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Summer 2019

COMPASSIONATE FRIEND

Journal of Beauty Without Cruelty - India
An International Educational Charitable Trust for Animal Rights



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Insects go Extinct

Silk Moths

Birds at Bodhgaya

Cloning is Cruel

A close-up photograph of a bee on a yellow flower. The bee is covered in yellow pollen and is positioned on the left side of the frame, facing the flower. The flower is bright yellow and occupies the bottom right portion of the image. The background is a soft, out-of-focus green.

Honey not for Humans



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Summer 2019

From my Desk...

Animal Rights

Animal rights activists respect all living creatures, wild and domesticated, as sentient beings having a right to live without being exploited or killed for any reason whatsoever. They never compromise.

No Compassion

Sustainable development projects are only for human use and profit. They lack compassion for animals because sustainable development entails having sufficient stock for current and future use. The stock in question is a natural resource which could very well be wildlife. That they are sentient

BWC

Investment Guide

In April 2019 the BWC Investment Guide was temporarily taken off our website



because the criteria for rating companies are being reworked. The BWC Investment Guide 2019 will therefore be ethically sounder and worth the wait.

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© Dainek Prudek at shutterstock.com

Back cover: Dolly (cloned sheep)

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beings doesn't matter in the least to typical conservationists.

Exploitation is justified on grounds of plenty. So breeding wildlife with the sole purpose of killing for economic gain is unfortunately acceptable. The conservationist then salves his conscience by saying the specie will not become endangered even though culled and goes further to vehemently oppose a ban on exotic reptile leather or wildlife body-parts.

False Compassion

No animal rights activist would teach a butcher how to kill. It is the typical animal welfare person who believes in killing with kindness and so promotes so-called humane slaughter. They argue some thing is better than nothing, and at least the animals do not suffer before death and when being killed. But they fail to realise that this so-called killing with kindness results in the meat eater (and leather wearer) becoming complacent in as much as s/he says s/he is eating meat of animals treated and killed humanely, or having eggs from cage-free farms.

In February 2019 the Maharashtra state government signed a MOU with Good Food Institute (of USA) for cell-based research and production of meat. The centre will be set up at the Institute of Chemical Technology, Jalna. Cells will be taken from animals and grown in petri dishes in a lab. Shockingly the Humane Society International India sees nothing wrong in the venture and has partnered GFI and the Centre for Cellular and Molecular Biology (Hyderabad) to produce and promote "clean" meat.

Absolutely different to plant-based meat, global companies that produce such "clean" or "cell-based" or "cultured" beef, pork and chicken meat in their labs, collect cells from living animals and multiply them. They term such unethical meat production as sustainable because animals are easily available for cell collection - read heartlessly

cutting off flesh or amputating an animal when ever cells are required to produce more such meat.

Vegetarians and vegans who feed goats, sheep, pigs, cattle and fish (readymade non-veg pellets) to pet dogs and cats need to also introspect whether what they are doing is ethically right.

Meat is Harmful for our Planet

In March 2019 the UN Sixth Global Environmental Outlook report comprising advisories on food production and consumption was released at the UN Environment Assembly at Nairobi, Kenya. The comprehensive UN report advised the world to adopt "less meat intensive diets and opt for climate smart agriculture to produce food grains so that the planet's degraded resources can be protected for future generations. The following statements were put out by them:

Meat production currently uses 77% of agricultural land

To produce 1 kilogram of	Water required in litres
Beef	15,000
Pork	4,844
Chicken	3,900
Cheese	5,000
Milk	1,000
Rice	3,700
Maize/wheat	1,250

The report flagged how 33% of the global edible food is wasted and 56% of it being wasted by developed countries and went on to state "We need a global food transformation in the next 12 years in which food waste is halved and diets and health are improved through decreased animal protein intake." At the end of the assembly countries pledged to "encourage resilient agricultural practices" across the globe.

Honey is not meant for Humans

Albert Einstein is attributed to have said "If the bee disappears from the surface of the earth, man would have no more than four years to live. No more bees, no more pollination, no more men!"

In order to raise an awareness of pollinators, in December 2017 the United Nations General Assembly adopted by consensus a resolution declaring 20 May as World Bee Day.



Photo courtesy: World Bee Day Initiative, Slovenia

Bees and other pollinators, such as butterflies, bats and hummingbirds, are increasingly under threat from human activities.

