

Lactose. Milk sugar found in baked goods and other foods.

Rennet. From calves' stomachs. Used in making cheese and in many coagulated dairy products.

Tallow. Rendered animal fat found in some margarines.

Whey. Derived from milk and found in many cakes, cookies, candies, breads, and margarines.

More recipes can be found in the following cookbooks, which are packed with scrumptious ways to delete dairy from your diet.

The Compassionate Cook
by People for the Ethical Treatment
of Animals

Cooking With PETA
by People for the Ethical Treatment
of Animals

*Meatless Meals for Working People:
Quick and Easy Vegetarian Recipes*
by Debra Wasserman and Charles Stahler

*The PETA Celebrity Cookbook: Vegetarian
Meals From Your Favorite Stars*
by Ingrid E. Newkirk, ed.

Tofu and Soyfoods Cookery
by Peter Golbitz

Vegan Meals for One or Two
by Chef Nancy Berkoff, R.D.

- Order online at PETACatalog.com.
- Write
PETA Merchandise
501 Front St.
Norfolk, VA 23510
- Call 1-800-483-4366.

One Dairy Cow's Story

Blackie, a 2-year-old cow, was happy just munching on grass and caring for her new baby, with whom she had spent nearly every moment of his young life. She had licked him clean after his birth, nudged him up onto wobbly legs, and watched him take his first tentative steps. But her bliss was short-lived. One day, Blackie and her calf were loaded onto a truck, taken on a frightening ride to market, and sold—separately.

Blackie, as any mother would be, was panicked and grief-stricken. Sometime during her first night in her new home, she broke out of the farmyard, jumped over a hedge, and set off in search of her calf. The next morning, she was found at another farm seven miles away, contentedly suckling her calf. When Blackie's new "owner" was traced, he was so moved by Blackie's maternal love that he purchased her calf so mother and son could be together.

Is Blackie's love-bond unique, or was her sorrow and desperation typical of what millions of other bovine mothers go through—without happy endings?

PEOPLE FOR THE ETHICAL
TREATMENT OF ANIMALS

DAIRY FREE

AND

Delicious



**DELICIOUS, HEALTHY RECIPES
WITHOUT DAIRY PRODUCTS!**

PETA

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501 FRONT ST., NORFOLK, VA 23510 • 757-622-PETA
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PETA

Visit DumpDairy.com for more information
Call 1-888-VEG-FOOD for a free vegetarian starter kit

Living Without Dairy Products

“Oh, no,” you’re thinking. “No more milk with my cookies? No more cheese on my veggie burgers? No more ... (gasp!) ... ice cream?”

Think again! If you crave it, a great-tasting, healthier dairy-free replacement can be found. Nondairy products are increasingly available in stores—from rich concoctions like Tofutti or Soy Delicious frozen desserts to mock cream cheese and sour cream. Vegan staples like soy milk and tofu are carried by all the major supermarket chains these days (look for them in the fresh produce, dairy, and vegetarian food sections).

You can find lots of dairy-free convenience products at your local grocery or health food store, or you can jazz up your old favorite recipes with dairy-free replacements. Try some of the following tasty, downright amazing recipes. You’ll wonder why anybody still eats dairy products!

Why Shouldn't I Drink Milk?

Not only is milk production fraught with misery for

cows and their calves, dairy products don't even “do a body good.” Dairy products are naturally loaded with fat and cholesterol; nutrition expert Dr. John McDougall calls cow's milk “liquid meat” because its nutritional content is so similar to animal flesh. Milk is also deficient in iron, is contaminated with pesticides, pus, and often drugs and may come from cows infected with bovine leukemia virus, tuberculosis, and salmonella.

Feeding dairy products to human babies can cause colic, intestinal bleeding, constipation, allergies, and anemia and has been linked to the development of juvenile diabetes. In adults, they have been implicated in heart disease, certain cancers, adult-onset diabetes, and even osteoporosis, the very disease it is supposed to prevent!



“Dairy products are the most common cause of food allergies. When people avoid dairy products completely, they often find improvements in symptoms which they did not realize were caused by milk.”

—Dr. John McDougall

DELICIOUS DAIRYLESS RECIPES

Chocolate “Milk” Shake

- 1 frozen banana, cut into chunks
- ¾ cup vanilla soy milk
- 3 Tbsp. cocoa powder, Quick chocolate drink mix, or liquid chocolate syrup

The Osteoporosis Myth

Studies show that bone loss is not prevented by consuming more dairy products so much as by consuming fewer animal products and getting enough exercise. After studying the diets of nearly 80,000 American women over a 12-year period, researchers at Harvard University concluded that milk-drinkers are no less likely to suffer bone fractures than women who drink little or no milk. High-protein foods, such as meat, eggs, and dairy products, make the kidneys work harder and cause calcium to be lost in the urine. Find out all about the calcium myth at DumpDairy.com. Call PETA's Literature Department for a free osteoporosis brochure at 757-622-7382, extension 1418.

