

ben and jerry's vegan

ben and jerry's vegan offerings represent a significant step in the evolution of plant-based desserts within the ice cream industry. As one of the most iconic ice cream brands worldwide, Ben & Jerry's commitment to vegan products caters to the growing demand for dairy-free alternatives without compromising on taste and texture. This article explores the range of Ben & Jerry's vegan flavors, the ingredients that make these products dairy-free, and the company's environmental and ethical initiatives related to veganism. Additionally, the article covers nutritional information, availability, and consumer reception of Ben & Jerry's vegan ice cream. Understanding these aspects provides a comprehensive overview for anyone interested in plant-based frozen treats and the brand's role in this dynamic market.

- Overview of Ben & Jerry's Vegan Ice Cream
- Ingredients and Dairy-Free Alternatives
- Popular Ben & Jerry's Vegan Flavors
- Nutritional Information and Health Considerations
- Environmental and Ethical Commitments
- Availability and Purchasing Options
- Consumer Reception and Market Impact

Overview of Ben & Jerry's Vegan Ice Cream

Ben & Jerry's vegan ice cream line is designed to deliver the same indulgent experience as their traditional dairy-based products but formulated entirely without animal-derived ingredients. The brand officially launched its vegan range in response to increasing consumer demand for plant-based options and a growing awareness of animal welfare and environmental sustainability. These vegan products reflect Ben & Jerry's signature creativity in flavor combinations while adhering to strict vegan standards certified by reputable organizations. The introduction of vegan ice cream has expanded the brand's market reach and reinforced its reputation as an innovator in frozen desserts.

History of Vegan Offerings

Ben & Jerry's began exploring vegan options in the early 2010s, initially releasing a few dairy-free flavors made with almond milk. Over time, the company expanded its vegan portfolio, transitioning to more sustainable and allergen-friendly bases such as oat milk. This shift allowed for broader appeal and improved taste and texture. The current vegan line is now a permanent fixture in many markets, underscoring the brand's commitment to inclusivity and sustainability.

Ingredients and Dairy-Free Alternatives

The core of Ben & Jerry's vegan ice cream lies in its carefully selected dairy-free ingredients, which replicate the creamy texture and rich flavor of traditional ice cream. The primary bases used in these products include oat milk and almond milk, both chosen for their neutral taste profiles and ability to blend well with various mix-ins. The brand avoids the use of animal-derived ingredients such as milk, cream, and eggs, replacing them with plant-based alternatives that also cater to lactose-intolerant consumers.

Key Ingredients in Ben & Jerry's Vegan Ice Cream

- **Oat Milk:** Provides creaminess, smooth texture, and natural sweetness.
- **Almond Milk:** Used in select flavors for a light and nutty base.
- **Cane Sugar:** Sweetens the ice cream without using refined beet sugar.
- **Cocoa and Chocolate:** Sourced from dairy-free suppliers to maintain vegan status.
- **Natural Flavors and Extracts:** Enhance taste without animal derivatives.
- **Nut Butters and Mix-ins:** Added for texture and flavor complexity.

Popular Ben & Jerry's Vegan Flavors

Ben & Jerry's has developed a variety of vegan flavors that mirror some of their classic favorites while introducing innovative new combinations. These flavors are formulated to appeal to both vegan consumers and those seeking dairy-free alternatives due to allergies or lifestyle choices. The brand frequently rotates flavors and introduces limited editions, maintaining consumer interest and responding to taste trends.

Signature Vegan Flavors

- **Peanut Butter & Cookies:** A creamy oat milk base with peanut butter swirls and cookie chunks.
- **Chocolate Fudge Brownie:** Rich chocolate ice cream with dairy-free fudge brownies.
- **Chunky Monkey:** Banana-flavored ice cream with walnuts and fudge chunks, reimagined in a vegan version.
- **Netflix & Chill'd:** Non-dairy peanut butter ice cream with sweet and salty pretzel swirls and fudge brownies.
- **Cinnamon Buns:** Cinnamon ice cream with cinnamon bun dough and a cinnamon streusel swirl.

Nutritional Information and Health Considerations

Ben & Jerry's vegan ice cream products provide a dairy-free alternative while maintaining nutritional value comparable to traditional ice cream. They are suitable for individuals with lactose intolerance, milk allergies, or those following a vegan diet. However, as indulgent frozen desserts, they should be consumed in moderation due to sugar and fat content. The brand labels its products transparently, allowing consumers to make informed choices based on dietary needs.

