

**Pope Francis to 'every person on Earth':
Be kind to animals**

*“One day, we will see our animals
again in the eternity of Christ.
Paradise is open to all of God's creatures.”*

*“It is contrary to human dignity
to cause animals to suffer or die.”*

*“We must forcefully reject the notion that
our being created in God's image and
given dominion over the earth
justifies absolute dominion
over other creatures.”*



Giving up Meat for Lent

The most observed tradition
during Lent is not eating meat.
All meals during this 40-day period
are prepared without animal products.

Christians observe a meat-free diet
for ethical, environmental,
nutritional and spiritual reasons.

Akki Roti 4 Rotis

Ingredients:

1 cup rice flour
1 small onion, chopped finely
3 tablespoons fresh coconut, grated
½ teaspoon cumin seeds
2 green chillies, deseeded
3 tablespoons coriander leaves, chopped
½ carrot, grated
½ teaspoon ginger, grated
2 tablespoons dill leaves/savaa, chopped
Salt to taste
Water
Oil



Preparation:

Mix rice flour, onions, coconut, cumin, green chillies, coriander leaves, carrot, ginger, dill leaves and salt in a bowl with a little water and knead it. Divide the dough into equal balls.

Grease the *tawa* and heat it. Place a dough ball on the *tawa* and fatten it evenly by dipping fingers in water and spreading it evenly.

If making thick roti, prick it with a fork 2 inches apart for even cooking.

Flip roti and cook on the other side until light brown.

Apply oil on both sides and roast again.

Serve akki roti with chutney.

Cold Cucumber Soup Serves 2

Ingredients:

1 cup light fresh coconut milk
1 large seedless cucumber
1 medium avocado
1 tablespoons olive oil
½ cup fresh parsley
¼ cup fresh dill/savaa
2 teaspoons lemon juice
Freshly ground pepper and salt to taste



Preparation:

Using a mixer, blend all ingredients at high speed. Cool in fridge. Serve cold with nutritious multi grain bread which has been toasted.

Almond Butter 100 grams

Ingredients:

2 cups raw almonds
¼ teaspoon salt
½ tablespoon virgin olive oil



Preparation:

Preheat the oven to 180 degrees. Spread and toast the almonds for 10 minutes. Let them cool.

Blend the almonds until creamy.

Once the almond butter is very smooth add salt and olive oil.

Let the almond butter cool. Then transfer mixture to a jar. Can be stored in the refrigerator for 2 weeks.

Ragi Ladoos 10 Pieces

Ingredients:

2 tablespoons coconut oil
2 tablespoons broken cashews
1 cup *ragi*/finger millet flour
¼ cup desiccated coconut
¾ cup jaggery
¼ cup water
A big pinch of cardamom



Preparation:

Heat 1 tablespoon of coconut oil in a pan and fry cashews. Keep aside.

Heat 1 more tablespoon of coconut oil and add *ragi* flour. Fry it slightly on a medium flame until you get pleasant aroma.

Add in desiccated coconut and sauté for 1 minute. Keep aside.

Mix jaggery and water in a pan and boil.

Add cardamom powder and boil until the syrup is of one string consistency.

Immediately pour the syrup over the roasted *ragi* flour mixture.

Mix well and wait till it cools a little and make balls/*ladoos*.
(The *ladoos* will be little soft, but will harden when cool.)

Smoothie Serves 2

Ingredients:

1 cup green peas
1 cup strawberries
½ cup pineapple juice
2 mint leaves



Preparation:

Liquidise the ingredients together.

Add ice and serve.

Roah ki Kheer Serves 2

Ingredients:

1 tablespoon oil
50 grams cashew nuts
50 grams raisins
500 ml sugarcane juice
(without lemon or ginger)
100 grams rice, cooked
1 teaspoon cardamom powder
Black salt to taste



Preparation:

Heat oil and fry cashew nuts and raisins. Boil sugarcane juice in a pan on medium flame. Skim any impurities that float on top. When it reduces to half, add rice, cardamom powder, black salt, cashews & raisins. Mix well. Serve hot.



www.bwcindia.org

Beauty Without Cruelty INDIA

An International Educational Charitable Trust For Animal Rights

4 Prince of Wales Drive, Wanowrie, Pune 411 040.

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420

admin@bwcindia.org

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Beauty Without Cruelty
is happy to present a small selection of
tasty and easy to make recipes
for the benefit of
non-vegetarians who some times
do not wish to consume flesh
on religious, health or ethical grounds

For an assortment of
Beauty Without Cruelty's
tested and tasted, healthy
and delicious vegan recipes:
www.bwcindia.org/Web/Recipes/VeganFood.html

Papita-Moongfali Ki Sabzi

Serves 4

Ingredients:

1½ tablespoons olive oil
1 teaspoons cumin seeds
1 teaspoons mustard seeds
5 curry leaves
1 pinch asafoetida
½ teaspoons turmeric powder
1 teaspoons red chilli powder
1 cup onions, finely chopped
2 cups unripe papaya, cut into ½ inch pieces
¾ cup roasted peanuts, coarsely ground
Salt



Preparation:

Heat oil in pan and add cumin, mustard seeds, curry leaves and asafoetida till they splutter. Add turmeric and chilli powders. Add onions till translucent.

