

Taking Action for Animals

Action for Animals Newsletter, Issue 3

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talks with AFA**

**The Truth About
Dairy – and list of
dairy alternatives!**

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ASK AFA

"Why is it so difficult to give up cheese?"

We often hear from people who want to be vegan, but say that they can't give up cheese. Even knowing the inherent cruelties of the dairy industry—from the suffering inflicted upon the female cows used as milking machines to the selling of calves for veal—they just can't imagine life without cheese. But there's more to the "I love cheese too much" excuse than cheese addicts realize.

In *Breaking the Food Seduction*, Neal D. Barnard, M.D., explains how people can literally develop an addiction to cheese:

[I]n 1981, Eli Hazum and his colleagues at Wellcome Research Laboratories in Research Triangle Park, N.C., reported a remarkable discovery. Analyzing samples of cow's milk, they found traces of a chemical that looked very much like morphine. They put it to one chemical test after another. And, finally, they arrived at the conclusion that, in fact, it is morphine...

Morphine, of course, is an opiate and is highly addictive. So how did it get into milk? ... [I]t turns out that cows actually produce it within their bodies... Traces of morphine, along with codeine and other opiates, are apparently produced in cows' livers and can end up in their milk.

*But that was only the beginning, as other researchers soon found. Cow's milk—or the milk of any other species, for that matter—contains a protein, called casein, that breaks apart during digestion to release a whole host of opiates, called casomorphins. A cup of cow's milk contains about six grams of casein. Skim milk contains a bit more, and **casein is concentrated in the production of cheese.***

In short, the reason it is so hard to give up cheese is that you literally become addicted to it. The same is true for all dairy products, but cheese is the toughest to quit due to the higher concentration of opiates.

In addition to making it difficult to stop eating cheese, the addictive quality of milk protein also tells a sad story about the dairy industry. Dr. Barnard goes on to describe why there are opiates in milk:

It appears that the opiates from mother's milk produce a calming effect on the infant and, in fact, may be responsible for a good measure of the mother-infant bond. No, it's not all lullabies and cooing. Psychological bonds always have a physical underpinning. Like it or not, mother's milk has a drug-like effect on the baby's brain that ensures

that the baby will bond with Mom and continue to nurse.

The "love" for cheese you experience should serve as a reminder of a mother/child bond that was broken. Just like humans, cows must have a baby to produce milk. On dairy farms most calves are taken from their mothers shortly after birth and sold to veal farms. The milk the mother made for her baby is taken and sold as liquid milk or made into a variety of other dairy products, including cheese.

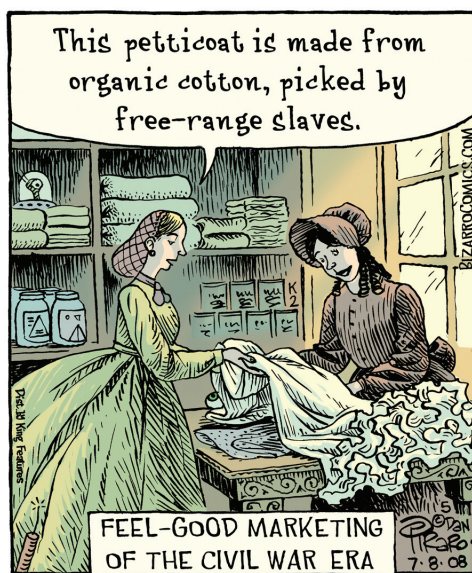
Now the good news. Like with any addiction, quitting cheese and other dairy products will get easier over time. The longer that cheese is out of your system, the less you will crave it.

There are many brands of vegan "cheeses" that can help you make the transition and still allow

you to make some of your favorite recipes. [See "Alternatives to Dairy Products" on the center page.] If your store doesn't carry a vegan cheese option, ask them to. (Note that some soy and rice cheeses contain casein, so check the ingredients.)

Once you break free from the cheese addiction and discover all the cruelty-free vegan options, you'll find that whatever love you once had for cheese no longer compares to the reasons to not eat it.

Dr. Barnard's book is Breaking the Food Seduction: The Hidden Reasons Behind Food Cravings—and 7 Steps to End Them Naturally, published in 2003. Excerpt available online at http://www.vegsource.com/articles2/barnard_food_seduction_print.htm.



