

Smart Dog Party

1 package vegan hot dogs
1 package hot dog buns
1 tablespoon vegetable oil
1 teaspoon agave syrup

Condiments:

mustard
ketchup
pickle relish
diced onion

Heat a flat surface griddle to medium high. Drizzle the olive oil and agave syrup on to the middle of the surface then place the hot dogs on the hot grill and roll them in the oil and agave syrup. Let sit a few minutes until they start to brown, roll them until they are evenly browned on all sides.

Split the buns without tearing them apart, spread them open and place them on the hot grill for 2-3 minutes until they are heated and slightly toasted.

Popcorn with Vegan Butter and Parmesan Cheese

3 tablespoons coconut oil
1/3 cup popcorn kernels(non
3 tablespoons vegan butter

Parmesan Cheese

1/2 cup nutritional yeast
1/2 cup walnuts or cashews
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
pinch of sea salt
3/4 teaspoon chipotle seasoning (optional, makes a spicy parmesan)

Combine all ingredients in the jar of a blender and blend a until the nuts have been processed into crumbs. Sprinkle on popcorn, salads, or vegetables. Store in a container in the refrigerator, stays fresh 3-4 weeks.

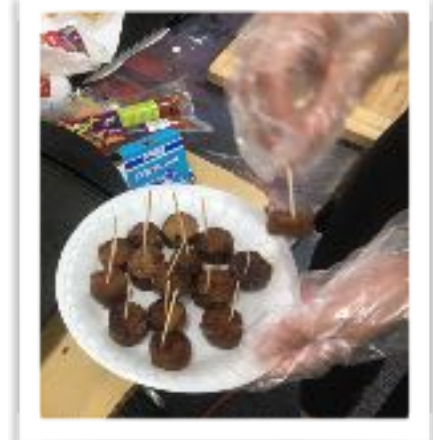


Vegan Meat Alternative Sampling

Class Activity: Get familiar different meat substitutes

Variety of vegan meats
vegetable or olive oil
agave syrup
toothpicks for sampling

Vegan sausages come in a variety of flavors from breakfast sausage, soyriso, to hot dogs and a variety of sausages. Slice the vegan sausages on a cutting board. Heat a griddle to medium high, drizzle a little oil and agave syrup on the hot surface. Place the sausages on the griddle and cook about 10 minutes stirring occasionally until browned. Serve with toothpicks, provide a variety of mustards or sauces for dipping (optional)



Vegan Dessert Sampling:

Vegan Ice Cream Sandwiches
napkins for serving

There are a variety of brands of vegan ice cream sandwiches, some made with soy, others with almond milk or coconut milk. Sample a variety of products so you can choose your favorite.

