

The Gleaner

Published bimonthly by

Sacramento Vegetarian Society

For the animals. For your health. For our planet.

The **F**at Vegan

*Reprinted from the December 2008
McDougall Newsletter*

Dr. John McDougall

You may consider this title an oxymoron—a figure of speech that combines two normally contradictory terms—but in real life this concurrence is all too common.

You may also think the title is offensive. My intention is to help, not to provoke anger. People who have declared themselves “vegan,” have said “no” to eating all animal-derived foods. At extraordinary personal costs, many of these guardians labor tirelessly to protect the welfare of all animals.

Fat vegans, however, have failed one important animal: themselves. Furthermore, their audiences of meat-eaters and animal-abusers may be so distracted by their appearance that they cannot hear the vital issues of animal rights and the environment; resulting in an unacknowledged setback for a fat vegan’s hard work for change.

I have a vested interest in helping vegans lose weight and become healthier. People living the vegan lifestyle have already embraced the most important tenet of the McDougall diet: consuming meat, poultry, fish, and dairy-products is at the root of heart disease, cancer, diabetes, arthritis, multiple sclerosis, and intestinal problems.

Ours is a growing relationship. When I began my lifestyle-oriented

medical practice as an internist in 1978, I was interested in dietary change only for the sake of my patients—I was unaware of animal rights and environmental issues. Over the years I have grown to

Changing what humans eat is also essential for planet survival; meaning eliminating cruelty at the dinner table, and slowing climate change and pollution. People who believe in any or all of these issues must stand together; helping each other to make a difference in the future.

understand that changing what humans eat is also essential for planet survival; meaning eliminating cruelty at the dinner table, and slowing climate change and pollution. People who believe in any or all of these issues must stand together; helping each other to make a difference in the future.

My first vegan experience was in 1977 in Honolulu, Hawaii. I was working as a resident doctor at Queens Medical Center training to become an internist. Jeff Lane, a

young doctor, was my intern and a vegan for ethical reasons—he did not want to harm animals. Outward proof of his convictions was his nylon belt and plastic shoes. But there was one glaring inconsistency: Jeff was not the picture of good health. He was very overweight with greasy skin and acne.

I soon discovered why Jeff’s health was so poor: most of his calories came from potato chips and Coke—items easily available to him in the hospital dining room, gift shop, and vending machines. He was the ultimate “junk food vegan.” Yet, most vegans are very conscious of food quality and still many are overweight and unhealthy. What’s wrong with this picture?

Dietary Change Is Terrifying.

Almost all of us were raised on meat, poultry, seafood, milk, cheese, oils, flours, and sugars. These foods have provided all of our life-sustaining calories. To give these familiar foods up, in our minds, means starvation. This would be akin to asking us to stop breathing or go thirsty—unbearable, if not impossible, tasks.

I remember well my first experience with foods different from those I was raised on. Mary, my wife of 37 years now, was pregnant with our first child, Heather, in

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Mission Statement:

The Sacramento Vegetarian Society (SVS) is an association which recognizes vegetarianism to mean abstinence from flesh, including fish and fowl.

The Society encourages vegetarians and non-vegetarians to participate.

SVS will not discriminate on the basis of race, color, creed, sex, age, or sexual preference.

SVS operates on a non-profit basis.

SVS Officers

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Submission Guidelines

Send submissions or inquiries to:

Editor: MRDGDERS@MACNEXUS.ORG.

Submissions of articles relating to the various aspects of vegetarianism, including nutrition, animal rights, environmental impacts of food production, and political issues are welcome, as are vegan or vegetarian recipes, editorial commentary, book reviews, and announcements of upcoming events. Submissions are accepted electronically as e-mail attachments. Contact the editor or check the website for formatting specifications.

Submission deadlines for articles:

March–April 2010: Feb. 14, 2010

May–June 2010: Apr. 14, 2010

July–August 2009: June 12, 2010

September–October 2010: Aug. 20, 2010

SVS Monthly Potlucks

1914 Alhambra Blvd., Sacramento
in the Sacramento Natural Foods Co-op's Community Services Room

SUNDAY, JANUARY 17 • 5:30 P.M.

Dr. Ramona Ilea

The ethics of eating animals, intensive farming, and ethical solutions

Ramona is an assistant professor of philosophy at Pacific University in Pacific Grove, Oregon. She teaches classes on animal, biomedical, environmental, and theoretical ethics.