Ninety per cent of the world's wild flowering plants are dependent upon these pollinators for producing their seeds.

Thirty-five per cent of the world's crop production is dependent upon these pollinators (mostly bees).

Flowering plant species only produce seeds if animal pollinators move pollen from the anthers to the stigmas of their flowers. Without this service, the ecosystem would collapse. For example, there would be no coffee or cucumbers.

Caring for pollinators helps in the fight against world hunger. But caring should not amount to stealing the food of bees – honey.

How Bees Make Honey Courtesy Australian HBIC

It has been said that except for man, nowhere in the world is there anything to compare with the incredible efficiency of the industry of the honeybee. Inside the beehive each bee has a special job to do and the whole process runs smoothly.

Bees need two different kinds of food. One is honey made from nectar, the sugary juice that collects in the heart of the flowers. The other comes from the anthers of flowers, which contain numerous small grains called pollen. Just as flowers have different colours, so do their pollen.

Let us go with the honeybee from her flower to the hive and see what happens. Most bees gather only pollen or nectar. As she sucks the nectar from the flower, it is stored in her special honey stomach ready to be transferred to the honey-making bees in the hive. If hungry she opens a valve in the nectar "sac" and a portion of the payload passes through to her own stomach to be converted to energy for her own needs.

The bee is a marvelous flying machine. She can carry a payload of nectar or pollen close to her own weight. Consider that even the most advanced design in aircraft can only

take off with a load one-quarter of its own weight and you'll appreciate the miracle that the honeybee can remain airborne with such a load.

When her nectar "sacs" are full, the honeybee returns to the hive. Nectar is delivered to one of the indoor bees and is then passed mouth-to-mouth from bee to bee until its moisture content is reduced from about 70% to 20%. This changes the nectar into honey. Sometimes the nectar is stored at once in cells in the honeycomb before the mouth-to-mouth working because some evaporation is caused by the 32.5°C temperature inside the hive.

Finally, the honey is placed in storage cells and capped with beeswax in readiness for the arrival of newborn baby bees. Pollen is mixed with nectar to make "bee bread" and is fed to the larvae. A baby bee needs food rich in protein if the bee community is to flourish. Before returning to the flower again for more pollen, the bee combs, cleans and cares for herself, not because she is vain but so she can work more efficiently. Throughout her life

**Stolen Honey –
Sold for Money**

**Apiaries are no different
to poultry farms.**

**Beekeeping does not help
bees in fact harms them.**

**Bees collect and store honey
in their hives for themselves,
not for humans.**

cycle, the bee will work tirelessly collecting pollen, bringing it back to the hive, cleaning herself, then setting out for more pollen.

Forager bees start out from the hive for blossom patches when three weeks old. As they live to be only six or seven weeks old they have much work to do and little time in which to do it.

There will be many other bees working at the same time, and the air will be noisy with their droning. It takes 300 bees about three weeks to gather 450 g of honey. On average, a hive contains 40,000 bees.

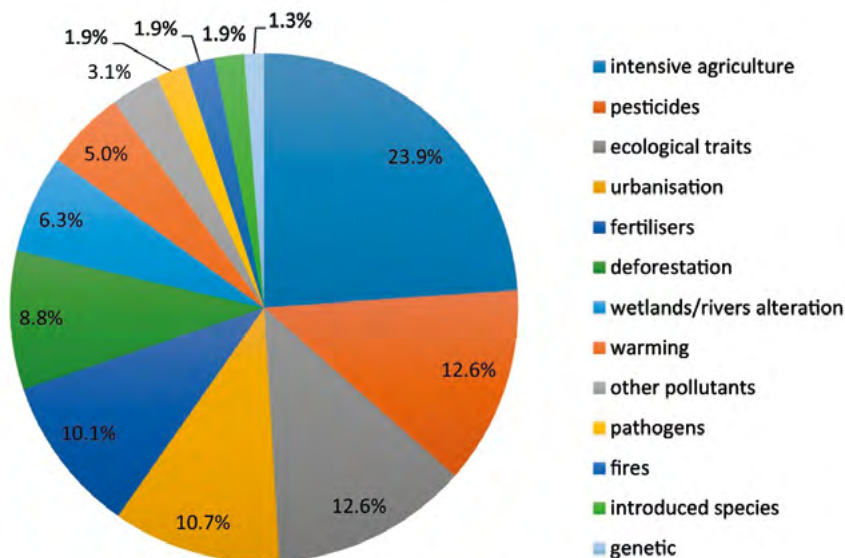


Wild bee visiting an aubergine flower. *Photo courtesy: FAO/Dino Martins*

Insects are going Extinct

A study—*Worldwide decline of the entomofauna: A review of its drivers*, published in Biological Conservation states the world's insects are facing extinction eight times faster than mammals, birds and reptiles and over 40% are likely to be extinct in the next few decades and in a century there would be no insects left.

