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.
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!

If you avoid dairy products completely, they often find improvements in symptoms they did not realize were caused by milk.” —Dr. John McDougall

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!

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.

"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
3 Tbsp. cocoa powder, Quick chocolate drink mix, or liquid chocolate syrup
¼ cup vanilla soy milk

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)
3 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
½ cup soy mayonnaise
2-3 cloves garlic, minced
1 tsp. dried basil
⅓ tsp. dried marjoram
⅛ tsp. ground dried rosemary
1 tsp. dried thyme
1 tsp. umeboshi plum paste (available at Asian groceries)

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

MAKES 1 QUART
**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)

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
½ 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.

**Quiche Laverne**

(from The Uncheese Cookbook)

2 cups potatoes, shredded
⅛ 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)
10.5-oz. pkg. firm silken tofu
1 1/4 cups water
1 2.8-oz. can Durkee French-fried onions pulziered in a blender
1 1/2 tsp. dried dill
1 10.5-oz. can Del Monte tomatoes (drained and rinsed)
1 tsp. salt
2/3 cup nutritional yeast flakes
1 tsp. turmeric
3 Tbsp. fresh lemon juice
1 Tbsp. onion granules or powder
1 tsp. salt
⅛ tsp. garlic granules or powder
⅛ tsp. turmeric
⅛ cup scallions, thinly sliced
2 1/2 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 smooth. Place 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.

**Cheesy French Bread Hors d’Oeuvres**

2 large loaves “bake and serve” Italian bread
3 cups vegan mayonnaise
⅓ 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.

**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, ¼ cup ..........258 mg Almonds, 3⅓ oz. .................234 mg Broccoli, 1 cup ....................178 mg Wax beans, 1 cup ..............174 mg Collards, 1 cup ...................148 mg Sesame seeds, 3⅓ oz ..........130 mg Navy beans, 1 cup ..............128 mg Kale, 1 cup ..........................104 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, ¼ cup ...................53 mg

**Variation:** Use minced green onion, chives, cilantro, jalepeno 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**
Stuffed Shells With Ricotta “Cheese”

1 lb. large pasta shells
1 lb. soft tofu
1 lb. firm tofu
1 Tbsp. sugar
⅛ cup soy milk
⅛ 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.

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

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

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 6 TO 8 SERVINGS

Dairy-Free Shopping


LOOK FOR VEGAN VARIANTS 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

Peanut Butter Pie

(From The Compassionate Cook)

FOR THE CRUST:
25 vegan chocolate sandwich cookies
¼ cup margarine, melted

FOR THE FILLING:
1 lb. soft tofu, patted dry
1 cup creamy peanut butter
¼ 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