Her Ph.D. dissertation, "Moral Arguments and Social Change," was an analysis of philosophy's potential for making an impact in the public domain. Her next big project is book called *Philosophy and Activism*.

Ramona connects teaching and research; she aims to show students that philosophy is not just intellectually stimulating, but also a powerful tool that can enable us to understand, analyze, and change the world.

SUNDAY, FEBRUARY 21 • 5:30 P.M.

Colleen Patrick-Goudreau

Compassionate Cook

Chef, cooking class instructor, and cookbook author, Colleen is a sought-after, inspiring speaker on the spiritual, social, and practical aspects of a vegan lifestyle. She has appeared on the Food Network, is a columnist for VegNews Magazine and a contributor to National Public Radio.

Colleen is the author of two popular cookbooks, *The Joy of Vegan Baking*, which won the VegNews "Cookbook of the Year" Award, and *The Vegan Table*. A third, *Color Me Vegan*, is in the works.

Colleen's incredibly popular classes (voted Best Cooking Classes in the Bay Area by San Francisco Chronicle readers) attract locals as well as fans from all over the world. She is also an instructor for Dr. John McDougall's Wellness Program and Dr. Neal Barnard's Cancer Project.

Her *Vegetarian Food for Thought* is the most popular vegetarian, vegan, and animal rights podcast on iTunes—20,000 downloads a month.

Potluck: Bring a vegan or vegetarian dish for six, your utensils, a list of ingredients, and mark whether your offering is vegan or vegetarian. We prefer that you bring a vegan dish, so all attendees can partake of all offerings. Free entrance with potluck dish; \$4 for those who arrive empty handed.

Want to bring a vegan dish to the potluck but don't know what to fix?
Call the SVS Veggie Mentor, Linda Middlesworth, at (916) 798-5516.

From the President



LINDA MIDDLESWORTH

Our **November potluck** was packed again, and marvelous retired Kaiser doctor, Don Forrester, spoke on the benefits of a plant-based diet. He showed the 40-year-long, worldwide research results of the China Study led by Dr. T. Colin Campbell. The conclusions are wonderfully hopeful and show

that we can stop, prevent, and reverse most chronic diseases that plague us.

Heart disease is our number-one killer, and the work of Dr. Caldwell Esselstyn shows that nearly closed arteries can be opened up by diet alone.

Cancer is our number two killer, but we can also turn off cancer genes by eating a whole-foods, plant-based diet, as shown by Dr. Dean Ornish. Dr. Campbell's studies demonstrate that dairy is the most significant carcinogenic discovery of our time.

Diabetes. Dr. Neal Barnard shows us that we can completely reverse type 2 diabetes as well. Dr. Campbell showed that even type 1 diabetes could reduce their insulin by 40 percent using diet alone.

The evidence of the healthy effects of a plant-based diet, as referenced by Dr. Campbell, can be traced back to the hard work of Dr. John McDougall, the Bay Area doctor

who has for 40+ years helped thousands of people lose their chronic health issues and who now thrive!

I know that some of our members are not quite on a completely healthy, whole-foods, plant-based diet. But that is why we are here! To help you learn how to make the change to a purely vegetarian diet, one without known harmful foods, like meat, dairy, or eggs! We do not judge you; we do want to encourage you.

We all ate everything at one time in our lives and, with time, learned how to change. You can too.

At the **December potluck** we showed Dr. Michael Greger's latest DVD. He compiles all the latest nutrition research from around the world and packs this information into an entertaining DVD. We learned that:

- the number-one cancer fighting foods are garlic, leeks and broccoli.
- if you add a few nuts to your oil-free salad, you up benefits and antioxidant uptake.
- eating fish or pork can give you tapeworms or other parasites in your brain or eyes.
- 92% of chickens tested in grocery stores have been found to be contaminated with large amounts of fecal matter, due to the way they are plunged into contaminated water and squeezed.
- there is a parasite in meat that does not seem to bother humans but can kill or sicken your dog.

All in all, our veggie-based group is number one in my book! We are all learning how to help ourselves thrive, and how protect the defenseless animals and the environment. And when we get together, we do not have to explain our food choices! Everybody gets it! YEAH!

Calendar

Send calendar entries for the March–April issue by Feb. 28, to MRODGERS@MACNEXUS.ORG.

Sat., January 9

Very Basic Vegan Cooking Class. 11–1 p.m. Barely able to boil water? This is the class for you. Cook and eat a whole, organic, low-fat meal with chef Wim van Warmerdam. Limited enrollment (sacveggie@hotmail.com). Students pay for food only. Location will be given to registrants.