In fact a third of all insect species are already threatened with extinction. The main cause was habitat change: deforestation, urbanisation, and conversion to farmland; and pollution. Habitat loss by conversion to intensive agriculture was the main driver of the declines. Agro-chemical pollutants, invasive species and climate change were additional causes.



Main factors associated with insect declines.

Graphic courtesy: sciencedirect.com

The answer is restoring the wilderness areas and a drastic reduction in the use of pesticides and chemical fertilisers. Not only for the sake of insects but all nature, e.g. vertebrates consume insects and if they are unavailable their populations drop.

In February 2019 it was reported that 41% of total global insect species had seen a decline over the past decade. In fact a third of insect species had become endangered. The study warned that a declining insect population spelled danger for humans because global food production would take a big hit since insects made up the foundation of the food chain and performed key tasks like plant pollination. The percentage decline in selected global insect populations was:

Caddisflies (Moth-like insects)	68%
Butterflies	53%
Beetles	49%
Bees	46%
Mayflies	37%
Dragonflies	37%
Stoneflies	35%
Flies	25%

Form IV (See Rule 8)

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Sd/- Diana Ratnagar
Signature of Publisher

Life Cycle of Silk Moth

by **Prof D Vaidyanathan**

In the life cycle of a Silk Moth, there are four stages: egg, larva (caterpillar), cocoon (containing the pupa) and adult.

The female lay about 300-400 eggs at a time on the leaves of mulberry trees.

These eggs hatch in ten days into larvae. They feed on the leaves of the mulberry tree and when fully grown they develop into pupae, that is, in the process, the larvae stop feeding and start producing fine, soft silk thread to a length of 1,000 feet and this is spun round the body.

When the production of silk thread is complete each larva turns into what is known as a pupa. The outer case is called the cocoon which is formed of silk thread, inside which lies the pupa in a dormant state of inactivity but awaiting development to activity again.

The silk of commerce is obtained from these cocoons by dropping them in boiling water or by passing steam over them or by the application of dry heat or by fumigation. By any of these methods the contained pupae are killed and the threads of cocoons are wound round a large wheel from which they are transferred to spools. This is known as "raw silk" after it has been spun and woven into fabric which we use proudly!

To obtain one pound of silk 250,000 cocoons are required, which means killing an equal number of pupae in the process – an example of mass massacre or cruel killing of a large number of defenceless pupae.

"Matka" the So-called "Ahinsak" Silk

By **Nischit**

Beauty Without Cruelty has made thorough investigations into the production of "Matka" the so-called *ahinsak* silk available in certain stores.

In order to continue the production of eggs, certain pupae are allowed to hatch. The silk moth emerges from the cocoon after having cut through the silk thread – that is how the word "matka" is evolved meaning "*muh kata*" or cut by the mouth. However, having been bred in captivity over a period of many years these moths lose their natural instinct to fly.

After mating, the female moth lays eggs. In order to ascertain that the eggs are free of disease, the female moth is crushed and checked under a microscope. If any disease is detected, the eggs laid by that particular moth are immediately destroyed.

The male moths are thrown out of the factory at a particular time each day. Birds of prey, mostly crows, wait to eat them bit by bit – an agonizing death. There is no escape since the moths can not fly and the few that might be able to fly would not be capable of flying fast enough or covering long distances.

In view of the above, can the silk spun from the cocoons of moths which have emerged be justifiably called "*ahinsak*" silk, also referred to as "matka" silk? What difference does it make if life is destroyed in the pupae stage or at this moth stage?

Silky materials produced from plant or man-made fibre is the only humane alternative.

