SIGN UP FOR INDIA'S FIRST 21-DAY VEGAN KICKSTART TO LOSE WEIGHT, IMPROVE HEALTH STARTING FROM NOV.

This is an online program, absolutely free of cost! Click the image to register!

FRIDAY, OCTOBER 8, 2010

Millie's Vegan Cheese, Bangalore

These days when we speak of the rise of India as a global superpower, we take the early 90s as a reference point and the discussion hovers around industrialization, off-shoring, our burgeoning middle class, and the nouveau riche. One essential byproduct of globalization that we often fail to acknowledge is the rapid change in the pattern of food consumption over the past two decades—with all that is considered "junk" in the West being methodically passed over to India, year after year. Our recent love for cheese being just a point in case.

Cheese consumption in India, sadly, is growing at 15-20% every year with the European, Australian, and American companies aiming to grab bigger market shares and alter the eating habits of the Indian middle class with their tricky marketing (Source). The educated urban population, unfortunately, falls for the bait. According to the same source, the metropolitan cities consume over 60% of the total cheese sold in India. No wonder that health concerns are rampant in the metros with people as young as 30 years falling sick with heart disorders and diabetes, thanks to their acquired eating habits.

Traditionally, cheese has been understood to be made from animal milk. In scientific studies made over the past few decades, animal milk has proven to be detrimental to good health besides being a cruelty product (PETA report: Inside the Indian Dairy Industry). So, why consume milk or cheese made from animal milk? Is it to gratify the acquired taste? If it is about taste, then how about giving Vegan cheese a chance?

Yes, Vegan cheese! Vegan cheese is made from ingredients such as nuts and wheats! This cheese is a great way of maintaining a healthy lifestyle without giving up one’s taste bud!
Mille in Bangalore has charmed many people with her splendid varieties of Vegan cheese. She prepares Vegan cheese from 100% organically-grown cashew nuts and wheat in three flavors: herb, paprika, and garlic. Mille’s Vegan cheese tastes great in a regular burger, as a salad dressing, on pastas, on pizzas, and not to mention on the toasted bread. It is the most awesome Vegan equivalent after Vegan yogurt and paysam that we have discovered! You need to taste Mille’s cheese to believe the claim! To place your order, you can contact Mille at telephone numbers 080-41236539 and 09880288634.

And if you’re the adventurous types fond of cooking, you may want to try making Vegan cheese in your kitchens by following the method given in the SHARAN website by clicking here.

Please say NO to dairy cheese and YES to a healthy, nutritious, and delicious Vegan equivalent!

“If a group of beings from another planet were to land on Earth—beings who considered themselves as superior to you as you feel yourself to be to other animals—would you concede the rights over you that you assume over other animals?” —George Bernard Shaw, Playwright, Nobel Prize 1925

0 comments:

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Aakanksha's Blog
Book Review
- Jonathan Livingstone Seagull - Jonathan Livingston Seagull by Richard Bach "Photographs by Russell Munson" First Published in 1970 ISBN 0-88240-331-1 Price $19.95 Pages 87 Published by... 1 week ago

Vegan on the Prowl
Orgeon Mung Dal and Bottle Gourd Crepes (Chillas) - I emphasize on the Organic for a reason. As an agrarian nation, we are probably more connected to what we put on our plates than many other countries. Or a... 2 weeks ago

Saadi dilli de vegans
Vegan Event on Oct 2nd - We are having a vegan event in Delhi on the 2nd of October. Follow the link below for details or copy paste the URL: www.facebook.com/#!/event.php?id=26672... 1 month ago

DEAR READERS, UNTIL A FORMAL POLL IS CONDUCTED OF THE NUMBER OF VEGANS IN INDIA, WE THOUGHT WE COULD INITIATE AN INFORMAL ON TO GET AN APPROXIMATE FIGURE THAT WE ALL COULD QUOTE. PLEASE CONTRIBUTE TO THIS OPEN POLL BY REGISTERING YOUR RESPONSE.

- I am a vegan who is an Indian national and live in India.
- I am a non-resident Indian vegan.
- I am a non-Indian vegan and live in India.
- I am a non-vegan Indian trying to become vegan.
- I am a non-vegan Indian, admire vegans, but not tried myself.

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- Alternative to Animal Wool: Vegan Wool: A World Vegan Day Special

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PREVANKA - A community for Promoting Ethical Values AND Kindness to Animals

A new post - "OBJECTIVES" 1. To promote and propagate ethical values in human lives. 2. To promote kindness and compassion towards all animals. 3. To promote Vegetarianism.

ENGAGING BLOGS BY NON-INDIAN VEGAN AUTHORS

Vegan Etsy
Happy Thanksgiving - and Happy Turkey Day! - Happy Thanksgiving to all here in the U.S., and to all of our readers around the world. This is a great day to give thanks and to celebrate animals. And wh...

Living Vegan
Vegetarian marathon on - Hope, this isn't a run for vegetarians. It's not an eating contest either. All you have to do is to form a team of 2, pay $20 as a team. Find a day between...