Typical Nutritional Profile

- Calories per serving range between 280-350, depending on the flavor.
- Total fat content varies from 14 to 20 grams, with some saturated fats from coconut oil or nut butters.
- Sugar content averages around 20-25 grams per serving.
- Protein content is generally lower than dairy ice cream but sufficient for a dessert.
- Free from lactose and animal cholesterol.

Environmental and Ethical Commitments

Ben & Jerry's vegan line aligns with the company's broader commitment to environmental sustainability and ethical sourcing. By reducing reliance on dairy, the brand helps lower greenhouse gas emissions, water usage, and land consumption associated with traditional dairy farming. Additionally, Ben & Jerry's sources many ingredients from fair trade-certified suppliers, supporting ethical labor practices and sustainable agriculture.

Sustainability Initiatives

- Transitioning to plant-based milk alternatives to reduce carbon footprint.
- Utilizing non-GMO ingredients to promote biodiversity.
- Engagement in fair trade programs for key ingredients like cocoa, vanilla, and sugar.
- Packaging innovations aimed at reducing waste and increasing recyclability.

Availability and Purchasing Options

Ben & Jerry's vegan ice creams are widely available in grocery stores, supermarkets, and specialty retailers across the United States and many international markets. The brand also sells its vegan products through online retailers and delivery services, increasing accessibility for consumers. Seasonal and limited-edition flavors may have restricted availability, encouraging timely purchases.

Where to Find Ben & Jerry's Vegan Ice Cream

- Major supermarket chains in the frozen dessert aisle.
- Natural and organic food stores with dedicated vegan sections.
- Online grocery delivery platforms.
- Ben & Jerry's scoop shops offering select vegan flavors.

Consumer Reception and Market Impact

Ben & Jerry's vegan ice cream has received positive feedback for taste, texture, and adherence to vegan principles. The brand's ability to replicate the indulgence of traditional ice cream while providing a plant-based option has been praised by both vegan and non-vegan consumers. This success has contributed to increased competition and innovation within the dairy-free frozen dessert market.

Market Influence

- Setting a benchmark for quality in vegan frozen desserts.
- Encouraging other brands to expand plant-based product lines.
- Driving awareness of sustainable consumption through marketing campaigns.
- Supporting the growth of veganism and flexitarian diets globally.

Frequently Asked Questions

Does Ben and Jerry's offer vegan ice cream options?

Yes, Ben and Jerry's offers a variety of vegan ice cream flavors made with non-dairy ingredients such as almond milk and sunflower butter.

What are some popular Ben and Jerry's vegan flavors?

Popular Ben and Jerry's vegan flavors include Chocolate Fudge Brownie, Chunky Monkey, and Peanut Butter & Cookies.

Are Ben and Jerry's vegan ice creams certified vegan?

Yes, Ben and Jerry's vegan ice creams are certified vegan, ensuring they contain no animal products or by-products.

Where can I buy Ben and Jerry's vegan ice cream?

Ben and Jerry's vegan ice creams are available at major grocery stores, specialty food stores, and online retailers in many countries.

Is Ben and Jerry's vegan ice cream gluten-free?

Some vegan flavors are gluten-free, but not all. It's important to check the packaging or Ben and Jerry's website for specific allergen information.

What ingredients are used in Ben and Jerry's vegan ice cream?

Ben and Jerry's vegan ice creams typically use almond milk or sunflower butter as a base, along with organic cane sugar, cocoa, and various mix-ins like nuts and cookie pieces.

Does Ben and Jerry's vegan ice cream taste like their traditional ice cream?

Many fans report that Ben and Jerry's vegan ice cream has a creamy texture and rich flavor comparable to their dairy-based ice creams.

Is Ben and Jerry's vegan ice cream more expensive than regular ice cream?

Ben and Jerry's vegan ice cream is generally priced similarly to their dairy ice cream, though prices may vary by retailer and location.

Additional Resources

1. *Ben & Jerry's Vegan Revolution: Creamy, Dreamy Dairy-Free Ice Cream Recipes*

This book explores the journey of Ben & Jerry's transition to offering vegan ice cream options. It includes a variety of plant-based recipes inspired by their classic flavors, allowing readers to recreate the magic at home. The book also delves into the company's commitment to sustainability and ethical sourcing.