SVS Dineout. 6 p.m. Join us for vegan pizza at **Vacaville Pizza**, 1679 E. Monte Vista Ave., Vacaville. RSVP /carpooling arrangements at events@sacramentovegetariansociety.org or sacveggie.org. Here's your chance to try Daiya Cheese, winner of the Veg News 2009 Product of the Year Award!

Sun., January 17

SVS Monthly Potluck. 5:30–7:30 p.m. **Dr. Ramona Ilea: *The ethics of eating animals, intensive farming, and ethical solutions.*** See p. 2.

Sat., February 12

SVS Dineout. 6 p.m. Join us for totally vegan, Asian cuisine at **Noble Vegetarian**, one of Sacramento's few vegan restaurants. 5049 College Oak Dr., Suite A, Sacramento. RSVP at events@sacramentovegetariansociety.org or sacveggie.org. Low prices and ample, tasty, healthy food.

Sun., February 21

SVS Monthly Potluck. 5:30–7:30 p.m. **Colleen Patrick-Goudreau: *Compassionate Cook.*** See p. 2.

VEGGIE STAR: Jessica Marler

“There are some people who don’t even eat honey.” Those were the first words I remember hearing from my mother about what a vegan was. We were in the produce section of the grocery store and I had been complaining about the meal that was sure to become of the vegetables that were being placed in our cart. I was in disbelief that there were people out there that didn’t eat any meat. How could they do that! Vegetables are so gross!

I was raised in a large family whose meals primarily came from cans or boxes. I was in eighth grade when I first discovered that chili could be homemade, and in high school when I discovered the same about macaroni and cheese. I thought they only came from a can or box. I never learned to cook anything other than spaghetti and boxed macaroni and cheese.

During my teenage years, I was put in charge of cooking our Thanksgiving dinner. I had no idea what I was doing. As people started to arrive, I frantically tried to mash the peeled potatoes. My grandmother, seeing my frustration, came over to ask me what was wrong. Through my tears I said, “They just won’t mash.” Her response, “Well, did you boil them?” The answer unfortunately was “no.” I had no idea that you had to boil potatoes! I had no idea how to cook, period. Therefore, everything I ate was premade, canned, or instant. Vegetables were never seen in my house, but diet pills sure were.

In 2003 I decided that I needed to lose weight (again), and I

thought that if I just cut out red meat, I would be able to lose weight easier. I read *Fast Food Nation* by Eric Schlosser from cover to cover. I could not believe what was happening to cows during slaughter, but what really bothered me was reading that one hamburger was actually many cows ground up together. That image was enough to stop me from ever eating a cow again.

After reading about the terrible ways that cows are treated, I wanted to know more about how other animals were treated. My favorite animal has always been the elephant, so I started doing some Internet research on elephants in the circus and in zoos. Over the next several years, I became almost obsessed with reading information on animal cruelty. I wasn’t attending zoos or circuses, yet I still ate meat. Although I knew about the cruelty that was taking place to get me my daily meat, I really believed that I could not live without meats in my diet.

My sister’s boyfriend was in town one weekend and brought me a copy of PETA’s movie, *Meet Your Meat*. As I watched the video, I was appalled at what was happening to these animals. Reading about cruelty to animals and seeing it are two very different things. At this point, I started removing more and more meat from my diet until I was down to eating only shrimp, dairy, and eggs.

In 2009, I made a New Year’s resolution to become vegan. I struggled with this resolution for months because I just could not give up cheese. Until one day, a light bulb went off. I read about



Fur Free Friday Demonstration 2009

the circus coming to Sacramento and I just knew I had to do something about it. I quickly jumped online and found the Sacramento Animal Rights Meetup group and found out that they would be demonstrating at the circus that night. I jumped in my car and headed straight over to Arco Arena, not having any clue what to expect when I got there. The demonstration was so empowering. As I was driving home, I just knew that I couldn’t support any cruelty to animals anymore, and I became vegan that day.

Most of my family does not understand the importance of being vegan, and they may never

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Rearing cattle produces more greenhouse gases than driving cars, UN report warns

Reprinted from UN News Centre (November 29, 2006)

Cattle-rearing generates more global warming greenhouse gases, as measured in CO₂ equivalent, than transportation, and smarter production methods, including improved animal diets to reduce enteric fermentation and consequent methane emissions, are urgently needed, according to a new United Nations report released today.