Action for Animals is a 501(c)(3) nonprofit organization that works to promote positive change in the ways people view and treat animals. Because every animal has the right to live his or her life free from oppression and exploitation, AFA promotes a vegan diet and lifestyle—not using animals for food, clothing, entertainment, research, trade, or any other objectifying purpose—and vegan activism as the best way to take action for animals.

BECOME A MEMBER OF ACTION FOR ANIMALS TODAY by making a donation to support our work. We rely on the generosity of caring people like you to fund our continued education and outreach campaigns. Donate online at www.afa-online.org/donate.html or mail a check to: Action for Animals, P.O. Box 45843, Seattle WA 98145.

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TO FIND OUT MORE ABOUT OUR WORK and how you can help animals, please visit our website at www.afa-online.org as well as our Facebook, Twitter, and YouTube pages.



socialvibe

AFA is active online at:
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youtube.com/actionforanimals
www.socialvibe.com/afa

OUTREACH HIGHLIGHTS

Action for Animals is making a difference throughout the country. From our local volunteers to our national activist network, we are grateful to work with dedicated people who are helping animals by spreading a message of compassion.

Over the last several months, AFA has passed out thousands of flyers about veganism to crowds at festivals, on college campuses, and at concerts in cities nationwide, from Orlando to Detroit to San Francisco. AFA passed out vegan information at the Boston Vegetarian Food Festival and to Seattle Alive Expo attendees to inform them of the environmental benefits of veganism. We also distributed literature at several dog walk events to encourage dog lovers to extend their concern for dogs to all animals.

We developed a special flyer to pass out at the Susan G. Komen Race for the Cure to educate walkers about Komen's funding of animal testing. The flyer encourages walkers to support only cruelty-free breast cancer charities such as the Avon Foundation, which is funding cutting-edge research without the use of animals. The reverse of the flyer discusses how a vegan diet can decrease the risk of breast cancer.

In addition to leafleting, AFA set up vegan education booths at Dave Matthews Band and John Mayer/Keith Urban concerts and at a political activism conference for high school students from Washington, Oregon, and Idaho. We also had very popular outreach booths at the Portland, San Francisco, and NE Florida VegFests, and at Chicago VeganMania.

AFA has also organized a variety of other events to engage with the greater community about



Protesting fur during the winter shopping season



Educating consumers on Fur-Free Friday

animal rights. To promote vegan eating, we held two fun and successful vegan bake sales, hosted a vegan Thanksgiving potluck, and our vice president continues to organize the monthly lunch and dinner outings of Seattle's Vegan Meetup Group. The winter was busy for AFA with several pro-veg holiday banner hangs, weekend anti-fur protests, and a New Year's Eve anti-fur vigil. AFA also organized Seattle's Fur-Free Friday demonstration where dozens of activists joined us for a protest and to pass out hundreds of flyers about not wearing animals' fur or skin. The demonstration received positive media coverage from outlets in Washington state and Canada. AFA also held a demonstration at the South Korean Consulate that included a takeover of the consulate during which we delivered a letter, held signs, and vocalized our demand for an end to the country's live burial of millions of animals in response to an outbreak of foot-and-mouth disease.

well, filling a record number of requests for vegan information packs. We had over 4,000 requests in the last two months of 2010 alone! We would like to give special thanks to our office volunteers who have helped with filling these requests and with a variety of other office tasks that keep AFA running effectively. And to everyone who has distributed information, helped with an AFA outreach event, or donated to make our work possible, we thank you from the bottom of our hearts.

