

The Vegan Sourcebook Joanne Stepaniak

spooky facts about the standard american diet - 11. according to joanne stepaniak in the vegan sourcebook: the red coloring in some bottled juices, colored pasta; candies, ice cream, yogurt and fruit fillings are derived from the ground body of the insect as carmine, cochineal and carminic acid. 12. according to joanne stepaniak in the vegan sourcebook:

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nutrition nuggets: secret ingredients from milk - lactonitrile (vegan). used to impart a tart flavor, as well as in the preservation of some foods. it occurs naturally in the souring of cow's milk and can be found in dairy products such as cheese and yogurt. it is also used in the production of acid-fermented foods such as pickles, olives, and sauerkraut, and is used as an

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