2. *The Ultimate Guide to Ben & Jerry's Vegan Flavors*

A comprehensive guide that profiles every vegan flavor Ben & Jerry's has launched, including tasting notes and ingredient breakdowns. It provides insights into the creation process and the challenges of developing delicious, dairy-free ice cream. Perfect for fans who want to learn more about their favorite vegan treats.

3. *Churn It Up: DIY Vegan Ice Cream Inspired by Ben & Jerry's*

This recipe book offers homemade vegan ice cream recipes modeled after Ben & Jerry's most popular flavors. Using simple, accessible plant-based ingredients, readers can learn to craft creamy, dairy-free desserts in their own kitchens. The book also includes tips on texture and flavor balancing for the perfect scoop.

4. *Ben & Jerry's Vegan Scoop: A History of Innovation and Compassion*

An in-depth look at the history of Ben & Jerry's commitment to social causes, including their pioneering efforts in vegan ice cream. The book combines company anecdotes, interviews with founders and activists, and the evolution of vegan product lines. It's a celebration of creativity, activism, and delicious dairy-free ice cream.

5. *Sweet & Sustainable: Ben & Jerry's Plant-Based Ice Cream Journey*

Focusing on sustainability, this book highlights how Ben & Jerry's integrates environmental responsibility with their vegan ice cream production. It covers topics like sourcing non-dairy ingredients, reducing carbon footprints, and supporting fair trade. Readers gain a deeper appreciation for the ecological impact of their favorite vegan desserts.

6. *Vegan Ice Cream for All: Inspired by Ben & Jerry's Classics*

This cookbook adapts beloved Ben & Jerry's flavors into vegan-friendly recipes that anyone can make at home. It emphasizes inclusivity, catering to various dietary needs and preferences without sacrificing taste or texture. The recipes range from simple to adventurous, catering to all skill levels.

7. *Ben & Jerry's Vegan Flavor Lab: Experimenting with Plant-Based Ingredients*

A behind-the-scenes look at the research and development process that Ben & Jerry's undertakes to create innovative vegan flavors. The book explores the science of plant-based ice cream, flavor combinations, and texture experimentation. It's ideal for food enthusiasts and aspiring ice cream makers.

8. *Frozen Compassion: The Ethics of Ben & Jerry's Vegan Ice Cream*

This book delves into the ethical considerations that drive Ben & Jerry's vegan product line, including animal welfare, environmental concerns, and social justice. It provides readers with thought-provoking discussions alongside delicious recipes. The narrative encourages mindful consumption and support for ethical food brands.

9. *The Ben & Jerry's Vegan Cookbook: From Cone to Cup*

A complete cookbook featuring vegan ice cream recipes inspired by Ben & Jerry's, as well as creative ways to serve them—from cones and sundaes to shakes and cakes. It includes helpful tips for working with plant-based ingredients and making the perfect vegan ice cream at home. This book is a must-have for fans and vegan dessert lovers alike.

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ben and jerry s vegan: *The Complete Idiot's Guide to Being Vegetarian, 3rd Edition* Frankie Avalon Wolfe M.H., Ph.D., 2007-12-04 Time to veg out! This updated and revised guide to the joys of vegetarianism features—for the first time—75 delicious recipes! You will learn how to prepare and savor main dishes and sides, smoothies, breakfasts, snacks, and more. A great introduction to the vegetarian lifestyle, this edition has tips on changing eating habits as painlessly as possible and covers the health and psychological aspects of going “veg.”

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ben and jerry s vegan: *The VegNews Guide to Being a Fabulous Vegan* Jasmin Singer, VegNews Magazine, 2020-12-15 Go vegan the fabulous way with this helpful guide from an editor of VegNews, an award-winning vegan media outlet. Maybe you're interested in it for the food, maybe it's the animals, or maybe climate change has got you thinking. Whatever your reason, maybe you don't quite know where to start. After all, doesn't going vegan mean you have to give up tasty snacks, cool shoes, a sense of humor, and your leather couch? (Nope, nope, no way, well . . . eventually.) Covering everything from nutrition (you will get enough protein, promise) to dating (vegans have better sex. It's true) to fitness (you want to lift a car over your head? Sure), Jasmin Singer and the team at VegNews bust all the myths and give you all the facts about a plant-based lifestyle. With 30 easy recipes to get you started, *The VegNews Guide to Being a Fabulous Vegan* will help you adopt a lifestyle that's better for you, the animals, and the planet. And what's more fabulous than that?