The Vegan Stoner
-Vegetarian soda-casserole-5 days ago

Urban Vegan
lower-fat hash browns and my thanksgiving recipes on today show site - The secret of a crispy hash brown? Squeeze out as much water as you can. Want to succeed at hash browns without really...
World Vegetarian
And Vegan News

"Vegan" Still a Scary Word for
Public - Registered Vegan
Trademark Vegan
Restaurants, bakeries find success
downplaying 'V word to attract more diners - The Washington Post I've met a lot of meat...
1 week ago

VEGANISM: A TRUTH WHOSE TIME HAS COME
Is Veganism a Choice -
Whether to have' or not to have a baby is a choice.
Dagging a newborn baby can't from his/her mother soon
after birth so you
can steal the calf's life...
1 week ago

Unpopular Vegan Essays
Animal Cruelty. Who is to blame? - I wrote
this article with Angel Film, who is Director of
Outreach for Gentle Word — a vegan intentional
community and non-profit organization whose core...
1 week ago

Ahimsa
Crazy for Carbs -
The fact that the Atkins diet was once
so popular baffles me. Why would
people willingly give up delicious carbs?
Fasta, bread, muffins, scones, pizza crust...
1 week ago

VEGAN-WORTHY NEWS

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ANIMAL RIGHTS NEWS

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SOCIABLE
green' vegetarian symbol (12) Ahmedabad (26) All India (40) alternative to animal wool (1) alternative to leather shoes (4) Amritsar (1) anti-aging (1) Aromatherapy (1) Ayurvedic (3) Bangalore (59) Baroda (2) beach shoes (1) Bengal vegan recipes (1) Bournville (1) Buddhism (3) campaign (1) Chiangmai (1) Chennai (32) Chinese food (6) Coimbatore (8) compassionate education (1) Continental food (2) crocs (1) cruelty-free cricket balls (1) cruelty-free shoes (4) cruelty-free wool (7) Dalai Lama (2) Delhi (33) Dharamshala (3) E numbers (1) ethical investment guide (1) European food (1) exposure visits (2) famous vegans in India (1) Faridabad (1) faux leather shoes (4) French food (1) Fry's Vegetarian (2) Ghandi (1) global (11) gluten-free (1) Goa (3) Greek food (2) green tea (1) Gurgaon (17) Himachal (3) Hong Kong (1) Hyderabad (30) Indonesia (1) Indore (2) Italian food (3) Jaipur (2) Jalandhar (1) Jamshedpur (1) Japanese (1) Kannada (1) Karungangal (1) Kerala (1) Kerala cuisine (1) khamaj (1) Kolkata (29) Kozhikode (1) lactose-free milk (1) Lajpat (1) Lahore food (1) Ludhiana (1) lunge (1) Maharashtrian food (1) Maldives (1) Mangalore (6) Mauritius (1) Meat Free Mondays Bangalore (1) Mediterranean (2) Mexican food (2) miso soup (1) mock meat (2) Moroccan food (2) mountain (2) Mumbai (38) Mysore (6) naturopathy (2) NCR (1) Noida (3) non-animal wool (1) non-GM (2) non-GM soy beans (2) non-GM tofu (1) non-leather cricket ball (1) non-leather footwear (1) famous brand in India (2) non-leather products (1) non-leather shoes (4) non-leather shoes and accessories (4) noodles (1) North Indian food (8) North Karnataka (1) online order (10) Coty (2) organic (19) organic soaps (3) organic-vegan (15) organizations (6) oriental food (1) Orissa vegan recipes (1) peanut butter (3) people profile (7) Pondicherry (5) Pune (39) pure veg toothpaste (2) Puttaparthi (1) quiche (1) Reliance (1) SAREC countries (1) salad (2) sculpture (1) Secunderabad (1) service apartment (1) sorbet (3) soup (1) South Indian food (7) soy (1) soy sauce (1) Spanish (1) Sri Lanka (1) Surat (1) synthetic cricket ball (1) Tamil Nadu (1) Taipei (1) tempura (1) Thai food (1) Thylak (1) tofu (5) udon (1) valley (2) vegan accessories (2) vegan advocacy in India (7) vegan art jewelry (1) vegan baby products (1) vegan baby soap (1) vegan bags (3) vegan bakery Bangalore (3) vegan bakery Mumbai (2) vegan bakery products (6) vegan beer (1) vegan bets (3) vegan biscuits (5) vegan breads (5) vegan breakfast cereal (4) vegan butter (2) vegan dairy (2) vegan durian (1) vegan econo 4585 (4) vegan eggnog (5) vegan cheese (1) vegan cheese with (1) vegan chocolate (5) vegan cookbook (7) vegan cookies (3) vegan cooking classes (1) vegan cosmetics (11) vegan crackers (1) vegan crockery (1) vegan curry (1) vegan desserts (4) vegan education (2) vegan events (5) vegan face mask (2) vegan film (1) vegan footwear (4) vegan-friendly hotel (1) cum restaurant in Bangalore (5) vegan-friendly hotel cum restaurant in Delhi (1) vegan-friendly hotels (7) vegan-friendly restaurants (22) vegan-friendly restaurants in Bangalore (10) vegan-friendly restaurants in Delhi (5) vegan-friendly restaurants in McLeod Ganj (3) vegan-friendly restaurants in Pune (6) vegan-friendly store Bangalore (3) vegan-friendly store Mumbai (1) vegan-friendly stores (2) vegan fruit bars (2) vegan hair color (1) vegan hair conditioner (4) vegan hair oil (1) vegan honey (1) vegan ice cream (5) vegan India (91) vegan jams (2) vegan knitting (1) vegan lipstick (1) vegan milk (3) vegan muesli (3) vegan muffins (5) vegan music (1) vegan pearl (1) vegan pet food (1) vegan pizza (2) vegan polymer clay (4) vegan purse (2) vegan recipes State-wide (2) vegan recipes (9) vegan soup (6) vegan shoes (5) vegan shoes in India (1) vegan smoothie (1) vegan soy papad (2) vegan toothpaste (3) vegan tours (4) vegan travel (4) vegan wax (1) vegan wallets (2) vegan wellness products (3) vegan wool (1) vegan woolens (1) vegan yarn (1) veganism and spirituality (1) vegetarian Chinese restaurant (1) vegetarian Lebanese restaurant (1) vegetarian Mexican restaurant (1) vegetarian shoes (1) vitamin B12 (2) year end (3)