

Cookie Exchange

To inspire people in the kitchen but not overwhelm everyone with fattening food, a cookie exchange should be a 'low key' event!

The only rule is that the cookie must be vegan following the moderate definition put forth by PETA:

A vegan does not consume meat, dairy products, eggs, honey, or any product derived from an animal.ⁱ

Of course, product derived from animals USUALLY means gelatin and beeswax.

Packaging: Place 3 cookies in a bag. Make 6 bags of 3 cookies.

Exchange: You exchange one bag of your cookies with the other participants. So you give 6 bags and receive 6 bags.

Advantages: A cookie exchange will provide an 'excuse' to get in the kitchen and break the routine. By setting the bag of cookies at three, that allows maximum variety and minimize being overwhelmed with baked goods that are so tempting while at home.

Other ideas: If you want to bring copies of your recipes to exchange with the cookies that is always welcome. Additionally, if the recipe is online, you can provide the link to the group so it can be shared with the ENTIRE Facebook following.

ⁱ <https://www.peta.org/about-peta/faq/what-is-a-vegan/> Generally type of sugar or food coloring is not taken into account.