



Our Hen House

CHANGE THE WORLD FOR ANIMALS
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Interviews with Rose McCoy and Annie & Dan Shannon

By OUR HEN HOUSE

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*Following is a transcript of interviews with **ROSE MCCOY** and **ANNIE & DAN SHANNON** conducted by **JASMIN SINGER** and **MARIANN SULLIVAN** of [Our Hen House](#), for the [Our Hen House podcast](#). The interviews aired on Episode 231.*

ALESSANDRA: This first interview features Rose McCoy, a 12-year-old lifelong animal activist and vegan who has probably attended more protests, been named in more headlines, and caused more of an advocacy ruckus in the past few months than have most much older activists. She was such a pleasure to have on the TV show and I'm excited to once again feature her on the podcast.

JASMIN: Wow, unbelievable. That video, Rose! Welcome to Our Hen House.

ROSE: Thank you very much, Jasmin and Mariann.

JASMIN: We're so excited to have you. You are a famous young woman these days. Was that terrifying?

ROSE: Not really because it was kind of in the heat of the moment thing, so you're not really paying attention to any fear you have. It's like a spur of the moment, where you're just getting out there to show your anger and frustration.

MARIANN: So why SeaWorld? Why in particular SeaWorld?

ROSE: Well, I care about all of the animal exploiting industries, trying to get rid of them all, but *Blackfish* was very inspirational to try and put SeaWorld to end. And I think it's a victory that can be made in the near future, and I think it's an easier victory than a lot of the other industries. And so seeing *Blackfish* and being more educated about that in particular, education gives you the necessity to do something.

JASMIN: It certainly does.

ROSE: And so once you learn about the cruelty there, you have to do something.

JASMIN: Yeah, I'm so inspired by you constantly and unendingly. Let's talk about what happened at the Macy's Thanksgiving Day Parade. What went on?

ROSE: Well, we had a small protest going on. There was maybe five people who we would just kinda whip out signs when the float passed down the route. But when it started coming down the route, it was a depiction of orcas in the wild and with their family, which is the total

opposite of how they live at SeaWorld in tiny concrete pools with orcas that are not part of their family. They're incompatible orcas from different pods who speak in different dialects and have very different cultures. And so I was so angry that I just felt like I had to get out where we were more visible because obviously it's such a huge place that having a few people whipping out signs is going to impact some people, but not nearly as many as I wanted to know how frustrated and angry a lot of people are with SeaWorld.

MARIANN: You really got a lot of attention because the press really picked up on it. Did you expect that?

ROSE: Well, PETA's very good with getting videos out.

JASMIN: They are.

ROSE: And it was a PETA protest so I figured that with something like that, it's very likely for PETA to get it out to a lot of news.

MARIANN: PETA gets it out, but the press doesn't always pick up on it, and they really did. And I think it was because the issue is such an important one and one that really is in the public's focus, and because you really made a great impression and your courage really showed through. But the situation at the Rose Parade was even a little bit more dramatic. Can you tell us what happened there?

ROSE: Right. Well, actually that was not a plan for me to run out there either. There was a few other activists who ran out. And again, it was a different float this time, but it was still a depiction of orcas in the wild, so I was moved to also run out there and sit down with the rest of them in front of the float. And yeah, it resulted in us getting arrested. And it made national news and it was a huge deal. There, we got really good reception. There were people giving us thumbs up and yelling "SeaWorld sucks!" and there were people who had their own homemade signs that were there who, they were there for the parade but they also wanted to show their dislike for SeaWorld. And so one of the officers even shook my hand 'cause he was so pleased.

MARIANN: That's great.

JASMIN: It's true what you're saying, Rose, that when people learn what's going on with animals, they're not a fan of the exploitation. They, like you, want it to end. And I know that you really grew up as an activist 'cause your parents are involved, and I remember seeing you at events when you were like four years old just leafleting into like the cabs when we were walking along. And I'm just wondering -- I don't even know how to ask this because you grew up as a vegan, you grew up as an animal activist. We had a moment where we were told what was happening to animals and we thought, "Oh my goodness, this is going on, we have to stop our behavior." But at what point do you realize animals are being exploited and they're being eaten, and does it shift your entire worldview? Does it change the way you look at the world?

