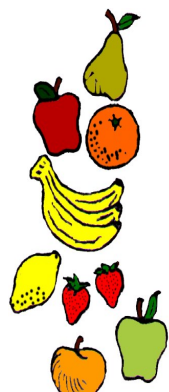


So, what do vegans eat if they don't eat any of that?



Plenty!

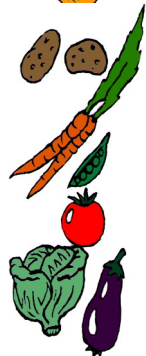


Fruits

Apples
pears
mangos
melons
Bananas
grapes
berries
oranges

Grains

Rice • oats
Cereal
pasta
bread
Rye
spelt
wheat
barley



Veggies

Peas • carrots
cabbage
eggplant
potatoes
green beans
tomatoes
spinach
broccoli

Nuts & Beans

lentils
tofu
soymilk
peanuts
almonds
pinto beans
black beans
seeds



Project: Create this yummy vegan snack for two. (If you don't have the ingredients, go to your kitchen and see what vegan snack for two *you* can create!)

Mashed-Up Lipsmack Snack

- 1 banana
- 1/2 cup berries
- 1/4 cup peanut butter
- Mash it all together.