctuary](#) to the [Humane Society of the United States](#), but your best bet may be to do a web search for the terms "vegan", "organization" and "donate", then find the right fit for you and your loved one.



After Whitney became vegan in 2003, she started a blog to track her journey toward a compassionate lifestyle. Since then, [Eco-Vegan Gal](#) has evolved into a resource on all things vegan, green, and healthy. In addition to writing and photography, Whitney applies her background as a filmmaker to the site, creating video reviews, interviews, and event coverage

a Vegan Holiday FEAST



EARTH BALANCE

www.earthbalancenatural.com

Earth Balance® buttery spreads blend delicious goodness with rich buttery flavor in every bite. Perfect for baking, sautéing or spreading, Earth Balance's® family of vegan spreads offer a delicious alternative that's trans fat- and cholesterol-free and made with a proprietary blend of non-GMO expeller-pressed oils.

MARY'S GONE CRACKERS

www.marysgonecrackers.com

Mary's Gone Crackers® manufactures delicious, organic, gluten-free, whole-grain, vegan food including crackers and pretzels (Sticks & Twigs). They use only certified organic, kosher, whole-food, non-gmo ingredients. Mary's Gone Crackers is Conscious Eating.



UNCLE EDDIES VEGAN COOKIES

www.uncleeddiessvegancookies.com

Uncle Eddies Vegan Cookies will inspire your childhood memories. In addition to being cookie lovers, they are committed to using organic ingredients, supporting sustainable agriculture, and eco-conscious business practices.

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Recipes Fit For a Vegan Holiday FEAST



Twice-Baked Sweet Potatoes with Ginger-Lime Peanut Sauce *A recipe from Earth Balance*

PREPARATION:

1. Preheat oven to 400°F.
2. Rub potatoes with Earth Balance® Coconut Spread. Place cut side down on a baking sheet and bake 30 to 40 minutes, until a knife easily goes through the potatoes. Remove potatoes from oven and set aside. Leave the oven on.
3. To make the filling, melt Earth Balance® Coconut Spread in a sauté pan over medium heat. Add onions and cook 3 to 4 minutes, until lightly browned. Stir in mushrooms and garlic, cook 2 minutes longer.
4. Add kale and 1/2 cup water, cover and cook 4 to 6 minutes, until kale softens; uncover and set aside.
5. To make the sauce, whisk together hot water with peanut butter, coconut aminos or tamari, lime juice and ginger to taste. Add more water, as needed, to create a sauce. Set aside.
6. Scoop the flesh out of each potato, leaving about 1/4 inch around the inside of the potato. Stir sweet potato flesh into the vegetable mixture with about half of the peanut sauce. Spoon the vegetable mixture back into the potatoes, place potatoes on a baking sheet and bake 15 minutes longer.
7. Serve drizzled with extra peanut sauce and topped with chopped peanuts and cilantro.

INGREDIENTS:

3 medium-sized sweet potatoes, halved
2 tsp. melted Earth Balance®
Coconut Spread

FILLING:

1 Tbs. Earth Balance® Coconut Spread
1 small onion, chopped (about 1/2 cup)
1/4 cup fresh sliced shiitake mushrooms
3 cloves garlic, minced
1 bunch kale or other leafy greens, chopped
into bite-sized pieces (about 3 cups)
1/2 cup water

SAUCE:

¾ cup hot water
1/3 cup Earth Balance® Peanut Butter
2 Tbs. coconut aminos or tamari
2 Tbs. freshly squeezed lime juice (1 to 2 limes)
1 tsp. fresh grated ginger
Chopped peanuts for garnish
Minced cilantro for garnish



Chunky Harvest Vegetable, Bean and Quinoa Stew

*A recipe from
Mary's Gone Crackers*



INGREDIENTS:

- 2 Tbsp. white wine or veggie broth
- 4 Tbsp. wheat-free tamari or low sodium soy sauce
- 1 large onion (finely chopped)
- 3 cloves garlic (sliced)
- 1 lb. fresh mushrooms (sliced)
- 2 cans veggie broth
- 2 cups water (or broth for a richer flavor)
- 1 cup quinoa (uncooked)
- 1 tsp. thyme leaves (crushed)
- 1 tsp. tarragon leaves (crushed)
- 2 med. carrots (chopped)
- 1 15oz can white beans (rinsed and drained)
- 1 cup fresh off-the-cob or frozen corn
- 1 cup green peas, frozen
- 1 cup red pepper (chopped)
- 1 box Mary's Original Seed Crackers or Mary's Original Seed Crackers with Herb, Onion or Black Pepper
- Optional topping: 1 1/2 cups firm-style tofu (cubed)