ROSE: Well, I grew up very -- it's a common discussion at home. And I was raised to understand that that's why I went to protests, was because there were problems with the way that people behaved towards animals and that it has to change and you have to be the change you want to see, like Mahatma Gandhi said. And that's why I started that way and

that's why I grew up -- I didn't have an a-ha moment where it's like, "I can't believe people do this," but I was raised to understand that.

MARIANN: What would you say to people who say that we shouldn't expose children to this information, that children should be protected from knowing this?

ROSE: Well, I think that in order to do the right thing you have to understand the wrong thing, and the only way to understand it is if you're shown it and given the truth, and sometimes the truth is gruesome but you have to know it.

JASMIN: You have to know it before you do something about it. I wouldn't want to lie to my children. And I have a couple other questions for you. You just mentioned Mahatma Gandhi. And I know that you're a big fan of Cesar Chavez, and your mom was telling me that you sometimes walk around quoting Cesar Chavez. I'm not even sure people know that Cesar Chavez had an animal rights streak. So can you tell us what it is that you love so much about Cesar Chavez and maybe share your favorite quote with us?

ROSE: Well, he was so tremendous in the way he was a very effective advocate for various people. He was obviously the farmers' union in creating that and making it so powerful, or as powerful as it got. And then he was also vegan for ethical reasons, and I have two quotes actually that I love from him. One is, "Once social justice has begun it cannot be reversed. You cannot uneducate the person who has learned to read. You cannot embarrass the person who has pride, and you cannot oppress the person who no longer has fear." And then the other one is, "In a way we have to work twice as hard to make people understand that animals are beings like us and that we must love them the way we love ourselves." So those quotes alone, they speak for why I love him.

MARIANN: Put those two together, and they kind of say it all. They really do.

JASMIN: Yeah, they do. And I know that you're also very involved in school with animal rights and you're opening the eyes of a lot of your classmates. Can you talk a little bit about the impact you have? You go to a public school?

ROSE: Yes, I do.

JASMIN: And how do your friends react to Rose McCoy?

ROSE: I get a lot of positive reactions from the fellow students. And it has actually been very productive, kind of very productive relationships. One of the girls who I met, she was vegetarian already, and she went vegan. And then two of my friends went vegetarian, and so the other one who was already vegetarian, she's working on being vegan. So it's been a very productive, with only knowing them two years, club.

JASMIN: Is there like a club, like an animal rights club that you have?

ROSE: Yeah. I started a club and the five of them were the first who came to the club, and so we've kind of worked on getting other people to come. And it's a growing process. And we have like little goal cards that we do. And people are cutting out meat in their diets with maybe one meal a week they usually would sit down and eat chicken or eat a pig. They won't do that then for like once a week. And then gradually over time they cut it out little by little.

MARIANN: You must run into a lot of kids who really don't know what's going on with animals. And how do they react when they find out?

ROSE: Well, a lot of kids really do love animals, and it's kind of bullied out of them as they got older by their parents. So when they hear about it and they find out, they're horrified and they really want to change. And sometimes they feel like it's not exactly an easy change, maybe because of pressure at home from their parents, maybe because of their ethnic background or maybe because they love the way that it tastes or whatever reason. And so that's another part of the club is we try and help people who feel maybe they won't be as accepted at home. We try and help them with ways that they can explain to their parents and their siblings, or if they don't know good alternatives we give this is a place that you can go or this is a place you can go. And actually it alternates from week to week between a few of us, but we'll bring in like vegan goodies for the people in the class, so like doughnuts and cookies and stuff, and all vegan of course.

MARIANN: There's nothing like great food to get the message across.

JASMIN: Yeah, no kidding. And I think I know the answer to this, but you're 13. And when I was 13, aside from the fact that I'm not even kidding, I had a "Save the Males" poster on my ceiling, not "Save the Whales;" "Save the Males."

MARIANN: Oh sweetie, that's just bizarre in so many ways.