Page reproduced from

Compassionate Friend April-June 1981

Eggs



****Discarded Male
Silk Moth**



****Crushing
Female
Silk Moth**



**Laying
Eggs**



Mating



**Emerging of Moth
from unboiled Cocoon**



**In conventional silk the worm
is killed and is part of the process**

**In so-called ahimsa, people use
although the cocoons are not boiled
the moths that emerge from them**

**Either way at least 100 g of silk
for just 100 g of mulberry leaves**



Life Cycle of the Silk Moth



New-born
Silkworm
Larvae $\frac{1}{12}$ "



$3\frac{1}{2}$ " long
fully grown
Caterpillar

worm within the cocoon
of the silk produced.*

ace, matka or endi silks
used contain no worms,
from them are destroyed.**

1500 lives are lost
grams of silk.



Spinning
Cocoon



Cocoons containing
Chrysalis



Chrysalis

*Cocoons being boiled
killing Chrysalis



Non-Silk Revolution

Wouldn't you like to wear clothes that look and feel like silk, without any of the cruelty involved in silk production? Hand n Yarns, a new store opened on 4 November 2018 in Chennai, is offering exactly this. It is a labour of love and conscience on the part of M. Sandip Kumar who shares his truly inspirational story with BWC members.

I had always been fascinated by silk clothing and looked forward to entering the silk industry, which I did in 2003. My father, who had been running a textile business since 2000, and for whom ethics was paramount, told me not to sell silk, but at that time his words fell on deaf ears.

On joining the business, I developed all kinds of silk products and increased our annual turnover to four times as much. But, the year 2013 was a turning point for me, when I first began to be influenced by Jain gurus and other famous orators, and took the first step on my spiritual path. I started to change consciously from within, and began following certain 'kriyas' learned from Jain gurus.

As time passed, I began to feel choked when I entered my work place and looked at the silk sarees stacked on the shelves. Finally, in 2016 I realised I could not continue on this path, as I was no longer the person I had been. I felt for those small beautiful creatures that were being ruthlessly killed just for our selfish needs. I also realised that every year I was just adding an extra zero to my turnover, and this pursuit of profits at the cost of ethics could



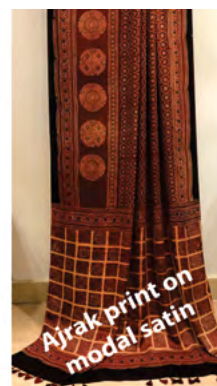
Banarasi
polyester blend



Lucknowi
viscose



Kanchi brocade



Ajrak print on
modal satin



Flax linen on
cellulose



Dholai - cellulose



Paithani - cellulose



Tussar
polyester blend

A variety of non-silk sarees. Courtesy: M. Sandip Kumar

continue endlessly. So I decided to stop selling silk completely. I was aware of the financial consequences in crores, but I had moved very far from my earlier self. Money was no longer a concern and profits were my last priority.

Slowly I started informing my silk weavers to complete and close my orders. Once the contracts were over, I told them that I would buy the same "silk" sarees only if they were made from man-made filaments. They did not agree, and closed all trade between us. By 2017 our turnover had dipped rapidly as 60 percent of the business was from trade in silk. Since we had stopped selling silk in our wholesale trade, most of our customers stopped coming to buy

from us, and this adversely affected the sales of our cotton products also.

In 2018 we were very happy when we completely cleared all our pure silk stock. It then occurred to us that although we had stopped selling silk for our own satisfaction, we actually needed to reach out to the real users who are the ladies who wear this cruel form of clothing knowingly or unknowingly. So we then decided to venture into a new non-silk sector and influence weavers to create sarees from man-made filaments like polyester, nylon, mercerized cotton, and viscose.

That is how we decided to open a store and introduce a perfect replacement for silk sarees and garments to discerning Indian women. Our aim is to educate people on how silk is made, and the cruelty involved in silk production, and then show them the substitutes, which are not only better than silk, but more economical.

Once we started working on the concept of this store, we felt a lot of unseen energy or force supporting us. The moment we thought of anything that needed to be done, the relevant person would appear in no time. And all the work progressed at a pace which far exceeded our expectations. We could feel that a kind of divine energy was present in making things work much better.

While procuring the products for this store I had travelled throughout India, and found that many vendors were not ready to supply non-silk goods. They were very clear that they would not make any products which didn't have silk.

So we had to hunt for vendors who would supply alternative non-silk fabrics to us. Luckily we found some excellent manufacturers who agreed with our ethics, and supported us by supplying sarees made from non-silk fabrics but looked like silk. Soon, they too began to feel disturbed about producing goods made of silk and showed a lot of enthusiasm and dedication in developing non-silk garments.

