

YOUR EVERYDAY GUIDE TO VEGAN LIVING

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simply vegan



THE V WORD

Comic Carl Donnelly talks life on the veg

Make this easy Thai curry on 1 plate

ONE POT COOKING

Easy autumn meals to cosy up with

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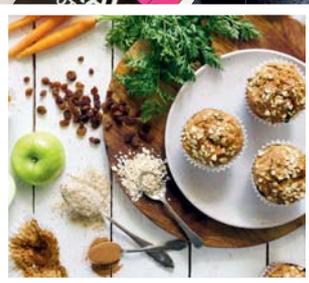
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Issue 6
November 2018
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hello...



Welcome to my first issue of *Simply Vegan* magazine – and what a month it's been! Barely a day has gone by without veganism dominating the headlines – from the BBC's *The Dark Side of Dairy* documentary to the huge array of exciting new product launches, vegan issues and food seem to be firmly on the agenda at last.

Whether your journey is driven by health, animal welfare or environmental issues, becoming part of such a fast-growing movement is a powerful thing. But, as with any big change, it can be daunting at times so here at *Simply Vegan* we aim to make your

lifestyle choice as easy and enjoyable as possible. With that in mind, we've sourced the best one-pot recipes this month (p10) to get you inspired for autumn. What better way to see in the new season than with a hearty soup or warming stew?

If you're throwing a dinner party for Halloween or Bonfire Night, take a look at *Made in Chelsea* star Lucy Watson's three-course feast on p42 – even your non-vegan friends will love it! Or if you prefer eating out, turn to p40 now for our review of the best Latin American restaurants on the high street.

Finally, if you're looking to be more eco-conscious, follow our five-step guide to going waste-free on p68.

Enjoy the issue!

Holly

Holly Johnson, Editor

holly.johnson@anthem-publishing.com



THIS MONTH I've been...

LUNCHING ON...



Genius Gluten-Free Beetroot and Kale Wraps, £2.75 at Tesco

WEARING...



Neek lipstick in Shine On, £15.99 at lovelula.com

SNACKING ON...



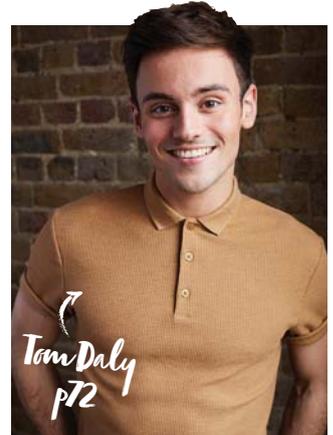
Doisy & Dom Superfood Chocolate, £2.75 at Sainsbury's

Subscribe and receive free a Aveda hair kit worth £39! Get *Simply Vegan* delivered to your door every month or choose to download it to your mobile or tablet. Go to pages 32-33 for our latest subscription offer.

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Your everyday guide to vegan living

ISSUE 6



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#trending



PIZZA REVOLUTION



With sales of the Vegan Giardiniera up 36% at the start of this year, Pizza Express have decided they need to up their game. Cue the Vegan Puttanesca – topped with marinated jackfruit, tomatoes, olives, capers, garlic and herbs – along with a Peperonata pasta dish and a deliciously creamy carrot cake. Right, we're off to book a table... pizzaexpress.com

3 new launches... TO GET (VERY) EXCITED ABOUT!

1 Missing the mayo? We were jumping for joy when we heard the news that Hellman's are launching a vegan (and gluten-free!) version. Hitting Tesco's shelves this month, it will then roll out to other major supermarkets later in the year. £2.15 for 270g, hellmanns.com



3 Following the sell-out success of its 'bleeding' No Bull burger this summer, Iceland have just released the UK's largest frozen vegan range which includes 13 dishes such as No Chick Chunks (£3.50 for 320g), Tofu Vegetable Burgers (£2 for two) and No Bull Mince (£3.50 for 500g). They also have plans for dedicated meat-free cabinets in 900 of their stores. Hurrah! iceland.co.uk



2 The queen of plant-based cooking - Ella Mills - has just launched a new range of vegan ready meals and we are first in the queue to try them. Priced from £3.99, the range includes Sweet Potato & Black Bean Shepherd's Pie, Thai Yellow Curry, Cauliflower & Lentil Dahl and Spiced Spinach & Potato Cakes. deliciouslyella.com





Be the change

RRP £75 | Available from greenpeople.co.uk

Birthday coming up? Stick this new Green People gift box on your list and treat yourself to some plant-based pampering!