JASMIN: For so many reasons. Anyway...

MARIANN: Not that we want to get rid of the males. Let's not spread rumors like that.

JASMIN: No. But it was like of men's butts. That was what the poster was, just like all these butts.

MARIANN: I'm disturbed.

JASMIN: I know, I'm disturbed too. But anyway, my point in saying this is that I did know what I wanted to do when I grew up. At least I knew I wanted to write and I wanted to present. And I think that you also have -- it took me a while to get to the kind of social consciousness that you got to by the time you were two. But you, I think, have a plan for your future. Can you share that with us?

ROSE: Well, I would very much like to work for PETA. That's where I really want to go, though I also am interested in like, maybe if I could be more effective as a lawyer, I am very interested in that. So maybe I could help with legal aspects of animal rights or maybe be a food scientist and come up with new great vegan alternatives that will get people. So I just I want to continue my activism, though I'm not quite sure how I'll do that yet. But I'm pretty sure that's what I want to go with.

MARIANN: I think it's okay at 13 not to know the exact method.

JASMIN: Yeah, well, I just think --

MARIANN: Who knows what changes will have happened by then that maybe the best way to do things then will be very different than they are now? Because I really think that as

you've said, food science, that's just growing by leaps and bounds and it's gonna change the world.

JASMIN: And you're 13, so you'll be in college in five years, if you choose to go to college. Can you tell us what vision you would want to see in the world for five years from now?

ROSE: I would definitely not expect to see quite what perfection in my mind is.

JASMIN: Right, what we want.

ROSE: But what I expect to see is definitely, animal rights is definitely growing and animal exploitation is decreasing by a lot. And so I expect to see that there's an increase of places like Dun-Well Doughnuts and the good vegan restaurants or vegan clothes shops or MooShoes, the vegan shoes and belts and all that stuff, and a decrease in places like McDonald's and KFC and all those places that exploit and abuse animals.

MARIANN: Yeah, totally. And it all just fits together. As people find out that these products exist, that they're delicious or beautiful and they're good for the environment, it's just so much easier for people to make change.

JASMIN: It's so much easier knowing.

MARIANN: The future is bright.

JASMIN: The future's in her hands, and that gives me hope. And I'm wondering, I know you love your parents, but can we adopt you? I mean, come on, just maybe?

MARIANN: I think her parents are doing a fairly good job.

JASMIN: I guess so, but...

ROSE: Maybe like the Wild Thornberrys is a very big attraction for me too.

MARIANN: Yes! Every morning you'll get to watch.

ROSE: They do not watch cartoons in the morning, which is not as much as I --

JASMIN: Come over and watch cartoons! Rose, thank you so much for joining us today on Our Hen House.

ROSE: Thank you.

JASMIN: I hope that you will stick around because Annie and Dan Shannon, which is such a fun name to say. Let's all say it on the count of three. One, two, three.

UNISON: Annie and Dan Shannon!

JASMIN: It's so much fun! I can't get over it. Stay because they're going to be making macarons and we need your help. And you are so inspiring, so inspiring. And we are truly going to be inspired in totally different ways, because our next guests, Annie and Dan Shannon, are experts at inspiring everyone to create and eat delicious vegan food. And they're going to be showing us how to make some yummy holiday treats. So please hang

around and try some of what they make and what they're putting together for the holidays. I cannot wait, I'm so excited about this.

MARIANN: I know. Food, yay!

ALESSANDRA: Our next interview is sure to make your taste buds tingle, just as mine do whenever I hear the last name Shannon. Annie and Dan Shannon are the culinary masterminds behind the blog, Meet the Shannons, as well as the fabulous cookbook *Betty Goes Vegan*, which features veganized versions of Betty Crocker favorites. Not only do Annie and Dan talk it up in the segment, they also cook it up. Check it out.

JASMIN: Welcome to Our Hen House, Annie and Dan.

ANNIE: Oh, thank you for having us.

DAN: We're really excited to be here.

JASMIN: We're so excited to have you here, in addition to loving saying your name, which I don't know if you heard.

ANNIE: I'm touched.