Place all ingredients in a blender and blend until smooth. Serve immediately.

Variation: Use nondairy chocolate “ice cream” instead of bananas and/or add a flavored extract or a dollop of peanut butter.

MAKES 1 SERVING

Hot Artichoke Parmesan Dip

- 1 8-oz. container nondairy cream cheese
- 1 cup soy mayonnaise (try Nayonaise or Vegenaise brands)
- ½ cup soy parmesan cheese
- 1 8.5-oz. can artichoke hearts, drained and chopped
- 1 4.5-oz. can diced green chilies, drained,

- or 1-2 diced jalapeño peppers
- 5 pita bread rounds, each cut into 10 wedges (can be lightly toasted, if desired)

Thoroughly combine “cream cheese,” soy mayonnaise, soy parmesan, artichoke hearts, and green chilies or jalapeño peppers in a medium casserole dish and bake for 30 minutes at 350°F. Serve with pita wedges.

MAKES 5 SERVINGS

Boursin “Cheese” Spread

(from *The Uncheese Cookbook*)

- 1 cup extra firm tofu, drained, patted dry, and mashed well
- ¼ cup soy mayonnaise
- 1 Tbsp. umeboshi plum paste (available at Asian groceries)
- 2-3 cloves garlic, minced
- 1 tsp. dried basil
- 1 tsp. dried marjoram
- ½ tsp. dried thyme
- ¼ tsp. freshly ground black pepper
- ⅓ tsp. ground dried rosemary

Place all the ingredients in a food processor and process to a smooth paste. Pour into a bowl, cover, and chill overnight. Serve cold or at room temperature with crackers.

MAKES 1¼ CUPS

Cream “Cheese” Roll-Ups

- 2 8-oz. containers nondairy cream cheese
- 1 red pepper, seeded and finely minced
- 1 6-oz. can pitted black or green olives, finely diced
- 1 package of large flour tortillas (approximately 10 tortillas)

In a medium bowl, thoroughly combine the “cream cheese,” red pepper, and olives. Spread 2 spoonfuls of the mixture in a thin layer on a tortilla. Roll the tortilla fairly tightly like a jelly-roll from one end to the other. Gently slice off the very ends (snack on them while you make the roll-ups) to create a clean edge and then slice the roll-ups into ½-inch slices. Continue with the remaining tortillas until all filling is used up. Place roll-ups face up on a plate for serving.

Variation: Use minced green onion, chives, cilantro, jalapeño peppers, or other vegetables in place of the red pepper or olives. Add ¼ tsp. cayenne pepper, chili powder, or taco seasoning for extra flavor.

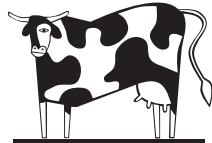
MAKES 10 SERVINGS

Did You Know?

- After 4 years of age, many people develop lactose intolerance, the inability to digest the milk sugar lactose. The result is diarrhea, gas, and cramps when dairy products are consumed.
- The American Academy of Pediatrics recommends that infants under 1 year of age not be fed whole cow’s milk.
- In countries where dairy products are not generally consumed, there is far less osteoporosis than in the U.S.

Macaroni and “Cheese”

(From PETA Member Zsuzsanna Dever of Leander, Texas)



“I want to pass the word on to parents that cow’s milk ... has definite faults. ...It causes intestinal blood loss, allergies, indigestion, and contributes to some cases of childhood diabetes. Human milk is the right one for babies.”

—Dr. Benjamin Spock

- ½ lb. macaroni
- 1½ cups nondairy creamer or plain soy milk
- 3 Tbsp. vegan margarine
- 3 Tbsp. nutritional yeast
- 5 slices American-style soy cheese
- 2 tsp. salt
- ½ tsp. garlic powder
- ½ tsp. white pepper
- ½ tsp. dried dill
- 2 Tbsp. flour
- ¼ cup water
- 1 2.8-oz. can Durkee French-fried onions pulverized in a blender

Prepare the macaroni according to package directions, leaving it al dente or slightly undercooked.