In the bag

RRP £36 | Available from johnny-loves-rosie.com

If you're in the mood for a little new season shopping, check out the range of vegan leather bags at Johnny Loves Rosie. From vibrant pinks to pretty rose golds, there's shades for every occasion.



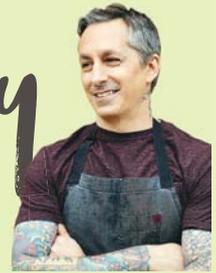
SV loves... Iced Coffee

Not just for summer, we can't get enough of the new vegan options hitting the market



When we've needed a caffeine hit (that's most days then), vegan iced coffees have been a firm favourite in the *Simply Vegan* office of late. Our favourites include **Califia Farms Cold Brew Mocha** (£2.95 for 750ml at Sainsbury's), **Minor Figures Iced latte** (£1.99 for 200ml at Sainsbury's) and **Alpro Caffé Soya Caramel** (£1.70 for 250ml at Tesco). We warn you though, they're a bit addictive...

Wickedly VEGAN!



Derek Sarno is the co-founder of Wicked Healthy, co-author to *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.

“ This month we've been working hard on trying to push a shift in the current food system to help re-create the future of factory farming with a much healthier, sustainable and more compassionate vision. And it's within reach! We're showing what's accomplishable with the wonderful meaty mushroom dishes we've been working on and by sharing ideas and recipes on the Wicked Healthy channels and in the cookbook. By doing this we create the awareness of what can be done with plants as opposed to animal products being used for food.

At the moment, we're using amazing mushrooms varieties such as oyster clusters, King Oysters and Maitake, all of which are super nutritious. We want to bring this mainstream and have already started by featuring some of this innovation in the Wicked Kitchen line in products like the Hoisin Wrap, BBQ Mushroom Sourdough Pizza and the Naked Burrito that features a pulled style shroom. This is culinary activism at its best and it's one of the missions we're actively working hard on behind the scenes. You can help too by requesting these amazing cluster and king mushrooms from your local grocer. No matter what country you're

in, once the demand is recognised and heard, the system has to oblige. It's as simple as that. We vote with our forks and the more compassionate choices we make will shift the world, no lie! But first we have to let it be known there is a need...

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





Essential swap

Go eco in the kitchen

Want to be more sustainable with your kitchenware? We love these beautiful coconut bowls, which are a natural by-product of coconut oil production - meaning they're super sustainable (and highly Instagrammable). £23.99 for two bowls and two spoons at superu.co.uk

AFFORDABLE & FREE-FROM

There's a new pizza on the wood block and not only is it vegan, it's also gluten, dairy and soya free - so now everyone can enjoy pizza Fridays! Topped with a creamy cheese alternative, Kirsty's Classic Margherita Pizza has just launched in Tesco for £3.50. See the full range of meals at kirstys.co.uk



BEAUTY SAVIOURS

Looking to be more ethical with your make-up as well as your diet? Greener Beauty now stock organic and cruelty-free brand Benecos, and with prices from just £3.95 for an eyeliner and £7.95 for mascara it's totally affordable too! See the full range at greenerbeauty.com or via the free Greener Beauty app.



Have you tried...

QUINOA PORRIDGE

£1.25 per pot (55g) | Available exclusively at Asda | asda.com

This exciting new range from British brand Perkier includes three delicious flavours - Original, Cranberry & Chia and Golden Syrup. Boasting 50% less sugar and 35% more protein than other porridge, they're also high in antioxidant manganese, which helps to regulate blood sugar - so you can say goodbye to that mid-morning energy slump! Definitely one to put on your shopping list for those busy weekday mornings - stock up and store them in your desk drawer...



WIN! A hamper of vegan goodies worth £55

This Vegan Five Minute Meals Gift Box from Italian Hampers (italianhampers.com) includes oils, pesto sauces, pasta and risottos - and it comes with

recipes to make meals super easy.

To enter: What is the Italian word for dinner?

- a) Chibo
- b) Pranzo
- c) Cena

Enter the competition online at veganfoodandliving.com. Closing date November 7th 2018. For full T&Cs see p46.

3 of the Best CANDLES

Get your hygge on as the dark nights draw in this season...