I was there [Fur-Free Friday 2010] and wanted to give a thumbs up to Action for Animals for doing an awesome job promoting this event. If everyone cared about animals the way they do, this world would be a more compassionate and much better place!
Deborah, Washington

Behind the scenes, we have been busy as



Educating people at AFA's outreach booth at San Francisco's vegfest



Gorge Amphitheatre staff reading flyers about the cruelties of factory farming at Dave Matthews Band concert



Demanding compassion for animals throughout the world

I would like to tell you a story that is as true as it is heartbreaking. When I first graduated from Cornell's School of Veterinary Medicine, I went into a busy dairy practice in Cortland County. I became a very popular practitioner due to my gentle handling of the dairy cows. One of my clients called me one day with a puzzling mystery: his Brown Swiss cow, having delivered her fifth calf naturally on pasture the night before, brought the new baby to the barn and was put into the milking line, while her calf was once again removed from her. Her udder, though, was completely empty, and remained so for several days. As a new mother, she would normally be producing close to one hundred pounds (12.5 gallons) of milk daily; yet, despite the fact that she was glowing with health, her udder remained empty. She went out to pasture every morning after the first milking, returned for milking in the evening, and again was let out to pasture for the night—this was back in the days when cattle were permitted a modicum of pleasure and natural behaviors in their lives—but never was her udder swollen with the large quantities of milk that are the hallmark of a recently-calved cow.

I was called to check this mystery cow two times during the first week after her delivery and could find no solution to this puzzle. Finally, on the eleventh day post calving, the farmer called me with the solution: he had followed the cow out to her pasture after her morning milking, and discovered the cause: she had delivered twins, and in a bovine's "Sophie's Choice," she had brought one to the farmer and kept one hidden in the woods at the edge of her pasture, so that every day and every night, she stayed with her baby—the first she had been able to nurture FINALLY—and her calf nursed her dry with gusto. Though I pleaded for the farmer to keep her and her bull calf together, she lost this baby, too—off to the hell of the veal crate.

Think for a moment of the complex reasoning this mama exhibited: first, she had memory—memory of her four previous losses, in which bringing her new calf to the barn resulted in her never seeing him/her again (heartbreaking for any mammalian mother). Second, she could formulate and then execute a plan: if bringing a calf to the farmer meant that she would inevitably lose him/her, then she would keep her calf hidden, as deer do, by keeping her baby in the woods lying still till she returned. Third—and I do not know what to make of this myself—instead of hiding both, which would have aroused the farmer's suspicion (pregnant cow leaves the barn in the evening, un-pregnant cow comes back the next morning without offspring), she gave him one and kept one herself. I cannot tell you how she knew to do this—it would seem more likely that a desperate mother would hide both.

All I know is this: there is a lot more going on behind those beautiful eyes than we humans have ever given them credit for, and as a mother who was able to nurse all four of my babies and did not have to suffer the agonies of losing my beloved offspring, I feel her pain.

Holly Cheever, DVM

Vice President, New York State Humane Association Member

Humane Society Veterinary Medical Association's Leadership Council

What you are doing is amazing. I'm going from vegetarian to vegan because of all this. Thank you.
Tifanie, 16, Florida



I didn't even know they had anything called fake meats. I think that might be helpful to me. I already signed up for the free vegan starter pack. I think in a few days I'll be ready to give up bacon forever. Your post really helped.
via AFA's SocialVibe.com page

The truth about dairy

In order to produce milk, a female cow must have a calf. She will be repeatedly impregnated, often on what the industry calls a "rape rack," to keep her milk production high. She will be hooked up to an artificial milking machine two or three times a day for most of her consecutive nine month pregnancies. Repeated forced pregnancies and unrelenting milking will wear out her body after only four to six years of her natural 20 to 25 year lifespan, so she will be sent to slaughter. She will be packed onto a truck with other worn out mother cows to be transported to a slaughterhouse, a trip which could last several days. If it is winter, she may freeze to the side of the truck; if summer, she may die from dehydration or heat stroke. By law she only has to be unloaded and given food and water every 28 hours. At the slaughterhouse, she will be shot in the head with a high-powered steel rod called a captive bolt gun. If that doesn't kill her, she will be skinned and dismembered while still alive, possibly even fully conscious for much of the process.

One of her female calves will replace her in the milking herd; the rest of her babies will likely be sold for veal. The calves sold for veal will be taken from her only a few days after she gives birth. Her babies will be chained by the neck in crates and fed an iron-deficient formula to keep their flesh pale, making them weak and unhealthy. After 12 to 16 weeks of this cruelty and confinement, they will be slaughtered for veal. The veal industry is just one of the heartbreaking results of the dairy industry.