Most customers were pleasantly surprised when they visited our store, because they were not able to differentiate between the non-silk sold by us and the silk sarees made from silk cocoons. Also, they were even more surprised to see the prices, which were much lower for our products, compared to the silk sarees from cocoons.

In the course of my research for alternatives, I came across the so-called "ahimsa silk" developed by Kusuma Rajaiah. But in truth, it is not *ahimsa* at all, as human beings interfere with the silkworms' life cycle, and violence and killing happens during mating and checking for infection.

By selling sarees made from the viscose family - modal, muslin, bamberg, basically derived from plant cellulose, and polyester, we are part of a worldwide trend. The developments in the textile world have progressed so much that we don't have to depend on this cruel yarn made from silk worms.

I did a great deal of research and study on yarn and the economic trade of silks globally and discovered that by developing, trading and promoting silk, there is a huge economic loss by way of foreign exchange. Also, silk hurts consumers by making them undergo unnecessary expense; therefore, technically, traditional silk blocks a great deal of income or money, while substitutes work out less expensive.

To conclude, I have decided that I have only one aim as long as I am on this earth: to eradicate silk from this country and the world. A human being's pain can be realised by their near and dear ones, but a silk worm's pain is of no value to humans. I have therefore pledged to be their voice and save them, and to create a NON SILK REVOLUTION in India and the world - a significant step in eradicating cruelty towards animals.



M. Sandip Kumar
is a life member of BWC-India

Subjugation of Birds at Bodhgaya

No sooner are the birds released, most of them are surreptitiously recaptured for resale as they are unable to fly or fend for themselves says Khurshid Bhathena

On a recent visit to the Mahabodhi Temple in Bodhgaya I was shocked to come across dozens of small birds which looked like Sparrows but apparently were Munias crammed in small cages. Outside half a dozen sellers were hawking them for ₹ 100/- a bird to tourists, particularly foreigners. Some even desperately offering at a discount all 20 crammed in a cage for ₹ 1,000/-.

It is so sad, the birds are treated like inanimate objects and tourists are made to believe that by buying and releasing even one bird, they could for a mere hundred rupees accumulate good merits. The truth is that many gullible tourists fail to understand that by buying these birds and releasing them from their cages it is not beneficial for them or the birds. Just the opposite occurs. The tourist is inadvertently responsible for encouraging a vicious bird trade. No sooner are the birds released, most of them are surreptitiously recaptured for resale as they are unable to fly or fend for themselves because their wings are clipped.

If the birds fail to be recaptured (alas having died), the seller will in no time get a fresh lot of birds from his source at Patna. Inquiries revealed that these tiny delicate birds were caught from all over Bihar and were sold by middlemen in Patna.

Since the birds are sold just outside the Mahabodhi temple and as most Buddhists know that the Buddha always strongly believed in non-violence and compassion they think releasing birds is a kind deed that will please the Buddha and gain them merits. This is a great failing on the part of the tourists

and lay people akin, for if one believes one can please the Buddha by releasing some birds that were in fact purposefully captured to sell and make a profit, one has failed miserably to understand and incorporate the true teachings of the Buddha.

Buddha and the Swan

The Buddha saved a wounded swan which was felled by his cousin Devadatta. When pressed to give it up he vehemently argued that under no circumstances would he allow the bird to be taken away by his cousin who had caused it harm in the first place.

In the book *Old Path White Clouds* – Thich Nhat Hanh explains beautifully Siddhartha's argument "Those who love each other live together and those who are enemies live apart. You tried to kill the swan, so you and she are enemies. The bird cannot live with you. I saved her, bandaged her wound, warmed her. The bird and I love each other and we can live together. The bird needs me not you."

The message is clear – be compassionate and save the injured and weak, cause no harm to innocent creatures.

Feigned Releases

Not a single bird actually gets released and flies to freedom. As soon as people get swayed into buying and releasing, no matter on what grounds, whether to gain presumed merits, please the Buddha, or to save the birds from the cruelty of being caged, the end result is the same. The trade is not abolished, it continues to prosper and flourish as long as we partake in buying and releasing the birds.



www.bwcindia.org

hinsa vs. ahinsa

**Buddha Purnima
18 May 2019**



Munias are illegally trapped from the wild and caged for sale at Bodhgaya sites despite there being no evidence that Lord Buddha released birds.



