

EGG-FREE

SPRING 2019
www.egg-truth.com

Get Started!

EGG-FREE
BAKING!

Inexpensive, easy, and
kind.

FREE
RECIPES
inside!

Cover photo: Chef Linda DelPizzo of Esther's Kitchen



Our food choices reflect who we are, what we believe, and our commitment to a life that is built on compassion, not cruelty.

So many people are living egg-free, including celebrities like **Joaquin Phoenix**, **Nathalie Portman**, **Woody Harrelson**, and athletes like **Venus Williams**, **Tom Brady** and **David Carter**.

And, this also include your friends, families, and neighbors. Many Americans know eggs are cruel, and can be easily replaced with delicious and kind alternatives!



Please join the millions of people who are choosing compassion for themselves and their families - and leave eggs off your plate.

Inside you will find more about the realities of egg production, some delicious and easy egg-free recipes, including for VeganEgg™, an incredible new whole egg replacer that can be found at major grocery chains, and many specialty grocers.

With VeganEgg™ you will enjoy the versatility you expect from eggs while making cookies, muffins, cakes, and even cooking up fluffy scramble 'eggs' and omelettes!



Meet Ahoska!

Ahoska is a hen (female chicken) bred to lay eggs, who now lives at Farm for the Free in Good Hope, Georgia. Like many hens used in egg production, Ahoska was bred to lay almost an egg a day - that's about 340 eggs a year!

No bird naturally lays this many eggs - these hens have been bred exclusively for this purpose. In nature, most birds lay eggs seasonally, a few at a time, just like the blue jays and robins who come out in the spring.

As a result of intensive laying, hens have the highest rate of spontaneously occurring ovarian cancer of any species in the world.^{1,2} They also endure many illnesses such as painful prolapses, egg-yolk peritonitis, and osteoporosis due to calcium depletion from constant egg laying.

Sadly, hens on factory farms lay hundreds of eggs over the course of two years before they are 'spent', and sent to slaughter for products like chicken nuggets and chicken noodle soup.

Hens are social, sensitive, and intelligent creatures. Studies have shown that chickens have multiple communication calls and live within complex social structures. Some scientists have ranked a hen's cognitive ability as "equivalent to those of mammals, even primates."³ Chickens, like all animals, have emotions and demonstrate empathy to others and mourn the death of other birds.

To learn more about the life of hens in egg production, please visit: Egg-Truth.com
If you would like to meet Ahoska and the other animal residents at Farm of the Free Animal Sanctuary, please visit: FarmOfTheFree.org

1. Ovarian cancer in Chickens. PoultryDVM Available at: <http://www.poultrydvm.com/condition/ovarian-cancer>. (Accessed: 28th March 2019). 2. Johnson, P. A. & Giles, J. R. The hen as a model of ovarian cancer. *Nat. Rev. Cancer* 13, 432-436 (2013). 3. Rogers, L. *The Development of Brain and Behaviour in the Chicken*. (CAB International, 1995).

Eggless-Tunaless Salad Sandwich

EGGLESS SALAD INGREDIENTS: • 1 block extra firm tofu • 1/2 cup finely diced celery • 1/3 cup finely diced dill pickle • 1 tsp kala namak salt • 1/4 cup + 2 Tbsp vegan mayo • 1 Tbsp apple cider vinegar • 2 tsp Dijon mustard • 2 tsp celery seed • 2 tsp evaporated cane sugar • 2 tsp onion powder • 1 tsp garlic powder • 1 tsp ground turmeric • 1/2 tsp course grind pepper (butcher's grind).

EGGLESS SALAD PREPARATION: Drain and press the tofu. Break the pressed tofu in pieces into a large bowl. Mash the tofu with a potato masher to reach an egg salad-like consistency. Add the celery and pickle. Sprinkle the kala namak over the tofu and mix well with a spatula to distribute the ingredients. In a separate bowl, whisk the mayo, vinegar, mustard, celery seed, sugar, onion powder, garlic powder, turmeric and pepper together. Add the dressing to the tofu mixture and mix well.

If you want to 'double-decker' your sandwich, add the 'Tunaless' layer below:

TUNALESS INGREDIENTS: • 1 can (19 oz / 540 ml) chickpeas - rinsed • 2 Tbsp finely diced red onion • 2 Tbsp finely diced celery • 1 Tbsp finely diced dill pickle • 2 tsp finely chopped fresh dill • 2 tsp finely chopped fresh parsley • 2 tsp capers rinsed • 1/2 tsp sea salt • 1/4 tsp course grind pepper • 1/4 cup + 2 Tbsp of vegan mayo

TUNALESS PREPARATION: Rinse the chickpeas in a strainer and drain well. Place the chickpeas in a large bowl and mash them with a potato masher until you reach a "tuna-like" consistency. Add the red onion, celery, pickle, dill, parsley, capers, salt and pepper and mix well. Add the vegan mayo and mix well to integrate.