PREPARATION:

1. In large pan sauté the first 5 ingredients until tender.
2. Add next 10 ingredients and bring to a boil. Reduce the heat, simmer for about 30 minutes or until quinoa is tender.
3. Serve with optional toppings (tofu) and Mary's Original Seed Crackers or Mary's Original Seed Crackers with Herb, Onion or Black Pepper.

Molasses Cookie Pie Crust

A Recipe from Uncle Eddie's



INGREDIENTS:

- 1-1/2 cups Uncle Eddie's Molasses Cookies crumbs
- 3 Tbsp. sugar
- 6 Tbsp. Earth Balance spread

PREPARATION:

1. Preheat oven to 350 degrees F.
2. Combine all ingredients in medium bowl.
3. Press into greased 9" pie pan.
4. Bake at 350 degrees F for 10 minutes, until crust is set.
5. Remove from oven and cool completely before filling. Goes great with your favorite pumpkin pie or chocolate mousse filling.



Recipes Fit For
a Vegan Holiday
FEAST

Holiday Quiche

A Recipe by Hannah
Kaminsky of Bittersweet

INGREDIENTS:

1 9-Inch Pie Crust

1 Cup Diced Vegan "Turkey," Seitan, or Tempeh, Diced or Shredded

1/2 Cup Green Beans or Brussels Sprouts Chopped into Bite-Sized Pieces

1 Cup Roasted Butternut Squash, Pumpkin, or Potatoes, Cubed

1/2 Cup Roughly Chopped Cremini or Button Mushrooms

1 Stalk Celery, Finely Diced

1/2 Small Leek, Cleaned, Greens Removed and Thinly Sliced

3 – 5 Cloves Garlic, Minced

1 Cup Garbanzo Bean Flour

2 Tablespoon Potato Starch or Cornstarch

4 Teaspoons Nutritional Yeast

1/2 Teaspoon Dried Thyme

1/4 Teaspoon Dried Sage, Powdered

1/4 Teaspoon Paprika

1/4 Teaspoon Ground Cumin

1/4 Teaspoon Baking Powder

1 Cup Vegetable Stock or Water

3/4 Cup Unsweetened Non-Dairy Milk

1/2 Cup Pumpkin Puree

2 Tablespoons Olive Oil

1 Tablespoon Soy Sauce

2 Teaspoons Dijon Mustard

1/4 Cup Raw Pepitas (Optional)

PREPARATION:

1. Preheat your oven to 350 degrees and have your pie crust at the ready.
2. First prepare your protein and veggies as indicated in the ingredient list, straight through to the garlic, and mix them all together in a large bowl. Set aside.
3. In a separate bowl, whisk together the chickpea/garbanzo flour, potato starch, nooch, salt, herbs, spices, and baking powder.
4. Pour in the vegetable stock or water, non-dairy milk, pumpkin puree, oil, soy sauce, and mustard, and whisk until smooth. It should be about the consistency of pancake batter. Pour this batter into your bowl of prepared veggies, and stir gently to combine but not smash any of the ingredients.
5. Transfer the whole mixture into your waiting pie crust, and if there's extra, pour it into lightly greased 4-ounce ramekins. Lightly tap the pan(s) on the counter a few times to release any air bubbles.
6. Place quiche & ramekins if using on a baking sheet to make them easier to transport into and out of the oven. Sprinkle the top(s) with pepitas, if desired.
7. Bake the quiche for 45 – 55 minutes, until the filling appears set and it's lightly golden brown on top. Keep a close eye on the little ramekins, and expect them to be done closer to 30 minutes or so in; be prepared to pull them so that they don't over-bake. Let cool for at least 15 minutes before slicing. (The leftovers also taste great cold, in my opinion!)
8. Serve with cranberry sauce or gravy, if desired.

