

YOUR EVERYDAY GUIDE TO VEGAN LIVING

ONLY £2.99!

Simply vegan

Made in Chelsea's



Lucy Watson
Find out what being vegan means to Lucy

SUMMER LIVING

EASY BBQ DISHES



Grilled summer veg salad: p16

GET GREEN
in 15

Simple ways to be cleaner and greener

MUST READ!

IS IT OK TO FAIL?

Learn how to cope with common vegan slip-ups

STYLISH VEGAN PURSES & WALLETS



EATING OUT – THE BEST BURGERS IN TOWN!



GET IN SHAPE WITH STEPHANIE MOIR



DAIRY FARM TURNED ANIMAL SANCTUARY



MAKE YOUR OWN CHILLED DESSERTS

ANTHEM



Issue 4
September 2018
£2.99



MAKE SURE YOUR ENERGY SUPPLY IS ANIMAL FREE

Most energy companies in Britain supply electricity made from animal by-products. Anything from animal slurry to slaughterhouse waste are used to make the electricity for our homes. Suppliers like Bulb, Octopus and SSE all have animals in their mix.

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ecotricity.co.uk/vegan



hello...

Starting out on a vegan journey doesn't come without a few challenges along the way but there is no need to feel bad if you slip up – we have all been there. So find out why it is ok to fail on p38. Plus check out our guide to simple ways we can all be cleaner and greener on p58.

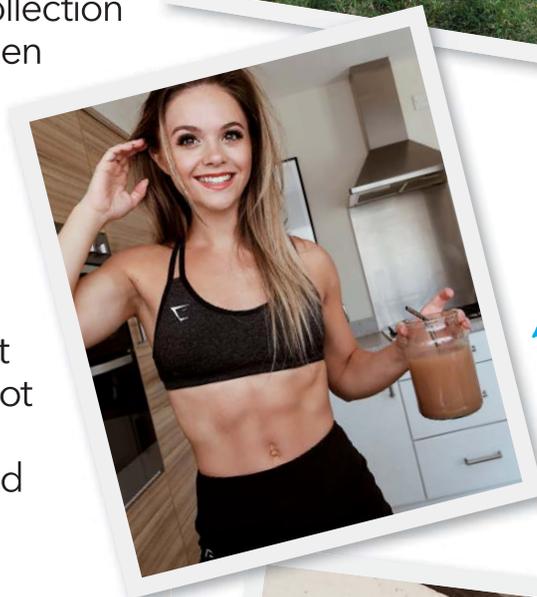
Make the most of the warm, lighter evenings by enjoying a barbecue with friends. Check out our great collection of al fresco eats on p10. And then indulge in a delicious iced dessert! (p46)

Just come back from your hols and wishing you were still there? Bring the Med to your home with our three great Spanish dishes (p34). Or why not check out our city guide to the best places to eat in Oxford and make this your next trip (p74)?

As someone who is also gluten intolerant, I couldn't wait to try the Cornetto with a gluten-free cone (!) in the ice cream taste test! And it didn't disappoint! See p50.

And if you're looking for a little retail TLC, check out our cruelty-free mascaras, purses and wallets.

Cathy x



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Volunteer at The Lewis Oliver Farm Sanctuary

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Your everyday guide to vegan living

ISSUE 4



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#trending



2-4-1 AT ALL BAR ONE!

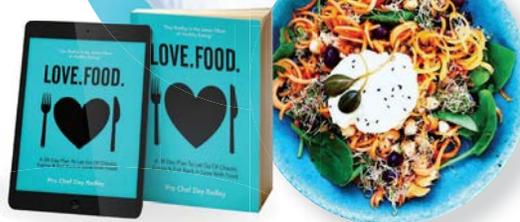
For info visit allbarone.co.uk



As part of All Bar One's ongoing commitment to make vegan eating more affordable and accessible to vegans and non-vegans alike, it has developed a new range of vegan "nutritious power-food" dishes with their resident nutritionist Sarah Jackson. Every Wednesday you can enjoy a 2-4-1 deal as part of the #WellnessWednesday initiative. Choose from the Supergreen Noodle Laksa, The Power of Five, Avocado and Black Rice Salad, and the Moroccan Squash Salad.

SHEER DECADENCE!

UK master chocolatier and flavour innovator Paul A Young has just launched an incredibly indulgent Vegan Dark Chocolate Brownie. The brownie is made using 72% dark chocolate from Guittard Chocolate with a decadent gooey centre. Perfect for a special occasion or gift! Available from Paul's three London-based chocolateries and for delivery nationwide, the brownies are £4.50. For info visit www.paulayoung.co.uk or call 020 7437 0011.



YOGA ON THE GO!

EUR 39.96 | Available from jadeyoga.eu

The Jade Voyager mat is the best choice for yogis on the go, if you have a limited amount of storage space or will be using it over another mat. With a thickness of just 1.6mm, the Voyager is extra thin and extra light (680g) and folds up to about the size of a yoga block to fit into your suitcase or backpack. And Jade plants a tree for every mat sold – with over one million trees planted so far.



MUST READ!

Day Radley, a professional chef whose commitment to changing our relationship with food is deep-rooted and unstoppable, launches her first book, *Love.Food.*, a different sort of cookbook. Known for her Facebook Live 'cookalong' videos, Day has gone another step further in teaching us how to end our crazy, unhealthy relationship with food. In *Love.Food.* she shares all her chef secrets, plus the tricks and tools she devised during a three-year journey to heal her own eating disorders. "Put simply" says Day, "*Love.Food.* is a 28-day plan to let go of chaotic eating and fall back in love with food." Available from wordery.com, £9.68 plus free delivery.



Cauliflower pizza!

RRP £4-£4.99 | Available from Asda and Sainsbury's

No Dough has cracked how to make a pizza base containing over 70% cauliflower, resulting in a gluten-free meal that is less calorific than the traditional pizza. It also qualifies as one of your five a day! Available from the chilled aisle in selected Sainsbury's, ASDA and Co-op stores.



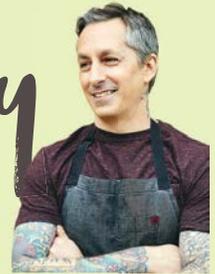
PURIFY & CLEANSE

RRP £25 | Available from twelvebeauty.com

Perfect for sensitive, or delicate, fine textured skin, Twelve Beauty's Purifying Cleansing Beauty Cream renews and repairs your skin while removing impurities. The mild yet creamy formula leaves your skin revitalised and feeling super soft and hydrated.



Wickedly VEGAN!



Derek Sarno is the co-founder of Wicked Healthy, co-author of *The Wicked Healthy Cookbook* and the Chef-Director of Plant Based Innovations at Tesco. He moved to the UK to pioneer and increase the Free From Animals options within Tesco and developed the new Wicked Kitchen range of ready meals, wraps, salads, sandwiches and pizzas. Here he shares his 'wicked' ethos and values.

The Wicked Kitchen line launched with a bang in January 2018. Selling more than double what was expected, surprising and delighting everyone involved, including us vegans. Selling more than double predictions is huge for a new brand, vegan or non-vegan.

All we had to do was what hadn't been done before: put amazing foods completely free from animals on the shelf and they had to be delicious, easily accessible, affordable and live up to the standards we hold on quality.

It's been very successful, and as excited as we are, we've got lots more work to do. What this does is prove the need and want for delicious vegan food is there. We're just scratching the surface, and we've got big plans in the years to come. We want to change and shift an entire food system.

We found if we lead with compassion in our food and in business, when we move forward with genuine intention to be of benefit to animals and people through actions by serving great tasting food, we all win. Proving people are hungry for change as much as they are hungry for kick-ass plant-based food.

We're providing a solution by offering foods in a system largely based on animal agriculture. We're changing the way retail works from the inside. We're crafting and creating food, you're supporting by buying it, and we're changing the world together.

We're moving the dial forward. I'm proud of all the work that Tesco has been able to accomplish with our support. Our mission at Wicked Healthy, and my personal mission, is to use our skills to be of most benefit to others, all others.

I like to call it compassion in action, using the skills I've trained to do all my life to bring veg centre plate and the stars of the meal. People have spoken, this is what they want more of, and I plan to keep giving it to them with more amazing meals coming that will make plant-based/vegan an easy choice. There's no need to kill anything for flavour!

The Wicked Kitchen range at Tesco includes a variety of sandwiches and wraps, salads, pizzas and ready meals.



WIN 2 TOFU PRESSES WORTH £47.98!

Two lucky winners can say goodbye to pressing tofu under a tower of precariously balanced tins! Tofuture, set up by Adam and Susanna who met in 1991, has created a unique and stylish Tofu Press that removes water from unpressed tofu. The press is compact and easy to store and you can also use the outer tub as a container to marinate the pressed tofu. It is also BPA free and retails at £23.99. For info, visit tofufuture.com To enter, answer the following question at veganfoodandliving.com/category/competition:

Q. When did Adam and Susanna meet?

A 1989 B 1996 C 1991

COMPETITION RULES

By entering a competition, you are bound by these rules. Late entries will be disqualified. Only one entry per person will be accepted. Competitions are open to UK residents only, except employees of Anthem Publishing and any party involved in the competition or their households. By entering a competition you give permission to use personal information in connection with the competition, for promotional purposes. The competition closes 5 September 2018.



Essential swap...

Summer throw

Perfect for taking on a picnic or using on a summer's evening, the Cairngorm Pink throw, made from acrylic, is soft with a luxurious feel, providing excellent warmth without any extra weight. Size: 150x200cm (59x79in); £26.99 from veganhaven.co.uk

STYLISH & AFFORDABLE

Looking for a cruelty-free handbag, wallet or make-up bag? **Vegetal** was created so animals don't suffer for people to look good and carry cool bags. Visit vegetal.co.uk for a range of modern vegan items at affordable prices.



FOODIE HOTSPOT

Visit [facebook.com/KoochaMezzeBar/](https://www.facebook.com/KoochaMezzeBar/) or [instagram.com/koochamezzebar/](https://www.instagram.com/koochamezzebar/) or anderlust.com/108-events/london/



Koocha, an independent vegan mezze place, has just opened in Bristol. Formerly a family restaurant, it has been revamped and is now run by daughter Lauren, who is a passionate vegan. It now serves all Persian-based food and has a cocktail bar.



Have you tried...

WILDE NUTS

£3.50 for gourmet nuts (100g), £5.99 for granola (350g) | At www.wildenuts.com

Family run business Wilde Nuts has created two ranges of nut-based snacks that are delicious and nutritious. Using only the purest ingredients that support our bodies and our planet, Wilde Nuts is all about creating wholesome foods that make you feel fit, strong and happy from the inside out. As well as gourmet nuts, they have a range of raw, organic and grain-free granolas. Head online to wildenuts.com for info.

3 of the Best HEALTHY SNACKS

Feed those mid-morning hunger pangs with tasty, nutritious snacks



ACAI BERRY & SUPERSEED

£24 for 18 bars (45g each) | Available on Amazon, Ocado and primalpantry.com

The Primal Pantry has launched the Acai Berry & Superseed bar. It contains important nutrients and minerals and provides both fast and slow release energy thanks to the combination of carbohydrates and good fats.



PINEAPPLE CRISPS

99p | Available in Tesco nationwide, Ocado and more

Get one of your five a day with a tasty and nutritious packet of Nim's crisps, one of a new range of flavours of fruit and vegetable flavoured crisps. Air dried for maximum flavour, the thinly sliced crisps are great for a healthy snack any time of day. Visit nimsfruitcrisps.com



BOOSTBALL

£1.99 per pack | Available in WH Smith at Welcome Break, Moto Services, health stores and amazon.com

Try Lemon Drizzle Cake or Maple & Cinnamon Roll for when you're on the go and need a natural, satisfying snack with high protein content and no compromise on flavour. The Boostball range provides the perfect energy source. Visit boostball.com

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 Angel Ln, Tonbridge TN9 1SF

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SEVeganEvents

GO! Organic Festival
 to host over 100 stalls of organic goods

go!
 organic festival

8-9 SEPTEMBER 2018
BATTERSEA PARK | LONDON

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Simply Vegan is always looking to introduce new brands to our wonderful audience of vegan readers and lifestyle enthusiasts.

Get in touch with:
 Leah for food & drink
 leah.fitz-henry@anthem-publishing.com
OR
 Lauren for lifestyle
 lauren.morris@anthem-publishing.com

01225 489 984

GO! ORGANIC FESTIVAL, which will be held in London's Battersea Park this September, promises a weekend of family fun and the biggest brands in organic beauty, skincare, health and eco-living.

The demand for certified organic products has grown dramatically in recent years. In response to this, the festival aims to increase public knowledge of healthy, natural personal care products that the whole family can use and enjoy.

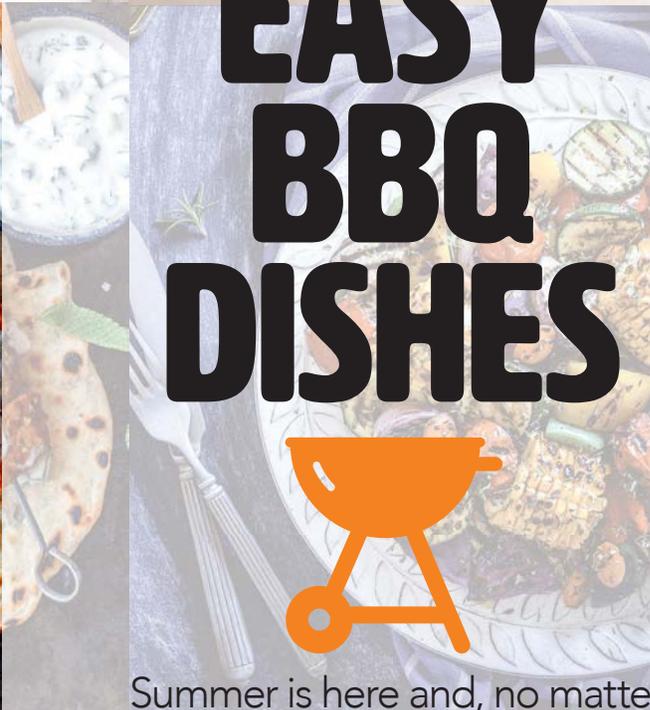
At the event, visitors will be able to browse an expansive range of organic beauty, health and household brands, some of which will be available at discounted rates. Experts will also be on hand with tips on how to maintain a healthy, sustainable, vegan or free-from lifestyle.

Key beauty brands appearing at the event include Green People and Neal's Yard Remedies. Pravera – an organic distributor of skincare, hygiene and cleaning products – is offering 3 for 2 at the festival too. For those looking for vitamins, minerals or supplements, Primal Alchemy, Nutri-Fungi and G+G Vitamins will be on hand. As for eco-lifestyle companies, Kinn Living and Greenscents will provide a selection of sustainable household products.

At the Organic Marketplace, festival-goers will be able to sample a number of organic foods and drinks. Live music will be performed on the main stage all weekend and children's entertainers, workshops and fairground rides will keep the little ones busy and happy.

GO! Organic Festival will take place on the **8th & 9th September 2018** in **Battersea Park**. For more information or to buy tickets, visit goorganicfestival.co.uk

Quote **SVM20** to **SAVE 20%** on all tickets



Summer is here and, no matter what the weather does, there are fabulous vegan barbecue treats for you to eat



Tandoori Tofu Skewers

By Nadine Horn & Jörg Mayer, from *Vegan BBQ*
 Makes 4 skewers | Prep 5 mins plus marinating | Cook 20 mins

Per skewer **Calories 296** **Fat 15g** **Saturates 5g** **Salt 0.65g** **Sugar 4g** **Protein 15g**

INGREDIENTS

For the skewers

- 4 tbsp vegan yoghurt
- 1 large red chilli pepper
- 1 garlic clove
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 star anise
- 1 tsp ground cinnamon
- 1 tsp salt
- 1½ tbsp tomato purée
- 1 tbsp peanut oil
- 400g (14oz) tofu

Extras

- 4 chapatis
- 8 tbsp cucumber, mint and vegan yoghurt sauce
- 1 lemon

METHOD

- 1 Blend the yoghurt with the remaining ingredients (except the tofu) in a food processor or blender.
- 2 Cut the tofu into 4cm (1½in) cubes and add them to the marinade. Marinate for at least 4 hours in the fridge.
- 3 Thread the cubes onto metal skewers and cook over indirect heat with the lid closed for 10 minutes. Turn the skewers over and cook for another 8 minutes. Baste with the leftover marinade.
- 4 Serve with the chapatis, cucumber, mint and yoghurt sauce, and lemon wedges.

TIP

These cook better if a skewer rack is used. This way the tofu does not come into contact with the grill and cannot stick.



Crispy Potato Skins With Guacamole

By Nadine Horn & Jörg Mayer, from *Vegan BBQ*
 Serves 4 | Prep 20 mins | Cook 20 mins

Per serving **Calories 420** **Fat 21g** **Saturates 4g** **Salt 0.9g** **Sugar 5g** **Protein 7g**

INGREDIENTS

For the potatoes

- 6 medium, fast-cooking potatoes
- 3 tbsp olive oil
- 1 tsp salt

For the guacamole

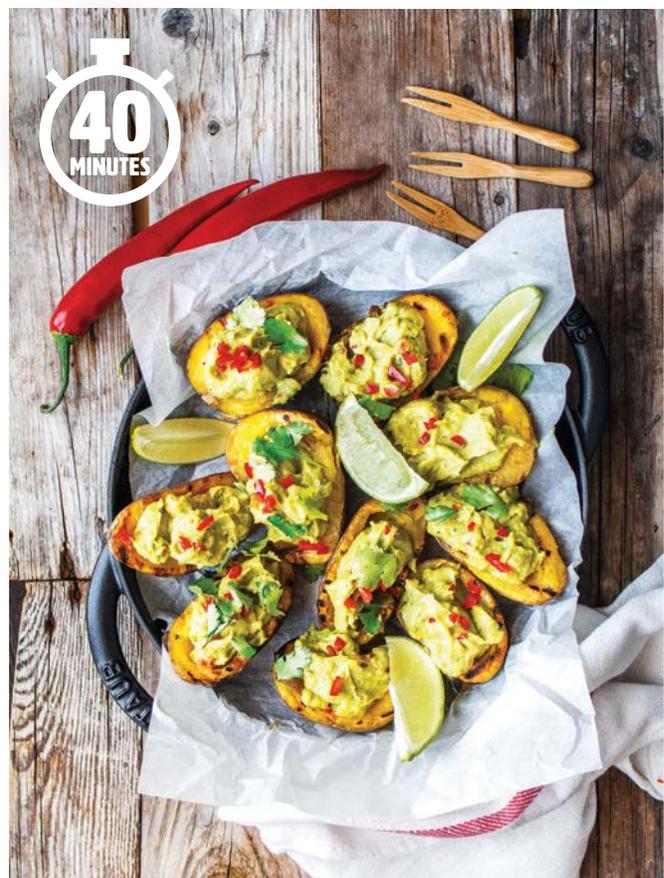
- 1 red chilli pepper
- 1 avocado
- 4 tsp lime juice
- ½ tsp salt

Extras

- 3 tbsp chopped coriander leaves
- 2 limes

METHOD

- 1 Boil the potatoes in their jackets and leave to cool. Halve them and scoop out the flesh, leaving 5mm (¼in) over the skin. Set aside the flesh.
- 2 For the filling, finely chop the chilli. Crush the potato flesh and the avocado with a fork and mix them with the other guacamole ingredients.
- 3 Brush the potato skins with the oil and salt, then grill on their cut side over a high heat for 3-4 minutes. Turn them over, fill them with the potato guacamole, and cook for 3 minutes with the lid closed.
- 4 Top with chopped coriander and serve with lime wedges.





Salsa Trio

By Nadine Horn & Jörg Mayer,
from *Vegan BBQ*
Makes 250ml (9fl oz) of each |
Prep 5 mins each | Cook 15 mins

Per 100ml

Calories
87

Fat
2g

Saturates
1g

Salt
0.65g

Sugar
13g

Protein
2g

INGREDIENTS

For the mild mango salsa

- 1 mango
- ½ green pepper
- 1 tbsp coriander
- 2 tbsp fresh orange juice
- 1 tbsp white wine vinegar
- 1 tbsp soy sauce
- 1 tsp ground pink pepper
- a pinch of salt

For the grilled pineapple salsa

- ½ ripe pineapple
- 4 cherry tomatoes
- ½ red chilli
- 2 tbsp coconut flakes
- juice of 1 lime
- ½ tsp salt

For the grilled tomato salsa

- 3 tomatoes
- 2 tbsp lime juice
- 1 jalapeño pepper
- 2 tbsp fresh coriander
- ½ onion
- 1 tsp agave syrup
- ½ tbsp olive oil
- 2 garlic cloves
- 1 tsp salt

METHOD

For the mild mango salsa

- 1 Finely dice the mango and pepper, and coarsely chop the coriander.
- 2 Mix them with the other ingredients and season with salt.

For the grilled pineapple salsa

- 1 Slice the pineapple and grill over indirect heat for 15 minutes, turning from time to time. Dice the slices.
- 2 Quarter the tomatoes, cut the chilli into fine rings and mix them with the other ingredients together in a bowl.

For the grilled tomato salsa

- 1 Lightly prick the tomato pieces with a fork and brush them, the chilli and onion with the olive oil.
- 2 Grill the vegetables over indirect heat for 15 minutes, turning them over from time to time.
- 3 Combine all the ingredients in a processor and coarsely purée them.