Meanwhile, in a medium sauce pan, mix together the creamer or soy milk, margarine, yeast,

“cheese” slices, salt, garlic powder, white pepper, and dill with a wire whisk and bring it to a boil. In a small Tupperware container, place the flour and water, cover, and shake until well blended. Add this to the sauce pan when the mixture comes to a boil and whisk until smooth. Return mixture to a boil, lower heat, and simmer until slightly thickened. Then remove from heat and gently stir in macaroni to coat.

Transfer macaroni mixture to a medium casserole dish, sprinkle the fried onions evenly over the top, and bake, uncovered, at 375°F for 20-30 minutes until browned and bubbly.

MAKES 6 SERVINGS

Quiche Laverne

(from *The Uncheese Cookbook*)

- 2 cups potatoes, shredded
- ¼ cup onion, grated
- 3 Tbsp. all-purpose flour
- ½ tsp. salt
- 2 Tbsp. canola oil
- 1 head cauliflower, broken into bite-size florets, steamed (about 4½ cups)
- 1 10.5-oz. pkg. firm silken tofu
- 1¼ cups water
- ½ cup nutritional yeast flakes
- ½ cup quick-cooking rolled oats
- 5 Tbsp. cornstarch
- 3 Tbsp. fresh lemon juice
- 1 Tbsp. onion granules or powder
- 1 tsp. salt
- ½ tsp. garlic granules or powder
- ½ tsp. turmeric
- ½ cup scallions, thinly sliced
- 2-4 Tbsp. vegetarian bacon bits (Bacos)
- Paprika

Preheat the oven to 400°F. For the crust, place the potatoes and onion in a bowl

and toss together. Sprinkle on the flour and salt and toss again using a fork or your hands. Pat into a nonstick or well-oiled 10-inch pie plate, using your fingers to spread the mixture evenly over the bottom and up the sides. Bake for 30 minutes. Remove from the oven and brush the oil over the crust (or you can use spray oil). Return the crust to the oven and bake for 15 minutes more, until the surface is lightly browned and crisp. Let cool while you prepare the filling. Reduce the oven temperature to 375°F.

Prepare the cauliflower and steam until tender. Refresh under cold water to stop the cooking process. Drain and transfer to a large bowl.

Place the next 10 ingredients in a blender and process until the oats are finely ground and the sauce is completely

Calcium: Plenty in Plants!

It’s easy to get the recommended daily allowance of calcium (800 mg) solely from plant foods.

Calcium-fortified	
orange juice, 8 oz.	300 mg
Dried figs, 10	269 mg
Tofu, raw, firm, ½ cup	258 mg
Almonds, 3½ oz.	234 mg
Broccoli, 1 cup	178 mg
Wax beans, 1 cup	174 mg
Collards, 1 cup	148 mg
Sesame seeds, 3½ oz.	130 mg
Navy beans, 1 cup	128 mg
Kale, 1 cup	94 mg
Butternut squash, 1 cup	84 mg
Pinto beans, 1 cup	82 mg
Chickpeas, 1 cup	78 mg
Sweet potato, 1 cup	70 mg
Onions, 1 cup	58 mg
Raisins, ½ cup	53 mg

Cheesy French Bread Hors d’Oeuvres

- 2 large loaves “bake and serve” Italian bread
- 3 cups vegan mayonnaise
- ¾-1 cup soy parmesan cheese
- 1 cup shredded vegan cheddar cheese or diced American-style soy cheese slices
- 4 tsp. fresh parsley, minced
- 1 medium onion, thinly sliced
- 2 tsp. garlic powder

Slice loaves lengthwise. Mix remaining ingredients until well blended and spread on open halves of bread. Bake loaves, face up, at 400°F for 10 minutes, until browned and bubbly. Cut into bite-size pieces and serve hot.

MAKES 8 SERVINGS

smooth. Pour into a saucepan along with the scallions and bring to a boil, stirring constantly. Reduce the heat to low and continue cooking, beating constantly with a wire whisk or wooden spoon, until very thick and smooth. Remove from the heat and stir in the vegetarian bacon bits. Pour over the cauliflower, mixing well.

Spoon the filling into the crust and dust the top with paprika. Bake for 25-30 minutes, until golden brown. Let rest for 10 minutes, then cut into wedges.

MAKES 6 SERVINGS

Stuffed Shells With Ricotta "Cheese"

- 1 lb. large pasta shells
- 1 lb. soft tofu
- 1 lb. firm tofu
- 1 Tbsp. sugar
- ¼ cup soy milk
- ½ tsp. garlic powder
- 2 Tbsp. lemon juice
- 2 tsp. dried basil
- 2 tsp. salt
- 1 10-oz. box frozen chopped spinach, thawed and squeezed dry
- 1 26-oz. jar tomato sauce
- 4 Tbsp. vegan parmesan cheese

Preheat oven to 350°F.