“Livestock are one of the most significant contributors to today’s most serious environmental problems,” senior UN Food and Agriculture Organization (FAO) official Henning Steinfeld said. “Urgent action is required to remedy the situation.”

Cattle-rearing is also a major source of land and water degradation, according to the FAO report, *Livestock’s Long Shadow—Environmental Issues and Options*, of which Mr. Steinfeld is the senior author.

“The environmental costs per unit of livestock production must be cut by one-half, just to avoid the level of damage worsening beyond its present level,” it warns.

When emissions from land use and land use change are included,

the livestock sector accounts for 9 percent of CO₂ deriving from human-related activities, but produces a much larger share of even more harmful greenhouse gases. It generates 65 percent of human-related nitrous oxide, which has 296 times the Global Warming Potential (GWP) of CO₂. Most of this comes from manure.

The environmental costs of livestock production must be cut by one-half, just to avoid the level of damage worsening beyond its present level.

And it accounts for 37 percent of all human-induced methane (23 times as warming as CO₂), which is largely produced by the digestive system of ruminants, and 64 percent of ammonia, which contributes significantly to acid rain.

With increased prosperity, people are consuming more meat and dairy products every year, the report notes. Global meat production is projected to more than double, from 229 million tons in 2001 to 465 million tons in 2050, while milk output is set to climb from 580 to 1,043 million tons.

The global livestock sector is growing faster than any other agricultural subsector. It provides livelihoods to about 1.3 billion people and contributes about 40 percent to global agricultural output. For many poor farmers in developing countries, livestock are also a source of renewable energy for

draft and an essential source of organic fertilizer for their crops.

Livestock now use 30 percent of the earth’s entire land surface, mostly permanent pasture but also including 33 percent of the global arable land used to produce feed for livestock, the report notes. As forests are cleared to create new pastures, it is a major driver of deforestation, especially in Latin America, where some 70 percent of former forests in the Amazon have been turned over to grazing.

At the same time herds cause wide-scale land degradation, with about 20 percent of pastures considered degraded through overgrazing, compaction, and erosion. This figure is even higher in the drylands where inappropriate policies and inadequate livestock management contribute to advancing desertification.

The livestock business is among the most damaging sectors to the earth’s increasingly scarce water resources, contributing among other things to water pollution from animal wastes, antibiotics and hormones, chemicals from tanneries, fertilizers and the pesticides used to spray feed crops.

Beyond improving animal diets, proposed remedies to the multiple problems include soil conservation methods together with controlled livestock exclusion from sensitive areas; setting up biogas plant initiatives to recycle manure; improving efficiency of irrigation systems; and introducing full-cost pricing for water together with taxes to discourage large-scale livestock concentration close to cities.

VEGGIE STAR, continued from p. 4

understand. I know that I am doing what is right for me and what is right for the animals.

I once read a quote that said, “I am but one. I cannot do everything, but I can do something.” I may not be able to change the world, but I can change me. I do not wish to inflict fear or pain onto any living being, and my diet allows me to achieve that wish.

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dessert. The meal was tasty, but a drastic departure from my usual beef, chicken, cheese, egg, and ice cream menu. Even after second helpings my stomach was still empty of its customary fillings. On our drive home after dinner, I felt unsatisfied and actually believed that I would be unable to sleep through the night without “food.” I entered the front door of our house, which led directly to the kitchen with a well-stocked refrigerator. I eagerly opened the bottom bin where the sliced turkey was kept and made myself a Dagwood sandwich. After eating sufficient amounts of fat, protein, flour, and sugar, I slept well.

Old Habits Doom Vegans

Fat vegans are as terrified as anyone else of giving up their familiar protein- and fat-centered diet. In their minds, this change would be akin to starvation. How could they overcome the fear and still transition to a vegan diet painlessly? By simply replacing real animal foods with non-animal foods, that look, feel, smell, and taste the same as the original.

“What’s for dinner?” Before, the answer was steak, fried chicken, pork chops or cheese pizza. Now, as a vegan, the response is “soy burgers, faux meatballs, meat substitute cold cuts, soya chicken chunks, soy hotdogs, soy mozzarella pizza, and mockduck (made with seitan).”

Instead of animal fats and proteins, fuel becomes vegetable oils and isolated soy proteins. Olive oil and Earth Balance spread replace lard and butter. Glassfuls of Elsie the cow’s milk become soymilk. For dessert: a “dairy-free decadent indulgence (ice cream)”

and soy yogurt. Vegetables remain insignificant side dishes, glistening with droplets of oil.