Serves 12 – 14



Double Dark Chocolate Mousse Pie

A recipe from Kathy Patalsky of

Healthy  Happy  Life 

Recipes Fit For
a Vegan Holiday
FEAST 




INGREDIENTS:

1 package Dr Oetker's Chocolate pudding mix
2 cups soy milk
1.5 oz. extra dark chocolate vegan chocolate bar (I used Newman's Own extra dark chocolate)
1 cup silken tofu
1/2 tsp salt
1/4 cup vegan sugar
1 Tbsp arrowroot powder
2 Tbsp cocoa powder
1/2 tsp cinnamon
3/4 tsp vanilla extract
2 Tbsp espresso (optional)
3-4 Tbsp raw cashews
1 Wholly Wholesome Chocolate Graham Pie Crust
Garnish: dark chocolate bits

INGREDIENTS:

1. Heat the soy milk, salt, sugar, pudding mix, arrowroot powder, vanilla extract, cinnamon and cocoa powder over stove.
2. Stir mixture constantly until it bubbles and thickens.
3. Add silken tofu. Continue stirring. Your mixture will be quite lumpy now.
4. Crumble in your chocolate bar. Remember to reserve a few chunks for garnish.
5. Stir until the chocolate has melted into the mixture. Remove from heat.
6. Carefully transfer mixture to a high speed blender. Add in the espresso and cashews. Blend until perfectly smooth.
7. Pour mixture into your chocolate pie shell. Decorate with your chocolate chunk garnish.
8. Bake at 350 degrees for 30 minutes.
9. Chill in the fridge for at least 3 hours. Serve with a swirl of cool creamy rice whip on top.



Gifts for VeggieLÖvin

→ KIDS & PARENTS

♥ By Sayward Rehal of [Bonzai Aphrodite](#)

We're so lucky to live in a time when vegan goods are widely available, if not in our own home city, then at least via the Internet. But when it comes to pregnancy and children, finding verified-vegan options can still be rather tricky. From beeswax sealants on wooden toys to woolen bits on baby clothes, there's all sorts of trappings just waiting to trip you up. But never fear! You do have choices, and good ones at that. Here are a few of my favorites:



1. [Garlic-Onion-Beet-Spinach-Mango-Carrot-Grapefruit Juice](#) ([ThoraThinks.com](#))

This book has quickly become a favorite in our home. It's visually captivating with a dynamic artistic mix of photography, collage, and sketch. The story is silly and fun and unique, but it's delicately underscored by a message of compassionate nonviolence. Subtle enough to make a great gift for vegan and non-vegan families alike.

2. [Herbivore Clothing For Kids](#) ([HerbivoreClothing.com](#))

You're probably familiar with the impeccable design and provocative slogans that characterize the Portland-based apparel and media superstars: Herbivore Clothing. But did you know they made kids stuff, too? Check out their classic "Bacon Had A Mom" tee in 3-6 months through size [kids] 12, and the "Bullies Suck" tee in sizes [kids] 2-12. All "Bullies Suck" profits go towards helping bullied LGBT teens, via The Trevor Project.



3. [Earth Mama Angel Baby](#) ([EarthMamaAngelBaby.com](#))

The very best body products on the face of the planet? It just may be! And seeing as how they're ALL organic and ALL vegan, you really can't go wrong trying . . . ALL of them. Perfect for pregnant vegans or brand-new-mom vegans as well as vegan toddlers, there's something here for the whole family. Oh, and for everyone else, the vegan lip balm is ace!

4. [KidBean.com](#) ([KidBean.com](#))

This website is a treasure trove of children's clothing and toys, ALL vegan as well as earth- and labor-friendly. They've got handmade wooden toys, canvas kiddie sneakers, nursery linens and diaper covers and much, much more. So much good stuff!



5. [The Vegan Pregnancy Survival Guide](#) ([Available at HerbivoreClothing.com](#))

The perfect gift for pregnant, or soon-to-be pregnant, vegans! This little book is super fun and easy to read. The small size allows you to carry it everywhere, acting as a go-to reference guide that touches on everything from nutrition to medication to navigating social situations. It's a mega-resource that's overflowing with information on vegan pregnancy and breastfeeding, and I should know . . . because I wrote it!