JASMIN: Like all the "aaa" sounds. Is that why you married him, because of the way your name would sound with...

ANNIE: Oh, top ten reason.

JASMIN: I can think of a few other reasons. We love all that you do and all you have done throughout the years to show people how truly delicious veganism can be. And we love the work you do with Meet the Shannons, which we're doing right now. And we love *Betty Goes Vegan*. So let's talk about *Betty Goes Vegan* for a minute. This is your cookbook. And let me hear from you about why this book came to be, 'cause I love this story.

ANNIE: Oh. Well, basically Dan and I were watching that movie *Julie & Julia*. I think many of you guys have seen this movie. It's a pretty popular movie. And if you watch this movie, there's probably something that stuck with you, the boiling the lobster scene, the lobster killer scene. Yeah. And it was one of those things that we were watching it and they were building it up, where they were like showing how conflicted she was over boiling these lobsters alive. And then it was set up in this way where she does it and you're supposed to like celebrate the fact she had overcome this fear and she completed her project. But we didn't see it like that. We saw it as she had overcome her conscience. And that's just nothing to celebrate.

DAN: Yeah, you're not supposed to overcome your conscience.

JASMIN: Well, so you took matters into your own hands and you created *Betty Goes Vegan*. Is this the vegan version of Betty Crocker recipes?

ANNIE: Yeah, basically what we did is at the time we were animal rights campaigners. And we sat down as campaigners in a methodical way. We were like, "What do we want to do with this project? What do we want to say? What would make the world a better place? We're gonna do our own cook-through project that celebrates a conscience." And so yeah,

we found Betty Crocker because Betty Crocker has this longstanding reputation of taking everyday ingredients you'd find at a grocery store and just using them to their maximum potential to show how awesome they are. And that's what we wanted to do with all those new products that are out there, things like chia seeds and flax seeds and Gardein burgers and Tofurky roasts. And three years later, we have this book and we have this blog.

MARIANN: It's an amazing book. And you really do. You bring in all these foods that people might not be familiar with but which are great foods and people should learn to be familiar with. And you've allowed Betty Crocker to live on.

DAN: Well, what we want to do is show people that you can still eat the kinds of foods that you grew up with, chicken pot pie or chicken parmesan or some of those sorts of things, but vegan versions of them, right? And how to use the products you can get in a grocery store to make, recreate recipes that you might be familiar with.

JASMIN: It seems like a natural next step in your activism to bring food out. It's so exciting, and I know we were talking about Easter and Passover today. And I hear that we're gonna make some macaroons, and I hear that Rose McCoy really loves macaroons.

ROSE: I do, yeah.

DAN: You're gonna help us make some.

ROSE: Yeah. That I will do.

DAN: You're gonna have to work for it.

ANNIE: We're gonna put you to work.

JASMIN: What are we making today?

ANNIE: So basically what we're making today is, these are chia seed coconut macaroons. We're using the chia seed to replace the eggs that are typically in a macaroon. We're using two tablespoons of chia seeds, and basically what you're gonna do is you're gonna put in, this is like an immersion blender with a little food processor attachment. Grind up.

MARIANN: I want that.

JASMIN: I want one too. It's on the list.

MARIANN: It's amazing!

ROSE: It's definitely on my mom's list.

DAN: You can also use a coffee grinder if you don't happen to have one of these around.

JASMIN: Chia seeds are a remarkable food because we were saying earlier they could really replace the same thing that happens when you use eggs in recipes, is that right?

ANNIE: Oh, yeah. They work as a binder. These ones are actually black like the organic ones, but you can also get the white ones as well. So our macaroons are a little Dalmatian-colored, but you could make the snowy macaroons you knew as a child using the white chia seeds. And so yeah, they can do anything.

MARIANN: They're so good for you.

ANNIE: Yeah, so good for you. They're like the new wunderkind of the superfood family.

JASMIN: We put a little in our smoothies in the morning. And I see coconut. So what are these macaroons based in? Is it coconut based, or?

MARIANN: Well, they're macaroons.

JASMIN: So are all macaroons coconut based? Am I like the --

ANNIE: Well, the French macaroons are like little sandwiches.