ACTIVIST SPOTLIGHT Michael Stirling

Michael Stirling is a dedicated animal rights activist and AFA volunteer living in Western Australia. For over three years, Michael has produced and mailed out AFA's vegan starter packs Down Under, fulfilling nearly one thousand requests by Aussies for information on veganism and cruelty-free living. His work has not only saved AFA international postage costs, but has taken a sizable burden off our US staff and volunteers.

In addition to the volunteer work that Michael does for AFA, he founded and runs the website Act Now For Animals (www.actnowforanimals.com). Through ANFA, he promotes veganism and an overall cruelty-free lifestyle. He also campaigns against the slaughter of kangaroos (who are brutally killed for their skin and flesh) and against the use of glue traps.

Michael has also interned for PETA Asia-Pacific doing wildlife care, the experience that led him to being vegan when he made the connection between the wild animals he was rescuing and the animals who are farmed for food. He continues to volunteer for PETA Asia-Pacific doing research and literature distribution. His volunteer work also includes time with Animals Australia and visiting with animals lucky enough to have found sanctuary at Edgar's Mission (in photo).

ALTERNATIVES TO DAIRY PRODUCTS

In place of *animal milk*:

- Try soy, rice, almond, coconut, hemp, hazelnut, and oat milks in plain or original, chocolate, vanilla, unsweetened, and other varieties. Also try seasonal flavors such as Silk Nog, Silk Pumpkin Spice, Westsoy Chocolate Peppermint Stick, and others. They may come in refrigerated cartons or non-refrigerated boxes, and in a wide variety of brands. The vast majority of plant-based milks are vegan.
- For creams, try the coffee creamers from Silk and MimicCreme. Soyatoo, MimicCreme, and Rod's make non-dairy whipped cream toppings.



In place of *butter* and *non-vegan margarines*:

- For dairy-free margarines, try Earth Balance (in tubs and sticks), Nucoa (sticks), and Smart Balance Light (tubs). Original Smart Balance is not vegan. You may also find other varieties of vegan margarines; just be sure to check out the ingredients and to watch out for whey, a dairy product that's in many margarines.

In place of *yogurt*:

- There are vegan soy and coconut varieties in plain, vanilla, chocolate, and a variety of fruit flavors. Check out products from Silk, WholeSoy, Trader Joe's, Wildwood, Stonyfield Farms, Nancy's, and others.

For vegan frozen yogurt, check out products from WholeSoy.

In place of *cheeses*:

- Vegan soy and rice cheeses come in a variety of flavors and forms (such as blocks, slices, and shreds). Check out products from Daiya, VeganRella, Follow Your Heart Vegan Gourmet, Tofutti, Galaxy Nutritional Foods, Soymage Vegan Parmesan, and Sheese.
- For boxed vegan mac & "cheese," try Roads End Organics Shells and Chreese. You can also make your own with nutritional yeast "cheese" sauce. (Do an internet search for recipes.)
- For vegan cream cheese and sour cream, try Better Than Cream Cheese and Sour Supreme from Tofutti, and Cream Cheese Alternative and Sour Cream Alternative by Follow Your Heart Vegan Gourmet.
- For a variety of vegan cheese spreads, check out We Can't Say It's Cheese products from Wayfare.



In place of *ice cream* products:

- Vegan ice creams are made from soy, rice, hemp, coconut, or almond milk. Check out products from Soy Delicious, Purely Decadent, Tofutti, Soy Dream, Rice Dream, Trader Joe's, Temptation, Coconut Bliss, Double Rainbow, Maggie Mudd, and Chicago Soydairy. Rice Dream also offers moon pies, and Tofutti and Soy Delicious have ice cream sandwiches and fudge bars. Most sorbets and popsicles are also vegan.



The Material's World

*The Material is a young rock band with a lot of heart, both on and off the stage. As the band members tour the U.S. in support of their debut full-length album *What We Are*, they are showing that what they are is caring people who want to make a difference in the world. Guitarist Roi Elam and singer Colleen D'Agostino talked with Action for Animals about their compassion for animals and spreading that message.*

Roi

**Q. What led you to become vegan?
An activist?**

A. These go hand in hand for me. I decided to make the switch to vegan from vegetarian when I moved to San Diego and started working with an animal rights group named the Animal Protection and Rescue League. We focused on educating the public about factory farming (where the majority of the meat supply comes from) as well as protecting the seals in La Jolla Cove and getting foie gras removed from all the menus in California. If you don't know what foie gras is, it's the fattened liver of ducks and geese that is considered a delicacy. The liver is fattened by shoving a metal tube down the throats of the birds and force feeding them grain well beyond what they would normally eat. It's incredibly cruel and disgusting.