Calorie for calorie, in terms of nutrition, the fake food is no better, and in some ways worse, than the “real thing.” Isolated soy protein causes greater calcium loss, leading to osteoporosis and kidney stones, and also produces greater increases in growth factors (IGF-1) that promote cancer and aging, than does isolated cow’s milk protein. “The fat you eat is the fat you wear”—olive oil and Earth Balance spreads are just as unattractively worn on the thighs, hips, and buttocks, as are lard and butter. Vegetable oils are often more cancer promoting than are animal fats.

Do You Really Want the Same Food?

In 1986 I started planning for my first live-in program at St. Helena Hospital in the upper Napa Valley in Northern California. This community is largely made up of people of the Seventh Day Adventist faith. Their church is known

for supporting vegetarian diets.

Naturally, I asked the local people where to eat. They recommended the A&W restaurant on main street, Highway 29, on the west side of St. Helena. That evening I ordered their famous “veggie burger.” My first bite told me a serious mistake was made. I complained to the man behind the counter, “I ordered the veggie burger and you gave me a beef hamburger.” His response, “Thanks for the compliment—our veggie burger tastes so real.” I threw the burger in the trash and walked out. It was disgusting—A burger so greasy and beef-flavored, that I expected to find chunks of bone and blood vessels.

The Natural Human (Near) Vegan, Starch-based Diet

Fortunately, there is one single big solution that will revitalize people, cut food and health care costs, protect animals, and reduce environmental pollution, overnight: *reestablishing the natural human diet of starches.*

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Comparison of Real and Fake Food
(Percent of calories)

Item	Fat	Protein	Carbohydrate	Fiber
Burger	65	35	0	0
Soy Burger	28	62	10	5
Cheese	70	28	2	0
Soy Cheese	60	10	30	0
Lard	100	0	0	0
Earth Balance	100	0	0	0
Olive Oil	100	0	0	0
Ice Cream	55	7	38	0
Soy Ice Cream	20	13	67	4
Duck	75	25	0	0
Mockduck	0	65	35	0

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My battle to spread this message relies on those people most ripe for change: especially vegans of all shapes and sizes.

The switch is a simple one: rather than getting calories, like all other Americans and Westerners—and most vegans—now do, from fat and protein, the primary fuel becomes carbohydrate from starches. Rather than starvation, this change means fuller satisfaction and radiant health. The more you eat the trimmer and healthier you become.

All large populations of active, healthy people, throughout written human history, have obtained the bulk of their calories from starch. Examples of people once thriving on common starches include Japanese and Chinese in Asia eating sweet potatoes, buckwheat, and/or rice, Incas in South America eating potatoes, Mayans and Aztecs in Central America eating corn, and Egyptians in the Middle East eating wheat.

Men following diets based on grains, vegetables, and fruits have accomplished all of the great feats in history. The ancient conquerors of Europe and Asia, including the armies of Alexander the Great (356–323 BC) and Genghis Kahn (1167–1227 AD) consumed starch-based diets. Caesar's legions complained when they had too much meat in their diet and preferred to do their fighting on grains.

You Are What You Eat: The Low-fat Vegan

At every step of recipe design and food preparation, starches replace fake meats and dairy products manufactured from soy, seitan, sugar, salt, artificial flavorings and other chemicals. Oils,

even the “healthy ones,” are banned.

- Bean and grain burgers replace Boca Burgers.
- Add rice to your bean chili instead of Gimme Lean.
- Oatmeal for breakfast rather than greasy sausages and breakfast links.
- Olive oil is substituted with low-fat salad dressings.
- Leave the soy cheese off the whole wheat pizza.
- Replace oils in baking with fat replacers like “Lighter Bake,” prune puree, or applesauce.
- Just leave the oils out of the recipe whenever possible.
- Have fruits for dessert.
- Finally, for faster, greater weight loss minimize the use of all processed plant foods, which means simple sugars and flours.

There is really no excuse for not making this big change. Even my intern, Jeff Lane, had alternatives while working a 100-hour week in the hospital. The dining room served oatmeal and cold grain cereals with fruit juice for breakfast. For lunch and dinner Jeff could have chosen salads with vinegar or salsa, rice, potatoes, sweet potatoes, corn, beans, low-fat vegetable soups, vegetables, and fruit. The end result would have been—with a little basic knowledge and minimal effort—he, as an influential doctor, could have been an extraordinary crusader.