JASMIN: Thank you.

MARIANN: Sweetie, there. Thinking of the French one.

JASMIN: I was sinking of zee French ones.

ANNIE: No, no, no. We're Brooklyn Betty Crocker folks. So we're doing --

DAN: No "macaron."

JASMIN: I honestly don't even -- okay, so go on. So we have our chia seed.

ANNIE: We have our chia seeds, and the next thing we're gonna do is we're gonna add one can of coconut milk.

DAN: Now, canned coconut milk, not out of a carton.

MARIANN: Right. It's much richer, right?

ANNIE: Much richer. It has like the full fat content.

JASMIN: Yeah, don't you think that light coconut milk is completely like bull poop?

DAN: What's the point?

JASMIN: Isn't it just half water or something?

ANNIE: Well, and the thing is we're trying to replace, like in this recipe it'd be like a heavy cream, and so you have to also adjust for the fat. There's lots of things, like when people try to veganize a recipe, they don't take into account that you have to add a little bit of oil because there's oil that would come from the meat. Or you have to add coconut milk because it has a little bit of that fat which is gonna make your macaroon chewy.

MARIANN: Yeah. We're looking for a good macaroon here.

ANNIE: Exactly.

DAN: Yeah. Well, you got one coming.

ROSE: All macaroons are good.

ANNIE: Exactly. All right, so we have one tablespoon of warm water.

MARIANN: That's easy.

ANNIE: All right, and then we have a third of a cup powdered sugar.

JASMIN: Oh, I love powdered sugar. I have such memories of French toast with powdered sugar on it when I was a kid.

ANNIE: And then this is coconut flour, which is basically really finely ground coconut that's been dehydrated.

MARIANN: Coconut flour's kind of all the rage.

ANNIE: Oh, I love coconut flour. It's so good.

MARIANN: I guess it's a gluten-free thing. A lot of people are using coconut flour. But I never heard of it until like a year ago and now it's everywhere.

ROSE: I hadn't heard of it until right now.

JASMIN: We're educating Rose McCoy.

ANNIE: Go home and make pancakes with it. So good. All right. And then we are gonna whisk that together.

JASMIN: You're a good whisker.

DAN: You're seeing a little microcosm of our marriage right here. Annie just tells me what to do and I do it.

JASMIN: So in addition to having the name Shannon, you're a good whisker, so that was also on the top ten list, I'm sure.

ANNIE: Oh yeah.

DAN: I can also carry groceries home too. Great at dishes.

JASMIN: You do not live far from us, Dan. I'm just saying.

DAN: That's right.

JASMIN: 'Cause you're also in Brooklyn. Brooklyn pride here. So we whisked.

ANNIE: We whisked. Okay, and then now we're gonna add, it's one bag, a 14-ounce bag of shredded coconut. And you want to make sure you get the big, long, stringy coconut, 'cause when you put it in the oven, the little tips are the parts that get browned. So if you get the coconuts that's been ground up too much or too big or whatever, you're not gonna get your aunt's macaroons.

MARIANN: We're getting the exact information here. Long shreds.

JASMIN: Oh, let's actually tilt it up a little bit so we could show. That looks lovely.

MARIANN: I could just eat that.

ANNIE: I won't lie, I've eaten that. It's good.

DAN: It's rare when the cookies actually make it into the oven.

JASMIN: That's another good thing about vegan baking is that we're not going to risk getting salmonella or whatever you get from eating raw eggs, so...

DAN: I just eat it anyway.

JASMIN: You can put it back down now. You're at an awkward angle.

ANNIE: All right. So now we're to the point where we're making the little cookies.

JASMIN: Okay. Rose said she was gonna help with this.

MARIANN: I'm getting out of the way, I don't want to screw anything up.

DAN: All right, so you're gonna help me out. So tell us what we're gonna do.

ANNIE: Basically you're gonna take about a small amount that's gonna fill your palm, and you're very lightly gonna make it into a little ball. But you don't want to make it into too much of one 'cause you want those little edges popping out. And then you're gonna put it down.

MARIANN: There's a technique involved here, I can tell.