ben and jerry s vegan: *The Vegan Way* Jackie Day, 2016-10-25 “Writing in a playful and upbeat fashion, Day guides her readers through a day-by-day approach to living vegan... For those interested in becoming acquainted with “the vegan way,” this book marvelously succeeds.” - Publishers Weekly I only wish I had had this book decades ago! - Moby This goes well beyond diet ... This book is a comprehensive guide to anyone looking to switch to a plant-based life. - Booklist *The Vegan Way* is like having a friendly non-judgmental vegan friend by your side to help you every step of the way as you blossom into a happier, healthier being. So inspiring! - Pamela Anderson *The VeganWay* is a book filled with everything Jackie Day has learned as a happy vegan, a health educator, and author of the popular vegan blog, *My Vegan Journal*. A lifestyle guide that's a real game-changer, *The Vegan Way* is for those who are intimidated by going vegan overnight, but don't want the transition to stretch out for months or even years. In a 21 day plan that emphasizes three core reasons for going vegan—being as healthy as you can be, being compassionate to animals, and respecting our planet—Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it. It might be something as simple as switching out your coffee creamer for vanilla almond milk or kicking the cheese habit. Readers will learn where to dine and what to order when eating out, the most vegan-friendly places to visit, how to avoid clothing made from animals, and how to decipher those pesky ingredients lists. And throughout, Jackie will be providing glimpses into the finer points of vegan living, giving readers something to aspire to as they get past Vegan 101. Readers will also find a handful of easy and delicious recipes sprinkled throughout. *The Vegan Way* is a road map that puts positive thoughts about health, the environment, and animals into action, transforming your life into a vibrant, healthy, and compassionate one.

ben and jerry s vegan: *The 30-Day Vegan Meal Plan for Beginners* Eddie Garza, Lauren

Pitts, 2021-02-09 A delicious, doable vegan meal plan with dietician-approved recipes Make it simple to serve up flavorful foods you can feel good about. The 30-Day Vegan Meal Plan for Beginners is the ultimate starter guide, offering 100 recipes and a monthlong plan for adopting a vegan diet. Empower yourself with this vegan cookbook featuring a professionally curated menu that's healthier for you and the world around you. This top choice among vegan cookbooks includes: Hearty, varied meals—Discover recipes packed with wholesome ingredients like vegetables, beans, tofu, nuts, and whole grains sure to leave you satisfied. Vegan basics—Get a crash course in exactly what veganism means as well as how it can help you, animals, and the planet. Easy shopping—Weekly grocery lists and handy tips for shopping vegan ensure you always have the right ingredients on hand. Go beyond other vegan cookbooks with recipes and a meal plan that make it easy and delicious to eat plant-based.

ben and jerry s vegan: Cool Food Robert Downey Jr., Thomas Kostigen, 2024-01-23 AN INSTANT NEW YORK TIMES AND USA TODAY BESTSELLER In Cool Food, celebrated actor and philanthropist Robert Downey Jr. and New York Times bestselling author Thomas Kostigen team up to discover how we can erase our carbon footprints—one bite at a time. What we eat matters—to us, and to the planet. Cool food is a game-changing new food category and way of thinking that can help fix the climate. This engaging and persuasive book will show you how to make simple choices, starting today—in the supermarket, in your kitchen, and in the world—to reduce your environmental impact. Hundreds of cool foods exist, but until now have gone largely uncelebrated for their climate-positive powers. Some of these foods may already be on your shelf, and some are just on the horizon. But cool food is much more than just a shopping list: it's a way of life vitally important to our future. Packed with eye-opening information, actionable items, and two dozen delicious recipes, Cool Food comes alive with engaging storytelling and refreshing humor. Robert and Tom have talked with experts around the globe—from farmers who are pioneering new pathways to more sustainable food, to cutting-edge, climate-friendly chefs. In seeking answers to what each of us can do, this intrepid duo discovered: the power of ancient grains; revolutionary farming techniques that create more sustainable foods; the unexpected benefits of meal kits; future foods that are made of thin air; delicious and different recipes that do the world good, and much more. What we choose to eat, where we shop, and how we plan our meals are daily choices that can have a wide impact on the world, whether we realize it or not. We have the power with each one of our daily purchases and our individual food habits to encourage a healthier and more sustainable food system for everyone. Join Robert and Tom on this fun, exciting, and enlightening adventure and learn how to become part of the Cool Food revolution.

