

Know about GELATIN

Do you know the cake /ice creams (eggless) you are eating is actually suitable for vegetarians?

No, Most of the bakers use **GELATIN** to decorate the cakes. And yes for ice creams this is the main ingredient to set it. And this is strictly no no for vegetarians.

Because-

“Gelatin is an animal by-product sourced from animal hooves, bones, cartilages, and other parts of abattoir meat leftovers.”

So next when you buy cakes /ice creams /dips or even yogurt do not forget to check the ingredients for gelatin apart than egg in the product.

“Be vegetarian be happy”

“Live and let Live”