JASMIN: That's part of the whole treat. But while you're making these I'd love to know, Annie, when did you realize that you were really good at this? Because I know as you said, you're a campaigner, you have a background in being an animal rights activist. I know you did that for many, many years, as did you, Dan. So when did you say, I actually have quite a knack for this?

MARIANN: Because Dan seems to be saying that it's you who is the cooking genius.

ANNIE: No, we're a team.

DAN: I'm the legwork.

ANNIE: When we were actually living in Norfolk, Virginia when Dan was working at PETA, we used to have traveling campaigners coming through all the time to stay with us. And we would also too, you kind of become really close 'cause there's not a whole lot to do in Norfolk, Virginia. So we would have these potlucks all the time. And if you think about it, there's people who have been vegan for like -- I mean I've been vegan for 25, 26 years, a fairly long time. And Dan's been vegan for how long?

DAN: 17 years.

ROSE: So you guys have been vegan since you were kids.

ANNIE: Yeah, I've actually been vegan since I was your age.

JASMIN: Aww. You can't adopt her. You're having one yourself.

DAN: Yeah. We're good on that front.

JASMIN: She's for me to adopt.

ANNIE: We want all the vegan kids. No, but we would be with these potlucks with people who had always been vegan that long, and the competition at the PETA potlucks, I'm gonna tell you right now, is fierce. It is a very competitive potluck situation. You do not bring hummus and chips to a PETA potluck.

MARIANN: God, I'm frightened just thinking about it.

JASMIN: You don't pick up the box of Oreos, which are vegan by the way.

ANNIE: And so yeah. We kinda had to up our game. We started upping our game and upping our game, and then the Betty Crocker project came out and we had to invite people over to eat our food. And so people would come and stop by our apartment after work, and it just kind of became its own thing. And then we moved to Brooklyn and now it's like I have to send out emails being like, okay, we're gonna have cheesecake this week, come eat it, okay? You know what I mean?

DAN: So hint, hint.

JASMIN: You might want to move to Brooklyn if you aren't here already because Dan could carry your groceries and you can go eat their --

ROSE: You wouldn't need groceries. You'd just go to eat at their place.

MARIANN: That's true.

JASMIN: And you have another cookbook that you're working on right now, or?

ANNIE: We are. We just finished our second cookbook. It's coming out in 2015. It's called *Vegan Kitchen Wisdom* based off Julia Child's *Kitchen Wisdom* book.

MARIANN: Oh, so you're finally taking on Julia.

ANNIE: We are. We're dabbling in Julia a little bit. But primarily the book though is about saving money and saving time and reducing waste in your kitchen. And we veganized 200 recipes from the Great Depression and World War II.

MARIANN: Oh, my God. That's so cool!

ANNIE: Yeah. And so we're really trying to show people how to reuse leftovers, how to store their food so they don't have to end up throwing so much away. And it's been very -- I have to tell you the last year working on this book has been eye opening, like how much food we waste and learning about how to use fresh herbs so we don't end up -- like, we can buy fresh herbs and still save money. Like, you can use fresh herbs and you can make it last for like four different meals. And it's been amazing. We made -- also too it's been nice 'cause when we did the Betty Crocker project and this book it's all about how to use vegan products, but with this one we got to do a lot of do-it-yourself projects.

DAN: Like, how you make your own seitan.

JASMIN: Now, is this the book that my arm makes a cameo in?

ANNIE: It is.

JASMIN: Yes, because of my chicken who escaped a cage here, so that's exciting.

ANNIE: I know. You got to hold the Savannah Pecan Pie.

JASMIN: I did, and then I got to try some of the food from it. You're so great at this.

ANNIE: Oh, thanks.

JASMIN: Now, let's talk about how from the magic of TV, we're in TV time so we have these macaroons here. I love the way they browned. And Rose, you did a very good job making these by the way.

DAN: Mm-hm. She earned it. I think our resident macaroon expert should give us a taste test.

JASMIN: I totally agree.

ROSE: I don't know what to do with the fact that it got cooked so fast by the TV. That was incredible.