Just the thought of eating meat or consuming any animal products makes me physically sick. I think of all the pain and suffering that goes into turning animals into a "product" and it makes my heart sink. The general attitude is that no one wants to know where their food comes from, but I think if more people were aware they would change their eating habits to a plant-based diet.

Q. Do you have any advice for someone thinking about becoming vegan?

A. It's not as hard as most people think. It is a total lifestyle change from the average American diet, but it is one you will never regret. I suggest reading *Diet for a New America* and watching the documentaries *Earthlings* and *Food, Inc.* for some good info. Also, talk to the wonderful people at Action for Animals for vegan starter kits, amazing recipes, and other useful info.



Q. What one thing do you want to tell the world about animals?

A. There is a great quote by Thomas Edison that states, "Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages." Another is by Gandhi that says, "The greatness of a nation and its moral progress can be judged by the way its animals are treated."

I don't see a disconnect between my wonderful little dogs and a pig, cow, chicken, or any other living, breathing animal. There is a general misconception that there are animals for pets and animals for food that boggles my mind. All animals feel pain the same way that your household pet does and even the same way a human does. The same goes for animals that are used for entertainment purposes. It is not natural for a majestic elephant to be paraded around in the circus, for a tiger to jump through rings of fire, or for any animals to live in the confinement of a zoo. Animals desire to live a fulfilling life just the way we as humans do.

Colleen

Q. Do you have any advice for someone thinking about becoming vegetarian or vegan?

A. Keep an open mind, and do your research! I used to be afraid of things like tofu and different kinds of vegetables. I used to think, "I don't like them," but I hadn't really ever given them a chance. Being a vegetarian has opened me up to a whole variety of different kinds of foods and ways to be socially responsible in my food choices and where I shop.

Q. How do you want to use your voice to make a difference?

A. By being an advocate for vegetarianism, I feel that I can use our band's success as a medium to spread the word about animal rights. A lot of our fans have asked me questions about where to start and I love being able to offer advice on how to help. It is cool that just by doing simple things like posting on my social networks about being a vegetarian, it is causing our fans to question what they eat and where it comes from. I hope to instill a passion for animals in others and hopefully together we can start changing the way this country thinks about food.

Q. What one thing do you want to tell the world about animals?

A. Animals have the same right to be here as we do. When you grab that pretty pink package of ground beef at the grocery store, remember that at one time it was a cow who suffered and died for you. Whether or not you have made a commitment to helping animals yet, remember how much waste and pollution is created from factory farming. This is something that affects everyone.

Q. Why is supporting Action for Animals important to you?

A. Supporting Action for Animals means supporting a movement of passionate animal rights activists who are working to end the suffering and exploitation of animals. By supporting Action for Animals I feel like I am taking that first step in helping to spread the word about animal rights and shedding light on the issues while encouraging others to do the same.

Visit the Action for Animals YouTube page for a special "Join Us" video featuring the song "Before This Ship Goes Down" by The Material.

Cage-Free, Free-Range, & Organic Eggs: Not Humane or Cruelty-Free

DON'T BUY THE LIE

While hens used for cage-free, free-range, and organic eggs live slightly better lives than hens on battery-cage egg farms, the treatment and conditions are in no way humane or cruelty-free. In most cases the hens are still confined, usually packed into filthy sheds or in raised wire-floored enclosures with thousands of other birds. No federal law regulates cage-free



A female chick being debeaked.

or free-range egg production, so producers can get away with labeling eggs as “humane,” “cage-free,” or “free-range,” even if the hens are still crowded together by the thousands in deplorable conditions. In other words, the terms are more of a marketing ploy than an indication of how well the animals are being treated. Hens used for Certified Organic eggs are required to have some outdoor access, but regulations do not define the amount or how fresh the outdoor range must be kept. Most organic egg farms simply have a small opening in the side of a large shed where some hens can get out to a small, manure-filled plot of land. California and Michigan have passed laws requiring that hens have enough room to turn around and spread their wings, but these laws have not yet gone into effect. They also do not implicitly ban cages, so egg farms can simply use larger cages to comply with laws in these states.

