



How to be the perfect vegan host, when you are not vegan yourself?

Veganism can be intimidating when you are not vegan yourself. I understand that there are many reasons as to why it can be found intimidating, but this post is not about that. This post is about helping YOU - yes youuuuuuuuu my non-vegan friend - helping you become the perfect vegan friendly host!

Everybody pretty much knows at least one person who is vegan and I know that whenever you start planning that next social event, little droplets of sweat start breaking out - because you are thinking 'what the fudge do I serve as vegan options?' Just take a deep breath and relax, because I got you on this one. Sheer panic will no longer occur when planning your next soiree.

Questions like 'what if you misread the label and there is a non vegan ingredient?' and 'will the wrath of all vegans come down upon you if you do something unintentionally wrong?!?!?'

For starters heck NO, the fact that you are trying and respecting my food choices is already a WIN in my book. It means you listened to me, it means you respect and accept that veganism is my way of life and I thank you for that!

All you need to do to become the perfect vegan friendly host, is make a little trip to the grocery store and allow me to give you some ideas on how to serve store bought vegan friendly snack options. Once you have become a confident vegan friendly host, you can Level-Up by making some vegan treats yourself. And yes, I got you on this one as well - just visit my [recipe blog](#).

Before you actually leave the house, it is important to plan what it is that you will be needing.

How many warm snacks will you be serving, will you be needing some cold snack options? etc...

I recommend trying to match the type of vegan snacks, to the non vegan snacks that you will be serving. For example, if you are serving bite sized pizza, buy a vegan pizza. If you are serving 'kip loempia's' (spring rolls with a chicken filling), be sure to have a vegan spring roll.

TIP: if you are deep frying snacks at home, be sure to fry the non vegan ones first! Use a clean pan, pour some fresh frying oil and fry those bad boys. After all the vegan ones are fried, continue with the non vegan ones.

Let's get shopping!

Here on Aruba there are 2 supermarkets I recommend going to for this specific mission and I will mention the options per store. Here we go!

First store (in no particular order) is Ling & Sons Supercenter.

One word...and one word only is the reason I recommend checking out Lings & Sons.

What word might that be? Well gardein of course.

Gardein is an awesome brand and as their packaging states

it is 'Always Vegan'.

I took this picture a few weeks back

and it is such a thing of beauty!

This was taking in the freezer section in Ling & Sons.



**Now how does this help you become such a great host?
Allow me to enlighten the path to vegan friendly party hosting...
Just grab 1 pack of each of these:**



**These Crabless Cakes are the best!
Just follow the directions on the package and serve with
some vegan dipping sauce.**

**Vegan dipping sauce idea:
use vegan salade dressing as a dipping sauce, Thousand
Island goes great with these crabless cakes.
Ling & Sons and Superfood sell Follow Your Heart vegan
dressings.**



**Who doesn't like sliders? All you have to do, is follow the
directions on the package and presto!**

If you are doubting if what you have is enough. Just get some hummus and bread!

Hummus = Sabra

Bread = Organic Naan*



Just prepare the naan bread as directed, cut it into smaller pieces, scoop some hummus into a pretty bowl, place it all on a fancy plate - and serve.

Great alternative is also Stacy's Simply Naked Pita Chips, delish with hummus!

Another store I love to go to is Superfood.

There are so many vegan ingredients available at this store. And one of them being the perfect party treat for your vegan friends - vegan pizza!

Prepare as directed and serve by the slice and trust me - your vegan friends will be happy!



How about some easy to find tasty chips? Chips are welcome at any gathering, go crazy and get some non traditional flavors. The following chips are easy to find at pretty much any store

and are plant-based :)

- Doritos; Spicy Sweet Chili flavor**
- Fritos Original Corn Chips**
- Kettle, Salt & Vinegar**
- TERRA Original Chips with Sea Salt**

There are of course many more things that can be served, but I wanted to show that there are many items available on the island. Items that can easily be picked up at the store, that are prepped in 30 minutes or less and products that I am certain your vegan friends will enjoy!

Now get your grocery bags ready and get to shopping, so YOU can join the MOOvement!

***I live in Aruba and refer to what is available in the supermarkets on the island, but you will be able to find these options pretty much anywhere.**

***Please do take note that the organic naan is not yet certified vegan, [Toufayan](#) however does not use any non-vegan ingredients for this bread.**