JASMIN: That's exactly what it was. So Rose, why don't you try the first one?

ROSE: I would be very pleased to try this.

JASMIN: I mean, it's for the animals after all. The sacrifices we make. How is it?

ROSE: Nothing I wouldn't do, especially this. This is probably my favorite thing to do for animals.

MARIANN: How long did we bake those to turn them into these?

ANNIE: About 20 minutes.

JASMIN: These are outstanding. Amazing! Unbelievably amazing. We were talking earlier about the holidays. And do you have any tips for people who might have conflicting feelings about going to their Aunt Ida's Passover Seder or of their Uncle Frank's Easter get-together where animal exploitation products might be part of the meal?

ANNIE: It's funny. I think a lot of people kind of don't realize all you really have to do is send a quick email or talk to your aunt about mentioning that maybe it'd mean something to you if she used vegetable shortening in the pies this year rather than using animal based products. And so many Aunt Maries and my Aunt Jenny, they get so excited about like being able to make this new thing for you.

MARIANN: Yeah. People who love to cook love a challenge.

ANNIE: They do.

DAN: And it's surprising how many traditional family recipes can just be really easily transitioned or even don't need to at all. Like, my Aunt Marie is my Aunt Ida. She doesn't talk like that, she talks differently.

MARIANN: I have an Aunt Marie.

ANNIE: She's from Boston, so it's a little different.

DAN: We all do. But her traditional wine cookie recipe, which is basically just flour and sugar and white wine, that's vegan. And she kinda never -- she just didn't really realize it at first. She was like, "oh, he's never gonna be able to eat my wine cookies again" until I explained it to her. Now whenever we show up, she's got like eight batches of wine cookies. And it's just like, well I'm still only gonna eat like -- I mean, whatever, I'll eat like 12. But I'm not gonna eat eight batches.

MARIANN: I think it's such a good point.

ROSE: I think all you have to do is bring these macaroons and then your Aunt Ida would be too distracted because she stuffed her face with them 'cause they're so delicious.

ANNIE: And they take like a half an hour tops to make. And so it's one of those things where, if you're going over to someone's house and you're not sure if they're gonna have something, you can always just make something like this in like a half an hour.

JASMIN: No, stop at Annie and Dan's in Brooklyn and see what they've got cooking.

MARIANN: But it is such a good point. Tell people. It's kind of like running a campaign. Like, first ask before you mount the huge campaign. Maybe some people will be absolutely fine with it. We shouldn't assume that everybody's going to be negative.

DAN: A lot of people are really excited about just a new challenge. It's like, "okay, well now I can think about a new recipe or something new." Now my Aunt Marie, she always does these fried eggplant that usually have cheese on them and now she just does it without cheese. And so we have a nice meal of those and some pasta.

ANNIE: And the thing is, a lot of people -- we get a lot of emails from people being like, "Well, these products aren't available where I live." And the thing was that they weren't available where we lived either, but we went to the grocery store and said, "Hey, you have a vegan living in your neighborhood" and then we had our friends go to the grocery store and fill out those comment cards, and then they became available in ours where we lived. And so we really want to encourage people too that people flip through *Betty Goes Vegan* and they're just like, "oh, well, I can't find Tofurky slices where I live." And so it's like, all you have to do is fill out comment cards.

JASMIN: Ask.

DAN: Most stores, if you tell them "I will buy this if you sell it to me," what they do is sell you stuff. So it's in their best interest.

ANNIE: So they're happy to do it.

JASMIN: Let's talk about Easter now because before we started we were chatting with Rose, who of course was raised vegan as you're about to raise a little one vegan yourself. And I was really intrigued by the fact that you of course celebrated Easter just like Mariann did except there was no eggs and there was no --

MARIANN: Chocolate eggs.

JASMIN: Well, there was chocolate eggs, but there was no chicken's eggs. And what did you do to celebrate Easter?

ROSE: Well, I like looking for things, and so on Easter morning, I'd wake up and I'd wake up my parents 'cause I was so excited I wouldn't let them sleep in. Like, "It's only six o'clock? Come on, get up." So and then there would be vegan dark chocolate eggs hidden around in different places that they'd hidden during the night, one of the reasons they didn't want to get up at six o'clock. So they'd go to bed at five o'clock.