Spanish Potato Omelette

INGREDIENTS: • 2 Tbsp olive oil + 2 tsp divided • 1-1/2 lbs or approximately 700g yellow potatoes, diced small or sliced into 1/4" thick small slices • 1/2 tsp pink Himalayan or sea salt • 1 cup chickpea (besan) flour
• 1 cup warm water • 1/2 tsp onion powder
• 1/4 tsp kala namak salt, plus extra at serving

INSTRUCTIONS: 1. Add 2 Tbsp olive oil in a nonstick sauté pan. Add the potatoes, sea salt and onion powder. Sauté on medium heat for approximately 15 min. You want to cook the potatoes slowly. 2. While the potatoes are cooking, whisk the chickpea flour, warm water, onion powder and 1/4 tsp kala namak salt together in a large mixing bowl; set aside. 3. Once the potatoes are cooked, transfer them to the mixing bowl with the batter. Stir until the potatoes are coated.
4. Add 2 tsp olive oil to the same sauté pan. Heat the pan over medium heat. Pour the potatoes and batter in the pan. Smooth the surface and run a silicone spatula around the edges to pull the omelette away from the sides of the pan.
5. Add the lid and cook on medium heat for 8 minutes. Remove the lid and shift the pan to ensure the omelette is not sticking to the bottom. Place a wet plate on top of the pan. Flip the omelette on the plate. Slide the omelette back into the pan to cook the other side. Cook for 5 minutes uncovered over medium heat.
6. Slide the omelette out again onto a dry serving plate. Slice and serve.
Additional kala namak salt, black pepper, vegan cheese, sliced tomatoes and hot sauce are featured in the photo.

Recipe and photo
courtesy of Chef Linda
DelPizzo - Esther's
Kitchen.



How to replace an EGG *in Baking!*



3 Tbsp of
aquafaba
(chickpea water)



2 Tbsp
arrowroot
powder

1/4 cup mashed banana
or avocado



1 Tbsp ground flax
seed + 3 Tbsp water



1 Tbsp ground chia
seed + 3 Tbsp water



4 Tbsp chickpea
flour + 4 Tbsp
water

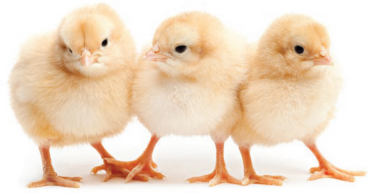


1 cup pureed
pumpkin



1/4 cup
applesauce

The Truth About Eggs



The Hatchery Phase

Egg production begins with the hatching of chicks. After 21 days, these newly hatched chicks are sent to be 'sexed.' This occurs in a room where workers squeeze the baby birds to determine the gender of each chick. Male chicks, since they don't lay eggs, are useless to the egg industry and are sent to be ground up alive or killed by suffocation. Females, whose fate is even worse, have their beaks seared off without pain medication, before spending the rest of their lives in a cage.

The Laying Phase

The majority of hens are housed in battery cages with upwards of eight other hens. Each hen's living space is equal to an 8.5" x 11" piece of paper. The cages are stacked row upon row, and it is not unusual for one barn to contain tens of thousands of birds. The cages have wire floors which are extremely painful for their feet. A hen will lay almost an egg a day until she is considered "spent" (an industry term) - usually at about the age of 18-24 months. This means her production has declined and she's no longer profitable.



Photo credit: Jo-Anne McArthur / We Animals

It is estimated that one-third of all hens sent to slaughter have broken bones or healed breaks due to osteoporosis brought on by calcium depletion.¹ Many other illnesses afflict hens, including hens in free-range and organic facilities.

On many farms, the hens' excrement sits below their cages, creating unbearably high ammonia levels. The stench in these barns is so overwhelming that these hens suffer from serious problems with their eyes, their lungs, and their skin.²

Slaughter

Once "spent," the hens are ripped from their cages and stuffed into transport crates. The crates are loaded onto trucks and taken to slaughter. Hens will be transported in all weather extremes, for many hours with no rest, food, or water. During the trip, it is not uncommon for birds to die from overheating or freezing to death.



Photo credit: Brampton Chicken Save

The birds are then killed, and used for lower-end poultry food products such as nuggets and chicken noodle soup.

To learn more about the plight of hens forced to lay eggs, please visit: Egg-Truth.com

1. Knowles, T. G. & Wilkins, L. J. The problem of broken bones during the handling of laying hens--a review. *Poult. Sci.* 77, 1798-1802 (1998).

2. Davis, K. *Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry.* (Book Publishing Company, 2009).



VeganEgg™ Scramble!

Ingredients:

- 2 level Tbsp VeganEgg™
- 1/2 cup ice cold water
- 1 tsp vegan butter (enough to lightly oil pan)



Instructions:

- Melt vegan butter in a pre-heated medium-sized skillet set to medium-high heat.
- Whisk or blend "egg" ingredients until smooth.
- Pour mixture into skillet ("egg" should sizzle in pan) and immediately begin to scramble.
- Scramble frequently and evenly with a spatula until "eggs" are firm.
- VeganEgg™ takes longer than regular eggs, so we recommend 6-8 minutes or until fully cooked.
- Season to taste and enjoy!