Portobello Mushroom Panini

By Nadine Horn & Jörg Mayer,
from *Vegan BBQ*
Serves 4 | Prep 20 mins
Cook 15 mins

Per serving

Calories
662

Fat
33g

Saturates
5g

Salt
2.1g

Sugar
5g

Protein
22g

INGREDIENTS

For the herb pesto

- 200g (7oz) herbs (fresh or frozen)
- a handful of fresh basil
- 2 garlic cloves
- 2 tbsp cashew nuts
- 16 tbsp olive oil
- 3 tsp salt

For the pickled onion

- 2 red onions
- 100ml (3½ fl oz) cider vinegar
- 2 tsp agave syrup

For the mushrooms

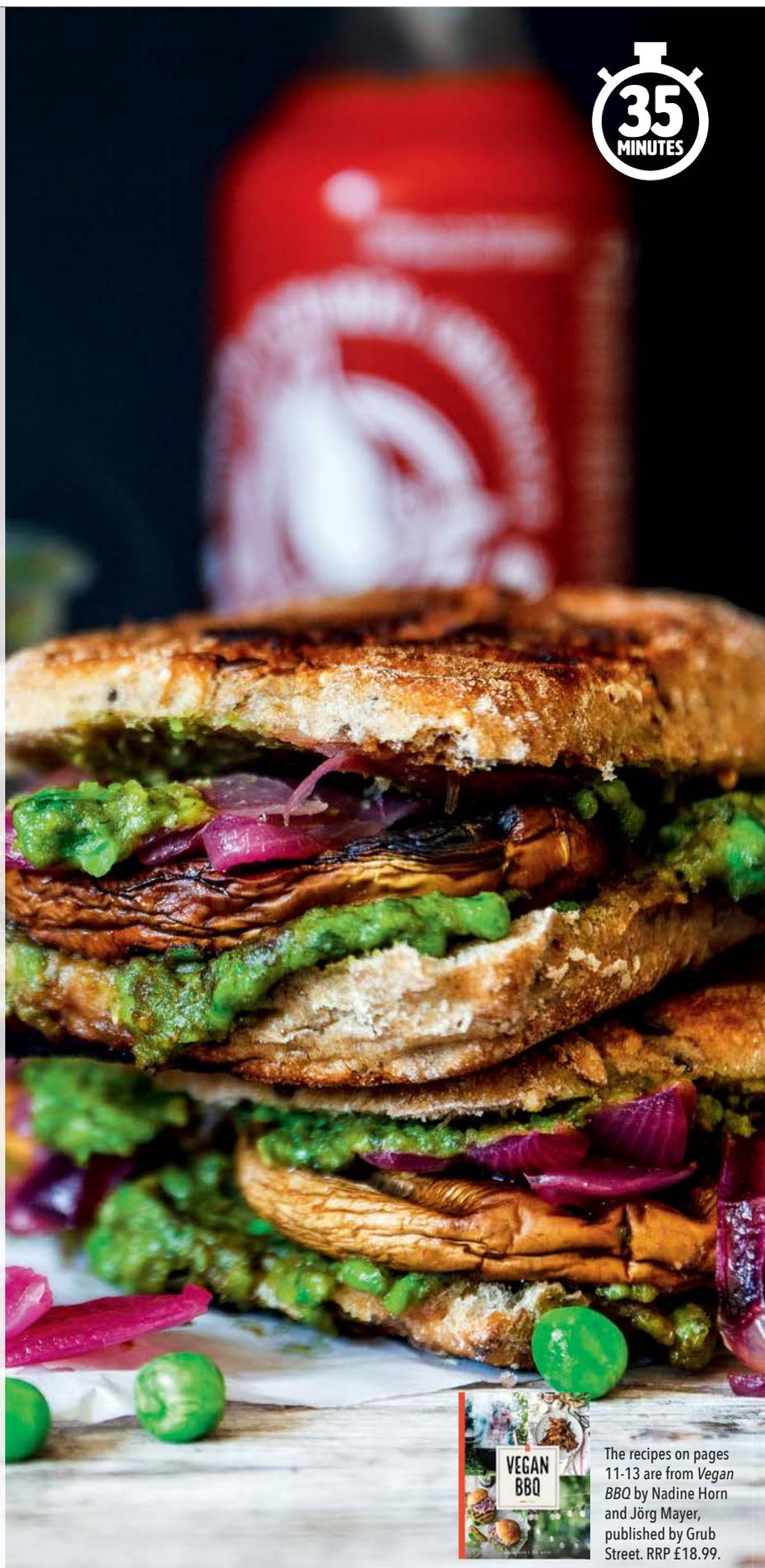
- 8 Portobello mushrooms
- 4 tbsp olive oil
- ½ tsp coarse sea salt

Extras

- 4 rye sourdough bread rolls

METHOD

- 1 Finely purée all the ingredients for the pesto in a blender.
- 2 For the pickled onion, cut the onions into wedges, combine them with the vinegar and agave syrup in a cast-iron saucepan, and bring to the boil over direct heat. Gently braise them over indirect heat until the vinegar completely evaporates.
- 3 Clean the mushrooms and cut off the stems (don't throw them away, grill them separately and add them to the panini). Brush the caps with ½ tsp olive oil, season with coarse sea salt, and grill them over direct heat for 5 minutes each side.
- 4 Cut the bread rolls open, spread the cut side with pesto and top with the mushrooms and pickled onion. Cover them with the top of the rolls and grill until crispy over direct heat for 5-7 minutes. Weigh down the panini with preheated bricks.



The recipes on pages 11-13 are from *Vegan BBQ* by Nadine Horn and Jörg Mayer, published by Grub Street. RRP £18.99.



Griddled Peaches With Balsamic Dressed Salad

By Joanne @the_balanced_kitchen, from thebalancedkitchen.co.uk

Serves 1 | Prep 10 mins | Cook 5 mins

Per serving



INGREDIENTS

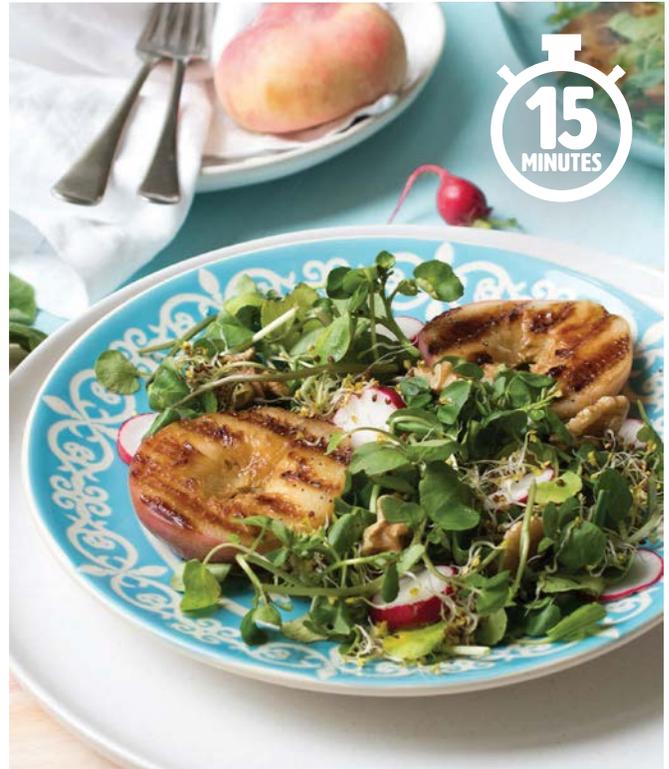
- 1 peach
- 2 large handfuls of watercress
- 5 radishes, washed, halved
- a handful of walnuts
- 2 tbsp poppy seeds
- 40g (1½oz) broccoli sprouts
- balsamic vinegar

For the dressing

- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1.2 tsp (5g) wholegrain mustard

METHOD

- 1 Slice the peach in half, twist so it separates and remove the stone.
- 2 Heat up a griddle or non-stick frying pan.
- 3 Prepare a little balsamic vinegar in a bowl. Dip each peach half in the bowl (sliced side). Cook on both sides for a few minutes until golden.
- 4 Place all the other ingredients in a bowl, including the dressing and mix well.
- 5 Serve the salad with the caramelised peaches.



BBQ Jackfruit Burger On Crusty Sourdough Bread

By Joanne @the_balanced_kitchen, from thebalancedkitchen.co.uk

Serves 1 | Prep 15 mins plus marinating | Cook 10 mins

Per serving



INGREDIENTS

- 1 crusty sourdough roll
- 1 tomato, washed, sliced thinly
- a handful of fresh green leaves, washed
- 1 small red onion, skin removed, sliced

For the jackfruit and sauce

- 200g (7oz) jackfruit, removed from the tin, drained, shredded
- 1 tbsp tomato puree
- 1 tsp apple cider vinegar
- 1 tsp molasses syrup or maple syrup if you don't have molasses
- 1 tsp water
- 1 tsp onion powder
- a pinch of granulated dark brown sugar
- a pinch of dried garlic granules
- ½ tsp sweet paprika
- 1 tsp liquid smoke

METHOD

- 1 Place the jackfruit and sauce ingredients into a bowl, combine and then leave to marinate for at least 30 minutes.
- 2 After marinating, add the ingredients to a pan and heat over a low heat for about 8 minutes until heated through. Alternatively, add to a tin foil tray and cook on the barbecue.
- 3 Slice the sourdough roll in half, add the tomato, green leaves and red onion and top with the jackfruit in the BBQ sauce and the other half of the bread.
- 4 Serve immediately while still warm.



Fully Loaded, Juicy, Black Bean Burger

By Joanne @the_balanced_kitchen, from thebalancedkitchen.co.uk

Serves 4 | Prep 15 mins | Cook 15 mins

Per serving

Calories
151

Fat
5g

Saturates
1g

Salt
0.26g

Sugar
1g

Protein
8g

INGREDIENTS

- 240g (8½oz) black beans, equal to 1 tin, rinsed, drained
- 3 tbsp chia seeds soaked in 7 tbsp water
- 2 slices of wholemeal bread, toasted, roughly broken into small pieces
- 2 tsp Dijon mustard
- a pinch of salt
- a pinch of pepper
- ½ tsp sweet smoked paprika
- 1 tbsp dried parsley
- 1-2 tbsp jumbo oats (optional)

METHOD

- 1 Excluding half of the black beans, place all the ingredients into a food processor and pulse a few times - you want it lumpy!
- 2 Stir in the rest of the black beans - leaving some whole gives texture to your burger.
- 3 If your mixture is too wet, add a spoonful or so of jumbo oats, then leave them to soak up the excess moisture for a few minutes.
- 4 Form four equal-size balls, then squash them down into flat burger patty shapes with your hands.
- 5 Gently fry each burger for 1 minute on both sides in a little oil to seal them before they go in the oven.
- 6 Pop in the oven for 15 minutes or on the barbecue.
- 7 Serve in a burger bun with all your favourite extras!



Rocket, Candy Beetroot, Pomegranate and Avocado Salad

By Joanne @the_balanced_kitchen, from thebalancedkitchen.co.uk

Serves 2 | Prep 10 mins

Per serving

Calories
431

Fat
39g

Saturates
7g

Salt
0.07g

Sugar
8g

Protein
6g

INGREDIENTS

- 1 bulb candy beetroot (chioggia beet), sliced very thinly
- 3 handfuls of rocket leaves, washed
- 1 avocado, skin and stone removed, cubed
- 1 pomegranate, seeds only
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 2 tbsp black sesame seeds

METHOD

- 1 Simply add all the ingredients to a bowl, combine and serve between two plates.



Enjoy a vibrant dish of grilled veg



Grilled Summer Veg Salad

By StockFood, the Food Media Agency
Serves 4 | Prep & Cook 40 mins

Per serving

Calories
586

Fat
9g

Saturates
1g

Salt
0.54g

Sugar
24g

Protein
24g

INGREDIENTS

For the vegetables

- 2 corn on the cob
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp onion salt, or powder
- 1 tsp garlic salt, or powder
- 1 tsp paprika
- 2 small red onions, cut into wedges
- 2 medium courgettes, cut into discs
- 2 small aubergines, cut into discs and then quartered
- 2 green peppers, cored, seeded and roughly chopped
- 2 large carrots, peeled and thinly sliced
- 6-8 sweet red peppers, cored and seeded
- olive oil, for brushing and drizzling
- salt
- freshly ground black pepper

For the sauce

- 200g (7fl oz) coconut yoghurt, or soya yoghurt
- 2 tbsp vegan mayonnaise
- 2 tbsp lemon juice
- 1 tbsp hot water
- 1 small garlic clove, minced

To garnish

- 1 handful of mixed herbs, eg parsley, thyme, rosemary, chopped

METHOD

For the vegetables

- 1 Preheat a barbecue to a moderately hot temperature; if using charcoal, wait until the coals turn white hot.
- 2 Bring a large saucepan of water to the boil. Once boiling, stir in 1 tsp salt then add the corn. Remove from the heat, cover with a lid, and leave to cool as you prepare the other vegetables.
- 3 Stir together the dried herbs, onion salt, garlic, salt and paprika with some pepper to taste in a ramekin or small bowl.
- 4 Sprinkle the rub over the remaining vegetables, tossing to coat evenly. Drizzle with olive oil and season with plenty of salt and pepper.
- 5 Once the barbecue is preheated, brush the grates with some olive oil. Grill

the vegetables in batches, turning occasionally, until lightly charred and tender to the tip of a knife, about 3-6 minutes depending on the vegetable. Remove completed batches to a serving platter.

- 6 Remove the corn from the water and pat dry with kitchen paper. Cut into pieces.
- 7 Brush with olive oil and season with salt and pepper before grilling on the barbecue until lightly charred all over, turning frequently, about 3-4 minutes. Arrange on top of the vegetable platter.

For the sauce

- 8 Whisk together all the ingredients for the sauce in a small bowl until smooth. Season to taste with salt and pepper. Serve alongside the grilled vegetables.



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WE NEED

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We want to make *your* magazine even better, but in order to do that we'd love you to tell us what you think. Let us know what you like, what we can do better and what else you want us to cover in the magazine by completing our Simply Vegan Reader Survey.

Plus everyone who completes the survey can enter into a prize draw to win £100 voucher for Indigo Herbs, a company on a mission to supply you with the finest natural health products of the best quality, at affordable prices. You can find everything from vegan protein powders to herbal teas, natural sweeteners and snack bars – find out more at www.indigo-herbs.co.uk



Complete the survey now at
www.veganfoodandliving.com/survey/



MEAT

what's the alternative?

There's officially no excuse to eat meat anymore. With supermarket giants such as Sainsbury's trialling meat-alternatives within the aisles of traditional animal-based meats, and restaurants such as Wagamama showcasing incredible vegan-meat dishes, it's safe to say we're on the cusp of a vegan 'meat' takeover



Charlotte Willis is a freelance journalist and health writer who has worked with the Vegan Society, Veganuary and other online vegan publications. Her fields of expertise and interests include vegan nutrition, holistic healthcare, mindfulness and fitness. She is currently researching and studying the various links between food and psychological health while pursuing a doctorate degree in counselling.

We've come a long way since the times where tofu sausages were the only much-mocked mock-meats available on the market for vegans. Fast-forward to the present day and we find the shelves are stacked high with chick'n style

kebab 'meat', pulled jackfruit 'pork' and even a veggie steak alternative. You can replace just about any animal-product of your choice with a completely plant-based, ethical and sustainable alternative, without compromising on taste or protein content.



Tofu

Best Used In: Oriental dishes, curries, sandwich fillings, grilled on a BBQ, stir-fries, made into desserts, scrambled in place of eggs and can be used in sweet recipes.

Allergens: Soya.

What Is It? Tofu is made by processing soya beans. The raw beans are cleaned, soaked, ground and filtered, before finally separating the curds from this lumpy soya mixture, to create what we all know as tofu.

Nutritional Benefits: Tofu is naturally rich in protein, fibre, calcium and iron. Tofu also contains selenium, manganese and phosphorus - all of which are essential minerals.

Cooking Tips: There are three main types of tofu: Extra Firm (best for high liquid content dishes), Firm (crumbled and used in drier dishes) and Silken/Soft (use in desserts or replacing eggs in quiches and frittatas). If you choose firm or extra firm, you'll want to use a press to remove excess moisture.

Taste Tips: Tofu is pretty bland, so the key is seasoning and marinating. The best way is to marinate for at least 2 hours prior to cooking with plenty of moisture. Failing this, be sure to season well and enrobe the tofu in a sauce or use ample herbs and spices. If using in a sweet dish, sufficient sweetener must be used to mask the savoury taste.



Tempeh

Best Used In: Oriental dishes, burger substitutes, sandwiches and wraps, stir-fries, breaded nuggets and tempura battered, salads, fish replacements, taco and burrito fillings and bac'n substitutes.

Allergens: Soya, sometimes fermented with gluten allergens.

What Is It? Tempeh is similar to tofu, with the exception of being selectively fermented and formed into a condensed patty. Slightly grainier than tofu, but has a firmer texture.

Nutritional Benefits: Tempeh is higher in protein than tofu, and is relatively lower in fat too, while maintaining high levels of vitamin B6, magnesium, calcium and iron. It is also a fermented food, meaning tempeh is a great pro-biotic foodstuff.

Cooking Tips: Tempeh usually comes ready prepared and pre-marinated. You'll also come across unflavoured frozen or refrigerated tempeh steak - a blank flavour canvas. Tempeh doesn't need to be pressed, simply defrost and marinate for about 1 hour. Tempeh is versatile, and so the cooking methods will vary based on your recipe.

Taste Tips: Tempeh can be slightly bitter due to compounds created in fermentation. To reduce this, steam for 5 minutes, remove excess moisture with a tea towel, and you're ready to go.





Seitan

Best Used In: Beef, chicken or pork substitute dishes, mimicking meat textures and tastes, higher protein meals, BBQ skewers, goujons, hot dogs, burgers and sausages.

Allergens: Gluten.

What Is It? Seitan is made from concentrated, processed wheat gluten extracted from traditional wheat-based doughs. The majority of the starch is removed, leaving the remaining gluten strands behind, to be shaped and moulded into seitan.

Nutritional Benefits: In its natural form, this stuff is incredibly protein rich and low in carbohydrates and fats, making it a great high-protein substitute for those with soya allergies. Due to the fact that seitan is pretty much entirely protein, you'll find there isn't much in the way of nutrition knocking around. Combine seitan with grains and vegetables that are rich in vitamins and minerals.

Cooking Tips: The versatility of seitan means cooking can be as simple or complex as you like! You can marinade, and this should take less time (roughly 30 minutes) compared to tofu. Seitan can be cooked in various ways, but I've found the best way to enjoy it is baked or fried.

Taste Tips: Seitan has a sort of bread-like texture, but this may vary based on how the product is processed. It will taste much like anything you choose to baste, marinade and cook it with.



TVP (Textured Vegetable Protein)

Best Used In: You can use TVP in a great variety of dishes, dependent upon the type of TVP you decide to use. TVP is a perfect substitute for mince, chicken pieces and can be formed into many different shapes to create sausages and burgers.

Allergens: Soya.

What Is It? TVP is a form of dried soya powder extracted from soya beans. The beans are mulched with water, treated with an alkaline agent and heat-sprayed to separate the protein from the fibre of the beans.

Nutritional Benefits: A high source of concentrated protein, with little fats and carbohydrates. I recommend eating TVP with grains and vegetables to achieve a variety of nutrients.

Cooking Tips: TVP is extremely versatile and usually sold in dehydrated form. To cook, simply rehydrate in ample amounts of boiled water and half a veggie stock cube, to enhance flavour and texture. TVP mince can be moulded into burgers, meatballs and used in a pasta sauce. TVP chunks can imitate chicken in curries, casseroles and salads.

Taste Tips: TVP is pretty savoury with no distinctive taste to it, and can't be marinated with much success. I recommend you aren't shy with seasoning and sauces.



Jackfruit

Best Used In: Sloppy burgers, tacos, burritos and Mexican food, pizza toppings, wraps and sandwiches, as a pulled pork substitute and in chilli.

Allergens: None.

What Is It? A tropical fruit with similar flavour to a pineapple. I advise buying tinned to save time and effort preparing it from fresh. Opt for tinned jackfruit in brine (not juice) when possible, as this is more savoury.

Nutritional Benefits: Jackfruit is high in fibre and relatively low in calories (95 Kcal per 100g), making it a great aid to digestive health. It's also high in vitamins A and C.

Cooking Tips: If using tinned jackfruit, remove the flesh from the tin and rinse away the brine/juice under cold water for a few minutes, then sauté in a sauce of your choice (such as a BBQ sauce) until tender and soft. Fresh jackfruit is very sticky, and oozes a resin when cut, so coat your hands with a little oil or wear gloves. Use a knife to remove the core, and separate out the pods from the rest of the flesh – a full description can be found at shesimmers.com

Taste Tips: Jackfruit has a sweeter taste, good for sweet and sour flavours, such as BBQ or jerk seasoning. Simmer in the cooking liquid for at least 20 minutes and leave a spoonful of sauce for topping the jackfruit.



Mushrooms

Best Used In: Oriental dishes, steak alternatives and if you are craving an umami, meaty flavour in a dish.

Allergens: None.

What Is It? Mushrooms are a family of fungi, but the most commonly used mushrooms to replace meat are Portobellos. This is because they have a larger surface area, and an optimum texture to recreate a meaty style dish.

Nutritional Benefits: Rich in D and B vitamins, micro-nutrients such as selenium, and high in fibre, mushrooms are full of nutrition with a low calorie and fat content.

Cooking Tips: Portobellos must be marinated with an umami-rich sauce (such as soy sauce, liquid aminos and smoky spices) to create a flavour profile, which can then be baked. Mushrooms also taste phenomenal when cooked with plenty of garlic and olive oil, or fried in balsamic vinegar. Grilled mushrooms are a sure fire winner at a BBQ too.

Taste Tips: Mushrooms are best suited to a savoury dish such as a burger 'patty' replacement, fillings for wraps and pittas and creating innovative steak-style dinners. Be sure to leave enough time to marinade to get the most of the flavour and texture.





Amaranth & Blueberry Breakfast Bars

By Kate Turner, from *Superfood Breakfasts*

Makes 16 | Prep 15 mins plus soaking | Cook 45 mins



Per bar

INGREDIENTS

- 175g (6oz) raw amaranth (soaked weight 250g (9oz))
- 100g (3½oz) rolled oats
- 50g (1¾oz) raisins
- 50g (1¾oz) dried cranberries
- 35g (1¼oz) sunflower seeds
- 35g (1¼oz) pumpkin seeds
- 25g (scant 1oz) chia seeds
- 2 tsp ground cinnamon
- 3 tbsp coconut oil
- 3 tbsp maple syrup
- 100g (3½oz) nut butter or tahini
- 100g (3½oz) banana, mashed
- 125g (4½oz) blueberry chia jam (see page 21)
- 30g (1oz) goji berries
- 30g (1oz) flaked almonds
- 50g (1¾oz) pistachio nuts, roughly crushed

METHOD

- 1 Soak the amaranth in double the volume of water with 1 tsp salt for 8 hours, then drain and rinse.
- 2 Preheat the oven to 180°C/Gas Mark 4. Line a shallow 30x19cm (12x7¾in) baking tray with non-stick parchment.
- 3 Put the amaranth in a processor with the oats, dried fruit, seeds and cinnamon. Whizz briefly to combine.
- 4 Melt the coconut oil and maple syrup in a small pan over a medium heat. Stir in the nut butter or tahini, remove from the heat, and add the banana.
- 5 Add to the amaranth mixture and whizz to combine. Spread out evenly on the tray, pressing down firmly with the back of a spoon. Bake for 45 minutes or until a knife inserted into the centre comes out clean. Place the tray on a rack and leave to cool for 10 minutes.
- 6 Spread with chia jam. Sprinkle with berries and nuts, pressing them in. Cool fully before cutting into bars.