JASMIN: So you'd wake up and look for them. Forget us adopting you, I want your parents to adopt us.

MARIANN: That's like so much better than finding a hardboiled egg, to find a chocolate one.

DAN: What if you don't find it?

ROSE: Ew!

MARIANN: That used to happen all the time, finding the rotten egg like in July.

JASMIN: But you actually brought some Easter treats as well. Let's see what we have here.

DAN: So speaking of eggs...

MARIANN: Oh, wow. Are these incredibly hard to make? They look so fancy.

ANNIE: Absolutely not. They're so easy to make. Basically they're a shortbread cookie with a little bit of a peanut butter filling, and then we just drizzled dark chocolate over the top.

MARIANN: Come on.

JASMIN: Peanut butter filling? Did you see I had a chocolate egg before that was empty?

ANNIE: Yeah, these ones are better.

JASMIN: I'm sorry, Rose, but I've actually taken them for proof of this.

ANNIE: And this is actually in *Betty Goes Vegan*. It's one of the last recipes, page 470.

DAN: And if you *really* want to get your Easter on, you can do little bunny versions of them.

MARIANN: My God, those are the cutest things I've ever seen!

ANNIE: Aw, thank you!

JASMIN: There's little heart noses here, so are these the same thing?

ANNIE: I know, I can't help myself. Yeah, they're the same thing.

DAN: They're the same recipe.

ANNIE: Basically we found this little cookie cutter at Target for like 99 cents that is like, it's a bunny, but if you take out the ears it's an egg.

DAN: We're about reusing things.

MARIANN: These are unbelievable.

ANNIE: Oh, I'm so glad you like them.

JASMIN: Oh, I mean, chocolate and peanut butter.

ROSE: They're the best thing ever.

ANNIE: Aw! Thank you. I think I'm blushing.

ROSE: I didn't think anyone could cook as well as my mom, and I think she's gonna be offended to hear that these are --

JASMIN: I'm adopting you. You're moving in with me for your own protection.

ROSE: She's got a new competitor.

DAN: She's about to charge in on the set now.

JASMIN: If someone's gonna be your competitor, I guess it could be Annie Shannon. It's so wonderful to have you both with us, and we're just so delighted about everything that you're doing to change the world for animals.

ANNIE: Oh, well thank you so much for having us.

MARIANN: And about all this chocolate.

JASMIN: And about all this chocolate.

ROSE: Anyone who brings good vegan recipes into the world deserves like hundreds of medals.

ANNIE: Aw. I'm just gonna stand here and smile.

JASMIN: Yeah, and to create amazing food. And if you want more of Annie and Dan's cooking ideas, and non-cooking ideas as well, 'cause you have a few other ideas, a few opinions on things, check them out at meettheshannons.com or on Facebook at Vegan Foods = Joy. And it does in fact equal joy.

MARIANN: It does. I can attest to that.

ROSE: These are evidence of that.

JASMIN: Yeah, I know. And of course you can find their cookbook *Betty Goes Vegan* pretty much anywhere, which is really exciting. And I just want to also say that I was complaining

to Annie recently about how many emails I had gotten that weekend, it was like a couple hundred. And she just sat there and nodded. And a few minutes later she mentioned she had gotten 7000 emails the previous --

ANNIE: Over a weekend.

JASMIN: Over a weekend.

MARIANN: I think that's a testament to how many people must turn to you for advice all the time because your food is just so amazing.

DAN: There's so many vegans who don't live somewhere like Brooklyn, right, where there's amazing vegan restaurants and amazing vegan grocery stores, and are trying to sort of figure out what to do with what they have access to. And our book is really designed to try to help people through that.

JASMIN: And it's doing that.

ANNIE: Aw, thanks.

JASMIN: It's doing just that, and so thank you. And thank you, Rose, for all that you're doing in this world and for making these macaroons which you pointed out earlier look like little fluffy bunnies so we can combine Passover and Easter. Why not?