Prepare the pasta shells according to package directions. Drain and set aside.

Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a large bowl and mash together with a potato masher or a fork until it has a ricotta-like consistency.

Add the spinach and mix again. Set aside.

Pour the full jar of tomato sauce into a 9"x13" casserole dish. Fill each pasta shell with the "cheese" filling and place it, open side up, in the tomato sauce. Continue until all shells and filling are used up. Sprinkle vegan parmesan cheese over top of entire dish.

Cover pan with aluminum foil and bake for 45 minutes, then remove foil and bake for 15 minutes more, uncovered.

MAKES 8 SERVINGS

Cherry "Cheese" Cake

- 2 8-oz. containers plain nondairy cream cheese
- 1 cup sugar
- Juice of one lemon
- 2 Tbsp. cornstarch
- Dash of vanilla
- Graham cracker crust
- Canned cherry (or your favorite fruit) pie filling



"There's no reason to drink cow's milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today, this afternoon."

—Dr. Frank A. Oski, former director of pediatrics at Johns Hopkins University

Preheat the oven to 350°F.

Blend together the nondairy cream cheese, sugar, lemon juice, cornstarch, and vanilla and pour into the graham cracker crust. Bake for 60 minutes, until the top is golden brown. Allow to cool.

Cover the top of the "cheese" cake with the cherry or other fruit pie filling and chill, covered, several hours or overnight until firm.

MAKES 8 SERVINGS

Peanut Butter Pie

(from *The Compassionate Cook*)

FOR THE CRUST:

- 25 vegan chocolate sandwich cookies
- ½ cup margarine, melted

FOR THE FILLING:

- 1 lb. soft tofu, patted dry
- 1 cup creamy peanut butter
- ¾ cup sugar
- 2 Tbsp. soy milk
- 2 tsp. vanilla extract

To prepare crust, break up cookies by hand, then, in a blender or food processor, grind the cookies into crumbs. Pour into a mixing bowl, add the melted margarine, and stir. Press the mixture into a 9-inch pie plate. Set in refrigerator to chill while preparing filling.

Combine all the filling ingredients in a food processor or blender and blend until smooth. Spoon into pie shell. Refrigerate at least 2 hours.

MAKES 6 TO 8 SERVINGS

Dairy-Free Shopping

Look for dairy-free products at your local health food stores and supermarkets (kosher delicatessens usually offer a wide array of nondairy items). Ask them to carry any that you can't find. You can also find some products online at www.NoMeat.com, www.Soybean.com, and www.veganstore.com.

LOOK FOR VEGAN VERSIONS OF THESE COMMON DAIRY PRODUCTS

Soy, rice, almond, or oat milk. Use in hot chocolate, on cereal, etc.

Liquid nondairy creamer. Mix in mashed potatoes, use in coffee, etc.

Whipped "cream." Look for RichWhip

You'll Never Miss This!

Whole milk.....	49% fat
"2%" milk.....	35% fat
(it's only 2% by weight)	
Cheddar cheese.....	74% fat
Butter.....	100% fat

brand in cartons and canisters.

Canned diet "milk" shakes. Just like SlimFast, only dairy-free.

Ice "cream." You'll find so many luscious flavors, as well as ice cream sandwiches, bars, and cakes.

Pudding. Look for chocolate, lemon, banana, and vanilla flavors.

"Milk" chocolate bars. Try Tofutti and Tropical Source brand bars.

"Cheese" slices and blocks. Look for Tofutti's American and mozzarella flavors, which are great on subs and in grilled "cheese" sandwiches.

Soy parmesan. Try Soymage brand, which is great sprinkled on pasta and garlic bread.

Cream "cheese." As firm and spreadable as dairy cream cheese and perfect on bagels.

Sour "cream." Top your baked potatoes and tacos with it or mix it with French onion soup mix for a familiar dip.

Soy yogurt. Look for peach, raspberry, and other fruit flavors by Silk, Stoneyfield, and Whole Soy.

WATCH OUT FOR THESE ANIMAL INGREDIENTS

Casein/Caseinate. Milk protein found in many "nondairy" creamers and cheeses.

Gelatin. Derived from animals' skin, tendons, ligaments, hooves, and bones. Found in puddings, candies, cakes, ice cream, marshmallows, and yogurt.

Lactic acid. A slaughterhouse byproduct made by bacterial fermentation.