

Vegan cooks demo tasty alternatives



CHENNAI: What would your reaction be if you are asked to stop consuming milk one fine day? That sounds pretty weird, and perhaps the best thing you would do is just ignore and continue consuming it. However, let's put it this way, how would you react if you are asked to stop consuming cucumber? Hmmm...now, that seems rather easy to do! So, what's the reason for this difference in approach? Milk, irrefutably, has become a part of our everyday diet. A day without coffee or tea may seem to be a typical one, but that needn't be the case with cucumber. Now, what if you're handed over a cup of peanut milk and asked to include it into your everyday diet? That's just undreamt of!

SHARAN (Sanctuary for Health and Reconnection to Animals and Nature), a non-profit organisation which aims at spreading awareness about general health and a biologically sustainable lifestyle, conducted a workshop at Ashvita Nirvana in the city on Monday. The workshop was aimed at highlighting the health hazards of consuming dairy products and the alternative ways to overcome the addiction.

“Not all doctors will convey the health defects of consuming dairy products for obvious reasons. But, the core reality is that cow’s milk is extremely harmful and in extreme cases can even cause cancer,” says Preethi Raghav, a member of SHARAN. On being asked what the benefits are of going vegan, she conveys, “Vegan food is full of nutrients and fibre, and lacks cholesterol, making it extremely healthy.”

“Dairy products contain addictive substances that make it extremely difficult for one to stop consuming them abruptly,” explains Aishwarya Prakash, another member of the NGO. They demonstrated the cooking process of some wonderful recipes as part of the workshop such as Peanut buttermilk and curd, a Vegan cheesy spread, Vegan Chocolate Brownie and Mango Coconut Milkshake.