Breakfast
Wake up with the perfect
tasty start to your day!



Amaranth adds extra crunch!



Chia Jam

By Kate Turner, from *Superfood Breakfasts*
Makes 120ml
Prep 5 mins
Cook 10 mins

Per 100ml



INGREDIENTS

- 150g (5½oz) fruit
- 2 tbsp maple syrup
- 2 tbsp chia seeds
- 1 tbsp lemon juice

METHOD

- 1 Prepare the fruit by dicing it, if needed, but leave the skin on. You need 150g (5½oz) in all. Put in a saucepan with 2 tbsp maple syrup and place over medium heat for 5 minutes until bubbling.
- 2 Remove the pan from the heat and mash the fruit to a purée with a fork, then stir in 2 tbsp chia seeds. Lower the heat and simmer the fruit mixture, stirring from time to time, for 5 minutes.
- 3 Remove from the heat again, add 1 tbsp lemon juice and decant into a jar. Put the lid on when the jam is completely cool. The recipe makes about 120ml (4fl oz), which will keep in the fridge for up to a week.

Tropical Fruit Smoothie Bowl

By Kate Turner, from *Superfood Breakfasts*
Serves 2 | Prep 5 mins

Per serving



INGREDIENTS

- 150g (5½oz) frozen mango
- 75g (2½oz) frozen pineapple
- 75g (2½oz) fresh papaya
- 200ml (7fl oz) freshly squeezed orange juice (or shop bought)
- 2 tbsp hemp seeds
- ¼ tsp ground turmeric

FOR THE TOPPING

- seeds of ½ passion fruit
- ½ kiwi, sliced
- 1 tbsp coconut flakes
- 1 small slice of papaya, cut into chunks
- 1 tbsp cashew nuts
- 1 tsp goji berries

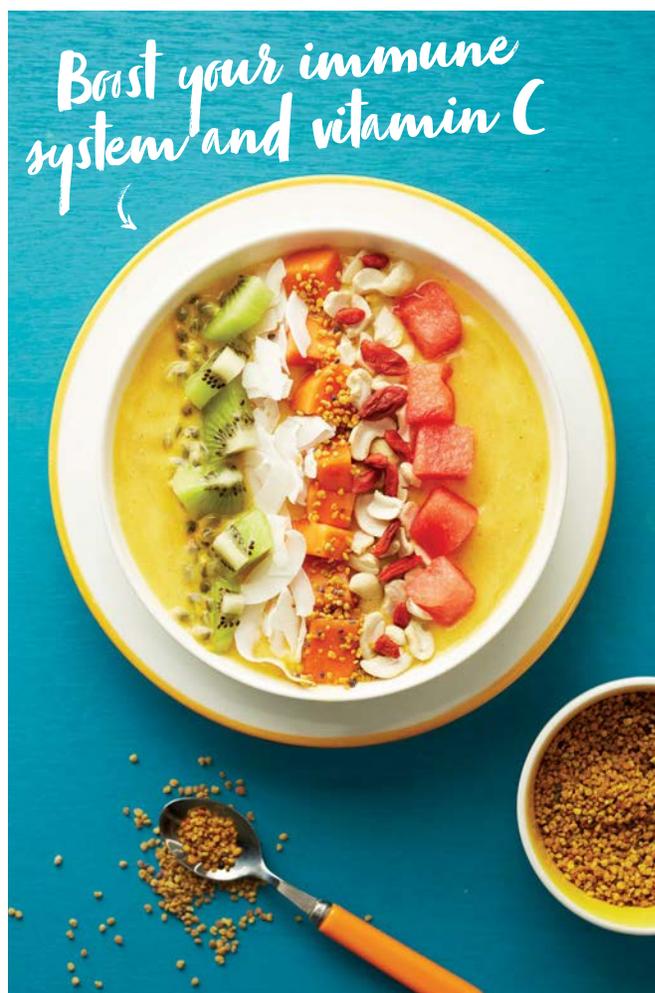
- 1 small slice of watermelon, cut into chunks

METHOD

- 1 Put the smoothie ingredients in a high-speed blender or food processor and whizz until smooth.
- 2 Pour into two bowls and arrange the toppings on the surface in stripes.



This recipes on pages 20-21 are from *Superfood Breakfasts* by Kate Turner. DK, £6.99 (DK.com). This book contains non-vegan recipes.





Additions

- Berries
- Banana
- Vegan granola (honey-free)
- or a mixture of all three

Overnight Chocolate Chia Seed Breakfast Pudding

By Viva! Vegan Recipe Club, veganrecipeclub.org.uk
Serves 1 | Prep 10 mins | Chilling 4 hours (minimum)

Per serving

Calories

328

Fat

17g

Saturates

3g

Salt

0.31g

Sugar

22g

Protein

7g

INGREDIENTS

- 90ml (3fl oz) almond milk, preferably unsweetened
- 4 tsp chia seeds
- 1 tbsp cocoa powder - regular, unsweetened or cacao powder
- 2 Medjool dates, pitted
- a pinch of sea salt
- ½ tsp vanilla extract

Optional

- ½ tsp cinnamon - mix in with the main recipe ingredients
- agave syrup, to taste

To serve

- 1 tbsp fresh fruit, eg berries of any type, mango, banana or a mixture
- a small dollop of jam eg St Dalfour (sugar-free)
- 1-2 tbsp vegan granola

METHOD

- 1 Soak the chia seeds in the almond milk and set them aside. Mix the remaining ingredients separately for the chocolate mixture, then place one layer of chocolate mixture, a layer of chia and the final topping of chocolate. If you want to integrate fresh fruit or jam, simply create another layer.
- 2 Alternatively, add all ingredients to a blender and blend until completely smooth and creamy, scraping down the blender sides as needed.
- 3 It is best when fresh but can be refrigerated in an airtight container for 2-3 days.

Garlic Mushrooms

By Viva! Vegan Recipe Club, from veganrecipeclub.org.uk
Serves 1 | Prep 5 mins | Cook 5 mins

Per serving

Calories
95

Fat
5g

Saturates
1g

Salt
0.31g

Sugar
4g

Protein
7g

INGREDIENTS

- olive oil or oil of your choice
- 200g (7oz) mushrooms
- 1-2 fat garlic cloves or garlic purée from a tube/jar
- soy sauce, to flavour

Optional

- good bread, lightly toasted – eg home-sliced wholemeal, rye or overnight dough
- a dollop of Dijon or wholegrain mustard, about 1-2 tsp
- a light dusting of ground nutmeg

- a glug of vegan cream
- 1 pinch of chilli flakes, if you like a bit of heat
- a sprinkling of nutritional yeast flakes
- a handful of pumpkin seeds
- ½ tsp smoked paprika

METHOD

- 1 If using small mushrooms, wipe clean quickly or just rinse under the tap to dislodge the bits of earth. Break up the mushrooms your fingers – you can slice

them if you want, but it's time-consuming.

- 2 If using bigger mushrooms, slice into big chunks with the knife.
- 3 Heat the oil in a frying pan. Add the mushrooms and let them cook until golden, stirring occasionally. Put the toast on now, if using.
- 4 Add the chopped or crushed garlic – or the purée, if using – and cook in, stirring for a minute or two so it doesn't catch and burn. Add any of the options from the list you fancy. Drizzle in the soy sauce and mix in well.
- 5 Serve hot on toast.



Wake Up Breakfast Smoothie

By Viva! Vegan Recipe Club, from veganrecipeclub.org.uk
Serves 1 |
Prep 5 mins plus freezing

Per serving

Calories
482

Fat
28g

Salt
0.13g

Sugar
23g

Protein
10g

INGREDIENTS

- 150ml (5fl oz) homemade almond milk or other plant-based milk of your choice
- 1.5 frozen (very ripe) bananas
- 1 tsp nut butter of your choice
- 1 tsp coconut oil
- 1 flat tbsp raw cacao powder
- ¼ avocado
- ¼ cap almond extract (optional)

METHOD

- 1 Peel the very ripe bananas, cut them in half and freeze overnight (or just keep them in the freezer until you want to use them).
- 2 Place all the ingredients into a high-powered blender and blend until smooth.
- 3 Top with Fava Mill granola and cacao nibs or any vegan cereal, vegan chocolate, fruit or edible flowers of your choice.



Cook's Tips

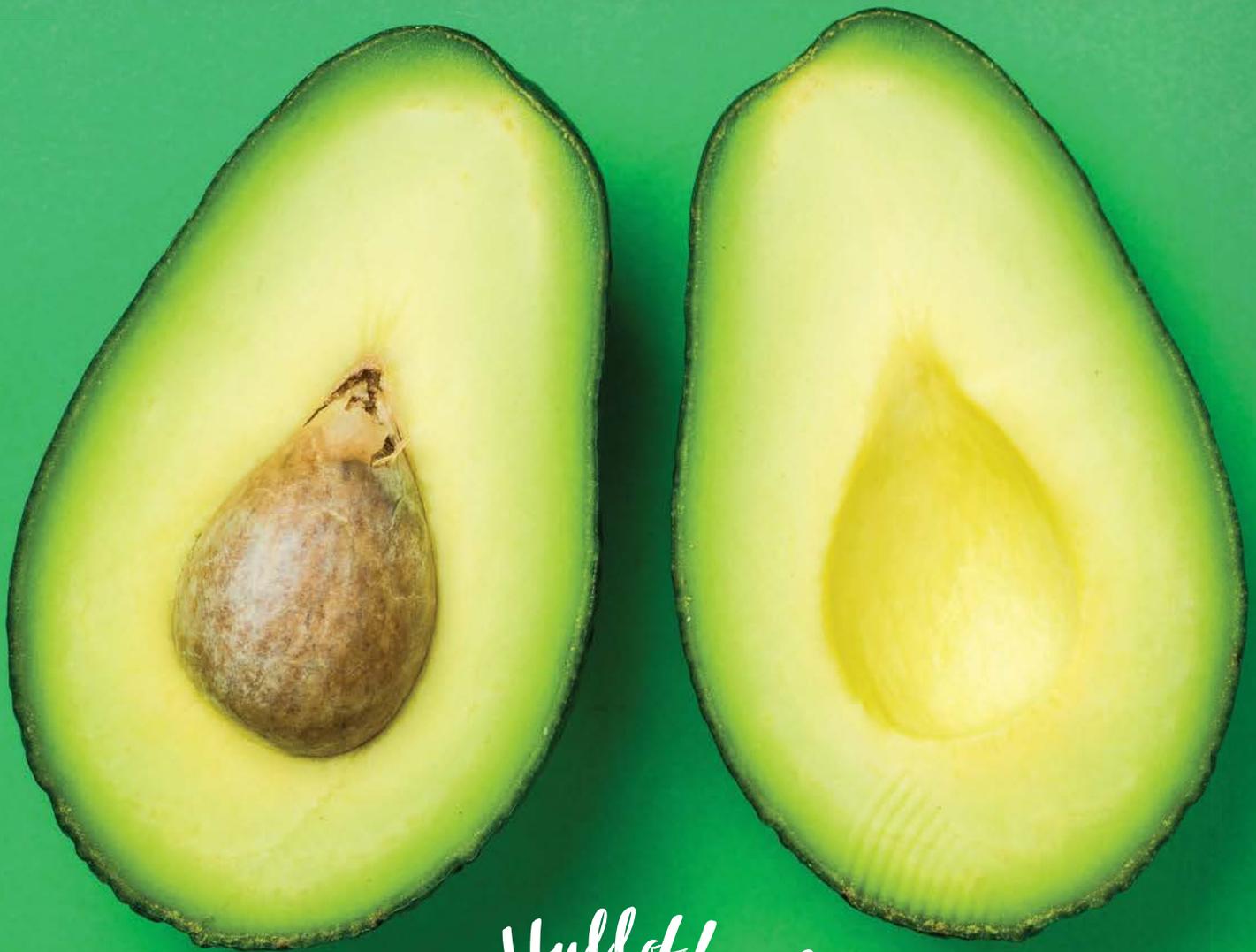
- White value mushrooms makes this more economical
- For more expensive options pick Portobellos (the big mushrooms) or chestnut mushrooms



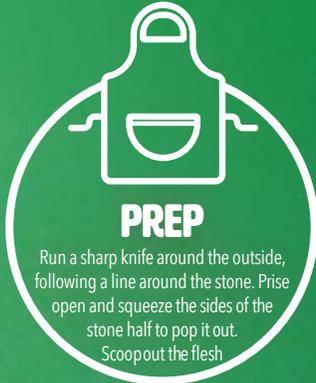
everyday superfood

They're green, packed full of nutrients and beautiful spread on toast, but there's more to avocados than first meets the eye

AVOCADO



Rich, creamy and full of healthy nutrients



Originating in Mexico, avocados are a member of the berry family, with hundreds of different varieties of avocado existing globally. Most commonly the Haas, Feurte and Zutano varieties are commercially grown and sold. Avocados conceal a multitude of nutrients and vitamins within their hard shell exterior. For example, avocados are one of the only fruits to contain mono-unsaturated fatty acids. These include omega-6 essential fatty acids, which are not manufactured in the body, but are responsible for neuronal health. Avocados also boast a high level of vitamin K (helping transport calcium throughout the body) and folate (aiding cellular repair and DNA synthesis). Medicinal benefits of consuming avocados include: hormone regulation, hair and skin health, cholesterol reduction and maintenance of a healthy circulatory system.

SAVOURY DELIGHTS

Avocados can be used in an assortment of savoury recipes. From the humble seasoned smashed avocado on toast and guacamole, to the more adventurous baked and loaded avocados topped with vegan cheese, a bright green avocado soup, blended avocado houmous (game

changer) and blitzed avocado pesto enrobing courgetti pasta. For a perfect alternative to mayonnaise, blend half an avocado in a food processor along with some salt, pepper and a ½ tsp each of olive oil, lemon juice and mustard.

GREEN BUT SWEET

The creamy texture of the avocado lends itself to many a sweet indulgent treat. From a simple blended raw chocolate orange avocado mousse (using half an avocado, maple syrup and some raw cocoa powder), to indulgent avocado fudge slices, or an avocado, courgette and lime drizzle cake. When you let go of the green stigma, you soon come to appreciate the capabilities of this mighty fruit. Avocados also provide a delicious filling ingredient in a key-lime pie or a healthier raw cheesecake. Just be sure to use natural sweeteners such as brown icing sugar and maple syrup to conceal the savoury taste!



MIX AND MATCH

A fruit that has a savoury side makes the avocado a versatile addition to many meals, from breakfast to dessert



#SimplyVeganFood
We would love to see your avocado makes! Just pop your pics on Instagram or Pinterest and tag **#SimplyVeganFood**

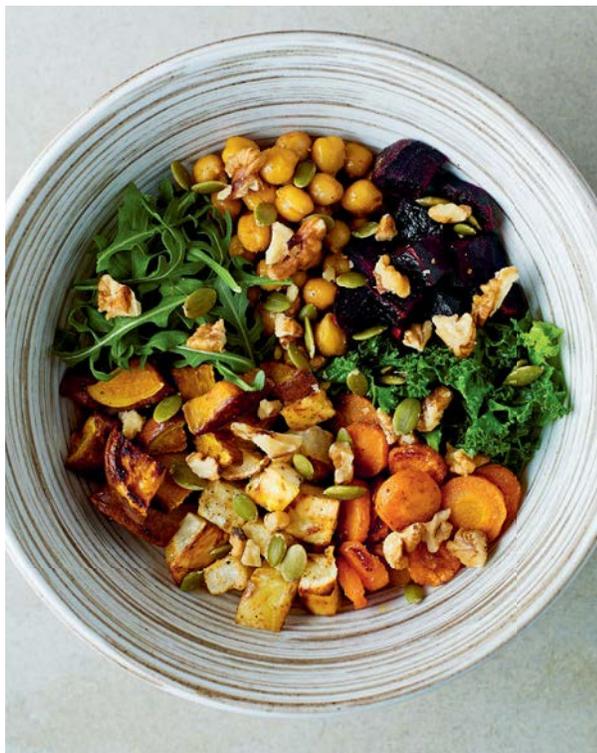
Source <https://begoodorganics.com>



TAKE A BREAK FOR Lunch

Enjoy these great-tasting simple yet delicious dishes

ROASTED ROOTS & PULSES BOWL



By Kate Turner, from *Power Bowls*
Serves 1 | Prep 20 mins | Cook 25 mins

Per serving

Calories
896

Fat
56g

Saturates
8g

Salt
0.51g

Sugar
50g

Protein
18g

INGREDIENTS

- 100g (3½oz) beetroot
- 100g (3½oz) carrot
- 100g (3½oz) celeriac
- 100g (3½oz) sweet potato
- 2 tbsp olive oil
- ½ tsp ground cumin
- salt and pepper, to taste
- 85g (3oz) chickpeas, ready to eat
- 1 garlic clove, crushed
- a pinch of cayenne pepper
- 30g (1oz) puy lentils (or green lentils)
- 25g (scant 1oz) quinoa, rinsed
- 20g (¾oz) kale leaves, chopped
- 1 tsp wholegrain mustard
- 2 tsp vegan sweetener, such as agave, maple or rice syrup
- 10g (¼oz) rocket
- 1 tbsp walnut pieces
- 1 tsp pumpkin seeds

METHOD

- 1 Preheat the oven to 200°C/ Gas Mark 6.
- 2 Leaving the skins on, wash and chop the root veg into equal-sized chunks. Place each of the four root veg in

its own quarter of a large roasting tray and drizzle ½ tbsp olive oil over the lot. Sprinkle with cumin and season with salt and pepper.

- 3 Roast the chickpeas in a roasting tray with the garlic and ½ tbsp olive oil. Season with cayenne, salt and pepper. Place both trays in the oven.
- 4 Cook the chickpeas in the oven for 15 minutes and the veg for 25 minutes.
- 5 Rinse the lentils and put them in a pan. Cover with water and bring to the boil. Reduce the heat and simmer, covered, for 10 minutes. Add the quinoa and cook for 5 minutes. Steam the kale over the lentils and quinoa for 5 minutes, until it wilts. Drain the lentils and quinoa.
- 6 Whisk up 1 tbsp olive oil, the mustard and sweetener for the dressing.
- 7 Layer up the lentils and quinoa, veg, rocket, kale, and chickpeas in a bowl.
- 8 Sprinkle with walnuts and pumpkin seeds, then drizzle with dressing.



MILLET BUDDHA BOWL WITH BEETROOT HOUMOUS



By Kate Turner, from *Power Bowls*
Serves 1 | Prep 15 mins plus soaking | Cook 10 mins

Per serving

Calories
600

Fat
29g

Saturates
4g

Salt
0.3g

Sugar
19g

Protein
13g

INGREDIENTS

- 50g (1¾oz) millet
- 1 sweetcorn on the cob
- 1 tbsp olive oil
- 2 tsp balsamic vinegar
- a small handful of baby spinach
- a handful of pea shoots (or baby salad leaves)
- 50g (1¾oz) cannellini beans, ready to eat
- 2 chestnut mushrooms, sliced
- 1 small carrot, julienned or grated
- ½ small mango, peeled and diced
- 3 tbsp beetroot houmous
- 1 tbsp sunflower seeds
- 2 lime wedges, to serve
- salt and pepper, to taste

METHOD

- 1 Soak the millet overnight in double the volume of water. Drain and rinse well.

- 2 Place the millet in a saucepan on the hob. Cover with water and bring to the boil. Lower the heat and simmer for 10 minutes until soft but not mushy. Drain and place in a mixing bowl.
- 3 Using a sharp knife, slice the corn kernels off the cob and combine with the millet.
- 4 To make the dressing, combine the olive oil and vinegar in a small dish or glass jar and shake well.
- 5 Put a bed of millet and sweetcorn in a bowl and arrange the greens, beans, vegetables and mango around it with a generous dollop of beetroot houmous in the middle.
- 6 Drizzle with dressing, sprinkle with sunflower seeds and garnish with lime wedges. Season with salt and pepper.

CAULIFLOWER RICE TABOULI BOWL



By Kate Turner, from *Power Bowls*
Serves 1 | Prep 20 mins

Per serving

Calories
847

Fat
61g

Saturates
12g

Salt
0.18g

Sugar
38g

Protein
22g

INGREDIENTS

- 6 cherry tomatoes
- 1 tsp olive oil
- salt and pepper to taste
- 125g (4oz) cauliflower, chopped
- 1 tsp coconut oil
- ¼ onion, finely sliced
- 1 clove garlic, crushed
- 1 tbsp raisins
- 1 tbsp coriander, chopped
- 1 tbsp pine nuts
- 50g (1oz) cucumber, sliced
- 3-4 falafels (shop bought)
- 1 tbsp pomegranate seeds

For the dressing

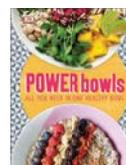
- 1 tbsp olive oil
- ½ tsp tahini
- ½ tsp lemon juice

METHOD

- 1 Preheat the oven to 220°C/ Gas Mark 7.
- 2 Slice the tomatoes in half, drizzle with oil and season. Roast for 10 minutes, until soft but holding their shape.
- 3 To make the cauliflower

'rice', whizz the cauliflower in a food processor.

- 4 Heat the coconut oil in a large, lidded frying pan. Add the onion and garlic. Cook for 3-4 minutes, uncovered, until soft
- 5 Add the cauliflower with 1 tbsp water, cover and cook for 4-5 minutes until the cauliflower is softening, but has 'bite'. Add the raisins and coriander and stir. Remove from the heat.
- 6 Toast the pine nuts in a pan for 2-3 minutes.
- 7 Whisk the dressing ingredients to combine.
- 8 Place the rice in a bowl. Add the cucumber slices, roasted tomatoes and falafels. Sprinkle with the toasted nuts and pomegranate seeds, drizzle with the tahini and lemon dressing. Season.



The recipes on pages 26-27 are from *Power Bowls* by Kate Turner, published by DK (dk.com). RRP £6.99. This book contains non-vegan recipes.