ben and jerry s vegan: Vegan in 30 Days Sarah A. Taylor, 2010-11-09 This is the perfect guide for anyone who has heard about the vegan diet, may even know people who follow it, and would like to try it for themselves. Their reason for switching to a vegan diet may be to lose weight, prevent or reverse disease, have more energy, save thousands of animals from suffering and death, and/or drastically reduce one's carbon footprint on the earth. Sarah gives you a step-by-step program from Day 1 through Day 30 to help make the transition to a completely plant-based diet follow a natural progression and do so in a manner that emphasizes good health. You'll find no vegan junk foods here. This program is also completely flexible and up to the individual. For some people, one of the steps could take a few weeks or they'll find a few other steps can be done on the same day. The most important thing to ensure success is to make the commitment to be working on a step every single day and not be conceptual about how long each step must take. Filled with incredible insight and dozens of practical tips, and sample recipes, Vegan in 30 Days will make sure that they reach their goal of becoming vegan in a healthful, fun and successful way!

ben and jerry s vegan: WORTH A SHOT Sydney Straver, 2021-02-27 In WORTH A SHOT, Sydney Straver inspires others about a plant-based, vegan diet with easy yet tasty recipes that can be prepared during a busy week, and will enable you to sneak more veggies and fruits into your life. This book makes plant-based, vegan food a little more accessible, and features wholesome food that everyone, including meat-eaters, will love. Recipes are smartly composed so they are easy to make,

nutritious for our bodies and sustainable for our planet. Sydney will show how to add more greens, superfoods and fruits into all kinds of dishes, from banana pancakes to courgette pizza. With personal anecdotes and images captured by Sydney, WORTH A SHOT shares modern and inspiring vegan (and gluten-free) recipes.

ben and jerry s vegan: Living Vegan For Dummies Cadry Nelson, 2023-11-14 Vegan diet, nutrition, and lifestyle, demystified Living Vegan For Dummies provides a practical look at veganism for those who have already embraced the lifestyle, for anyone who is on the fence about trying it, or for those who want to understand the choices of the vegans in their midst. You'll learn what it means to be vegan and why this animal-friendly diet is on the rise. Discover tasty vegan ingredients and easy recipes, money-saving tips, advice for talking to people about veganism, and ideas for dealing with the skeptics. If you're ready to start transitioning to a vegan way of life, you'll love this book's simple action plans for making the switch—and making it stick. With this friendly Dummies guide, you've got answers to all your questions. Learn what veganism is, how it's different from vegetarianism, and why people choose to "go vegan" Decide whether veganism is for you and get pointers on cutting out animal products Help friends and loved ones understand your dietary and lifestyle choices Get ideas for vegan cooking, eating out, and being vegan on a budget Living Vegan For Dummies is a valuable resource for anyone who practices or is considering veganism, as well as their friends and family who want to know more about the lifestyle.

ben and jerry s vegan: Striking at the Roots Mark Hawthorne, 2010-05-11 Animal activists shine a bright light into the dark recesses of factory farms, vivisection labs, fur farms, product-testing facilities and animal "training" complexes. Striking at the Roots: A Practical Guide to Animal Activism brings together the most effective tactics for speaking out for animals. Activists from around the globe explain why their models of activism have been successful - and how you can become involved.

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ben and jerry s vegan: Hospitality and Travel Marketing Alastair M. Morrison, 2022-10-27 Fully revised and updated for its fifth edition, Hospitality and Travel Marketing provides students with an international and systematic approach to hospitality and travel marketing structured around planning, research, implementation, control, and evaluation. Written in a user-friendly style and structured in a logical and organized manner to aid learning, students benefit from the ease of communication, practical nature, and excellent use of relevant and up-to-date cases. The author's global experience in the industry is emphasized through content on hospitality and travel marketing and other parts of tourism, along with a plethora of timely and relevant 'real-life' case examples from around the world. This new fifth edition is positioned as a post-COVID-19 text, reflecting the new realities of marketing after the pandemic, and has been updated to reflect these current trends in the field, including e-marketing, mobile marketing, societal marketing, and destination branding. It specifically has been updated by: • Including three new technology chapters on e-marketing, marketing on social media platforms, electronic customer relationship management (eCRM), and customer co-creation in marketing • A new chapter on social responsibility, societal and social marketing • New content on the new realities of the post-COVID era and the increasing competitiveness in hospitality and travel, greater emphasis on branding, disruptive technologies, consumer control, marketing and generations, uses of user-generated content, and globalization • New global case studies throughout with reflective questions to use in class or for self-study • New marketing and e-marketing mini cases throughout the book • New and updated additional resources to aid understanding and teaching, including PowerPoint slides This international, accessible, and comprehensive whole-industry textbook, written by a world-renowned author and industry expert, is an invaluable study companion for students of hospitality and travel marketing.

