

# Vegan Mom's

## Krystal's Resource Guide

### Tips and Tricks

- Read labels!
- Eliminate processed food; make household staples from scratch
- Incorporate raw foods when possible – raw pasta sauce!
- Gluten once a day
- Bring on the treats and sweets!
- Stock up on healthy snacks
- Try and try again
- Chop it up
- Juice/smoothie/popsicles
- Make life simple and stock up the right tools
- Find a Dr. that will get behind you
- Learn: read, watch and be aware; stick to your intuition



### Favorite Books and Cookbooks

- Oh She Glows
- The Kind Mama
- Deceptively Delicious
- Vegan Cupcakes Take Over the World
- Vegan Cookies Invade Your Cookie Jar
- Skinny Bitch: Bun in the Oven

For more resources, visit  
[www.freshandraw.org](http://www.freshandraw.org)

### Websites, Blogs and Other Resources

- The Kind Life: [www.thekindlife.com](http://www.thekindlife.com)
- Oh She Glows: [www.ohsheglows.com](http://www.ohsheglows.com)
- Teach. Eat. Love: [www.teacheatlove.com](http://www.teacheatlove.com)
- This Rawsome Vegan Life: [www.thisrawsomeveganlife.com](http://www.thisrawsomeveganlife.com)
- Pintrist: search “vegan baking substitutions” and “plant protein”

### Date Rolls

- 1 cup of raw almonds or other raw nut of choice
- 1 cup of dates
- 1/4 cup of hot water
- 1 cup of shredded unsweetened coconut + more for rolling
- 1 vanilla bean, seeds scraped OR 1 tsp vanilla extract
- 2 tbsp coconut oil

Soak dates in a bowl for 5 – 10 minutes to soften, then drain water and add all ingredients in food processor and pulse until mixed. Form sticky mixture into small balls and roll in a bowl of shredded coconut.

→ Get creative! Roll in other finely chopped nuts instead of shredded coconut or incorporate jam or small bits of fresh fruit if you are planning on eating right away