

Easiest Vegan Mac 'n' Cheese Ever

1 clove garlic
1 tsp. turmeric
1/2 tsp. salt
1/4 cup nutritional yeast
1 cup cashews, soaked for 2 hours, rinsed, and drained
1/4 cup water
1 8-oz. pkg. pasta, cooked according to package instructions

- Place all ingredients, except the pasta, in a blender and process until smooth.
- Pour over the pasta and stir until well coated. Serve warm.

Makes 6 servings

Vegan Fried 'Chicken'

1 tsp. salt
Pepper, to taste
1/2 tsp. onion powder
1 tsp. garlic powder
2 cups flour
3 Tbsp. yellow mustard mixed with 1/2 cup water
2 Tbsp. baking powder
1 lb. vegan chicken chunks
Oil for frying

- Combine the salt, pepper, onion powder, garlic powder, and flour in a bowl.
- Transfer 1/3 cup into a separate bowl and add the mustard-water mixture. Stir well.
- Add the baking powder to the remaining flour mixture.

- Dip the vegan chicken chunks into the batter then coat in the flour mixture. Fry, turning as needed, in hot oil until golden brown.

Makes 4 servings

World's Easiest Cookies

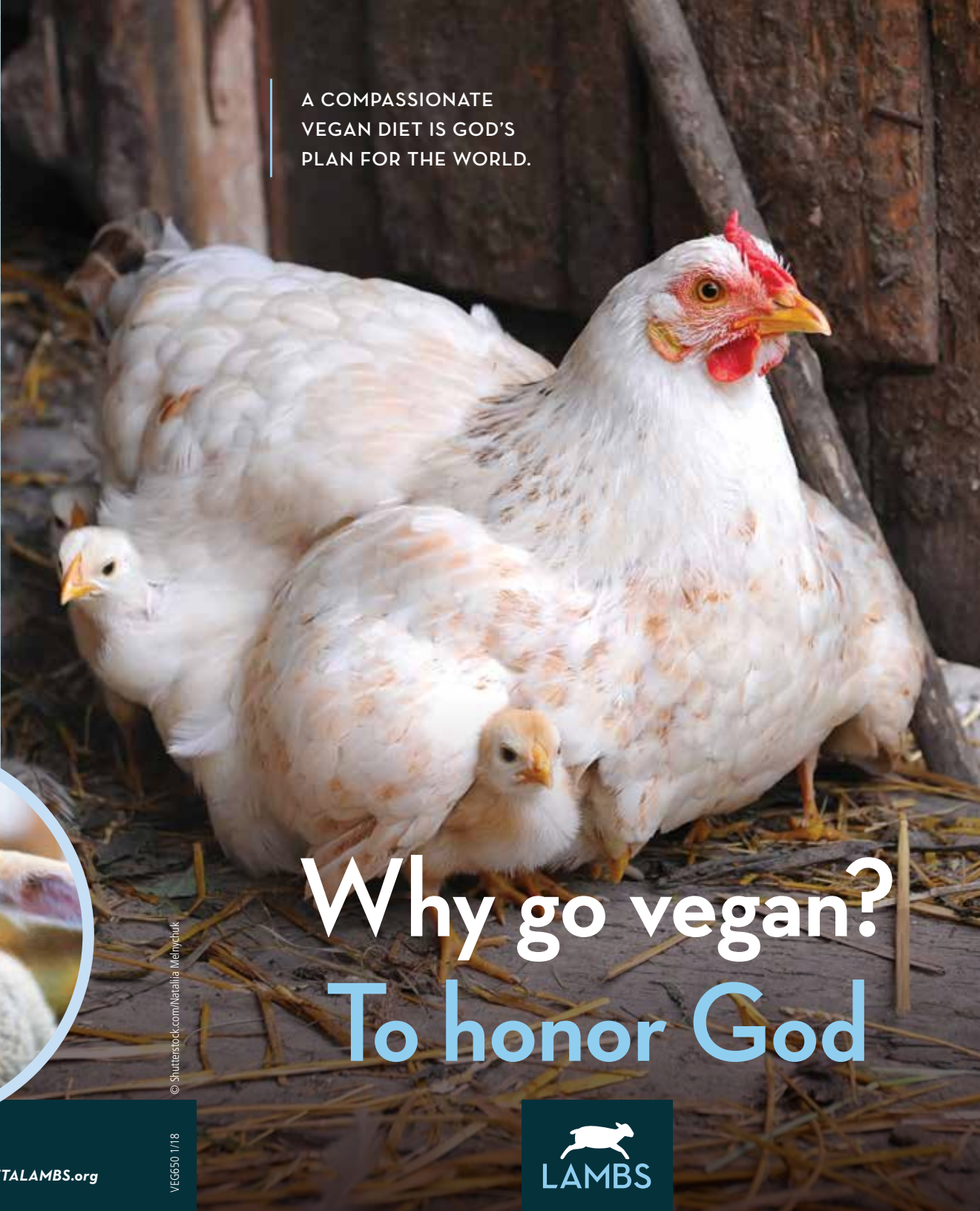
2 cups almond flour
1/2 tsp. baking powder
1/3 cup maple syrup
2 tsp. vanilla extract

- Preheat the oven to 350°F and line a baking sheet with parchment paper.
- Combine the almond flour and baking powder in a bowl. Stir in the maple syrup and vanilla. (The dough should be sticky and hold together well.)
- Drop rounded tablespoonfuls of dough onto the baking sheet about 1 inch apart. Bake until the edges are golden brown, about 12 minutes.

Makes about 16 cookies



A COMPASSIONATE
VEGAN DIET IS GOD'S
PLAN FOR THE WORLD.



Why go vegan? To honor God

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Blessed Are the Merciful

“ God said, ‘See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.’ And it was so. God saw everything that he had made, and indeed, it was very good. ”

—Genesis 1:29-31a

“ And the king will reply, ‘Truly I tell you, whatever you do unto the *least among my brothers and sisters*, you do as unto me.’ ”

—Matthew 25:40



We feel God's loving presence every day, but have you ever noticed how His presence is reflected in the lives of animals?

Hens cluck to their chicks, who chirp back from inside the shells. Not only are chickens devoted parents, they're also inquisitive, social individuals who like being with others of their own species. Pigs are sociable, too, and extremely intelligent. They form strong bonds and are very protective of their babies. Cows have a wide range of personalities—some are playful, while others are bossy—and they never forget a face. They form friendships with some but avoid others, and mother cows have a deep emotional connection with their calves.

Animals share another connection: They all want to be left in peace, just as our Creator intended in the Garden of Eden. Factory farms deny animals everything that's natural and meaningful to them. Instead of delighting in a dust bath, lying in the sun, or romping around with loved ones, they're separated from their families and confined to dark, crowded sheds; small, barren crates; or filthy, congested feedlots—and they're sentenced to a life of deprivation that ends when they're hauled off to the slaughterhouse.

We don't have to contribute to their suffering. By choosing vegan foods, we can spare animals lives of suffering and horrific deaths and respect all of God's precious creation. For more information and to order a free vegan starter kit, visit PETALAMBS.org.



Mother pigs are kept inside crates so small that they can't even nuzzle their piglets.



Male calves, who are useless to the dairy industry, are often killed for veal.



Chickens are not protected from abuse by any federal laws.