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ben and jerry s vegan: *Practical Fueling for Endurance Athletes* Kylee Van Horn, 2025
Practical Fueling for Endurance Athletes provides practical, science-based nutritional information and strategies that lead to long-term health and superior performance in running, cycling, swimming, rowing, obstacle course racing, multiday events, and Nordic skiing.

ben and jerry s vegan: *Things I Never Told You* Beth K. Vogt, 2018-05-08 "With tenderness and skill, Beth Vogt examines the price of secrets, the weight of tragic loss, and the soul-deep poison of things left unsaid." —Lisa Wingate, NYT bestselling author of *Before We Were Yours* It's been ten years since Payton Thatcher's twin sister died in an accident, leaving the entire family to cope in whatever ways they could. No longer half of a pair, Payton reinvents herself as a partner in a successful party-planning business and is doing just fine—as long as she manages to hold her memories and her family at arm's length. But with her middle sister Jillian's engagement, Payton's party-planning skills are called into action. Which means working alongside her opinionated oldest sister, Johanna, who always seems ready for a fight. They can only hope that a wedding might be just the occasion to heal the resentment and jealousy that divides them . . . until a frightening diagnosis threatens Jillian's plans and her future. As old wounds are reopened and the family faces the possibility of another tragedy, the Thatchers must decide if they will pull together or be driven further apart.

ben and jerry s vegan: Spoon-Fed Tim Spector, 2020-08-27 THE #1 SUNDAY TIMES BESTSELLER FROM THE LEADING GUT-HEALTH EXPERT, FOUNDER OF ZOE AND AUTHOR OF FOOD FOR LIFE * As seen on ITV's LORRAINE and heard on THE DIARY OF A CEO * This ground-breaking exploration debunks food myths, from what we should be eating for breakfast to whether we should really avoid ultra-processed foods. Is breakfast really the most important meal of the day? Is there any point in counting calories? Is there any evidence that coffee is bad for us? Through his pioneering research, Professor Tim Spector busts these and many other myths about food. Spoon-Fed explores the scandalous lack of good science behind many diet plans, official recommendations, miracle cures and ultra-processed foods, and encourages us to rethink our whole relationship with food - not just for our health as individuals, but for the future of the planet. 'Hugely enjoyable' Michael Mosley 'Illuminating and so incredibly timely' Yotam Ottolenghi 'This book should be available on prescription' Felicity Cloake 'Will actually help you decide what to add to your next grocery shop' Bee Wilson, Guardian Go with your gut. Join the food revolution. **Tim Spector's number 1 bestselling Food for Life: Your Guide to the New Science of Eating Well is now available in paperback** **ORDER THE FOOD FOR LIFE COOKBOOK, OUT NOW**

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ben and jerry s vegan: Protest Kitchen Carol J. Adams, Virginia Messina, 2018-10-01 2018

Foreword Book of the Year Awards Bronze Winner Protest Kitchen is an empowering guide to the food and lifestyle choices anyone can make for positive change in the face of the profound challenges of our time. Our food choices have much more of an impact than most people imagine. They not only affect our personal health and the environment, but are also tied to issues of justice, misogyny, national security, and human rights. Protest Kitchen is the first book to explore the ways in which a more plant-based diet challenges regressive politics and fuels the resistance. A provocative and practical resource for hope and healing, Protest Kitchen, features over 50 vegan recipes (with alternatives for aspiring vegans) along with practical daily actions such as: • Substitute cow's milk in your coffee and cereal for any of a variety of delicious non-dairy milks. This will help lower the release of methane gas that contributes to global warming • Use a smartphone app when buying chocolate to avoid supporting African farmers who use child-labor, even child slavery, to supply cacao beans to the food industry • Make your own cleaning supplies and wood polish; it's frugal and avoids reliance on products that may be tested on animals

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