

## Vegan Comfort by Sherrilyn Reed

### Excerpt Introduction

*Explore with me and find that “comfort foods” can also be enjoyed vegan style. Macaroni & cheese, cinnamon rolls and burgers can still be sumptuous fare.*

The information you find on these pages is intended to be a guide to show how you can find healthier ways of preparing some of your favorite foods. I will give tools to help you move away from foods that are aging and destroying our bodies - processed foods, white flour products, meat and dairy. Would you put just anything into a vehicle and expect it to run; our bodies are more intricately made than any automobile. It is only logical to conclude that our temples have to be properly fueled for good health and longevity. Manufacturers put growth hormones and other chemicals into animals that are later processed into the foods that we eat. These chemicals create abnormal cells and free radicals causing disease and cancer in our bodies. It would be wise to no longer eat *freely* of the animal world.

I will share with you what I have learned throughout the years about making healthier choices. In *Vegan Comfort* you will learn how to make vegan dishes that rival your everyday favorites. I have been preparing vegan meals for my family for over twenty years. There has been much trial and error, but what emerged was a wholesome diet that is both nutritious and delicious.

Change is difficult but if you desire to live a healthier and longer life, change is essential. In light of the declined health in our society, I endeavor to erase the dread of veganism and to show how you can incorporate healthier options to your meal planning. Increasing your intake of whole foods, fruits and vegetables and decreasing your intake of the “deadly whites” will dramatically improve your health.

Sometimes, we don't try new things because we think they are too complicated. In *Vegan Comfort*, I present a “guide” to vegan meal preparations. You will learn to substitute dairy cheese for a soy based cheese with awesome flavor, how to make natural milks and meat substitutes. My hope is that these insights will give birth to a vegan culinary curiosity, leading you to create new and tasty dishes of your own.

Stuck in a declining cycle of poor health, shorter life expectancies, and incurable disease, it's time to make a U-turn back to nature, back to foods that are closer to their natural state.

**Remember, the prevention and cure to most illnesses lie in what we choose to eat each day!**