**Bake-tivism**

**INSTRUCTIONS**

1. Preheat the oven to 350°F. Grease pan.
2. Mix flour and water together, then set aside.
3. In a separate bowl, mix flour, salt, baking powder, and baking soda.
4. Beat in oil until it becomes the consistency of brown sugar.
5. Fold in bananas, fold in chocolate and nuts.
6. Bake in oven for 50-60 minutes.

**INGREDIENTS**

- 1 1/2 cup flour
- 1 tbsp salt
- 1 1/2 tbsp baking soda
- 1 tsp Earth Balance
- 1/2 cup sugar
- 1 T ground flaxseed
- 1 cup water
- 3 ripe bananas
- 1/2 cup walnuts
- 1/3 cup vegan chocolate chips

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**What is veganism?**

The Vegan Society's formal definition is: veganism is a philosophy and way of living which seeks to exclude—so far as is possible and practicable—all forms of exploitation of and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.

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**EAT YOUR DAMN VEGETABLES**

Fiber makes a happy colon.

Even babes get butthole cancer.

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**FIBER MAKES A HAPPY COLON**

EAT YOUR DAMN VEGETABLES

Think wisely: no dairy.

No worries.

The name 'vegan' came from selecting the first and last letters of 'vegetarian.'