While cage-free, free-range, and organic egg farms have less confining conditions than battery cage operations, they still engage in the following inhumane activities that are standard in the egg industry:

- One- to two-day old chicks have their sensitive beaks sliced off with a hot guillotine to reduce loss from stress-induced fighting. This painful process leads to deformed beaks, causing some hens to die of starvation or dehydration, and making it painful for many hens to eat and drink.
- Hens are kept in artificial conditions, where they cannot scratch or dust bathe in clean pasture, feel the warmth of the sun, or breathe fresh air. Many cage-free operations confine hens in wire-floored enclosures that cut into their feet.
- Hens are force molted—a standard egg industry practice of removing their food and water for up to two weeks to force their bodies into another egg-laying cycle.
- When no longer “useful” for egg production, hens are violently packed into cages, loaded onto transport trucks, and shipped off to be slaughtered.
- At slaughter, hens are brutally slammed upside down into shackles and moved by conveyor through whirling blades that cut their necks. The hens who miss the blades are scalded alive in the feather removal tanks.
- The hatcheries that supply replacement hens kill the male chicks at a day old

by grinding them up alive, suffocating them in trash bags, or simply tossing them alive into the dumpster because the males are unable to lay eggs and are not the right strain to be raised profitably for meat. Several hundred million male chicks are killed by hatcheries every year in the U.S. alone.



Male chicks in a hatchery dumpster.

- Live baby hens are mailed from hatcheries to egg farms via the postal service. Every year millions of chicks die en route from rough handling, dehydration, and starvation.

As you can clearly see, the only way to know you are not supporting multiple forms of cruelty, the eventual slaughter of hens, and the immediate slaughter of baby male chicks is to not consume commercially-produced eggs or foods containing eggs.

What about backyard hens or small family farms?

Anyone who buys hens from the farm supply or the hatchery is responsible for the deaths of the baby males. Also, consuming eggs from backyard hens or family farms tends to lead to consumption of commercially produced eggs, often as ingredients in non-vegan foods. Making the commitment to be vegan, on the other



Hens packed into a filthy shed at an organic, cage-free egg farm.

hand, eliminates this slippery slope effect that eating certain animal products may have.

While having backyard chickens sounds appealing, and certainly is much less cruel than supporting commercial egg production, many people find taking

care of chickens is much more work than they anticipated. Hens have a ten-year lifespan, and like cats and dogs, require love, attention, and veterinary care. A small family farm may not be able to afford to care for hens for ten or more years and take each one to the vet for check-ups or when they need medical care. While individuals with backyard hens may be able to do that, when you calculate in the time and money involved in properly caring for companion chickens, it really does not make economic sense to keep them for egg production. Egg substitutes are not only healthier, but much more cost-effective.

Show Your True Compassion - By becoming vegan, you can show your commitment to living without exploiting other sentient beings. Vegan foods are not the product of systems that objectify, torture, confine, and kill animals—and by choosing vegan foods, you are making a powerful statement of compassion that will spread to people around you. Veganism tends to have a ripple effect; vegans become examples and beacons to their friends, families, colleagues, etc. Many people become vegan because they know someone else who is vegan, so by being vegan you not only remove your support for the abuse and killing of animals, but you inevitably cause others to remove their support as well.

Replacing Eggs - Instead of scrambled eggs, try tofu scramble. Search online for recipes or buy Fantastic Foods Tofu Scrambler box mix.

In baking, try Ener-G Egg Replacer, an easy-to-use box mix. One box replaces 113 eggs and costs around \$7. Bob's Red Mill also makes a powdered egg replacer. Both are available at many grocery stores or online. Also try the following in place of one egg for binding and moisture: 1 T water plus 2 T arrowroot flour, corn starch, or potato starch; ¼ cup applesauce; 1 T ground flax blended with 3 T warm water; ½ banana. For leavening, add 2 tsp baking soda plus 2 tsp water. For more alternatives to eggs, search “egg substitutes” on the web.