Sayward Rehal is a scientist, writer, and urban farmer extraordinaire living in Portland, Oregon. Sayward lives with her husband Damian, their two dogs Harley the Happy Dragon and Crash Bang Boom, their two hens Petunia Blue and Princess Sweetpea, and their son, Waits Rehal. Sayward's blog, [Bonzai Aphrodite](#), fosters a community of creative, intelligent, and like-minded individual who enjoy living the socially conscious and totally fabulous life.

VEGAN COOKBOOKS → AND MOVIES!



VEGAN HERITAGE PRESS

www.veganheritagepress.com

Vegan Heritage Press satisfies all your cookbook needs from American comfort food, international cuisines, and spicy cooking to creative seasonal fare and 15-minute pantry recipes. Save 25% off until 12/31/2011.



FORKS OVER KNIVES

www.forksoverknives.com

Forks Over Knives examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods.



VEGUCATED

www.getvegucated.com

Vegucated is a guerrilla-style documentary that follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. Order a community screening kit as a holiday present for your friends, family or neighbors.

Other Gift Worthy Books:

[Vegan Pie in the Sky](#)

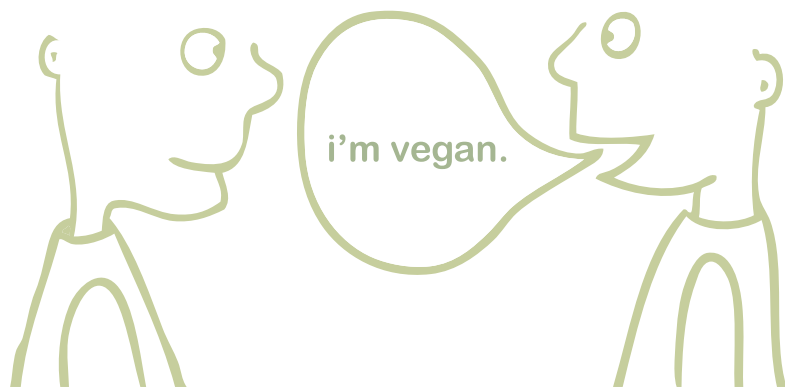
[The 30 Day Vegan Challenge: The Ultimate Guide to Eating Cleaner, Getting Leaner, and Living Compassionately](#)

[Spork-Fed: Super Fun and Flavorful Vegan Recipes from the Sisters of Spork Foods](#)

[Candle 79 Cookbook: Modern Vegan Classics from New York's Premier Sustainable Restaurant](#)

[Vegan Desserts: Sumptuous Sweets for Every Season](#)

Create a Discussion



This Holiday Season,

MAKE IT A MOVIE NIGHT

by Stephanie Redcross of Vegan Mainstream

Being Vegan during the holiday season can be met with mixed emotions. It's easy to feel like you spend time either educating or defending your ethics and eating habits.

"What do you eat then? Salad?"

I'll bet that sounds familiar.

During the holidays many of us look forward to a break from our normal routine so we are reluctant to becoming the center of the conversations during every meal.

We all know that arguing doesn't really lead anywhere, and often our families are honestly worried for us, so we have to find creative and helpful answers for their questions. This way, they may better understand our lifestyle, or with any luck, they may realize that there is a good reason for our choices.

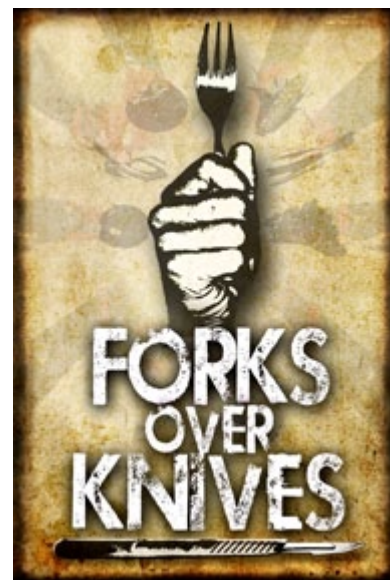
With each conversation, we know there's an opportunity to persuade or recruit inquiring minds. Here is what I propose for this holiday season: "Movie Night"!

When my family gets together, it's not uncommon for us to enjoy a movie or some TV time. Instead of watching the latest blockbuster movie, why not pop in a copy of "Forks Over Knives". This might shift the discussion from an interrogation of your personal choices and opinions to a discussion on a larger scale about health and the science behind a plant based diet.

