

Animal free alternatives

Sausages	Huge variety of veggie sausages available from all supermarkets, full of protein and the perfect alternative for barbecues and bangers and mash.
Burgers	Very easily bought or home made from any of a combination of: beans, nuts, lentils, vegetables, soya protein, tofu, and seitan (wheat gluten).
Bacon	Meat-free ‘bacon’ rashers made from tem-peh are now available in health food stores.
Fish	You can now find ‘fishless’ fingers and meat-free crispy ‘prawns’ made from soya or wheat protein with seaweed (e.g. nori) for a fish-like flavour.
Eggs	Mashed banana, silken tofu, ground flax, chia seed, and apple sauce are all very effective egg replacers for baking. Fry crumbled tofu with seasoning and spices for scrambled eggs.
Milk	There are so many options: soya, oat, almond, rice, hemp, hazelnut, cashew, etc. Most cafes now stock at least one varia-tion.
Butter	Multiple brands of dairy-free margarine are now widely available.
Cheese	Major supermarkets offer a selection of vegan cheeses, both hard and soft. For more brands, visit a health food shop.
Yoghurt and (ice) cream	Soya, almond, and coconut are the most popular types, available in most supermar-kets.
Chocolate	Most dark chocolate is milk-free, and you can also now find rice and almond milk chocolate.



Ingredients

300 g	tofu
1	onion
2	small garlic cloves
50 g	celery
1	carrot
	cayenne pepper, chilli powder, nutmeg, salt, pepper
3 tsp	tomato puree
1 handful	oregano leaves
1 tsp	corn flour
1 tin (400 g)	peeled and chopped tomatoes
200 ml	merlot or vegetable stock
	olive oil for frying
500 g	spaghetti
	Italian herbs to decorate

Parmesan

3 tsp	almond or cashew nuts
1 tsp	yeast flakes
	sea salt

Method

- Crumble the tofu and fry in olive oil over a medium heat.
- Peel and dice the onion, garlic, and celery.
- Peel and grate the carrot.
- When the tofu is golden brown, season well and then add the onion, garlic, and celery.
- As soon as the onion starts to brown, add the tomato puree.
- Then add the oregano leaves and grated carrot. Stir in some corn flour to bind.
- Add the chopped tomatoes and red wine. Finally, reduce the heat and simmer for 5-10 minutes.
- Prepare the spaghetti according to the instructions on the packaging and serve with the Bolognese sauce and Italian herbs.
- Blitz all the ingredients for the Parmesan in a mixer and season with salt. Then sprinkle over the spaghetti.



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“The time is ripe for a new kind of responsible cooking, in which healthy and tasty dishes go hand-in-hand.”

Stina Spiegelberg (cook-book author and blogger)

Did you know that tofu ...

... is a traditional soya bean product containing a lot of valuable protein, with a history spanning over 2,000 years? It has a mild taste, and can easily be flavoured with marinades and spices. Extremely versatile, it can be diced, crumbled, fried, or finely pureed in dishes from main courses to desserts.



We are ProVeg

ProVeg is the first international food awareness organisation with the mission to reduce global animal consumption by 50% by the year 2040.

Imagine a world where everyone chooses delicious and healthy food that is good for all humans, animals, and our planet. To achieve this, ProVeg is committed to providing in-depth information and motivating campaigns.