FOCACCIA WITH SPINACH HOUMOUS AND RED LENTIL KOFTA

nutrition tip

Add roasted garlic for a real health bonus – a daily dose contains the antioxidant allicin, which, amongst other benefits, helps lower cholesterol.



By Jérôme Eckmeier and Daniela Lais,
from *Vegan on the Go*
Serves 4 | Prep 15 mins | Cook 20 mins

Per serving

Calories
579

Fat
18g

Saturates
3g

Salt
1.13g

Sugar
6g

Protein
21g

INGREDIENTS

For the kofta

- 125g (4½oz) red lentils
- 120ml (4fl oz) vegetable stock
- 1 tbsp wholemeal breadcrumbs
- 2 tbsp plain flour
- a pinch of sea salt
- a pinch of hot paprika
- a pinch of smoked paprika
- 1 tbsp spring onions, sliced into rings
- olive oil, for frying

For the houmous

- 200g (7oz) tinned chickpeas
- juice of 1 small lemon
- 100g (3½oz) frozen spinach, thawed

- 3½ tbsp extra-virgin olive oil
- 2 tsp tahini
- 1 tsp ground cumin
- 1 tsp sea salt
- ½ tsp curry powder
- a pinch of chilli powder
- 2 small garlic cloves, crushed

For the sandwiches

- 4 small cherry tomatoes
- 1 large focaccia
- 2 handfuls of mixed salad leaves
- 1 small red pepper, sliced

METHOD

1 For the kofta, simmer the lentils in the stock over a medium heat in a covered

pan for 10-15 minutes, until soft.

2 Meanwhile, for the houmous, drain the chickpeas and add them to a bowl with the other ingredients. Use a handheld blender to purée until smooth and creamy. Set aside.

3 Drain the lentils in a sieve and leave to cool slightly, then purée thoroughly with a handheld blender. Put them in a bowl and add the breadcrumbs, flour, salt, paprikas and spring onions. Work everything together to a firm consistency. Use your hands to shape about 16 balls from the mixture. Heat the oil for frying in a pan and cook in batches over medium heat, turning, until brown all over. Drain on some kitchen paper.

4 Either halve or quarter the tomatoes, depending

on size. Split the bread into four sections and, if desired, warm it in the oven, then slice each section open horizontally. Distribute the houmous, salad leaves, peppers, tomatoes, and four lentil kofta between each of the bread quarters. Wrap in foil to take with you.

TIP

Roasted garlic also works well with these sandwiches. Preheat the oven to 180°C/ Gas Mark 4, cut the stalk end from a small bulb of garlic and peel off the outer skin. Mix 3 tbsp olive oil with 1 tsp herbes de Provence and a pinch of sea salt. Brush an ovenproof dish with oil, put in the garlic, drizzle the rest of the oil over and bake for 30 minutes until soft. Squeeze out the cloves and use to stuff the sandwich.

POTSTICKER NOODLES

By Jérôme Eckmeier and Daniela Lais
from *Vegan on the Go*
Serves 1 | Prep 15 mins | Cook 10 mins

Per serving

Calories
551

Fat
21g

Saturates
14g

Salt
4.77g

Sugar
10g

Protein
9g

The broccoli adds
some crunch!



INGREDIENTS

For the sauce

- 5 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp red curry paste
- ½ tsp sesame oil
- a pinch of chilli powder
- 2 tbsp finely chopped spring onion greens

For the noodles

- ½ small pak choi, about 80g (2¾oz)
- 1 tbsp coconut oil
- 80g (2¾oz) broccoli florets
- sea salt
- freshly ground black pepper
- 80g (2¾oz) broad rice noodles (from an Asian supermarket)
- ½ tsp finely grated fresh root ginger

METHOD

- 1 To make the sauce, add all the ingredients to a screw-top jar. Close the lid firmly and shake vigorously until the ingredients are well combined. Set aside.
- 2 Finely chop the pak choi. Heat the oil in a pan and sauté the broccoli until it is just cooked. Season with salt and pepper and set aside.
- 3 Cook the noodles in salted water according to the packet instructions. Add the pak choi shortly before the end of the cooking time. Drain the noodles and pak choi in a sieve, plunge into cold water, then drain again, and return to the pan. Add the sauce and heat everything through again. Fold in the broccoli and ginger, then transfer to your lunchbox.

CHEF'S NOTE

"Potstickers" are filled dumplings made from rice flour. For our "potsticker" pasta, the filling is simply mixed in with the rice noodles. It's quicker and easier, but just as tasty.



The recipes on pages 28-29 are from *Vegan on the Go* by Jérôme Eckmeier and Daniela Lais, published by DK. £12.99. Photography © Brigitte Sporrer/DK Verlag, Illustrations © Sonja Gagel/DK Verlag.

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eating out BURGERS

Vegans still want to sink their teeth into a burger from time to time, so Charlotte Willis gives you the lowdown on the best high-stacked and succulent vegan burgers on the high street



Byron Burger

RATING

1ST **Best For:** Dining with an omnivore, a large party of people with mixed dietary requirements.

Burger Selection: Byron offers one certified vegan burger, the Beetnik Burger: a beetroot patty with baby kale and smashed avocado, served with a rainbow slaw. Other options on the menu can be tweaked to make them vegan suitable.

SV Recommends: The Beetnik Burger is absolutely divine! Very earthy and rich, but pairs well with sweet potato fries.

Sides: Classic house salad, sweet potato fries and regular chips.

Handmade Burger Co

RATING

1ST **Best For:** A great selection of different vegan burger options for a party with a varied range of tastes. There's something to suit everyone, and all of their vegan burgers are fully certified by the Vegan Society!

Burger Selection: No fewer than SIX vegan burger options available, ranging from a traditional Falafel burger, to a more exotic Thai Vegetable patty. I love the assortment of Handmade Burger Co's vegan options. What's more, you can create a unique burger by choosing from some add-ons, including a rather impressive vegan cheese option.

SV Recommends: The Sweet Potato and Bean burger is a personal favourite, enrobed with vegan cheese and extra chutney. Yum.

Sides: Vegan house salad, sweet potato fries and corn on the cob (minus the butter).



Meat Liquor

RATING 

1ST Best For: Big eaters! Despite the name, Meat Liquor actually offers some delicious vegan options at their eateries, including some phenomenal side dishes.

Burger Selection: Although there is but one vegan burger on the menu, these guys have done it justice. The Buraloo is a spicy black bean and potato patty, with red onions, pickle and lettuce. It packs a simple punch and will satisfy even the most bottomless of stomach pits.

SV Recommends: Trying all of the delicious vegan sides. Seitan Fries (yep, seitan fries!) with a garlic dip, black bean chilli fries, hash browns and Cajun fries kick sweet potato fries to the curb!



All Bar One

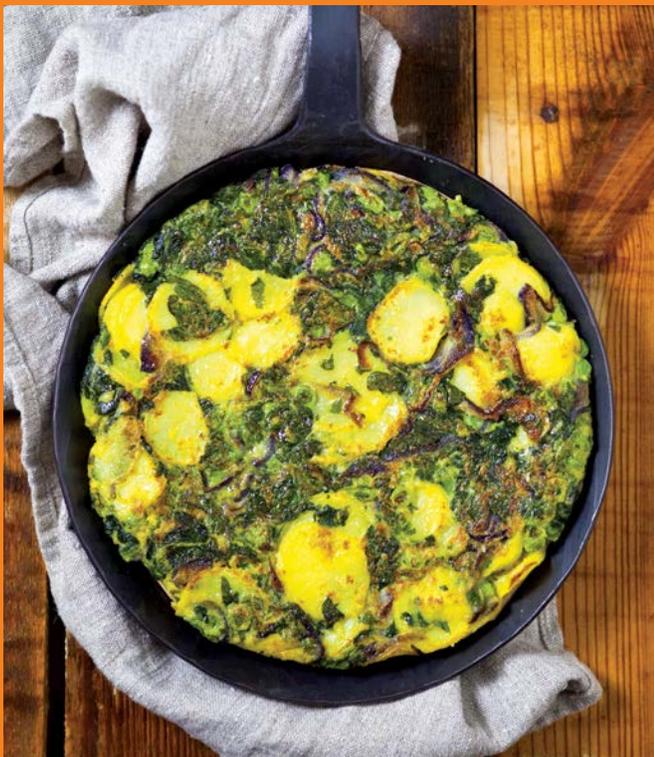
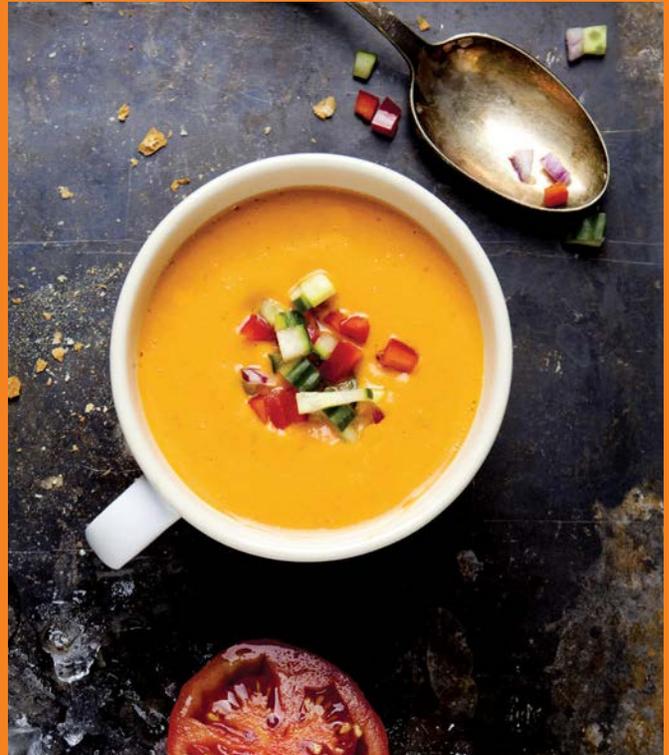
RATING 

1ST Best For: A group of people who want loads of different, tasty vegan options. All Bar One is the answer to fussy party problems!

Burger Selection: There's a new vegan burger for 2018, aptly named The Vegan. This aubergine and harissa patty is adorned with beetroot houmous and served on a seeded bun. Just what you need, paired with a great glass of vegan wine.

SV Recommends: Try out the vegan burger for yourself, and go the extra mile by adding sweet potato fries alongside one of their new vegan salads (we love the Moroccan Squash Salad).

Sides: Opt for a nutritious salad to share amongst friends (or on your own, we won't judge you) and end the meal with an avocado chocolate pot and sorbet. Food baby guaranteed.



A TASTE OF SPAIN

Savour the flavour of an Andalusian gazpacho soup, green omelette, and tapenade and courgette bites



Andalusian Style Gazpacho

By Gonzalo Baró, from *Vegan Recipes From Spain*

Serves 4 | Prep 15 mins



INGREDIENTS

- 1.2kg (2lb 10oz) very ripe tomatoes
- 1 green pepper
- 1 garlic clove
- 1 cucumber
- 80ml (3fl oz) fruity Spanish olive oil
- 3 tbsp sherry vinegar
- salt
- 1 slice of white bread (optional)
- 1 small onion

METHOD

- 1 Remove the stems from 1kg (2lb 3oz) of the tomatoes and coarsely chop.
- 2 Remove the stem and seeds from the pepper and coarsely chop. Peel the garlic clove.
- 3 Cut off a third of the cucumber and set aside for the garnish.
- 4 Peel the remaining cucumber, then combine with the chopped tomatoes, pepper, garlic, oil, vinegar, salt and, optionally, a slice of bread (for a firmer consistency) in a blender. Purée until smooth.

5 Pass the soup through a fine sieve or a food mill. Place in the refrigerator for at least 2 hours.

6 Finely dice the remaining tomatoes (200g (7oz)) and cucumber, and the onion, to garnish the cold soup before serving.

TIP

This dish should be served cold and is perfect for hot summer days. If you're in a hurry, you can also add ice cubes to the soup.



Green Omelette

By Gonzalo Baró, from *Vegan Recipes From Spain*

Serves 1 | Prep 10 mins | Cook 45 mins



INGREDIENTS

- onion
- 3 tbsp virgin olive oil, more for brushing
- 1 tbsp sugar
- 250g (9oz) potatoes
- salt
- 70g (2½oz) frozen peas
- 250g (9oz) frozen spinach
- 100ml (3½fl oz) water
- 5 tbsp chickpea flour
- a handful of parsley, leaves picked from the stalks and chopped

METHOD

- 1 Peel and finely chop the onion. Heat 2 tsp oil in a frying pan and gently sweat the onion over a low heat until translucent.
- 2 Briefly raise the heat, add the sugar and leave to caramelise. Take the pan off the heat and set aside.
- 3 Preheat the oven to 220°C/ Gas Mark 7.
- 4 Peel, wash and thinly slice the potatoes. They do not need to be uniform, but should be about as thin as a crisp.
- 5 Lay the slices on a baking tray lined with baking parchment and brush with oil.
- 6 Roast in the oven for about 25 minutes, until the edges of the slices turn slightly dark and crispy.
- 7 Put the peas into a pan of boiling water and simmer for about 5 minutes. Drain and set aside.
- 8 Put the frozen spinach into a pan on a low heat and defrost. Drain and set aside.
- 9 Whisk the chickpea flour with the water in a bowl. Add the potatoes, onions, spinach, peas and parsley. Mix thoroughly and season well with salt.
- 10 Heat 1 tbsp oil in a non-stick frying pan.
- 11 Pour the potato mixture into the pan and spread out evenly. Cook over a low heat for about 10 minutes.
- 12 Use a turner to lift up the potato mixture from time to time to check. The underside should turn light golden and form a thin crust, then it is time to flip the omelette over. To do this, set a large, flat plate (with a diameter larger than that of the pan) over the pan and lay one hand on the plate. Use your other hand to hold the pan firmly, then quickly, but without rushing, turn the whole thing over. The omelette will now lie on the plate. Return the pan to the heat, and use the turner to slide the omelette back into the pan, without losing its shape.
- 13 Cook over a low heat for 10 more minutes, flipping the omelette several times so that it becomes evenly round. The surface should be a pretty golden colour. You can use a knife to check whether the inside is cooked. I recommend leaving the inside a little moist so that the omelette does not become too dry.
- 14 Rest the cooked omelette and allow to cool a little. Serve at room temperature.



Tapenade with Courgette and Blanched Cherry Tomato

By Gonzalo Baró, from *Vegan Recipes From Spain*
Makes about 16 | Prep 10 mins | Cook 10 mins

Per serving

Calories
54

Fat
3g

Saturates
1g

Salt
0.13g

Sugar
1g

Protein
1g

INGREDIENTS

- 150g (5¼oz) pitted Kalamata olives
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 3 tbsp lemon juice
- 5 tbsp olive oil
- 1 garlic clove
- 2 small courgettes
- salt and pepper
- 2 fresh thyme baguettes (or another sort of herb baguette)
- chopped chives, for garnishing
- 16 cherry tomatoes
- 16 toothpicks

- 4 Halve the baguettes lengthways and cut each half into about 4cm (1½in) long pieces. Heat 2 tbsp oil in a frying pan and fry the bread cut-side down.
- 5 Blanch the tomatoes in plenty of boiling water for 20 seconds and refresh in cold water. Remove the skins.
- 6 Spread the tapenade onto the bread.
- 7 Skewer a tomato and a loosely folded courgette slice with a toothpick, then attach to a piece of bread. Garnish with chives and serve.

METHOD

- 1 Combine the olives with the herbs, lemon juice, 1 tbsp olive oil and the garlic in a blender and blend to a fine paste. Set aside.
- 2 Halve the courgettes lengthways and lay the halves cut-side down on a chopping board. Cut through the courgette parallel to the board into slices.
- 3 Heat 2 tbsp olive oil in a large frying pan and fry the slices on both sides until light golden. Season with salt and pepper, and set aside.



The recipes on pages 34-36 are from *Vegan Recipes From Spain* by Gonzalo Baró, published by Grub Street Publishing, £18.99.



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IS IT OK TO FAIL?

Failure is a strange concept, says Clea Grady. It's just so... final. Me: "I failed." Everyone else: "Oh well, better move on and forget about it then."



The fear of failure stops many of us doing many things. But herein lies the problem... because who decides what is a failure and what is not? When you go vegan you don't sign an oath or pass a test, but it feels momentous nonetheless. A significant heart, mind and lifestyle change has occurred and we feel loud, proud and downright bushy-tailed about it. But after the initial high of the honeymoon comes a fall back into the daily grind, and it's around this time that some people have a 'slip up'. How you handle it, rather than the slip-up itself, is what really matters.

Being vegan is getting easier and easier and that's fantastic, but it's important to remember that not all people, families, living arrangements or city

centres are created equal. What might be a walk in the park for one person, may be more like pushing a large rock up a pretty formidable hill to another. Going vegan is a huge gear shift for most, so slip-ups, mistakes and wobbles are perfectly natural. We should regard them as steps on the journey, not the end of it.

Picture the scene... You're at a restaurant with a group of colleagues, none of whom are vegan. You've not long been vegan, so this is very much a first for you. When your food arrives, you realise to your horror that there is cheese in your meal, but you feel uncomfortable and embarrassed at the thought of making a fuss in front of your work mates, so you eat it without saying a word. You feel awful, upset and as if you have failed.

What do you do now?

The most important part of the scenario is not eating the cheese and the assumed failure; it's what you do next. Despite what some social media groups would have you believe, the Vegan Police are not going to arrive, sirens blazing, and evict you from the club. You are still a vegan, you're just a vegan who didn't know what to do in a situation you had never encountered before. Rather than crying "It's all useless!" and giving up, think about what you will do the next time this happens. Or better yet, come up with a plan to prevent it from happening ever again. You could phone the restaurant in advance, for example, and ask what they could make especially for you, or excuse yourself from the table and have a quiet word with the



Salt & Vinegar Crisps (why Co-Op, why?), and it can catch you unawares if you don't know. After all, why would you check the label of something you've checked and eaten safely a dozen times before? In my case, it was the Co-Op crisps... I'd taken some round to a friend's house and was merrily chomping away when someone informed me that they contained milk. It might sound silly to some, but I felt upset. Had I been a brand new vegan I can imagine feeling super upset and, quite possibly, like a failure. But as with anything in life, you just learn and move on. Moments like this will happen less and less as veganism becomes more popular and product labelling gets better.

Someone cooking for you makes a mistake...
Going to a non-vegan's house for dinner is often more stressful for

asked what was in the sauce and our hostess reeled off a list of ingredients, including honey. Obviously we don't eat honey and in my mind there were two possible reactions: 1) declare honey isn't vegan, embarrass the chef and ruin any chance of an all-vegan meal at their house ever again; 2) smile politely, change the subject and continue happily with the evening. I chose option 2, not because eating honey doesn't matter, but because being kind and considerate will have a much bigger impact. There is now a greater chance of these eight people regularly eating a vegan meal, which would have gone out the window had we made a big deal about the honey. When the time is right, I'll have a quiet word about honey not being vegan, but that wasn't the time or the place. Am I still vegan because I unknowingly ingested honey and chose not to hurt someone's feelings? Of course I am.

You get drunk and order non-vegan pizza...
So far I've talked about instances where you unwittingly consume non-

vegan food, but what if you eat something not vegan on purpose? Does it, and should it, make a difference? I don't think so and let me explain why...

Colleen Patrick-Goudreau talks a lot about veganism being a journey rather than a destination and that makes a lot of sense to me. You don't become a vegan and that's it – every day we're developing, learning and adapting, and sometimes you have to experience something to realise it's not what you want. You may be feeling pressure from friends and family to conform, for example, or you may just have a momentary lapse in judgement after a few too many beers. Whatever the reason, if you make a mistake and eat something not vegan, then I don't think it spells disaster. The only time a mistake becomes a problem is if you don't learn from it. So if you eat a slice of pizza with dairy cheese and feel awful because of it, just make sure you have a back-up plan so you don't do the same thing the next time you get the munchies.

In just the last year, so many more vegan options have opened up for convenience foods; from Zizzi, Ask and Brewdog offering vegan pizza for delivery via Deliveroo, to Pizza Hut introducing vegan cheese, to ready-made pizzas from manufacturers like The White Rabbit Pizza Co. being available at Sainsbury's. Ben & Jerry's now offers vegan flavours and there's even vegan Baileys! This sort of progress is not going to stop and being vegan is going to get easier and easier, so take full advantage of it and make it work for you.

So, back to our original question, is it OK to fail? Yes, of course it is. Because it's not a failure at all, it's a learning curve and – as a wise man once said – “There is no failure, except in no longer trying.” 🌱

“GOUDREAU TALKS ABOUT VEGANISM BEING A JOURNEY RATHER THAN A DESTINATION”



waiter. There is usually a way around most obstacles, but often you need to encounter them in order to figure it out.

EXAMPLES OF ASSUMED VEGAN FAILURE

They change the ingredients in one of your favourite products...
For baffling reasons, manufacturers suddenly decide to turn a product non-vegan by adding milk into the ingredients. Jammie Dodgers did it, and so did Co-Op with their own-brand

the host than for the vegan. They don't want to get anything wrong, they triple check every packet and ask heaps of questions in preparation. So what do you do if, inadvertently, they get it wrong? Recently, I found out...

Extended family members had invited us for a vegan dinner party, despite me and my husband being the only vegans. We were touched by this gesture and it was obvious they had gone to such an effort. Halfway through the main someone





Have fun cooking this versatile collection of dishes

Midweek

Serve with naan bread, poppadoms and rice



CAULIFLOWER DHAL

By Leanne Kitchen, from *Cauliflower is King*
Serves 4 | Prep 15 mins plus soaking | Cook 40 mins

Per serving

| | | | | | |
|-----------------|------------|------------------|---------------|--------------|----------------|
| Calories 527 | Fat 23g | Saturates 15g | Salt 0.56g | Sugar 14g | Protein 24g |
|-----------------|------------|------------------|---------------|--------------|----------------|

INGREDIENTS

- 280g (10oz) yellow split peas
- 2 tbsp vegetable oil
- 1 tsp yellow mustard seeds
- 900g (2lb/about 1 small-medium) cauliflower, trimmed and cut into 1cm (1/2in) pieces
- 2 garlic cloves, finely chopped
- 1 1/2 tbsp finely chopped fresh ginger
- 1/4 tsp ground turmeric
- 1 tsp cumin seeds

- 2 medium green chillies, thinly sliced
- 20 curry leaves
- 250ml (9fl oz) coconut milk
- 1 tsp sea salt, or to taste
- 2 tbsp lime juice, or to taste

METHOD

1 Place the yellow split peas in a large bowl, cover with cold water, then soak for 2 hours. Drain well,

then combine in a large saucepan with 875ml (30fl oz) water. Bring to the boil, skimming off any scum that rises to the surface. Simmer over medium heat for 25 minutes or until the peas are tender and the mixture is thick, but still a little soupy.