And there's nothing better than getting help from the experts, Dr. Esselstyn and Dr. Cladwell. This way you don't have to be the expert on everything Vegan. We've all been in those firing rounds struggling to answer every questions because we've never completed our "PHD in Veganism". But is it realistic to pretend that we are walking encyclopedias? Instead we should emulate school teachers and leverage all the educational tools available to us.

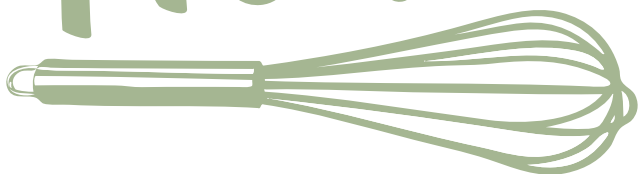
Over the last few years a plethora of Veg based documentaries and independent movies have become available on DVD or can be streamed live via Netflix. (some of my favorites: Food Matters, Vegucated, A Delicate Balance and Processed Foods).

So, instead of approaching this holiday season with apprehension, arm yourself with a few vegan documentaries for a more enriched and universal discussion about Veganism, plant based diets, health and the environment.



Stephanie Redcross is the founder and managing director of [Vegan Mainstream](#) – a San Diego-based marketing company that strives to bring mindful companies and services into the mainstream. Passionate herself about living and advocating a vegan lifestyle for health, environmental, and ethical reasons, Stephanie has made it her life mission to help likeminded entrepreneurs and small to mid-sized companies reach and exceed their goals.

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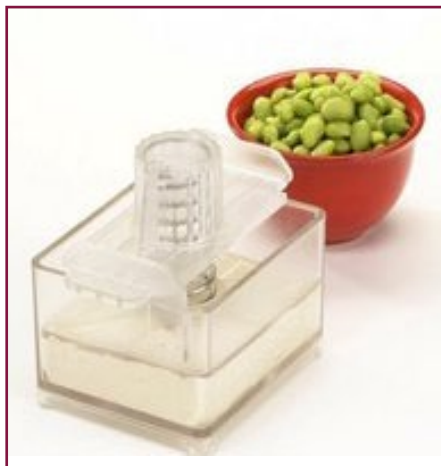


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a place to find our way to
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Compassion:

THE GIFT THAT'S EASY TO WRAP, FITS UNDER EVERY TREE,
AND LOOKS GREAT ON ANYONE. *-By Sally Tamarkin*

As soon as Thanksgiving has come and gone and my surroundings transform from harvesty earth tones to elven greens and reds, the pressure of gift exchanging descends on me with the weight of a shopping mall Santa. And that weight doesn't lift until I know that I'm ready with the perfect gifts for my loved ones. My preferences have always run toward the heartfelt and homemade. Most of the people in my life can snag an iPod or designer jacket whenever they please, so I feel that this time of year is my opportunity to share a part of me. Having said that, I'm not very crafty, and most of my friends are now using the many music mixes I've given them over the years as coasters. It's definitely time to switch it up.



Turns out, there's a way to gift that expresses what I care about, that will still be special and meaningful to recipients. This year, I'm going to "compassion-ify" my presents by giving (and getting!) the gift of animal rights.

One way to do this is to make a donation on behalf of a loved one to one of the many organizations doing all they can for animals. Here are a few suggestions, though any organization that works effectively to help animals would work: [Chimpanzee Sanctuary Northwest](#), [VINE Sanctuary](#), [Vegan Outreach](#), and [Mercy for Animals](#).

While I'm at it, I'd be remiss if I didn't suggest a non-profit organization I am super excited about. I am so in love with [Our Hen House](#) and how they are changing the world for animals, and inspiring others (like me!) to do the same, that I intern for them. Our Hen House is an online clearinghouse for all things animal rights and vegan. A 2-woman labor of love (Jasmin Singer and Mariann Sullivan), OHH produces a mind-blowing amount of content — podcasts, videos, blogs, and lots of other resources. (The icing on the cruelty-free cake: it was just named "Indie Media Powerhouse" by

VegNews Magazine.) And as a tote-ally awesome incentive that's perfect for the holi-daze, if you donate \$50, you will receive an ethically-sourced, vegan-made tote bag that touts their tag line, "A place to find our way to change the world for animals." You can also support OHH by shopping for 100% vegan handmade goods at the [Our Hen House Etsy store](#).