For more information on why and how to become vegan, including recipes and nutrition facts, please request a free vegan starter pack at www.VeganStarterPack.com. Visit our YouTube page to view free-range and hatchery investigations. Please also visit www.HumaneMyth.org for more information.

I watched your video and to be honest I started to cry when I saw the video for the song "Free Me." Everybody should see this video; maybe then they will understand.
Malie, 17, Austria

Action for Animals
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Help us help animals! Become a member today!

TOFU SCRAMBLE

Tofu Scramble is a great substitute for scrambled eggs or egg omelets—and it doesn't have the cholesterol or cruelty of egg dishes.

1 16-oz. container firm, water-packed tofu, rinsed
2 tsp olive oil, plus more to lightly coat the skillet
3 T nutritional yeast flakes
1/2 tsp granulated onion
1 small onion, sliced
Sliced mushrooms, to taste
1 garlic clove
Ground white pepper, to taste
1 1/2 T Bragg Liquid Aminos or soy sauce

Gently squeeze the tofu to extract excess water. Blot dry with paper towels. Heat a nonstick skillet over medium-high heat, adding a little olive oil to lightly coat the bottom. Break the tofu into pieces and place in the skillet. Cook, stirring occasionally, until lightly golden. Stir in the nutritional yeast flakes and the granulated onion, coating the tofu well. Add the 2 tsp of olive oil, along with the onions, mushrooms, and garlic—and any other vegetables, fake meats, etc. that you want to throw in. Cook, stirring occasionally, until the mushrooms are tender. Sprinkle with the white pepper and drizzle with the Braggs or soy sauce, stirring until the liquid is absorbed. Remove from the heat. Serve warm with toasted bread, if desired. Makes three to four servings.

This recipe is taken from VegCooking.com, where you can find vegan recipes for every meal and occasion. Also check out VegWeb.com, FatFreeVegan.com, and others—or just do an internet search for “vegan recipes” and you'll have plenty of options to enjoy!

VEGAN CHOCOLATE CHIP COOKIES

1 cup vegan margarine, softened
1 1/2 cups light brown sugar (or 1 cup dark brown plus 1/2 cup granulated sugar)
1 1/2 cups flour
1 1/2 cup quick or rolled oats
1 tsp baking soda
1 tsp salt
1 tsp vanilla extract
2 Ener-G Egg Replacer “eggs”
1/2 to 3/4 bag of semi-sweet vegan chocolate chips

Mix flour, salt, baking soda, and Ener-G powder in a bowl. Add the margarine, sugar, and the water from the “eggs” and mix with a hand blender. Dribble vanilla over mixed ingredients and mix again. Add oats and mix thoroughly. Dough should stick together but not be too wet; it should hold its shape when formed into a ball and not be too sticky. If too dry, add a teaspoon of water; if too wet, add 1/8 cup flour or oats. Do this until you have a good consistency. Add chocolate chips and either mix in by hand or with a mixer. Using a spoon, form balls of dough and place on cookie sheet about two inches apart. Bake at 325°F for 9 to 11 minutes. Let cookies cool on sheet.

VEGAN PANCAKES

1 cup flour
2 tsp baking powder
1/2 tsp salt
3 T sugar (granulated or powdered)
1 tsp vanilla
1 Ener-G Egg Replacer “egg”
1 cup soy milk (can also use rice milk, but soy works best)

2 T vegetable oil
1/2 tsp almond extract
1/4 tsp orange extract (optional)

Mix flour, baking powder, salt, and Ener-G powder in a bowl. In a large bowl mix soy milk, sugar, oil, extract(s), and water from “egg.” Add the dry mixture to the wet and whisk until the batter is evenly blended. Using a non-stick skillet and a stove burner on medium heat, scoop some batter onto the skillet in desired pancake size. When the bottom of a pancake is cooked, flip it over with a spatula to cook the other side. Serve the pancakes topped with vegan margarine, maple syrup, fresh fruit, jam, powdered sugar, or any other pancake topping you desire.

For different types of pancakes, add chocolate chips, berries, banana slices, orange zest, oatmeal, dried coconut, or anything else you want to the batter.

Visit youtube.com/actionforanimals to view our Vegan Pancakes Cooking Demo.