Add papaya, mix well, cover and cook till tender but stir and sprinkle a little water off and on.

Remove lid and continue cooking for 3 more minutes.

Add peanuts and cook for another 3 minutes. Then add salt to taste.

Serve hot with *chapattis* or *paratha*.

Masala Bhaat

Serves 4

Ingredients:

1½ cup Basmati rice, soaked
4 small brinjals, cut into 4 lengthwise
2 teaspoons coriander seeds
2 teaspoons cumin seeds
½ cup dry coconut, grated
4 red chillies
2 teaspoons oil
2 bay leaves
7 cloves
5 green cardamoms
15 *tendli*, cut lengthwise
1 teaspoon turmeric powder
3 cups water
1 teaspoon *goda masala*
Salt to taste
12 cashew nuts, fried
2 tablespoons fresh coconut, grated
2 tablespoons coriander leaves, chopped



Preparation:

Soak bringals in salt water. Heat pan and roast separately coriander seeds, cumin seeds, and dried coconut. Add red chillies and a little water and grind in mixer to make *masala*.

Heat oil, add bay leaves, cloves and green cardamoms. Add brinjals, *tendli*, turmeric powder and *masala*. Sauté well.

Add rice and mix lightly. Add 3 cups hot water and salt.

Mix in *goda masala*. Add half the cashew nuts.

Cover and cook till the rice is done.

Garnish with fresh coconut, coriander leaves and cashew nuts.

Goan Mushroom Balchão

Serves 4

Ingredients:

2 cups whole button mushrooms
¼ cup oil
2 sprigs curry patta, washed and dried
2 green chillies, sliced
2 tablespoons ginger-garlic paste
3 onions, finely chopped
3 tomatoes, chopped
Salt

Masala ingredients:

10 Kashmiri chillies
5 cloves
1 stick cinnamon
1½ teaspoon jeera
½ teaspoon turmeric powder
½ teaspoon mustard seeds
1 tablespoon jaggery
1 tablespoon tamarind paste
2 tablespoons vinegar
Grind the above into a smooth paste and keep aside.



Preparation:

Heat oil. Toss in the mushrooms and sauté till done. Drain and keep aside.

In the same oil add curry patta and chillies. Sauté. Add ginger-garlic paste. When brown add onions, then tomatoes and continue sautéing. Add masala and salt to taste. Simmer for 2 minutes.

Lastly add the mushrooms, cover pan with lid and simmer for 5 minutes.

Serve hot with rice.

Bajra Khichdi with Flaxseed Chutney

Serves 2

Ingredients:

1 cup *bajra*/millet, soaked overnight
1 cup moong dal
Salt
4 cups water
2 tablespoons oil
2 teaspoons cumin seeds
2 green chillies, chopped
½ tablespoon asafoetida/*hing*
½ tablespoon turmeric



Preparation:

Pressure cook *bajra*, moong dal, salt and water for 4 whistles.

Heat oil and add cumin seeds, chillies, asafetida, turmeric and sauté.

Add *bajra*-moong dal mixture and cook on a medium flame for 2 to 3 minutes.

Serve with chutney.

Flaxseed Chutney

10 tablespoons flaxseed
1 whole garlic pod
5 dry red chillies
2 tablespoons dry coconut, grated

Roast above except coconut.

Mix in coconut and grind coarsely.



Palak Tofu

Serves 4

Ingredients:

5 teaspoons oil
200 grams tofu, cut into cubes
½ teaspoon pepper, ground
½ teaspoon red chili flakes
1 bunch spinach/*palak*, chopped
1 inch ginger, roughly chopped
4 garlic cloves, roughly chopped
2 tomatoes, roughly chopped
¾ teaspoon cumin powder
1 teaspoon red chilli powder
½ teaspoon *garam masala*, to sprinkle
1 teaspoon fresh lemon juice
½ cup coconut milk
Salt to taste



Preparation:

Heat 2 teaspoons oil, add tofu and sprinkle, salt, pepper and red chilli flakes. Sauté and keep aside.

Heat 1 teaspoon oil. Cook the spinach. Keep aside.

Heat 2 teaspoons oil. Add ginger & garlic. Sauté.

Add tomatoes, spinach, cumin, chilli powder, salt and *garam masala*. Cook for 2 minutes.

After cooling blend with ¼ cup of coconut milk.

In same pan add spinach puree with remaining coconut milk and mix.

Add tofu. Cover & simmer for 10 minutes on low heat.

Add lemon juice.

Serve hot with *chapatti*.



Beauty Without Cruelty
is a way of life
which causes no creature of
land, sea or air
terror, torture or death

BWC believes
humans have no right, whatever the end,
to exploit or kill creatures (big and small)
in the name of
food, science, service, exhibition,
fashion, religion, entertainment
or for any other reason:
reverence for all life

must be considered fundamentally right.
No killing, exploiting, abusing, harming,
using, adorning, or eating any creature.

Our aims and history
of success are worth exploring.

Do visit our
Beauty Without Cruelty - India website
www.bwcindia.org

If you wish to participate
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admin@bwcindia.org