2 Remove from the heat.

3 While the peas cook, heat the oil in a large saucepan over medium heat. Add the mustard seeds and cook for 1-2 minutes or until they pop. Add the cauliflower, stir well, then cover and cook for 13 minutes, stirring

often, or until the cauliflower is tender.

4 Add the garlic, ginger, turmeric and cumin seeds and cook, stirring often, for 3 minutes or until fragrant. Add the green chillies, curry leaves, coconut milk, salt and split peas and stir well. Bring to a simmer over low heat, then cook, stirring often so the dhal doesn't stick and burn, for 15 minutes or until thickened slightly. Stir in the lime juice and season to taste with sea salt and freshly ground black pepper.

CAULIFLOWER AND POMEGRANATE TABOULI



By Leanne Kitchen, from *Cauliflower is King*
Serves 6 as a side | Prep 15 mins

Per serving

Calories
152

Fat
10g

Saturates
2g

Salt
0.02g

Sugar
3g

Protein
3g

INGREDIENTS

- 90g (3¼oz) fine burghul (bulgur)
- 200g (7oz) small cauliflower florets
- 2 Lebanese (short) cucumbers, peeled, cut into 5mm (¼in) pieces
- 3 spring onions, trimmed and very finely sliced
- a handful of mint leaves, finely chopped
- a large handful of flat-leaf parsley leaves, finely chopped
- 2-3 tbsp lemon juice, to taste
- 4 tbsp extra-virgin olive oil
- seeds from 1 pomegranate

METHOD

- 1 Rinse the burghul in a bowl of cold water, drain well then squeeze out the excess water with your hands. Using a food processor, finely chop the

cauliflower until it resembles fine grains. Combine with the burghul in a large bowl, then add the cucumber, spring onion, herbs, lemon juice, oil and pomegranate seeds, keeping a few tbsp of the seeds to garnish. Toss well. Season to taste with sea salt and freshly ground black pepper and serve immediately, scattered with the pomegranate seeds.



This recipe and the one on page 40 are from *Cauliflower is King* by Leanne Kitchen (Murdoch Books, £12.99). Photography by Leanne Kitchen.

This book contains non vegan recipes.

SWISS CHARD AND 'SAUSAGE' STUFFED SQUASH



By Ellen Jaffe Jones, from *Vegan for One*
Serves 2 | Prep 15 mins | Cook 30 mins

Per serving

Calories
647

Fat
33g

Saturates
4g

Salt
0.73g

Sugar
3g

Protein
47g

INGREDIENTS

- 1 medium (about 450g (1lb)) winter squash (such as acorn, carnival, delicata or small butternut)
- 2 vegan Italian sausages, coarsely chopped
- 1 shallot, diced, or 75g (2¾oz) diced red or yellow onion
- 1 tbsp olive oil
- 2 large leaves Swiss chard, leaves and stems thinly sliced
- 50g (1¾oz) sunflower seeds, or 60g (2oz) coarsely chopped nuts (such as almonds, pecans or walnuts)
- 30g (1oz) dried cranberries
- 1 tsp Italian seasoning

- 1½ tbsp nutritional yeast flakes
- sea salt
- freshly ground black pepper

METHOD

- 1 Preheat the oven to 190°C/Gas Mark 5.
- 2 Cut the winter squash in half (from the stem to the bottom). Using a spoon, scoop out and discard the seeds. Put the squash halves cut-side up in a 20cm (8in) baking pan. Add a little water to the bottom of the baking pan. Bake for 15 minutes.
- 3 While the squash is baking, make the filling mixture. Put the vegan sausages, shallot and oil in a large non-stick skillet and cook over medium heat, stirring occasionally, for 5 minutes.
- 4 Add the Swiss chard, sunflower seeds, cranberries and Italian seasoning and cook, stirring occasionally, until the Swiss chard is wilted, 2-3 minutes. Add the nutritional yeast and stir

until well incorporated. Season with salt and pepper to taste.

- 5 Remove the squash from the oven. Fill each squash half equally with the filling mixture. Bake for about 10-15 minutes, or until the squash is tender.
- 6 Serve hot.

TIP

Stored in an airtight container, the extra serving of stuffed squash will keep for 3 days in the refrigerator. To serve, preheat the oven to 180°C/Gas Mark 4. Put the stuffed squash in a small baking dish and bake for about 10-15 minutes, or until hot.



The recipes on pages 41-42 are by Ellen Jaffe Jones, from *Vegan for One*. Published by Book Publishing

Company. RRP £14.99. Copyright 2017.



TRICOLOUR QUINOA WITH COLLARD GREENS, BEANS & PUMPKIN SEEDS



Great to make if you're in a hurry →

Swaps

- Replace the beans with 2 tbsp dried fruit – such as cherries, cranberries, currants, or goji berries.

By Ellen Jaffe Jones, from *Vegan For One*
Serves 2 | Prep 10 mins | Cook 15 mins

| | | | | | | |
|-------------|-----------------|-----------|-----------------|---------------|-------------|----------------|
| Per serving | Calories 327 | Fat 9g | Saturates 1g | Salt 0.45g | Sugar 2g | Protein 16g |
|-------------|-----------------|-----------|-----------------|---------------|-------------|----------------|

INGREDIENTS

- 285ml (10fl oz) low-sodium vegetable broth
- 85g (3oz) tricolour quinoa or other quinoa, rinsed
- 1 small shallot, diced, or 30g (1oz) diced red onion
- 2 tsp chopped fresh thyme, or ¾ tsp dried
- 1 large leaf collard greens or other leafy greens, stemmed and coarsely chopped
- 60g (2oz) cooked or tinned butter beans, kidney beans, or pinto beans, drained and rinsed
- 3 tbsp raw or roasted pumpkin seeds
- 3 tbsp chopped fresh parsley
- sea salt
- freshly ground black pepper

METHOD

- 1 Put the broth, quinoa, shallot and thyme in a large saucepan and stir to combine. Bring to a boil over high heat. Cover, decrease the heat to low, and simmer until the quinoa is tender and all the broth is absorbed, about 15-18 minutes.
- 2 Fluff the quinoa with a fork to separate the grains. Add the collard greens. Cover and let sit for 3 minutes to allow the collard greens to wilt.

- 3 Add the beans, pumpkin seeds and parsley and stir until well incorporated.
- 4 Season with salt and pepper to taste. Serve hot.

TIP

Stored in an airtight container, the extra serving of quinoa will keep for 3 days in the refrigerator. Warm in a small saucepan over medium-low heat before serving.

KHAO SOI – THAI CURRY NOODLES



By Adele McConnell, from *The Vegan Cookbook*
Serves 4 | Prep 15 mins | Cook 20 mins

Per serving

| | | | | | |
|-----------------|------------|------------------|---------------|--------------|----------------|
| Calories 589 | Fat 39g | Saturates 19g | Salt 0.55g | Sugar 14g | Protein 16g |
|-----------------|------------|------------------|---------------|--------------|----------------|

INGREDIENTS

- 1 tbsp toasted sesame oil
- 150g (5½oz) cashew nuts
- 2 tbsp Thai red curry paste
- 2 courgettes, cut in half and sliced
- 1 carrot, chopped
- 400g (14oz) button mushrooms, sliced
- 2½ tbsp tomato purée
- 400ml (14fl oz) tinned coconut milk
- 2 tsp curry powder
- 3 tbsp soy sauce or tamari soy sauce
- 2 tsp coconut sugar or brown sugar
- 150g (5½oz) rice noodles
- 100g (3½oz) beansprouts, plus extra to serve
- 4 tbsp coriander leaves
- 4 spring onions, diagonally sliced
- lime wedges, to serve

METHOD

- 1 Heat the sesame oil in a large saucepan over a medium-high heat. Add the cashew nuts and cook for

3-4 minutes, stirring regularly, until golden brown. Remove the nuts from the pan and drain on paper towels. Leave to one side. Reduce the heat to medium.

- 2 Add the Thai curry paste to the pan and stir constantly for 30 seconds, or until fragrant. Add the courgettes, carrot, mushrooms and tomato purée, and stir well. Pour in the coconut milk and 500ml (17fl oz) water, the curry powder, tamari and sugar, and bring gently to the boil. Reduce the heat and simmer for 10 minutes, or until the carrot is tender.
- 3 Meanwhile, put the rice noodles in a heatproof bowl and pour boiling water over to cover generously. Gently move the noodles in the

water, using a fork, and leave for 5-6 minutes until soft.

- 4 Add the beansprouts to the vegetable mixture just before serving, stir well, then remove from the heat. Drain the noodles in a colander and divide among four large serving bowls. Ladle the soup and vegetables over the noodles, and top with the fried cashew nuts, coriander, spring onions and extra beansprouts. Serve with the wedges of lime.



This recipe is from *The Vegan Cookbook* by Adele McConnell. Nourish Books, 2017. Paperback. RRP £9.99. Commissioned

photography by Keiki Oikawa.



Meet Lorene Erikssen

Volunteer at The Lewis Oliver Farm Sanctuary, New York, and founder of Sweet Annabelle's ice-cream

Tell us about the sanctuary

The Lewis Oliver Farm Sanctuary, based on Long Island, NY, was formerly a dairy farm, dating back to the mid-1800s. When up for sale in 2007, the local town and county jointly purchased the land through an open space preservation, and Friends of the Farm, an all-volunteer based charitable organisation, became the named caretakers of the resident animals and upkeep of the barns and property and were able to preserve it and run it as a sanctuary.

How did you become involved?

I used to visit the animals with my nieces almost 20 years ago. About 13 years ago, a friend and I started helping out a couple of mornings a week. And this was the start of my vegan journey! I knew nothing about farmed animals – nor did I know anything about the cruel plight the majority of these animals suffer as a result of animal agriculture, petting zoo operations, and other ways we use these animals.

I did some research, spoke to experienced caretakers at the large well-known sanctuaries and then put in place the





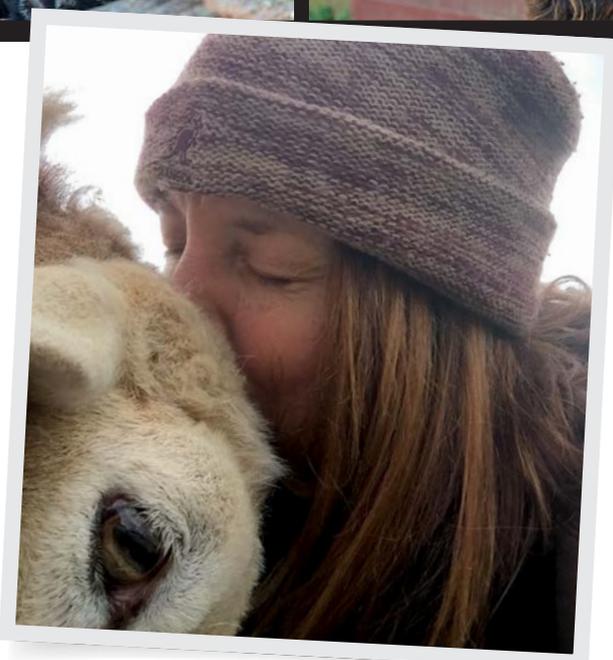
many changes that have happened over the last few years, including upgrades to our barns, pastures and coops; dietary changes; and vet and hoof care schedules.

How does the sanctuary run?

We have around 30 volunteers who care for the animals and tend to the barns, property and gardens. The sanctuary is managed entirely by volunteers and funded through private donations which our same volunteers raise through annual appeals, fundraising events and grants. We are working on our 2nd Annual Team Annabelle & Friends @The Great Cow Harbor 10K Race & 2K Fun Run, a 41-year-old running tradition in our hometown. Our goal is to raise enough to cover our annual animal care operating expenses – hay, feed, bedding and vets – so that we can turn the rest of our fundraising efforts toward raising the money needed for a barn manager. A staffed manager would enable us to develop our budding educational programmes aimed at bringing awareness to the plight of farmed animals and to demonstrate how loving farm animals can be when treated as individuals with the same love, compassion and consideration that we treat our dogs and cats at home with.

I know firsthand how loving sheep, goats, cows, pigs and chickens and turkeys can be when treated with kindness and compassion. Visitors and new volunteers are delighted to see how the sheep come running over to me, how they know their names, how they recognise me and others who care for them, and how they adore having their backs rubbed and ears scratched just like a dog or cat. I would even say that they are on an even deeper emotional realm than any dog or cat I have ever known. They are empaths with a keen sense for recognising and sensing our emotions, moods and reading our energy and responding to us in kind. They love their families, herd or flock mates and will form deep physical and emotional bonds within – and outside – their own species.

I became vegan as a result of my experience and all that I have learned about these widely misunderstood and widely abused beings, and it has become



my mission to share all that I have learned with as many people as possible because I know most people would choose kindness over cruelty when given the opportunity and the information needed to make those choices.

My work at the sanctuary will always be first and foremost about ensuring the animals in our care are given all that they need to be happy, healthy and to thrive; but my work is also aimed at giving people the opportunity to meet farmed animals in a loving environment; where they can see the loving bonds that exist between them and their humans; and where they can see a sheep, goat, cow, chicken, turkey run toward humans for a scratch behind the ears or beneath their wings, to receive a special treat, a kiss on their head or any of the loving gestures we freely do to our pets at home.

Once you see a farmed animal for the feeling, thinking individual that they are, it's impossible to see them in any other way, but I try not to forget that I once didn't know what I now know about farmed animals because that makes all

the difference in helping other people to open their own eyes, hearts and minds and align their actions accordingly.

Tell me about Sweet Annabelle's

After becoming vegan, the one thing I missed was ice-cream, and especially ice-cream cake! So, I started making my own. My dairy-free vegan recreation of this special treat blew my non-vegan family and friends away so much that they encouraged me to turn it into a business. Naming it after Annabelle the cow at the sanctuary was my way of not only paying homage to Annabelle herself, but to all cows everywhere – especially those who aren't as lucky as Annabelle who lives out her life surrounded by love and compassion. As my hashtag says

#loveanimalsloveicecream you really CAN do both thanks to delicious tasting vegan alternatives like Sweet Annabelle's.

How can people get involved?

Visit our Facebook and Instagram page @Lewis Oliver Farm Sanctuary or lewisoliverfarm.org, volunteer and please

support us in our fundraising efforts so that we can take the sanctuary to the next level. 🌱

I KNOW HOW LOVING SHEEP, GOATS, COWS, PIGS AND CHICKENS CAN BE





Iced Desserts

Keep your cool this summer with perfect puds!

Rhubarb & Apple Semifreddo

By Vegan Chef Day,
veganchefday.com

Serves 4 | Prep 10 mins plus
soaking | Freeze 4 hrs

Calories
374

Fat
24g

Saturates
3g

Per serving

Salt
0.01g

Sugar
15g

Protein
10g

INGREDIENTS

- 150g (5¼oz) cashews, soaked in warm water for 30 minutes
- 2 apples, peeled and stewed
- 1 bunch of rhubarb, stewed
- coconut sugar, to taste
- chopped hazelnuts
- chopped almonds
- white poppy seeds (optional)
- a squeeze of rice or date syrup
- a dash of cinnamon
- a few rose petals

METHOD

- 1 Blend the apple with the cashews until smooth.
- 2 Blend the rhubarb with the coconut sugar.
- 3 Mix the nuts, seeds (if using), syrup, cinnamon and rose petals.
- 4 In a loaf tin (you can use a loaf liner if you want to), put the nut mixture on the bottom.
- 5 Add a layer of the apple cream, then the rhubarb and keep repeating until you have none left.
- 6 Freeze for around 4 hours until set. Bring out of the freezer for 5 minutes, then cut and serve.



Adults-only Chocolate Mousse

By Vegan Chef Day, veganchefday.com

Serves 2 | Prep 10 mins | Chill 1 hr

Per serving

| | | | | | |
|-----------------|------------|-----------------|---------------|--------------|---------------|
| Calories 296 | Fat 17g | Saturates 9g | Salt 0.03g | Sugar 20g | Protein 6g |
|-----------------|------------|-----------------|---------------|--------------|---------------|

INGREDIENTS

- 50g (1¼oz) cacao liquor buttons (available from a variety of places online, including Amazon)
- 6 tbsp aquafaba, I use aquafaba from a jar as I find it is thicker and results in a better dish
- 3 tbsp rice syrup, you can add more if you prefer it to be sweeter
- ½ tsp vanilla essence
- 2 handfuls of frozen raspberries (frozen raspberries are a great thing to keep a stock of in your freezer throughout the year, they make smoothies taste delicious and can be softened, then added to chia seeds and chilled overnight for a refined sugar-free chia jam)
- 1 tbsp roasted and chopped nuts, I used hazelnuts which were bought already toasted and ground

METHOD

- 1 Put the cacao in a glass bowl over a pan of water, bring to the boil and then simmer. While the cacao is melting, mix the other ingredients.
- 2 In a high-sided bowl using an electric whisk, mix the aquafaba, syrup and vanilla until it is fluffy.
- 3 You won't get peaks as you do when making a meringue, but after whisking for 5 minutes, you will get a slightly aerated mixture.
- 4 Add the melted cacao and whisk until it is fully mixed in.
- 5 Pour the mousse into two small bowls or ramekins, chill for an hour or more. Top each mousse with a handful of frozen raspberries and a scattering of nuts just before serving.

A seriously intense cacao rich dessert



Anti-inflammatory Nice Cream

By Vegan Chef Day, veganchefday.com

Serves 1

Prep 5 mins

Per serving

| | | | | | |
|-----------------|-----------|-----------------|---------------|--------------|----------------|
| Calories 256 | Fat 4g | Saturates 1g | Salt 0.01g | Sugar 33g | Protein 10g |
|-----------------|-----------|-----------------|---------------|--------------|----------------|

INGREDIENTS

- 1 banana, chopped and frozen
- a couple of soft dates
- 1 tbsp hemp protein powder
- a dash of cayenne, cinnamon, turmeric, black pepper and ginger

METHOD

- 1 Simply blend all of these ingredients, serve with a generous dollop of peanut butter, an extra dash of cayenne and a scattering of buckwheat.



Espresso Ice Cream

By Vegan Chef Day, veganchefday.com

Serves 1

Prep 5 mins

Per serving

| | | | | | |
|-----------------|------------|-----------------|---------------|--------------|---------------|
| Calories 232 | Fat 10g | Saturates 3g | Salt 0.01g | Sugar 16g | Protein 6g |
|-----------------|------------|-----------------|---------------|--------------|---------------|

Ice-cream with a caffeine kick!

INGREDIENTS

- 1 banana, chopped and frozen
- a shot of cold espresso
- peanut butter
- cacao nibs

METHOD

- 1 Simply blend the banana with the espresso, top with the peanut butter and nibs!



Rose petals, cashew ice cream, smothered in 85% dark chocolate

Turkish Delight Ice-Cream

By Vegan Chef Day,
veganchefday.com
Makes 2 | Prep 5 mins plus
soaking | Freeze 1 hr

Calories
546

Fat
38g

Saturates
10g

Per serving

Salt
0.01g

Sugar
13g

Protein
13g

INGREDIENTS

- 150g (5¼oz) cashews, soaked in warm water for 30 minutes
- rice syrup or date syrup, to taste
- a few drops of rose essence
- dark chocolate, melted
- rose petals (optional)

METHOD

- 1 Blend the cashews with the syrup and essence.
- 2 Pour this into a small plastic container and freeze.
- 3 Once frozen, cut it in half, put it on a piece of baking paper and cover it with the chocolate including the sides. Scatter with rose petals and re-freeze.

Kombucha Ice Lollies

By Vegan Chef Day,
veganchefday.com
Makes 2 | Prep 5 mins
Freeze 4 hrs

Calories
79

Fat
1g

Saturates
0g

Per serving

Salt
0.01g

Sugar
7g

Protein
2g

INGREDIENTS

- berries of your choice
- kombucha

METHOD

- 1 Simply fill ice lolly moulds with berries and then add kombucha. Freeze for a few hours until set.
- 2 It's that easy!



Kombucha isn't just for cocktails!



1 CHEESE PLEASE!

Some restaurants are embracing vegan cheese. However, some cheesy individuals bring along their own grated vegan cheese in a zip-lock bag. Many restaurants will use it on your pizza if you ask them nicely when ordering. If the vegan options at the restaurant leave much to the imagination, then you can use your cheese to jazz up salads, sandwiches, pastas etc. Just don't forget you've got a bag of cheese tucked away in a handbag or pocket!



GOT MILK?

With so many plant milk options available, many of my non-vegan friends have been tempted to experiment with them. I take advantage of this by taking plant milk to friends' houses to add to my tea and often to theirs. Sometimes I sneakily leave an unfinished carton in their fridge, hoping they develop a taste for it. According to my friend you can now buy powdered plant milks such as coconut, which is easily transportable.

3

5

COME VEGAN DINE WITH ME

I make a point of inviting non-vegan friends over to cook them delicious vegan meals. Just wait to see how impressed they are when they realise you can have a hearty meal made from plants! I also use these opportunities to introduce them to my friends Ben and Jerry (the vegan variety of course) and other vegan goodies.



Do your restaurant research

I use the app Happy Cow to find vegan-friendly restaurants. If I'm going somewhere new I do a bit of online investigation of the menu beforehand, enabling a good inspection of the vegan options. If I can't see a suitable meal, I can ring ahead to discuss what can be 'veganised'. Most restaurants are accommodating if you give them a bit of notice and it's better to call in advance than be stuck eating plain boiled rice with green salad.



2

7 Secret Habits of A VEGAN

Wherever you are on your vegan journey, similar everyday situations can present themselves, but Katie Hainbach has a few secrets to help

We Want Sweet Treats Too!

Often at events such as weddings the vegan dessert option is fruit. As much as I enjoy fresh fruit, it is sometimes nice to have something a bit more exciting at the end of a meal. I've been known to sneak in some vegan chocolate to satisfy my sweet tooth.



6

Leaving on a Jet Plane

Planes and trains are becoming more vegan-friendly - it helps if you like houmous and falafel wraps (which seem to be the vegan standard). Sometimes I want something other than falafel though, and it's awful being stuck on a long-haul journey with nothing to eat, so I usually bring a sandwich and snacks. It's worth investing in good reusable snack containers.