It is a cruel business. Upon “release” some birds are re-captured and re-sold. Others get killed by predators.



Do not boost demand by buying birds for release.

The only solution to this grave problem is to inform the appropriate authorities to take action against these misdoings and bring about more public awareness on behalf of the birds and their plight. Unfortunately such dealing in birds is not restricted to Bodhgaya alone, but is prevalent in many other religious sites.

So-called bird releases can never bring real joy, peace or happiness as it's based on the suffering of the birds which are meant to live free in nature, without living under a constant threat of being snatched from their natural habitat to live the rest of their short lives in sheer doom cooped up in cages.

BWC requests every one to kindly refrain from buying any birds for release or to keep, and to explain to others why they should not do so. If the local authorities are informed action will be taken against those responsible.



*Khurshid Bhathena
is a Trustee and
Honorary Secretary
of BWC-India*

Cloning is Unethical

Not all religious philosophies accept that other species have souls, but none can deny that they suffer says Purnima Toolsidass

In January 2019 several newspapers carried a picture of five 'insomniac' monkeys cloned in China. The caption stated: Monkeys cloned from a macaque that was genetically engineered to have a sleep disorder at the Chinese Academy of Sciences in Shanghai. Researchers found that the five new monkeys – born over the past six months – showed signs of mental problems associated with sleep disorders, including depression, anxiety and behavior linked to schizophrenia. The findings could aid research into human psychological illnesses because scientists would be able to create animals with specific disorders, said experts.

I didn't want to look at the faces of these monkeys. They looked so human, so terribly sad and helpless. I pondered over the pseudo-lofty statement about the possibility of finds being helpful to research...

Not all religious philosophies accept that other species have souls, but none can deny that they suffer. Whether their suffering is more or less than that of humans under identical circumstances is something that has never been proved, but the question remains as to how humane it is to inflict suffering on other beings – beings who have done us no harm and who humans have forced into existence.



'Insomniac' monkeys cloned in China. Photo courtesy: gbtimes.com

Every ethical instinct is outraged at this development. Every thought of possible misuse to the detriment of all beings fills me with foreboding. I am appalled that there has been no outcry against use of science that ignores the story of Frankenstein. This is more alarming than biological warfare or misuse of nuclear weapons although a month later China did draft new rules to supervise biotechnology research that included fines and bans against rogue scientists.

I may be accused of being an alarmist or be laughed at for dramatizing a development that seems praiseworthy to science buffs who have allowed their intellectual arrogance to drown the voice of conscience, but I WILL ask those whose conscience is still alive and active, to think about this and do everything possible to oppose this flagrant murder of humane values and put an end to such disastrous cloning.



*Purnima L Toolsidass
is a life member of BWC-India*

Vegan Recipe

Sugarcane Juice and Jaggery

Sugarcane juice is obtained simply by crushing sugarcane. It is a diuretic, helps strengthen the liver, replenishes the body with lost proteins, builds up plasma and body fluids, improves bowel movement, and prevents tooth decay and bad breath. 100 grams sugarcane juice is just about 270 calories and no has fat or cholesterol.

Jaggery/*gur* is obtained by boiling sugarcane juice and skimming off impurities that rise to the top. The darker the colour, the purer it is. Harmful chemicals are added to make it lighter.

Gur-Sattu-Limbu Pani

(serves 4)

Ingredients

- 3 glasses water
- 4 tbsps jaggery/
(or as per taste) *gur* powder
- 8 tbsps *sattu*
(readymade roasted gram flour)
- 2 tbsps lemon/*limbu* juice
(or more if desired)
- Salt to taste
- 2 glasses crushed and whole
ice cubes as required



Preparation

Heat water mixed with *gur* and *sattu* till dissolved.
Add *limbu* juice and salt. Stir well.
Taste and add more *gur* and/or *limbu* if required.
Immediately add ice.
Stir well before and while drinking since the *sattu* tends to settle down in the glass.

Roah ki Kheer

(serves 2)

Ingredients

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



Preparation

Heat oil and fry raisins and cashew nuts.
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, cashew nuts and raisins.
Mix well.
Serve hot.

**Do visit www.bwcindia.org/Web/Recipes/Recipesindex.html
for an assortment of Beauty Without Cruelty's
tested and tasted, healthy and delicious vegan recipes.**



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