THREE WAYS OF JOINING THE MOVEMENT



CHANGE
YOUR DIET



SPREAD
THE WORD

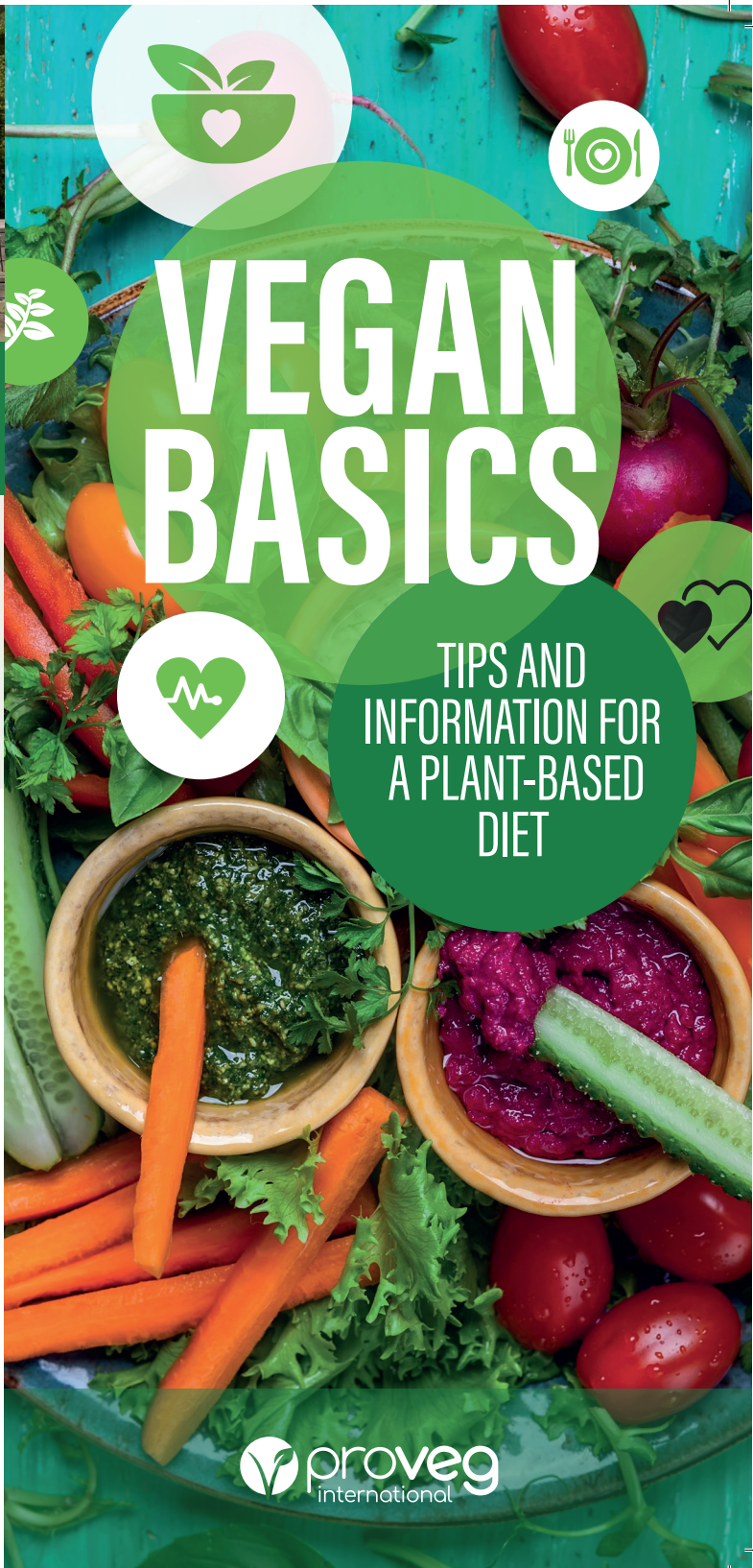


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PRO ANIMALS

Animal agriculture subjects billions of animals to immense physical and emotional suffering. They are denied even their most basic needs, enduring confined, squalid conditions, disease, and mutilations, before being slaughtered at a fraction of their natural life expectancy.

Dairy industry: to produce milk, cows are repeatedly impregnated through artificial insemination, and are separated from their calves within 24 hours of giving birth. Mother and calves are often heard calling for each other for days.

Egg industry: male chicks are shredded or gassed alive almost immediately after hatching because they cannot lay eggs and are of no use to the industry.

Picture Peter Lloyd | Unsplash



PRO ENVIRONMENT

Animal agriculture is a major cause of some of the world's most urgent environmental problems. It is one of the leading drivers of climate change, land degradation, pollution, water depletion, rainforest destruction, habitat loss, and species extinction.