TEA. GLORIOUS TEA!

If you don't like black tea, it's helpful to have some herbal tea bags with you in case there is no plant milk available to add to your Earl Grey. Throw some tea bags in a zip-lock bag to bring with you when you're out. My favourites include peppermint, turmeric and three ginger.

7



tried and tested



taste test

DAIRY-FREE ICE CREAM

Irresistible, indulgent and simply delicious! We test eight of the best vegan ice creams!



Salted Caramel

Almond Dream | £4.00 | Available from Sainsbury's and Asda

Although this ice cream is made from almond milk, it's definitely the rich, strong flavour of the caramel that takes over. Caramel swirls keep up the taste throughout the tub and, surprisingly, the ice cream never comes across as too sugary. It's best eaten by itself because the taste is so intense (and delicious).

VERDICT



Mint Choc Chip

Perfect World | £4.49 | Available from Ocado

This coconut milk ice cream smells as refreshing as it tastes! It's smooth, creamy and scattered liberally with chocolate chips, making for a really satisfying texture. The mint definitely has a kick, too. With 12 vitamins and minerals and no added sugars, this one is a great boost for a warm day.

VERDICT



Hunkey Punky Chocolate

Booja Booja | £5.99 | Available from Waitrose and Ocado

Made with rich dark cocoa, cashews and agave syrup, this ice-cream tastes bitter (in a good way) from the high cocoa content with no artificial taste at all. It is completely smooth with no chunks and is perfect in small portions, or as a topping or side to desserts.

VERDICT





Vanilla Iced Dessert

Sainsbury's Free From | £3.50 | Available from Sainsbury's

Deliciously light and creamy, this coconut oil based dessert has just the right amount of vanilla flavouring.

It's perfect to eat on its own, in a cornet or in a sundae. If you're looking for a staple iced dessert to serve with just about anything, this is the one for you.

VERDICT 🌿🌿🌿



Vanilla Gluten-Free Cone

Cornetto | £2.00 | Available from Tesco, Sainsbury's and Ocado

This classic vanilla Cornetto has the very same nostalgia value and sweet taste as the dairy version. The cone is beautifully crunchy, with a chocolate-coated inside leading down to the signature chocolate-filled tip. It looks great, and the sprinkling of nuts on top adds great texture to the creamy soy ice cream.

VERDICT 🌿🌿🌿



Mango & Passion Fruit

Blue Skies | £4.99 | Waitrose

You know you'll love this from the moment you lift the lid and smell the delicious aroma. Refreshing and citrusy, it tastes like a sorbet, while the texture remains like soft ice cream. The blend of flavours is unique and surprising – we recommend this if you're looking for a way to introduce your friends to vegan ice cream!

VERDICT 🌿🌿🌿



Salted Caramel Chocolate Lolly

Miïro | £4.71 | Ocado

These are such an indulgence! The caramel taste, heightened by Himalayan Salt, is intense and luxurious, complemented perfectly by the raw cacao coating. The flavour combination makes for a luxurious dessert (or snack) that fills you up and refreshes you all at once.

VERDICT 🌿🌿🌿



Chunky Monkey

Ben & Jerry's | £5.50 | Most major supermarkets

If you have a (very) sweet tooth, you'll definitely go back for more of this. The sweet taste of banana makes up the base of this dairy-free ice cream, but it's packed with chocolate chips and walnuts, giving it a great variety of flavours and textures. It's sold at a premium price, but we think it's worth every penny!

VERDICT 🌿🌿🌿



My Vegan Week!



Find out the inspiration behind Holly's vegan journey and what she has been cooking

HOLLY JADE
thelittleblogofvegan.com

I became vegan mainly for my love and respect of all animals. I also had some health issues and found that I was intolerant to some foods. So I went on an exclusion diet and at the same time became vegan. It has been such a learning curve. I read a lot on the internet about being vegan and also concern about getting enough protein and certain vital vitamins and minerals.

I knew that I was low in protein and that this was something I needed to address. I did a lot of research and started by creating meal ideas that addressed some of the concerns

raised. This is how my blog began. I wanted to share what I had learnt, meal ideas, vegan food products and any products and companies I found to be vegan and cruelty-free.

Through my journey my health has got a lot better and I very rarely suffer as a result of intolerances now. I am so proud of the fact that I support animal welfare. It is proven that you can survive – in fact, thrive – on a vegan diet. I think that meat eaters often think that they will not be able to survive without the protein that meat offers them. This isn't true. Just check out some of the vegan athletes,

7-day MEAL PLAN

Your at-a-glance guide to Holly's food diary – and find the recipes on her blog



MONDAY

Breakfast Vegan yoghurt with chia seed and fresh fruit

Lunch Spicy wholegrain rice with quinoa, green salad, tomato and guacamole

Dinner Vegan Mexican burger with homemade fries and steamed vegetables



TUESDAY

Breakfast Overnight oats with chopped strawberries and bananas

Lunch Corn cakes with vegan cream cheese, chopped chives and grapes

Dinner Vegan veggie curry with rice



WEDNESDAY

Breakfast Fresh fruit

Lunch Toast and houmous with chopped apple

Dinner Vegan sausages with new potatoes and salad

like Venus Williams and David Haye, for example.

Most foods contain some protein, but some more than others. For example, some of the main sources of protein for a vegan diet are quinoa, soy, Quorn, nuts, chickpeas, lentils and tofu.

It's also good to know about complete proteins, as these are foods that give you all nine of the essential amino acids you need in one meal sitting. You can get this by combining certain foods together like rice and beans, and peanut butter and wholewheat bread. Some foods like quinoa and soy are already complete proteins. Just some suggestions!

BURGERS AND DESSERTS

One of my many meal ideas on my blog that would offer a good source of protein is the vegan Mexican burger with quinoa and pinto beans. I love burgers as they are so versatile and you can experiment with different spices and ingredients.

Recently I have concentrated on creating cakes and desserts,

as I found it hard to buy a good vegan cake. It's now become a passion of mine, alongside running my vegan blog, Instagram page, and connecting with other like-minded people.

I've worked hard at perfecting the right vegan sponge cake and the perfect frosting. I also like to make desserts that offer a natural and healthier option, like raw desserts. For example, the raw banana and cinnamon cheesecake, the no-bake cherry bakewell cheesecake and the guilt-free millionaires cheesecake. You can find all these recipes on my blog. Finding out that cashew nuts make a creamy base for cheesecakes and many other desserts has been enlightening, and they offer the added protein benefits too.

I hope I have inspired you and given you some valuable information about being vegan through sharing my own journey. 🌿



*Pink beetroot
couscous with
an avocado rose*

I LOVE BURGERS AS THEY ARE SO VERSATILE AND YOU CAN EXPERIMENT WITH DIFFERENT SPICES AND INGREDIENTS



THURSDAY

Breakfast Overnight cocoa chia pudding

Lunch Mixed leaf salad, beetroot, with pine nuts, crusty roll and houmous

Dinner Mexican tortillas and homemade sweet potato chips



FRIDAY

Breakfast Pancakes with fruit

Lunch Oat crackers, cheese and onion chutney, grapes

Dinner Vegan bean chilli with rice



SATURDAY

Breakfast Toast and nut butter

Lunch Falafel wrap
Dinner Pesto pizza and polenta chips



SUNDAY

Breakfast Granola bar

Lunch Mexican bean salad

Dinner Nut roast, potatoes and vegetables



SWEET!

Indulge yourself with these gorgeous sweet treats!

Make these to remind you how good life can be! ↪



Raspberry Crumble Bars

By Heather Saffer, from *Crazy Easy Vegan Desserts*
Makes 9-12 bars
Prep 5 mins | Cook 40 mins

Per bar



INGREDIENTS

- 125g (4½oz) gluten-free flour
- ¼ tsp bicarbonate of soda
- ¼ tsp salt
- 100g (3½oz) rolled oats
- 100g (3½oz) light brown sugar
- 115g (4oz) coconut oil, softened
- 1 tsp vanilla extract
- 175g (6oz) raspberry jam

METHOD

- 1 Preheat the oven to 180°C/ Gas Mark 4. Line a 20cm (8in) square baking pan with parchment paper.
- 2 In a large bowl, whisk together the flour, bicarbonate of soda and salt. Add the oats and sugar and continue mixing. Add the coconut oil and vanilla and mix until just moistened, taking care not to over-mix.
- 3 Spread two-thirds of the oat mixture into the bottom of the pan, pressing firmly. Bake until the edges begin to brown, 10-15 minutes. Remove from the oven and let cool slightly.
- 4 Spread the jam evenly over the oat mix, coming almost to the edge. Sprinkle the remaining oat mix evenly over the top, pressing down slightly to adhere. Bake until the top starts to turn golden brown, 25-30 minutes. Remove from the oven and chill for 1-2 hours to firm up before cutting into squares.

Mint Cups

By Heather Saffer from *Crazy Easy Vegan Desserts* | Makes 8 | Prep 10 mins plus freezing

Per cup

Calories
197

Fat
10g

Saturates
5g

Salt
0.05g

Sugar
24g

Protein
2g

INGREDIENTS

175g (6oz) vegan chocolate chips
115g (4oz) Dollop Gourmet
Madagascar Vanilla vegan frosting
or vanilla frosting from your local
supermarket
¼ tsp crème de menthe extract
2 drops of green food
colouring (optional)

METHOD

- 1 Lightly spray a mini silicone cupcake pan with non-stick cooking spray.
- 2 Microwave the chocolate at 30-second intervals, stirring in between, until smooth and completely melted. Spread a thin layer of chocolate on the inside of each cup, covering the bottom and sides, using about two-thirds of the

chocolate. Freeze until the chocolate is firm, about 10 minutes. Set the remaining chocolate aside.

- 3 In a small bowl, mix together the vanilla frosting, crème de menthe and green food colouring, if using, until well blended.

- 4 Remove the pan from the freezer and scoop 1½ tsp of the frosting mixture into the centre of each cup.

- 5 Spread the remaining melted chocolate over the frosting mixture to fully cover and seal each cup. Freeze the cookie cups until the chocolate is completely firm, about 15 minutes. Carefully pop out each cup from the pan and serve. Store chilled or at room temperature.





Rum Root Beer Float

By Heather Saffer, from
Crazy Easy Vegan Desserts
Serves 1 | Prep 5 mins

Per serving

Calories
553

Fat
17g

Saturates
10g

Salt
0.18g

Sugar
61g

Protein
5g

INGREDIENTS

- 350ml (12fl oz) bottle or can of root beer
- 60ml (2 fl oz) spiced rum
- 2 scoops of vegan vanilla ice-cream
- 60ml (2fl oz) vegan whipped cream (optional)
- 1 maraschino cherry (optional)

METHOD

- 1 Pour the root beer into a tall glass. Add the rum and stir gently to combine. Add the ice-cream. Top with whipped cream and a cherry and enjoy!

CHEF'S NOTE

Skip the rum to make these alcohol free for children. Try with cream soda for a different spin. Or if you really want your mind blown, combine vegan vanilla ice cream, grape soda and a peanut butter sauce swirl to bring your pb&j desires into float heaven.



The recipes on pages 54-56 are taken from *Crazy Easy Vegan Desserts* by Heather Saffer, published by Sterling, £17.99, available from thegmcgroup.com



Aquafaba Chocolate Mousse

By Richard Church, from
Going Vegan
Serves 4 | Prep 25 mins
Chill 2 hours

Per serving

Calories
362

Fat
23g

Saturates
9g

Salt
0.12g

Sugar
33g

Protein
2g

INGREDIENTS

For the aquafaba

- 350ml (12fl oz) water from 2 tins of chickpeas, strained into a saucepan

- 1 tsp cream of tartar

- 4 tbsp caster sugar

For the chocolate mix

- 150g (5½oz) dark dairy-free chocolate, melted

- 50g (1¾oz) vegan margarine, melted

- 1 tsp vanilla extract

- 2 tbsp caster sugar

METHOD

1 First reduce your chickpea water by one-third. Bring the water to the boil in the saucepan and simmer for about 5 minutes until you can see that it has reduced in volume by about one-third (you can do this more accurately by measuring before and after cooking in a measuring jug). Allow the water to cool completely.

2 Once cool, you can begin making your aquafaba. Pour the chickpea water into a clean mixing bowl and add the cream of tartar. Put your electric whisk on a medium setting and begin whisking the water. Do this for about 4 minutes. The water will first become foamy and then start to whiten and thicken.

3 The aquafaba should now be at the soft peak stage, where the peaks you make sink back a little. Now turn the electric whisk up a bit and beat for another 3 minutes, until the peaks are stiffer. Now add the sugar and whisk for another 3-5 minutes until it forms stiff peaks. Remove the whisk and set aside.

4 Meanwhile, melt your chocolate and margarine so that they are cooled slightly by the time the aquafaba is ready.



This recipe is from
Going Vegan by Richard
Church, £1.99 Kindle
version at Amazon.
co.uk. All text and
images copyright
Richard Church.

5 Mix the chocolate, margarine, sugar and vanilla together until you have a smooth consistency. Now add, a spoonful at a time, one-third of the aquafaba to the chocolate

mix. Stir until you get a smooth, loose blend.

6 Pour the mixture into the remaining aquafaba and fold gently using a large spoon or spatula, until you have a light chocolate foam.

7 Spoon this into your serving dishes and place in the fridge for at least 2 hours. To serve, dust with cocoa powder and garnish with a sprig of mint.

GREEN IN 15



1

STOP FOOD WASTE

The average household will throw away a third of its food shop every week. Besides the damage to your wallet, food wastage contributes a significant strain on environmental resources, producing needless crops that could have been salvaged if thoughtful planning was applied. Buy smaller amounts of perishable items, little and often, to maximise freshness, and freeze vegetables, herbs and fruits that are over-ripe to use at a later date.

2

SWITCH YOUR LIGHTBULBS

Sounds simple, but this seemingly unassuming swap could end up saving you a lot of money, and a lot of energy. LED and lower energy lightbulbs typically use between 25-80% less electricity and will last anywhere between 10-25 times longer than a traditional incandescent bulb would. What's not to like?



Becoming environmentally conscious is as easy as 1, 2, 3... 15! Charlotte Willis provides her top 15 tips towards a mindful, responsible and green lifestyle



GREEN AND PROUD

It never ceases to amaze me how out of touch the majority of us are with our environment. Somewhere between the hustle and bustle of a 9-5, while we preoccupy our thoughts with lusting after the latest and greatest trend, consuming at an alarmingly exponential rate, it seems we have become grossly out of touch with where resources come from. The very planet that gives us life, we actively abuse and mistreat daily, without so much as a passing thought.

Now, times are changing, and

we are seeing a shift in consumer patterns towards sustainability and responsibility. Individually, we can all choose to make a difference to the fate of our planet. You might not believe the efforts of one person can help reduce environmental pollution, but what if every reader of this feature made five changes to their lifestyle? Just think about how many resources could be saved.

The combined impact we can make together is as important as those made on a governmental scale, and all it takes is these 15 easy switches.

3

LIVE SIMPLY

Minimalism is an emerging movement among the environmentally-conscious global community. Minimalism encourages us to live within our means in an uncluttered and simple manner, making conscious decisions regarding each purchase we make and decision we take. Every time you go to make a purchase, think to yourself, 'Do I really need this?', 'Can I wholeheartedly say that this product or item will enhance my life?' Adopting this minimalist attitude will help declutter your life, reduce your monthly outgoings and help to conserve environmental resources. Win Win!

4

USE NATURAL CLEANING PRODUCTS

A staggeringly high proportion of commercial cleaning products contain ingredients that are either derived from animals or are tested on animals. Not to mention the vast array of harmful and polluting agents concealed behind warning labels. Switching to natural cleaning products, which have minimal impact upon the ecosystem (such as Waitrose's Ecological Range or Ecozone), promotes environmental harmony and helps reduce our dependence upon animal testing.





5 RE-USE AND RE-WORK

There's no doubt about it, we have become a throw-away society. While it is always easy to toss out an old, tatty chair and replace it with a new one, upcycling your old furniture is now a unique, thrifty reinvention opportunity. From a simple re-upholster of a cushion to sanding down and painting old wooden tables, chests and stools, a bit of DIY here and there creates some interesting and alternative styles that you can't find on the high street.

6 ON YOUR BIKE

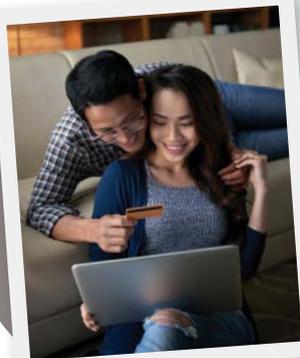
Recent statistics suggest the number of people cycling at least five times per week in Britain has reached almost 3 million, and it's increasing year on year. Ditching the regular four-wheel morning commute in favour of two-wheeled transport will cut your carbon emissions, burn through some extra calories and reduce your risk of cardiovascular disease by up to 46%. Now that's one hell of an incentive!



7 GO PAPERLESS

Sick of receiving endless letters through your mailbox and stashing bills, important documents and files in a drawer under the stairs? The solution is simple: go paperless. Transforming to a paperless lifestyle entails being pretty computer savvy. You could set up an online filing system using the Cloud and opt to go paperless for your significant documents, such as bank statements and phone bills. Just ask your providers to opt you into paperless, and away you go – saving lots of trees and transport costs along the way.

File in the cloud, not on paper



8 REFUSE SINGLE-USE

Single-use plastics are the scourge of modern society. Everything from coffee cups to plastic cutlery, disposable razors and straws – you name it, there will most likely be a wasteful, single-use plastic derivative invading your green-seeking lifestyle. Be mindful and plan ahead. Are you grabbing a coffee before work? Take your own cup. Fancy a take away? Take your own Tupperware box for the restaurant to use. Always remember to opt for paper straws where available and refuse plastic alternatives.



9 BYOF (BRING YOUR OWN FOOD)

If I had a penny for every time I pass a commuter on a lunch-break carrying a Pret sandwich or a Boots meal deal... While the odd lunch out is good for the soul, regular commuter lunches all too often come served with a hefty side of environmental damage. Wrapped in plastic and plastic-enforced packaging, most options on the high street are either non-recyclable or difficult to process in common recycling plants. Why not take your own food to work instead? Wrapped in tin foil or in a Tupperware box, you'll save yourself a fortune and most likely make responsible, healthier meal decisions.



10 STOP FAST FASHION

The fashion industry is the second most heavily polluting industry on a global scale. There's no doubt that our spending habits have become accustomed to £3 T-shirts and bargain basement clothing, but at what cost? Toxic chemicals sprayed on genetically engineered cotton; harmful polluting dyes and chemical run-off from factories in our waterways and oceans; and thousands of people trapped in the middle of a tiny profit margin battle between consumers and producers. What can you do? Buy responsibly-produced fashion from retailers such as H&M, People Tree and ASOS Africa. Reduce the amount of clothes you buy and throw away, re-work and re-style your clothing, donate and recycle wherever possible.





11

WASTE WELL

Part of living includes wasting. There's no escape from the fact that we all use items and produce waste. But what if I told you I know people who can fit their entire year's worth of rubbish into a single mason jar. Impressive, huh? Living a zero-waste life doesn't entail a complete cessation of garbage production, it simply requires you to waste well and waste efficiently. Recycle all you can, compost your kitchen and garden waste, refuse to buy and use single-use items and reduce your burden upon plastic. (For more information visit goingzerowaste.com)



12

BUY LOCAL AND BUY BIG

Checking out local farmer's markets, produce shops and community gardens yields great environmental benefits. Buying locally produced fruit and veg supports farmers in your area and gives them more of a direct source of income. These farmers might also use a more sustainable and smaller-scale method of farming, which helps conserve natural wildlife and soil preservation. Eventually, you'll be able to pick up a bargain or two when you become a regular customer, even more so if you buy in bulk. One of my favourite items to bulk-buy are tomatoes. You get a better price and can freeze, refrigerate, juice and sauce to your heart's content. Another way to support farmers is to buy 'wonky' veg, which is usually only slightly malformed fruit and veg, at a lower price.

13

MAKE YOUR OWN COSMETICS

I am a great lover of a long soak in a bathtub full of aromatic oils and bath salts; even better when I've made them myself using organic and natural ingredients, without the need to resort to plastic packaging. If you consider how many bottles, tubes and tubs you use every day during your morning routine, I bet that the number is around 5-10. That's 5-10 plastic containers that will require replacing in a month's time. Instead of relying upon these products, whip out your essential oils and make your own! I make my own bath oils, face oils, face wash, body wash, shampoos and conditioners – and they don't require too much effort or time, I promise! (Turn to page 66 to find details of how to make your own bodywash.)



14

BOTTLE IT UP

Reducing the amount of resources you use daily is as easy as keeping a bottle with you! Staggeringly, it is estimated that 1 million plastic bottles are bought and used every single minute across the globe. A scary fact. The solution is simple: keep a glass or reusable water bottle with you at all times, that way you're sure to never use another plastic water bottle again.



Always take a bottle with you

15

GO SOLAR

Not solar panels on a house (although that would be quite a great addition if you have the resources and the house on which to erect them), I'm talking about using solar energy to charge your phone, smart watch and tech equipment. These nifty inventions can be found online, and don't cost too much (a decent phone charger is about £35).



“WHAT IF I TOLD YOU THAT I KNOW PEOPLE WHO CAN FIT THEIR ENTIRE YEAR'S WORTH OF RUBBISH INTO A SINGLE MASON JAR”

NEXT MONTH

BELTS & SHAMPOOS ON TEST

We check out cheese alternatives

Make your own yoghurt!

PLASTIC CHALLENGE
10 WAYS TO REDUCE YOUR PLASTIC CONSUMPTION

LUNCH SPECIAL

Great ideas for eating on the go

NEXT ISSUE

ON SALE 5 SEPTEMBER

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By The Body Shop £8

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beauty counter

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By Superdrug £10.99

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BWC Full Volume
Mascara

By Beauty Without
Cruelty £13
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bwcshop.com*

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Bathroom ALCHEMY



Charlotte Willis show you how to get creative with your bathroom routine and banish plastic-wrapped body washes, creams and body butters for good



Reading the back labels of cosmetics and beauty products is concurrently a flashback to chemistry lessons and a source of gross confusion. Sodium this, pantothenic acid that – none of which seems to make sense. It does make one wonder what exactly you are smearing onto your skin, in a seemingly innocent act to become clean, soft and smell heavenly. And what's with

all the unnecessary packaging? Boxes concealing plastic cartons, wrappings and labels, all for 250ml of body wash. I need a simpler alternative.