Vegans Are Ripe For Change

Being vegan says to me *this is a person with outstanding character*. Vegans are self-sacrificing and committed to making a difference. When everyone else is certain that it is our God-given right to mistreat and kill cows, pigs, chickens, and fishes in order to be properly

“The fat you eat is the fat you wear” —olive oil and Earth Balance spreads are just as unattractively worn on the thighs, hips, and buttocks, as are lard and butter.

nourished, a vegan would rather risk protein and calcium deficiency than to harm these beautiful creatures. Of course, this deep sacrifice ends with the discovery that plants provide all needed proteins, amino acids, essential fats, vitamins, and minerals (including calcium) without the inherent risks of flesh and dairy.

Vegans are self-confident. They remain steadfast even when mom, dad, dietitian, and doctor are visibly angered by their religion of “veganism.” Vegans are industrious. To avoid eating animals in a world where beef, chicken, and cheese are mixed in with everything in the market and on the menu is a daily struggle. Reading labels, turning down invitations to dinner, and occasionally, going hungry, require more effort than the average person is willing to muster.

Obviously vegans are exceptional people. With this one simple shift to a starch-based diet the word “vegan” will become synonymous with terms like healthy, trim, active, young, strong, and energetic, and finally the most important adjective, *earth-changing*.

To sign up for a free subscription to the McDougall Newsletter, go to <http://www.drmdougall.com>.



Sacramento Vegetarian Society

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Recipe

Pumpkin Custard Pie

Illustration: FCIT (<http://etc.usf.edu/clipart>)



FROM *The Cancer Survivor's Guide: Foods that Help You Fight Back!*—A NEW BOOK FROM *THE CANCER PROJECT*

Made this way, pumpkin pie can actually be healthy! Pumpkin is a rich source of beta-carotene, a well-known cancer-fighting agent, which is also important for cancer survival. Note that the fat in this recipe comes from the commercial pie crust, so a nutrient analysis without the pie crust is also provided.

Makes 8 servings

- 1½ cups nondairy milk
- 4 tablespoons cornstarch
- 1½ cups solid-pack canned pumpkin or cooked pumpkin
- ½ cup sugar (preferably raw or turbinado) or other sweetener
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- 1 unbaked commercial pie crust

- ⊙ **Preheat** oven to 375° F.
- ⊙ In a large bowl, **whisk** together nondairy milk and cornstarch until smooth.
- ⊙ **Stir** in pumpkin, sugar or other sweetener, salt, cinnamon, ginger, and cloves.
- ⊙ **Pour** into pie crust and bake for 45 minutes, or until firm.
- ⊙ **Cool** before cutting.

Pumpkin pie needs to be covered and kept refrigerated. It will stay fresh for up to three days.

Nutrition Information per serving:

(⅓ of pie, with crust):

- 185 Calories
- 6.1 g Fat
- 1.5 g Saturated Fat
- 29.5% Calories from Fat
- 0 mg Cholesterol
- 3.2 g Protein
- 30.6 g Total Carbohydrates
- 14.5 g Sugar
- 2.4 g Fiber
- 283 mg Sodium
- 84 mg Calcium
- 2 mg Iron
- 2.2 mg Vitamin C
- 3,189 mcg Beta-Carotene
- 1.2 mg Vitamin E

(⅓ of pie, without crust):

- 103 Calories
- 0.9 g Fat
- 0.2 g Saturated Fat
- 7.9% Calories from Fat
- 0 mg Cholesterol
- 2.1 g Protein
- 22.8 g Total Carbohydrates
- 14.5 g Sugar
- 2.1 g Fiber
- 181 mg Sodium
- 83 mg Calcium
- 1.5 mg Iron
- 2.2 mg Vitamin C
- 3,189 mcg Beta-Carotene
- 1.1 mg Vitamin E

To get all the Cancer Project weekly recipes for 2008 and 2009, go to: <http://cancerproject.org/recipes/index.php>

For information on the Cancer Project's free cooking classes, go to: <http://cancerproject.org/resources/classes/descriptions.phpt>

The Cancer Survivor's Guide is available for purchase or can be downloaded free from: <http://cancerproject.org/resources/index>.

Sacramento Vegetarian Society Membership Application

Detach and mail this form with a check made out to SVS. | Send to: SVS, P.O. Box 163583, Sacramento, CA 95816.

Name(s) _____ Date _____

Street _____

City _____ State _____ Zip _____

Phone _____ Fax _____ E-mail _____

- Individual member:** \$20/year **Family membership:** \$33/year