Climate change: livestock farming is responsible for more greenhouse gases emissions (at least 14.5%) than all global transport – the world's cars, trains, planes and ships – combined.

Rainforest deforestation: every minute, an area the size of seven football pitches is cleared for animal agriculture, which is responsible for the loss of 80% of the world's rainforests.

Water: it takes around 15,400 litres of water to produce a single kilogram of beef. In other words, a predominantly plant-based diet can save up to 1,700 litres of water – every single day!

Picture Manuel Meurisse | Unsplash



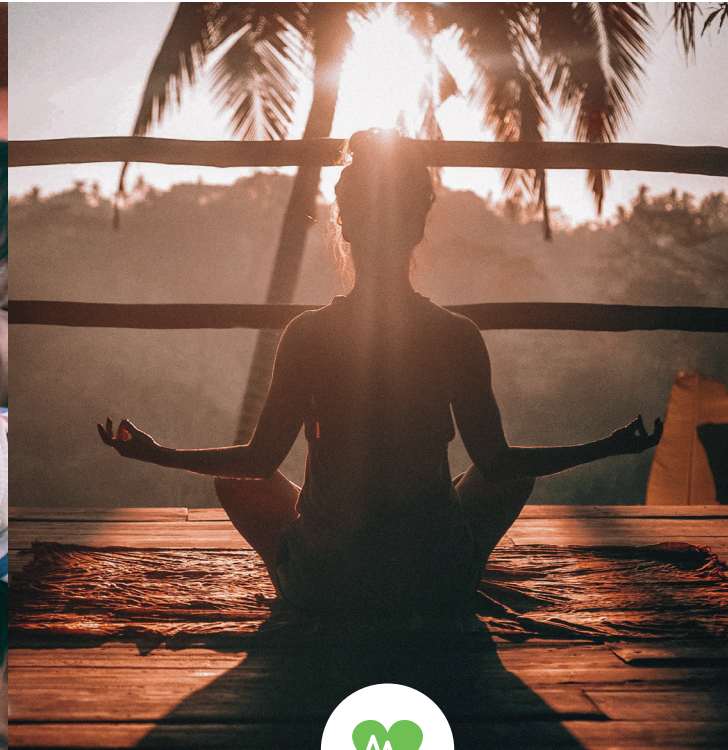
PRO JUSTICE

Feeding plants to farmed animals instead of the millions of people starving around the world contributes to world hunger and food injustice, driving up the price of basic foods in poor countries. With a growing world population, it is unsustainable to eat so many animal products, which are a highly inefficient way to produce food.

Meat production: it takes around 16 kilogram of plant-based food to produce 1 kilogram of beef.

World hunger: roughly 35% of the world's cereal harvest and 80% of the soya crop are fed to farmed animals, while around 800 million people suffer from malnutrition every day.

Picture Larm Rmah | Unsplash



PRO HEALTH

High animal consumption increases the risk of many chronic health conditions such as heart disease, strokes, diabetes, obesity, and cancer. It is also responsible for most cases of food poisoning, epidemics such as swine flu, and driving up levels of antibiotic resistance. A balanced plant-based diet can significantly reduce the risk of many lifestyle-related diseases.

The Academy of Nutrition and Dietetics in the US states that well-planned vegan and vegetarian diets are suitable for all stages of life, including pregnancy, lactation, childhood, and adolescence.

A reliable source of vitamin B12 can easily be found in dietary supplements. A number of vegan products are also now fortified with B12, including some cereals, non-dairy milks, and the vitamin B12 toothpaste co-developed by ProVeg.

Picture Jared Rice | Unsplash



PRO TASTE

Many people need more information about the great taste, wide range, and availability of animal-free foods as they live in a world affected by "veg prejudice", which keeps them from considering alternatives to animal products. ProVeg raises awareness of plant-based foods and empowers people to make their best, most informed dietary choices.

Whether you're a gourmet, a fast-food fan, or a cook who likes experimenting – the colourful diversity of plant-based cuisine has something for everyone!

The huge number of delicious recipes shows just how diverse and varied a plant-based diet can be. Start cooking vegan food today and enjoy the benefits!

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