Having sensitive skin makes you think twice about the products you use regularly. As such, I've ditched mass-produced and pre-made body washes in favour of handmade soaps, and began creating my own body moisturisers and scrubs. A little bit of luxury everyday never hurt anyone.

Plus, you can have peace of mind knowing exactly what is on your ingredients list, with no hidden chemicals or allergens inside. Ultimately, by opting to use your own containers, you are actively reducing your dependence upon plastic and helping reuse some of those mason jars and empty tubs of peanut butter.

ADDICTED TO SOAP

If you have ever seen me lurking around the soap

NATURAL BODY WASH

Did anyone else used to love rich, thick and creamy body washes before they went vegan? That is, before you realised they were infused with milk, cream and honey. Yuck. Alas, a DIY alternative is what you need to recreate skin-soaked bliss, in a purely vegan way, of course. One of my favourite body wash recipes is an all-in-one blender recipe (no, really) and is sort of like a milkshake for your body! (Recipe adapted from onegreenplanet.org)

- ↳ 700ml (24fl oz) distilled water
- ↳ 60ml (2fl oz) purified aloe vera gel
- ↳ 120ml (4fl oz) coconut milk
- ↳ 60ml (2fl oz) olive oil
- ↳ 60ml (2fl oz) coconut oil
- ↳ 1 tbsp shea or cocoa butter
- ↳ 1 tsp guar gum (as a thickener)
- ↳ 1 cup Dr Bronner's Castile Soap of your choice (I use the sensitive blend)
- ↳ 5 drops of essential oils

Add all the ingredients into a high speed blender (except the castile soap – foamy mess will otherwise ensue). Blend on the highest setting for about 1 minute, scrape down and blend for 30 seconds. Add in the castile soap and decant into a bottle of your choice. The mix may separate out, so ensure a good shake before using each time to recombine the ingredients.



CLARIFYING SALT SCRUB

One of the easiest products to make in the kitchen, yet one of the most commonly bought off the shelves of pharmacies and beauty retailers (at a great expense) are salt or sugar scrubs. I adore the feeling of silky-soft skin, unblocked pores and a good exfoliation, and a salt-based scrub is by far

your best option to help clarify and tone your skin. Sugar also performs well, and I have had previous success using coffee grinds too, but the champion of universal exfoliators by far? Salt.

To make a jar of salt scrub (suitable for body, hands, feet and face) I use about 700g (25oz) of medium-course

unrefined sea salt or pink Himalayan salt. I then combine 120ml (4fl oz) cool olive oil or jojoba oil (particularly good for acne-prone skin) alongside 10 drops of mixed fresh-smelling essential oils, such as lemon and lemongrass. And that's all! This delicious mixture will keep fresh for about 3-4 weeks.



displays of Oxford Street Lush, you'll understand that I, unashamedly, have an addiction to soap bars. I just love discovering new flavours and varieties of soap, seeing what unique and interesting ingredients can be formed into a lather-able bar, and how astonishingly beautiful they can smell too.

Not only do soap bars preserve themselves, they make the ideal gift and can be bought without needless amounts of wasteful packaging. Fancy making your own? Here are the key ingredients you'll need:

LYE/SODIUM HYDROXIDE

This is an essential ingredient in soaps, which is only required in very small quantities in order to form a neutral pH when paired with the acids in the various oils, which you'll be using to create the soap.

OILS

Pick oils which will suit your skin type, such as cocoa butter for sensitive and dry skin, and coconut oil for oily skin. Combine this oil with an equal amount of soybean oil, which provides a very conditioning soap that will lather easily in your hands.

Soap bars preserve themselves and make the ideal gift

GRAPEFRUIT SEED EXTRACT

This will act as a natural antioxidant to help prevent your oil emulsion from going rancid (smelling as if it has gone off) while you use it.

ESSENTIAL OILS AND FRAGRANCES

I usually tailor my essential oils



to suit the purpose of the soap. For example, when creating a facial soap, I infuse the soap with rose, tea tree and lavender essential oils, which all cleanse the skin. For a moisturising body soap, opt for lighter fragrances, such as geranium and citrus oils, including lemon and neroli oils.

NATURAL COLOURS

For these, I tend to use natural dyes that I source online. Alternatively, you can opt for blizzed rose petals or fresh botanicals such as lavender.

The best recipes for natural vegan soaps can all be found online, so a quick Google search is a perfect way to explore the fascinating world of soap-making alchemy. I particularly like the recipes you can find on lovelygreens.com.

BODY MOISTURE BAR

For a zero-waste alternative to tubes and tubs of body moisturisers, why not try using an invigorating and luxurious body moisture bar? These are easily made with a few simple ingredients, which are combined and melted together over a stovetop pan of boiling water, before being poured into moulds of your choice. Body bars make a fantastic DIY gift and can be customised to suit your skin type and tastes! Your basic ingredients are (adapted from veganbeautyreview.com):

- ◀ candelilla wax (a vegan alternative to beeswax)
- ◀ cocoa butter

- ◀ shea butter
- ◀ avocado, olive or melted coconut oil
- ◀ a few drops of essential oils
- ◀ any dried flowers/leaves to decorate the moulds with

You'll want to combine equal parts of the candelilla, cocoa and shea, melting them slowly in a double boiler or a microwave, and allow to cool slightly. Stir in 1.3 parts avocado/olive/melted coconut oil before adding your essential oils, and pour into your moulds. Leave to solidify for a few hours or overnight before using and enjoying.

high street vegan PURSES & WALLETS

Sarah Dawson hits the shops to find the very best vegan-friendly wallets around

Where would we be without a purse or wallet? Whether it's a compact card holder for that travel pass, a coin purse for a night out, last-forever wallet or stuffed-to-breaking-point purse, it's the one accessory we rely on to

keep us organised. The high street is full of leather designs, but what's the alternative? Thankfully, plenty! From fabric and PU styles, right the way through to state-of-the-art vegan materials, shoppers are spoilt for choice, whatever your budget. Ready to shop?



Sarah Dawson is a freelance writer, living in the Cotswolds. When she's not wrestling her toddler into a car seat, she likes to grow her own veg, read pretty much anything/everything and create ridiculously long ASOS wish-lists. See more from Sarah at wordupwriting.co.uk



Contemporary classics

There's a huge range of Matt & Nat wallets, clutches and more, available at Urban Outfitters and at mattandnat.com



MATT & NAT

2 Pioneers of vegan-friendly fashion, Canadian label Matt & Nat have been designing covetable, leather-free accessories for over 23 years. Their wallet collection is a masterclass in understated, timeless style that screams luxury. Each of their sleek designs come in an impressive choice of colourways, covering every shade from cornflower blue to fire engine red. With a head-spinning number of styles available for both men and women, the only problem you're going to have is picking just one to add to your collection! Urban Outfitters carry a good selection of designs on the high street, but for the full range head online to mattandnat.com



Fashion forward

Cork Chevron Green Purse (£22) and Card Holder (£12) Erin Contrast Flip Grey Purse (£26) from www.oliverbonas.com

OLIVER BONAS

1 Oliver Bonas has long been the go-to high street shop for modern homeware, fashion and jewellery, but it's their chic, vegan-friendly wallets that have really caught our eye recently. Simple styles are given a modern makeover with vibrant chevrons, painterly prints and cool colour-

blocking, all coming in at under £30. If you're after something a little different, make sure you check out their range of purses made from cork – fashion-forward and kind to the environment. They do carry leather styles too, so just make sure you check the material information on each design before you treat yourself. Available both in store and online at oliverbonas.com

Investment piece

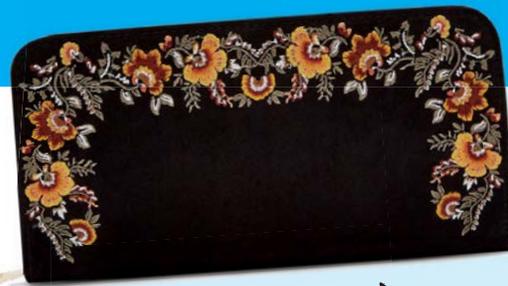
Brave Gentleman hand-cut wallet, £110 from yoursovegan.co.uk



BRAVE GENTLEMAN

3 A PETA Vegan Fashion Awards winner, US label Brave GentleMan is serious about creating ethical and sustainable fashion, with a focus on quality. Their hand-cut wallet, available in brown, black and tan, is artisan-crafted in New York's famous Garment District,

using Italian future-leather – a 100% vegan material that is guaranteed to last. Although they're not cheap, these luxe wallets are a classic and durable alternative to leather versions – super-stylish and animal-friendly, they are totally worth the investment. Currently available from UK website yoursovegan.co.uk



Budget-friendly

New Look has a terrific selection starting at just £3.99, available in store and at www.newlook.com



Cute and quirky

25th Birthday Party Pocket Purse (£22) and Birthday Flag 25th Anniversary Canvas Pouch (£12) from cathkidston.com



CATH KIDSTON

4 Fans of all things vintage will love Cath Kidston's inimitable modern take on nostalgia. Polka dots, ditz floral and fun signature prints add character to their great range of coin purses, classic wallets, card holders and pouches, made from coated cotton.

Although the collection isn't exclusively vegan, the majority of designs and styles are available in cruelty-free materials. With prices starting at under £10, it's an affordable way to celebrate a beloved British brand. Available in store and online at cathkidston.com



VIVIENNE WESTWOOD

5 Get yourself a little piece of punk style from one of Britain's top fashion royalty. Designer Vivienne Westwood, a long-time advocate of a meat-free diet, has made strides to make her label more vegan-friendly, including a

cool collection of unisex wallets. Featuring her signature tartan print and iconic orb logo, these cruelty-free styles may be on the pricey side, but they are made to last. If you're looking to splash out on a designer wallet, you can't go wrong with Westwood! Available in Vivienne Westwood boutiques, various high street concessions and online at viviennewestwood.com.

High-end

Derby Billfold With Coin Pocket (£125) and Derby Classic Zip Round Wallet (£175). Available at viviennewestwood.com

NEW LOOK

5 If you're after a quick, purse-friendly fashion hit, New Look ticks all the boxes. As you'd expect from this high street favourite, their ever-changing collection of purses channel the latest trends in mostly vegan materials – they do stock a handful of real leather styles, so check before you buy. Funky faux fur, folksy embroidery, contemporary laser-cut and cheeky slogans all make an appearance in the latest drop, so you're sure to find something to match your style. The best bit? Everything comes in at under £15, with some designs starting at just £3.99 – bargain! Available both in store and online at newlook.com



high street heroes

Kat Von D Beauty

We go behind the scenes of the global and award-winning beauty company, KVDB

Bold, statement, sassy, creative – the Kat Von D Beauty line is all these things and more! Launched 10 years ago, Kat was inspired by the inks of her world-famous tattoo shop, High Voltage Tattoo. Originally launched as a collection of just four red lipsticks, Kat has since created a make-up range that specialises in long-wear, high-pigment and full-coverage beauty products that empower you to unleash your inner artist.

As a passionate animal-rights activist and vegan, Kat Von D is committed to ensuring 100% cruelty-free beauty and 100% vegan make-up within her line. She is committed to creating hyper-performance beauty products that are completely free of animal-derived ingredients and never tested on animals. That means you can conceal, contour and create with confidence, knowing your products aren't harming animals.

Beauty without sacrifice

Kat ditched common cosmetic ingredients such as beeswax and carmine (a red dye made from beetles), opting for kinder alternatives without ever compromising colour. Now beauty junkies and animal lovers can make compassionate choices without sacrificing bold, beautiful pigment and everlasting wear.

In recognition of her work, Kat was the recipient of the Animal Rights National Conference's

Celebrity Animal Advocate Award and named Vegan Celebrity of the Year in 2017. Kat Von D Beauty has twice been awarded Best Cruelty-Free Cosmetics Company by peta2 (the largest youth animal rights group in the world) in their Annual Libby Awards.

In pursuit of creating perfect products, Kat tests and wears everything. She says: "I take part in everything from product development, testing formulas, naming the shades, packaging design and artwork layout, to the lettering! When I commit to being a part of something, my ultimate goal is to have an intention behind everything."

Limited edition collection

Perhaps her most iconic range is her celebratory gold limited edition collection, created for her 10 year anniversary. The limited edition features eight products dripping in gold. Dedicated to fans across the globe, the collection pays homage to the brand's humble beginnings while giving us a glimpse of what's to come over the next decade.

Kat Von D is one of the fastest-growing beauty brands. On her success, Kat comments: "If you had asked me when I was a child, running around barefoot in Mexico with dirt under my fingernails and frogs in my pockets, if I could have foreseen this wild makeup adventure becoming a reality, I probably would have laughed in your face in disbelief!"



To see Kat Von D's full collection, visit katvondbeauty.com. Follow Kat on Instagram @thekatvond Kat Von D Beauty is distributed exclusively at Debenhams in the UK.

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Natural PAIN RELIEF



Before reaching for a painkiller the next time you have an ache or pain, Claire Kelly shows you how to search your natural environment for alternatives

Whether it is a backache or headache, pain can be unbearable and often our first instinct is to reach into the medicine cabinet in search of pain relieving pills. However, the natural world is full of plants that have a strong anti-inflammatory and analgesic action on the body. There are many plant-based pain relievers that won't give you the horrible side effects of medication. Through trials, some of these have even been directly compared to pain relief medication in the treatment of pain and come out as equally effective, if not more so. Here are some common ailments and natural treatments for you to try.



HEADACHES

VALERIAN

Used for centuries as a natural pain reliever, valerian reduces sensitivity of the nerves.

Nutritionist Jenny Tschiesche, Bsc (Hons) Dip (ION)

FdSc BANT, explains: "Valerian has become known as 'nature's tranquilizer', and is useful in treating pain associated with irritable bowel and migraines."



WHITE WILLOW BARK

"Often called 'nature's aspirin' because aspirin is a synthetic version of the active element of willow bark, salacin," says Jenny, "You can use white willow bark for headaches and back pain."

Herbalist Leyla El Mouden adds:

"White willow bark has a 1,000-year history of use as an analgesic and anti-inflammatory. It has a blood thinning effect, thus reducing the intensity of throbbing, pulsating pain around an injured or painful area of the body. It is used regularly in sports performance injuries, for lower back pain and for its pain-relieving effects."

LAVENDER OIL

It's also worth reaching for lavender oil – used during both World Wars as a pain reliever. Today there is evidence that inhaling the oil can help relieve pain during migraine, back pain and pain associated with surgery.



JOINTS AND MUSCLES

FRANKINCENSE

Herbalist Leyla El Mouden

explains: "Frankincense is a resin from the aromatic boswellia trees that grow throughout the Middle East. Clinical trials show that boswellia performs as well as non-steroidal anti-inflammatory drugs (NSAID) for pain. You can take it as a tea, use as a tincture or essential oil. Simply massage the essential oils of boswellia into sore joints; the

aroma of boswellia incense or oil is uplifting and vibrant – just what you need when feeling sore or stiff."

CAPSICUM

Best known as cayenne or chilli pepper, capsicum is one of the most studied plants for pain relief due to its multiple pain-blocking actions. To benefit from its pain-relieving benefits, Leyla recommends adding cayenne to soups, stews, morning

smoothies, juices or taking it as a powder or tincture. "Use it topically in very small doses (preferably in a plant-based oil base and never ever freshly cut on the skin), and it will have a local pain-relieving action as



well as warming up stiff joints and muscles," she adds.

DEVIL'S CLAW

This has been traditionally prescribed for any pain that throbs. Leyla explains: "It has two pain relieving actions: primarily, it reduces inflammation, which means that heat, throbbing and pulsating around the injury or soreness is reduced; secondly, as an analgesic. Studies for its suitability for arthritis have found it reduces the progression of pain and slows the regulatory of inflammatory episodes."

INFLAMMATION

Inflammation can often be the underlying cause of pain, so treating the body with natural anti-inflammatory agents can go a long way towards managing pain levels. You'll be pleased to know that there are plenty of choices available from the kitchen cupboard.

FLAXSEEDS AND CHIA SEEDS

Nutritionist Jenny Tschiesche comments: "Both flaxseeds and chia seeds contain alpha-linolenic acid (ALA), one of three omega-3 fatty acids. When consumed in ground form (flaxseeds) and whole form (chia seeds) the ALA is converted into the other, more powerful omega-3's, docosahexaenoic (DHA) and eicosapentaenoic (EPA) acids. Both have been shown to significantly decrease pro-inflammatory compounds in the body."

TURMERIC

Jenny adds: "Turmeric has been used for thousands of years in

traditional medicine for easing pain from bruises to joint pain and from sprains to strains. The pain relief comes from turmeric's active ingredient, curcumin, which lowers the levels of two enzymes in the body that cause inflammation."

Herbalist Leyla El Mouddeh also recommends turmeric: "Chronic joint inflammatory disorders such as arthritis cause pain due to random upsurges of inflammation. Turmeric directly interferes with inflammatory response. It works best when warm and combined with a plant-based oil of some kind (eg, olive oil). Two heaped tablespoons in any soup, stock, dinner or smoothie with a sprinkle of black pepper and you have yourself an amazing anti-inflammatory mixture."



GINGER

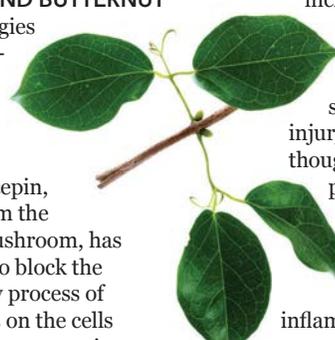
Ginger is a great natural anti-inflammatory, which has been used for thousands of years by the Chinese, who realised early on that it has a natural ability to help relieve pain. "In studies it has been shown to provide relief for arthritis, headaches, menstrual cramps and muscle soreness," explains Jenny Tschiesche.



ARTHRITIS

SWEET POTATOES, CARROTS, APRICOTS AND BUTTERNUT

Try these veggies for their beta-carotene content. Jenny Tschiesche says: "Cordycepin, extracted from the cordyceps mushroom, has been shown to block the inflammatory process of osteoarthritis on the cells of the cartilage connective tissue. Some research suggests that cordycepin could even provide total pain relief for osteoarthritis sufferers."



vine that grows in the Amazon rainforest. In Brazil, it is commonly prescribed for the pain of osteoarthritis. When an injury occurs, the body increases production of a substance that inflames the tissues surrounding the injury. Cat's claw is thought to reduce the production of these inflammatory molecules, thus reducing the pain of arthritis inflammation."



Claire Kelly is a co-founder of Indigo Herbs, indigo-herbs.co.uk. With a background

in naturopathy, holistic health, aromatherapy and body massage, she believes we can all improve our health with nature's medicine cabinet and plant-based eating.

CATS CLAW

Try cats claw for arthritis. Herbalist Leyla El Mouddeh advises, "Cat's claw is a woody



a beginners' guide to **weight training**

Want to try weight training but no idea where to start? Being vegan is no barrier as Stefanie Moir reveals how to get fit and strong



Stefanie Moir is a vegan fitness blogger and youtuber and is known as Naturally Stefanie online. To find out more, head over to:

Instagram @[naturallystefanie](#)
Youtube @[naturallystefanie](#)

Fitness site [veganaesthetics.co.uk](#)
Blog [naturallystefanie.com](#)

Today, I want to share some of my top tips with you in how to get started with weight training. I have been weight training now for about four years and I absolutely love it. The feeling of being strong and fit is something all people should feel, not just in a fitness sense but in your

everyday life! Being vegan, a lot of people ask me how to build muscle, how I get enough protein, how I stay lean, etc.

It is no secret that the world had and, to some degree, still has a perception that veganism and muscle just do not go together. Well myself and thousands of others online



"WEIGHT TRAINING BUILDS LEAN MUSCLE AND TORCHES FAT"

show that is just not the case. Through my all-vegan fitness website, Vegan Aesthetics (veganaesthetics.co.uk), I show you how eating a well-balanced plant-based diet along with weight training is exactly what you need to build your dream body.

TOP TIPS

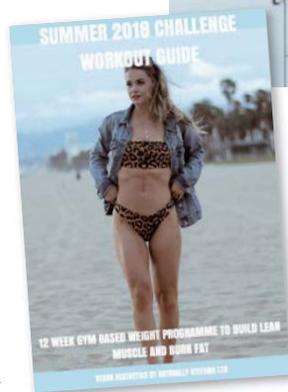
When starting out weight training, it is important to set your goals out on paper so you know what you are trying to achieve. Break down your week of workouts into a day-by-day basis so you have a plan of how your workouts are going to look for the week. My tips for you would be to look into a workout split that would work best for you and maybe find a plan online; there are lots of websites out there with a library of information on exercises.

My vegan fitness site has just the thing – a 12-week vegan weight training challenge! To start out with weights, keep it simple and focus on volume. This would look like 4 sets of 12-15 reps per exercise. For example, if we were training legs, you might pick 5 exercises: squats, leg press, lunges, leg extension and hip thrusts.

These are 5 basic but super-effective exercises in targeting the muscle you want. For each of the exercises, you would do 4 sets of the 12-15 reps with around 2 minutes rest in between each set. This is a great starting point to getting you familiar with the exercises and allowing you to get comfortable in the gym.

TOP TIPS

But I want to look good in a bikini and my favourite dress, not be a bulky bodybuilder! Does this statement sound like you? Well let's just go over some of the benefits of weight training that you should consider and why they will not make you look like the hulk! Weight training is fundamental for building lean muscle and torching fat. Yes, that's right: it burns fat. So many people are overly concerned with doing hours of cardio and overlook the powerful benefits of weight training. Lifting weights boosts



your metabolism (which means burning more calories when at rest) and also reduces body fat. It turns out you can then eat more food and lose fat while you do

it – who would have thought! Your overall weight on the scale may not change, but by gaining muscle and losing fat you should notice decreases in body measurements and bodyfat measurements along with recomposition of the body.

Weight training has many health benefits, too, including but not limited to: increasing HDL – High Density Lipoprotein (good cholesterol) and decreasing LDL – Low Density Lipoprotein (bad cholesterol); it reduces the risk

of diabetes; lowers the risk of cardiovascular disease; and can lower high blood pressure.

