

March 6, 2016

Dairy Explained in 5 Minutes!



Hello, everyone!

So many of you write us to ask "what's wrong with dairy?" Vegan film maker, [Erin Janus](#), gives us an excellent answer that I'd like to share with you. Her videos are right to the point! If you want facts, take a look here.

(You can skip the ads after a few seconds.)

[**Dairy Industry Explained in 5 Minutes!**](#)

and

[**The Truth About the Egg Industry**](#)

Then ask what ice cream, cheese, milk or egg could possibly be worth it?

And if you ask what you can do to help...well, here ya' go! Please share these within your circle and spread them far and wide.

Thank you!
Lin

Cruelty-Free Egg Substitutes



1 Egg Equals ...

- * 1/2 Ripe Banana (mashed)
- * 1/4 C. Applesauce (unsweetened)
- * 2 Tbs. Peanut Butter (pure)
- * 2 Tbs. Cornstarch + 3 Tbs. Water (combined)
- * 2 Tbs. Arrowroot + 3 Tbs. Water (mixed)
- * 1 Tbs. Soy Protein Powder + 3 Tbs. Water (blended)
- * 1 Tbs. Flaxseeds + 4 Tbs. Water (blended for 2 minutes)
- * 1 Tbs. Chia Seeds + 1/3 C. Water (set for 15 minutes)

Sprout-a-Vegan

Lin Silvan

Founder and Executive Director

Eugene Veg Education Network (EVEN)

www.eugeneveg.org

Eugene Veg Education Network

---EVEN - serving as a vegan resource since 2005---

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

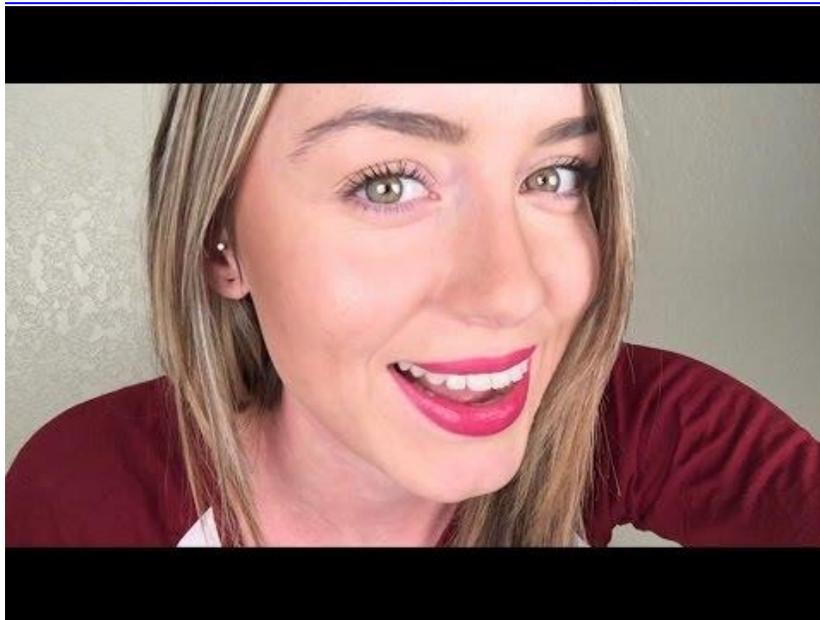
The **Eugene Veg Education Network (EVEN)** is a **501(c)(3)** non-profit serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's Mission Statement is **to inform, educate & encourage our members**--- as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org

Peace.



Attachments area

[Preview YouTube video DAIRY IS F**KING SCARY! The industry explained in 5 minutes](#)



[Preview YouTube video What's Wrong With Eggs? The Truth About The Egg Industry](#)

