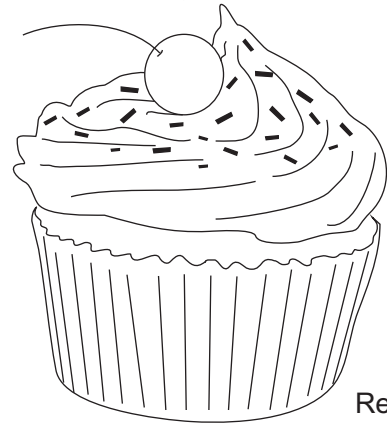# A Vegan Cupcake for you

To learn more about veganism:
AbolitionistApproach.com
VeganismIsNonviolence.com
GentleWorld.org

Vegan Starter Kits:
VeganKit.com
BostonVegan.org

Cupcake recipe from "The Joy of Vegan Baking" by Colleen Patrick-Goudreau
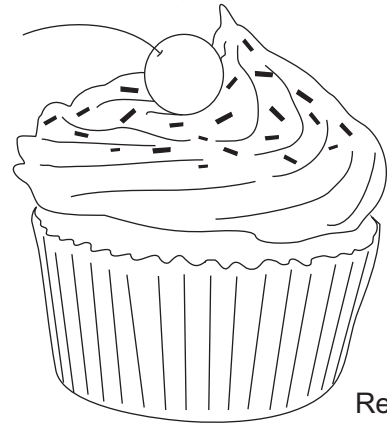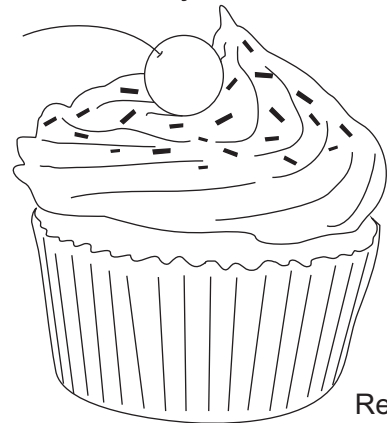
Recipe inside >>

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Vegan Chocolate Cupcakes

Ingredients:
1 1/2 **cups flour**   3/4 **cup sugar**   1/4 **cup cocoa**
1 tsp baking soda   1/2 **tsp salt**
1/3 **cup vegetable oil**   **1** 1/2 **tsp vanilla extract**
1 tbsp vinegar   **1 cup water**

1. Preheat oven to 180°C (350°F).
2. Sift together the dry ingredients. Create a well in the center and add vanilla, oil, vinegar and water. Mix until just combined.
3. Line cupcake tin with cupcake liners and fill each liner 2/3's of the way full. Bake for 15 minutes, or until a toothpick inserted into the center comes out clean.
Icing: Cream 1/3 cup non-dairy margarine, 3 cups icing sugar, 1/3 cup cocoa powder, 1 tsp of vanilla ext. and 3-4 tbsp water (depending on thickness). Beat until light and fluffy. Once cupcakes have cooled, ice and enjoy!
You can find many more delicious and exciting vegan recipes like this just by searching on Google!

What is veganism?
A vegan does not eat, wear, or use animal products. Veganism embodies the principles of nonviolence and respect for others. It is positivity in action, making positive choices in our daily lives, choices that support just institutions and reject violent institutions, actions that promote equality and respect for life. It is making the decision, in everything we say and do, to no longer participate in the exploitation of others.

Every year, trillions of animals are slaughtered for food, clothing, and other uses. These are innocent beings who value their lives just as much as you and I do. There is no moral difference between a human, dog, cow, fish - all deserve the right to life. The *least* we can do for other animals is to go vegan.

It's healthy, it's better for the environment, but most importantly, it's the morally right thing to do.