EATING WELL

When it comes to diet, being vegan really is not a hindrance by any means. Eating plenty of nutritious whole foods such as whole grains, beans, lentils, legumes, soy products, oats, fruits, vegetables and healthy fats is as simple as it gets.

I start every day with a big bowl of almond milk oats with nut butter and chia seeds, and I love protein powder packed smoothies with bananas and huge vegetable based dinners with brown rice and tofu. All of these foods are easily accessible and easy to prepare – nothing fancy! The only tip is to make sure you eat enough of these foods to boost your metabolism and build the lean muscle you worked hard for in the gym! 🌱



a weekend getaway to... **OXFORD**

Renowned for its history, university and architecture, Clea Grady discovers that Oxford may soon also become notable for its great vegan food as there are some fantastic places to eat out at!

GREAT VEGAN OPTION CHAIN RESTAURANTS

- **Itsu:** 36 Cornmarket Street, Oxford OX1 3EZ
- **YO Sushi:** 73-75 George St, Oxford OX1 2BQ
- **Leon:** 44-46 Cornmarket St, Oxford OX1 3HA
- **Wagamama:** 8 Market St, Oxford OX1 3EF
- **Comptoir Libanais:** 227 The Westgate, Queen Street, Oxford OX1 1PE



HAPPY FRIDAY KITCHEN ↗

282 Cowley Road, Oxford OX4 1UR
www.happyfridaykitchen.co.uk

Located on Cowley Road is the new Happy Friday Kitchen, Oxford's first and only 100% vegan restaurant! Its menu is inspired by Californian comfort food, so expect indulgent dishes as well wholesome and filling choices like Buddha Bowls. Happy Friday Kitchen's aim is to create delicious, eco and animal-friendly food that vegans, vegetarians and meat-eaters will enjoy, so invite your mates for a fun evening out. With options like Hot Wings, Chicken Tenders and Philly Cheese Steak, eating here is likely to be an eye-opener for non-vegans. Plus, with Deep Fried Pickles, a host of delectable burgers and excellent pizzas (including the must-have Mac 'n' Cheeza), this casual dining place has a menu designed to keep you coming back!



THE PERCH INN ↗

Binsey, Oxford OX2 0NG
www.the-perch.co.uk

If you're in search of a beautiful, historic, proper English pub, then look no further! The Perch Inn is one of Oxford's oldest pubs and just a short walk from the Isis (Oxford's stretch of the Thames) and Port Meadow. Cosy and traditional inside and with a lovely garden, it's the perfect place for posh pub grub at any time of the year. With a separate vegan menu, it caters to plant eaters as well as everyone else, making it perfect for planned or spontaneous meals out. It's also dog friendly, so you can work up an appetite walking with your best bud before indulging in Vegetable Wellington and Dark Chocolate Mousse. For fans of writers, musicians and TV detectives, you'll also enjoy eating and drinking at one of the favourite haunts of poets, authors, members of the British jazz scene and, of course, Inspector Morse.



POMEGRANATE

126 Cowley Road, Oxford OX4 3TL

A brilliant Lebanese restaurant with a plethora of choice for veg heads is Pomegranate on the Cowley Road. Described as a “vegetarian and vegan’s dream” on TripAdvisor, this unassuming little place gets a big thumbs up online for its plant-based offerings. Booking in advance is definitely recommended, as it’s a popular haunt with locals and is usually jam-packed. Recommended options include the Crushed Nut Butter with Chilli, Fried Cauliflower with Tahini and the Tabbouleh and Fattoush salads – both deliciously fresh and loaded with lemon juice and parsley. As is typical with this style of dining, Pomegranate’s mezze is perfect for sharing and their generous portions mean that you only require two or three dishes per person.



THE MAGIC CAFE

10 Magdalen Road, Oxford OX4 1RQ

The Magic Café is a chilled, East Oxford vegetarian hang-out that offers vegan options as a matter of course. With décor and a vibe that makes you feel like you’ve sauntered into someone’s groovy lounge, this cute establishment offers wholesome and tasty meals at a good price. The menu changes daily, so you can expect a different vegan option each time you visit – and they always offer vegan cake! A busy and bustling little spot with mainly large tables that you share with others, The Magic Café is relaxed and fun and often has live music going on for entertainment.

*Special thanks to Rhiannon Lassiter (see rhiannonlassiter.com) for her help in compiling this delectable list.

AL SHAMI

25 Walton Crescent, Oxford OX1 2JG
www.al-shami.co.uk

A fantastic Lebanese restaurant, offering hot and cold mezze with abundant vegan and gluten-free options. Middle Eastern cuisine is wonderfully social and the perfect choice if dining with a mixed group – there’s something for everyone. Here’s a selection of delicious dishes to choose from:

Bam Yeh Bilzeit – okra fried in olive oil, garlic and tomatoes.

Al Rahib – chargrilled aubergine, spring onion, tomato and peppers.

Foul Moukala – fried broad beans, cooked in olive oil and lemon juice.

Moutabel – puréed baked aubergine, sesame oil, lemon juice, garlic.

Zahra Maqlia – fried cauliflower topped with sesame oil, parsley, garlic, lemon juice.



GO PUNTING!

No trip to Oxford would be complete without a trip on a punt. An age-old tradition in Oxford, you can hire one of the handmade punts from Cherwell Boathouse and meander leisurely down the River Cherwell. Absolute bliss on a summer’s day!



The Big Question

From food and nutrition to beauty and ethics, our experts are here to answer your questions. Got a burning question? Just email our experts at simplyvegan@anthem-publishing.com

meet our experts



Charlotte Willis is a freelance journalist and health writer who's worked with online vegan resources and The Vegan Society. She is researching the links between food and psychological health while taking a doctorate degree in counselling.



Dominika Piasecka is Media & PR Officer at The Vegan Society. She is dedicated to bringing information about veganism to new audiences and inspiring people to change their lifestyle to benefit the animals, the planet and their health.



Clea Grady A vegetarian since the age of 12, Clea became vegan after taking part in Veganuary 2014 and was marketing manager for the movement until June 2017. She now runs her own public relations company, chipsandgrady.co.uk



Accidentally vegan



Please can you explain why some foods are called 'accidentally vegan' but are not actually labelled on the packaging as vegan?



This is a fantastic question, one which I believe pretty much every single vegan can relate to. It looks vegan, you've read and re-read the ingredients list four times simply scanning for allergens... yep, it sounds vegan. So why does the packaging state 'suitable for vegetarians'?

Sometimes, vegan products aren't labelled as such due to the "made in an environment that handles dairy products" or "may contain dairy" manufacturing warnings. In my eyes, this means that the product will be vegan, but there is a slight risk of contamination, which you may or may not be willing to take!

Occasionally, a product won't be labelled as vegan due to a manufacturing process involving animal products (such as fish isinglass finings in making beer and wine); this is definitely something to consider, and the only way to be sure of vegan suitability is to contact the manufacturer or do a Google search. Also, look out for non-vegan E-numbers and additives, which can be concealed in products that initially seem vegan. A full list can be found online at veganuary.com.

Charlotte Willis



Palm oil

Q My husband and I have decided to go vegan. We have done as much research into it as we possibly could, but we still have many more questions and I have come across something very confusing. We noticed that palm oil is sometimes listed in vegan foods. I am very confused about the whole palm oil situation. Could you shed any light on it please?



In itself, palm oil is a vegetable product, which does not need to involve the use of animals, and therefore is suitable for vegans. The palm oil and palm timber industries are rife with bad practices. In the EU, palm oil in food must now be labelled, but ingredients derived from palm oil in any products still do not have to be labelled. So it's not possible for consumers to completely boycott palm products.

Vegans should also be aware that due to the fact that single-issue campaigns have focused solely on the negative effects of palm oil, other types of crop farming that cause harm to animals are overlooked. Unfortunately, it's not yet practical for individual vegans to only support vegan farming. However, the consumption of plant-based crops, such as wheat, barley, oil palm and soybeans, causes far fewer animals to suffer than eating animals.

Dominika Piasecka



Q My partner and I are thinking about having children. I have been vegan for as long as I can remember and want to remain so during pregnancy. Are there any foods I should eat more of, or should I supplement what I would normally eat?



Congratulations on your big decision, it's great to hear you intend to stay vegan during your pregnancy. There is absolutely no reason you cannot have a happy and successful vegan pregnancy, as you can easily ensure you and your baby are getting the nutrients you both need. Also, have you noticed that most of the things pregnant women are told not to eat are non-vegan? I think that tells us something don't you!

The NHS website (www.nhs.uk/conditions/pregnancy-and-baby) is a great starting point for mums-to-be, as it clearly sets out the most important nutritional areas. Basically, if you eat a varied and healthy plant-based diet, then you've already got a great foundation, but it's important to make

sure you're not missing out on anything your baby needs to thrive. Adequate levels of vitamins B12 and D, for example, are vital, and these can be found in fortified breakfast cereals and fortified plant milks.

During winter, it's recommended you take a vitamin D supplement anyway and you can also top up your B12 with Marmite on toast. Many people, regardless of diet, are B12 deficient, so this is one to be particularly mindful of.

Iron and calcium are also extra important when you're pregnant, so eating lots of dark green leafy veg is one of the easiest ways to score nutritional bonus points. Grains and pulses are also packed full of the good stuff and tofu is an excellent source of calcium. To aid iron absorption, make sure you're also getting lots of vitamin C and don't drink caffeinated drinks too close to meals.

There are lots of vegan parenting support groups on Facebook, so it's worth joining a few of those so you can share tips and ask questions of others. Best of luck!

Clea Grady



Vegan cleaning

Q I'm newly vegan and starting to replace household products as they run out. Can you recommend any bathroom cleaners?

 You have good reason for getting rid of traditional household cleaners. Not only are the majority of popular brands tested on animals, but some can be particularly damaging to the ecosystem. You only have to look at the warning labels on the back of a bleach carton to realise you're using something pretty environment-shattering. Replacing bathroom cleaners with certified vegan, non-toxic and environmentally sustainable products might seem like a challenge at first, but rest assured there is a plethora of suitable products available to leave your bath sparkling.

One of my favourite lines of household cleaners is the Waitrose Eco-Logical line, which features a delightful non-toxic surface cleanser in a grapefruit scent, a minty toilet cleaner and impeccably soft, yet 100% recycled, toilet tissue. Other brands such as Co-Op's own line, Bio D, Astonish and Attitude also offer brilliant, cruelty-free bathroom solutions to your vegan-product dilemma.

Alternatively, you can create your own home-made bathroom cleanser using a few basic ingredients: bicarbonate of soda, apple cider vinegar, a few essential oils such as lemon and tea tree and a spray bottle is all you'll need!

Charlotte Willis



Q I fully support the wet wipes ban but are you able to recommend any handy alternatives for when travelling with a baby?

 There are actually quite a few ethical options open to you here. (I'm not sure of your personal feelings about Amazon, but you may have to sacrifice them in this instance, as the three suggestions I have are all available there. You can search online for other shopping portals however, so also check out sites like eBay.) Eco-friendly brands are catering to growing environmental awareness and offering reusable cloths and biodegradable wipes, so it's important to support them.

Top of the list is Jackson Reece Kinder By Nature Wipes – these wipes are completely biodegradable and made from 99% renewable plant extracts. They're unperfumed and hypoallergenic, so extra kind for your baby's skin. They are also UK-made and free from animal testing. Big tick!

CannyMum Bamboo Dry Wipes are made from biodegradable bamboo fibre. They're bigger than normal wipes, making them great for travelling with.

Close Pop In Reusable Baby Wipes are made from bamboo, so naturally anti-bacterial. About the size of a flannel, you simply soak them in water. They come complete with a waterproof pouch, so you can pre-dampen them before going out and about. Clea Grady



"UNPERFUMED AND HYPOALLERGENIC
– EXTRA KIND FOR YOUR BABY'S SKIN"



Q As someone who has been vegan for a few months, I sometimes come under criticism about the carbon footprint of some of the foods that I eat, such as quinoa and avocado, with people saying it's better to eat local, even if it's a lamb chop! Eating vegan just locally sounds challenging to get the variety of foods needed – is there a good answer I can give?

 We can always be more sustainable in our food choices, but an off-the-shelf vegan diet is the most sustainable of all diets. There are no foods exclusive to vegans – everyone eats fruits, vegetables, grains and pulses, so it is disingenuous to say that issues

around produce being shipped from around the world is only a problem for vegans. Tomatoes grown in Spain (where they're better suited to the climate) and shipped over to the UK may have a lower environmental footprint to tomatoes grown in a heated greenhouse just around the corner from your house.

Ultimately, it's a complex picture, but what is arguably more important than reducing food miles is shortening the food chain, as most emissions occur on the farm during production. Eating lower in the food chain, as eating vegan does, means cutting out the 'middle animal' and all the associated emissions.

Dominika Piasecka



In the know about **IODINE**

Your at-a-glance guide to iodine: what it is, where you can find it, and why you need it

Dr Justine Butler VIVA!HEALTH



microgram is a millionth of a gram, so the amount is very small, but vital. The 2018 UK National Diet and Nutrition Survey found low levels of iodine in around one in 10 people of all ages.

Too little or too much

Signs of deficiency include an enlarged thyroid gland (goitre), tiredness, weight-gain, frequent infections, depression, feeling cold and dry and cracked skin. Too much iodine can be a problem by disrupting thyroid function. The Department of Health advises that intakes of up to 500 micrograms a day are unlikely to cause harm.

The best sources of iodine

You should be able to get all the iodine you need by eating a varied diet. Wholegrains, green beans, courgettes, kale, spring greens, watercress, strawberries and organic potatoes with skin all contain iodine. The amounts they contain tend to be low and variable, depending on the iodine in the soil they grew in.

Seaweed is an excellent source because it absorbs iodine from seawater. Again, the amount can be variable and different seaweeds vary widely. Regular use of small amounts of powdered seaweed added to soups, stews, salads and pasta dishes, or used as a condiment, is an excellent way to ensure a good intake. The amount of iodine in kelp can be extremely high, so avoid using it if you have a thyroid problem. Don't eat seaweed more than once a week during pregnancy as it may contain too much iodine.

Why vegan is best

Animal foods containing iodine include fish and dairy. Virtually all fish and shellfish are contaminated with polychlorinated biphenyls (PCBs), dioxins and mercury. Raw and undercooked fish and shellfish can also contain harmful viruses and bacteria. The iodine in cow's milk is not a natural component, but comes from supplements used in cattle feed and from disinfectant used to sterilise milking equipment.

A healthy vegan diet containing a wide range of vegetables, with a little sprinkle of seaweed here and there and some occasional use of iodised salt (used sparingly), can ensure a sufficient intake. 🌱

When people think of iodine, they think of the orange-brown antiseptic used to disinfect wounds in popular films. Every WW1 soldier carried a bottle in his kitbag. But iodine has another purpose, this important mineral is essential for human health and a deficiency can lead to serious problems.

Why do we need it?

Iodine helps make thyroid hormones that regulate how energy is produced and used in the body. Too much or too little can disrupt our metabolism – the speed at which chemical reactions take place in the body. It is also needed for the nervous system and brain development in infancy and childhood.

How much do we need?

Adults need 140 micrograms of iodine a day. A

Viva!
HEALTH

Viva!Health is a part of the vegan charity Viva! Dr Justine Butler is Senior Health Researcher & Writer here. We monitor scientific research linking diet to health and provide accurate information on which you can make informed choices about the food you eat. For more information see vivahealth.org.uk



FRUIT AND VEGETABLES

At least 5 portions, including orange varieties and leafy greens



STARCHY CARBOHYDRATES – IDEALLY HIGHER FIBRE CHOICES

Whole grains – wholewheat pasta, brown rice, wholemeal bread, oats
Sweet potato and new potatoes

A SOURCE OF VITAMIN D

Supplement* during autumn and winter as a minimum in UK (D3 from lichen or D2)



PROTEIN-RICH FOODS

Legumes – beans, peas, lentils
Soya products like tofu
Peanuts, cashew nuts, pumpkin seeds and butters made from them



A SOURCE OF OMEGA-3 FAT

Walnuts, ground flaxseed (linseed), chia seeds or hemp seeds
Use **vegetable (rapeseed) oil** as main cooking oil



what to eat everyday

Follow this simple chart to get enough of all the nutrients your body needs

A SOURCE OF SELENIUM

A couple of Brazil nuts or supplement*



A SOURCE OF IODINE

Supplement* or 1½-2 sheets of nori

CALCIUM-RICH FOODS

Fortified foods – unsweetened/plain plant alternatives to milk and yoghurt, soya and linseed bread
Calcium-set tofu



SOURCES OF VITAMIN B12

Supplement* and/or fortified foods – breakfast cereal, unsweetened/plain plant alternatives to milk and yoghurt, yeast extract, nutritional yeast flakes, dairy-free spread

IRON-RICH FOODS – COMBINE WITH A SOURCE OF VITAMIN C*

Legumes – beans, peas, lentils
Soya products like tofu
Fortified breakfast cereals
Whole grains like quinoa
Dark-green leafy vegetables – kale and watercress
Nuts and seeds – ground flaxseed (linseed), chia seeds, hemp seeds, cashew nuts, pumpkin seeds
Dried fruit – raisins, apricots, figs



*Visit vegansociety.com/nutrition for more information



Animal ingredients



It's important to look at food labels and check for animal ingredients. Veganuary has compiled this essential list of animal ingredients that can be added to food

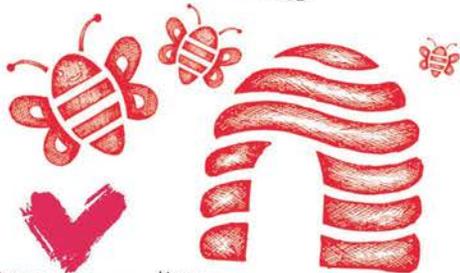
- **Milk (powder), butter, buttermilk**
- **Eggs**
- **Casein** – a milk protein.
- **Lactose** – a milk sugar.
- **Whey** – a milk by-product.
- **Collagen** – from the skin, bones and connective tissues of animals such as cows, chickens, pigs and fish.
- **Elastin** – found in the neck ligaments and aorta of bovine, similar to collagen.
- **Keratin** – from the skin, bones and connective tissues of animals such as cows, chickens, pigs and fish.
- **Gelatine/gelatin** – obtained by boiling skin, tendons, ligaments and/or bones and is usually from cows or pigs.
- **Aspic** – industry alternative to gelatine; made from clarified meat, fish or vegetable stocks and gelatine.
- **Lard/tallow** – animal fat.
- **Shellac** – obtained from the bodies of the female scale insect tachardia lacca.
- **Honey** – food for bees, made by bees.
- **Propolis** – used by bees in the construction of their hives.
- **Royal Jelly** – secretion of the throat gland of the honeybee.
- **Vitamin D3** – from fish-liver oil or sheep's wool.
- **Albumen/albumin** – from egg.

- **Isinglass** – a substance obtained from the dried swim bladders of fish, and is used mainly for the clarification (fining) of wine and beer.
- **Cod liver oil** – in lubricating creams and lotions, vitamins and supplements.
- **Pepsin** – from the stomachs of pigs, a clotting agent used in vitamins.

While that may seem like a long list, there are plenty of foods that are made without any of the above ingredients and, once you know what to look out for, it becomes easy to spot non-vegan foods.

As well as this, food additives can create another issue. All food additives in Europe must be marked on the ingredients list and are given an E number, which can make navigating labels a little more difficult. Many of these E numbers are fine for vegans, however there are a few to look out for that are not cruelty free. Some common ones to keep an eye out for include:

- E120** – Carmine, also known as cochineal, carminic acid or natural red 4. Crushed up beetles used as red food colouring.
- E441** – Gelatine. A gelling agent made from ground up animal bone and skin, often found in confectionery.
- E542** – Bone phosphate. Ground up animal bones used to keep foods moist.
- E901** – Beeswax. As the name suggests, this is wax that's made by bees, and is used as a glazing agent.
- E904** – Shellac. Glazing agent, made from the secretions of an insect called the lac bug.
- E910, E920, E921** – L-cysteine and its derivatives. Made from animal hair and feathers, these additives are found in some breads as a proving agent.
- E913** – Lanolin. A greasy substance secreted by sheep and other woolly animals. Mostly used in cosmetics, but also used to make vitamin D3, rendering many multi-vitamins and fortified foods unsuitable for vegans.
- E966** – Lactitol. A sweetener derived from lactose, which is made from milk.



VEGANUARY

Veganuary.com – inspiring people to try vegan for January and throughout the rest of the year. Take the Veganuary challenge!



last bite

LUCY WATSON

We talk to former *Made in Chelsea* star and *Feed Me Vegan* author Lucy Watson about what it means to her to be vegan

Known for her role in *Made in Chelsea*, Lucy Watson has become a leading TV personality and one of the fastest rising models in the UK. She also has her own jewellery line, Creature, and is a global ambassador for animal rights charity PETA, plus a noted animal rights supporter. We caught up with Lucy to find out about her personal vegan journey, challenges and her forthcoming book.

When did you first become vegan and why?

I first became vegan three years ago after being vegetarian for most of my life purely for ethical reasons. After I discovered how cruel the dairy and egg industries are, it became the natural next step from being a vegetarian.

What is the most challenging thing about being vegan?

Probably other people's opinions and lack

of ability to be open minded. I feel there are many people out there that would make the same choices if they chose to educate themselves further but, for many, ignorance is bliss. And for that reason, millions of animals are suffering every single day, all around the world.

What's your favourite beauty product?

I have so many but at the moment I'm loving my hyaluronic acid as it's so hydrating and gentle on my skin, especially in this weather.

Tell us about your vegan restaurant and what inspired you to open it

It's a joint venture with my sister and my father. I wanted to open a new vegan restaurant because I feel there aren't enough! Anyone and everyone can eat there and we've tried to design a menu that suits all but is still very delicious.

What does it mean to you to be vegan?

It means I love animals and I mean it; it means I can live a fulfilled and happy life without innocent beings having to die for me to enjoy it; it means that I'm sticking to my beliefs in that animal cruelty is wrong.



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What advice can you give to new vegans?

Persevere as it does get easier! Make sure you do your research, watch documentaries so you can focus on why you are doing what you're doing. I would say that organisation can be key — especially when eating out, although it is getting easier and more and more places are offering vegan options. 🌱



Lucy's *Feed Me Vegan* cookbook was named 'Best Vegan Cookbook' by PETA in their 2017 Vegan Food Awards. You can buy a copy at amazon.co.uk. Her next book, *Feed Me Vegan For All Occasions*, will be available in September.



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