

# Switzerland



## Arosa Sanctuary

Bears are amongst the largest land carnivores on the planet but are sadly subject to human exploitation. Circuses, private keepers, poorly maintained zoos and poaching all contribute to their suffering.

To provide abused and neglected bears with a forever home, the Arosa Bear Sanctuary was created as the first bear sanctuary in Switzerland.

On an area of three hectares in the beautiful Swiss mountains, the bears can learn their natural behaviour, develop bear instincts and roam around freely.

## How you can help

A donation to Arosa Bear Sanctuary could help more bears recover from a life of cruelty.

And remember to #TravelKind and be conscious of what shows or events you visit whilst on holiday. If you see an animal in distress, report it to your tour guide or local authorities.



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1. Chop the potato into 1-inch cubes and add to a medium pot with the chickpeas and cashew nuts.
2. Cover with water, season with salt and bring to the boil, then simmer over low-medium heat with the lid on for 15 minutes.
3. Drain the water and transfer the contents to a blender.
4. Add the stock, coconut milk, yeast and arrowroot to the blender and blend on high until the sauce is smooth.
5. Heat the oil in a pan, fry the garlic for 1 minute, then add the blended mixture back to the pan.
6. Cook the sauce for a couple minutes until it becomes stretchy, then transfer to a bowl for dipping!
7. Serve with your choice of accompaniments or try our suggestions.

*Happy dipping!*



9

## Serves 4 - Ingredients

### For the cheese:

- 1 tsp olive oil
- 1 large potato
- 2 garlic cloves, minced
- 150g canned chickpeas, drained and rinsed
- 50g cashew nuts (nuts)
- 240ml vegetable stock
- 240ml coconut milk
- 3 tbsp nutritional yeast
- 2 ½ tbsp ground arrowroot flour
- 2 sprigs basil (for garnish)

### For serving:

- Mushrooms
- Steamed vegetables
- Bread (gluten)

Allergens in bold