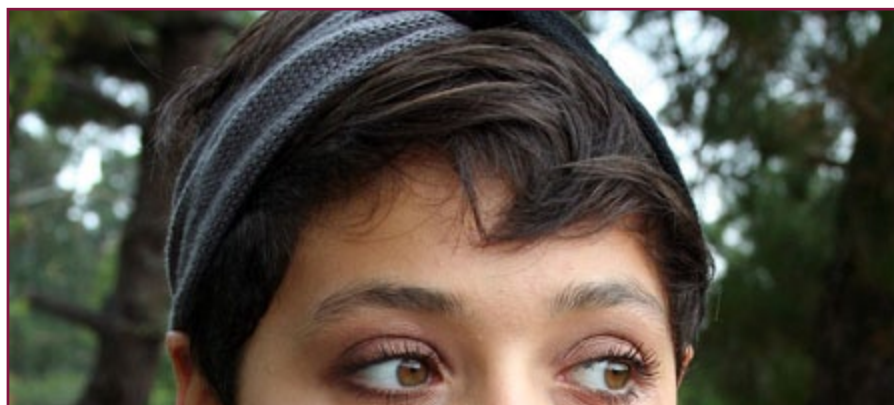
Remember, you can receive ethically, too. Let your friends know that you'd love to have an animal adopted in your name, or that you'd prefer a gift that helps fund outstanding work done to protect and advocate for animals.

I will crysoy-nog tears if I have to spend another year either making room for another trinket I don't need, or seeing the look of bemused disappointment on a loved one's face upon unwrapping the random consumer good I plucked off a shelf for them.

So, as Christmahanusolstikwanzakuh approaches, let's consider giving and receiving compassion. Unlike that snowflake sweater your sister foisted upon you last year, I promise this gift will fit you perfectly.



Sally Tamarkin is a community organizer and an intern at [Our Hen House](#) -- the internet's clearinghouse for all things vegan and animal rights, as well as VegNews Magazine's Best Indie Media Powerhouse of 2011 -- where she blogs, steers the social media ship, and keeps her hands in an assortment of exciting projects. Until July 2011, Sally was the lead organizer of ctEQUALITY, the coalition that led the movement to successfully pass a transgender non-discrimination law in Connecticut. When she's not brainstorming ways to subvert the dominant paradigm, she enjoys apples, running, and peanut butter. Sally blogs at [foreignparts.tumblr.com](#) and tweets at [@sallyt](#).



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Vegan **CRAFTY GIFTS**

By Kala from **VEGANCRAFTASTIC**

Kala from [Vegancraftastic](#) here! I'm a vegan girl living, crafting, blogging, and cooking in the Twin Cities with my amazing vegan husband. As a [blogger](#) and [Etsy shop owner](#), I'm a big supporter of artists and crafters so it's my honor to share my shop selections for the Vegan Cuts Holiday Gift Guide. The real challenge was choosing just five shops, there are so many talented vegans out there making beautiful, delicious, and clever goods. I've personally purchased items from several of the shops on my list and covet the rest, so I'm sure you will find something amazing for everyone on your holiday wish list.



1. Fabulous, hand-made bath and body products from [London City Soap Co.](#): Check out their [Handmade vegan perfume and body care](#) and [Gingerbread Spice Vegan Perfume Oil](#).



2. Eco-friendly handmade paper goods printed on banana paper from [Merry Blues Art](#): Looking for the perfect holiday card? Merry Blues Art makes adorable [Snowman Mini Greeting Cards](#).



3. Cute, Quirky, and Colorful Illustrations from a vegan artist, Michelle Cavigliano, at [My Zoetrope](#): My personal favorite? These sweet and savory [Recipe Cards!](#)



4. Beautiful jewelry made by Susmitha Subbaraju in India at [Art by Susmitha](#): I love this beautiful [Vegan Copper Pendant](#).



5. Don't forget about delicious vegan treats from [Veganville](#): What would the holidays be without a [Vegan Whoopie Pie Assortment Gift Box](#)? I don't want to find out!



Kala is a vegan girl living, knitting, baking, and crafting in the Twin Cities. On [Vegancraftastic](#), Kala shares her craft and food adventures, inspiring people along the way. Read along for vegan recipes, crafty patterns, reviews, and more!

Happy Holidays

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