ZINGY & UPLIFTING

Lime Blossom Votive | £7.95 | [beefayre at annabeljames.co.uk](http://beefayre.co.uk)

Vegan-friendly and Peta certified, Beefayre candles make a lovely gift. Other scents include Wild Fig, Rhubarb & Raspberry, Spiced Orange and Bluebell.



RICH & AUTUMNAL

Cedarwood And Oakmoss Scented Candle | £22.50 | notonthehighstreet.com

Evoke the scent of woodland walks and smoky bonfires with this 100% vegan candle by British eco brand Eve of Agnes. Sit back and enjoy those essential oils...



RELAXING & LUXURIOUS

Linen and Lavender Candle | £25 | avanti-candles.com

Hand-poured in Leicestershire, Avanti candles are made with soy wax and wooden wicks for that 'fireside crackle' effect. The Linen and Lavender is a pamper night must-have.

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AS A NEWBIE TO *Vegan* COOKING...

Lucy was delighted she tried

The *Vegan* Recipe Box Co.

“ I'd never have dared do anything with tempeh or nutritional yeast, I had no idea where to get them or what to do with them. The recipes I chose made it really simple to try, Crispy tempeh noodles and Cottage-less pie were absolutely scrumptious. I'm converted! ”

www.theveganrecipebox.co.uk

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ONE POT WONDERS



There's a chill in the air so cosy up with these hearty one pot recipes that are easy to make





Pumpkin & Black Bean Rollups

By Jessica Prescott from *Vegan Goodness: Feasts*
Serves 4-8 | Prep 10 mins | Cook 10 mins

Per serving	Calories 391	Fat 9g	Saturates 2g	Salt 0.64g	Sugar 3g	Protein 16g
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INGREDIENTS

- 2 tbsp canola oil
- 1 small white onion, finely chopped
- 135g (4½oz) pumpkin, cooked and puréed or mashed until smooth
- 400g (14oz) tin black beans, drained and rinsed
- 10g (½oz) finely chopped coriander leaves
- 1 tsp ground coriander
- ½ tsp sea salt
- ½ tsp garlic granules
- 8 tortilla wraps (a corn/wheat blend is best here)

METHOD

1 Heat 1 tbsp canola oil in a medium saucepan over a medium heat. Add the chopped onion and cook until lightly browned. Add the mashed pumpkin, black

beans, coriander and spices and stir to combine.

2 Heat the remaining tablespoon of canola oil in a large frying pan (skillet) over a medium-high heat. Spread 1 tbsp of the pumpkin and black bean filling onto each tortilla and roll them up.

3 Place the rollups in the hot oil, seam side down, and fry until golden, turning frequently until the tortillas are crispy and golden brown all over. Depending on the size of your pan, you should be able to do 2-3 at a time. Transfer to paper towels while you cook the others.

4 To serve, stack the rollups on top of one another, drizzle with homemade vegan cashew cream and top with pickled jalapeños and coriander leaves.



This recipe is from *Vegan Goodness: Feasts* (Hardie Grant, £15). Photography and words by Jessica Prescott

Mixed Vegetable Bake

By Brian Kateman from *The Reducetarian Cookbook*
Serves 4-6 | Prep 15 mins | Cook 40 mins

Per serving	Calories 368	Fat 27g	Saturates 4g	Salt 0.94g	Sugar 4g	Protein 7g
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INGREDIENTS

- 720g (25oz) mixed vegetables (carrots, parsnips, broccoli, asparagus, cauliflower)
- 2 medium potatoes, cubed
- 1 medium onion, quartered
- 1 tsp sea salt
- 240ml (8fl oz) unflavoured, unsweetened non-dairy milk
- 40g (1oz) cashews
- sea salt and pepper

For the topping

- 2 garlic cloves
- 35g (1oz) shelled sunflower seeds
- 2 slices bread, cubed
- 120ml (4fl oz) extra-virgin olive oil

METHOD

1 Preheat the oven to 175°C/ Gas Mark 4. Lightly oil a casserole dish.

2 For the topping: Combine garlic and sunflower seeds in food processor and blend. Add bread, then enough oil to make a crumbly mixture.

3 For the vegetable bake: Combine veg, potatoes and onion in a saucepan. Cover with water, add salt and bring to boil. Cover and simmer for 8 minutes.

4 Blend milk and cashews, mix with veg in the casserole dish. Add the topping. Bake for 30 minutes.





Shakshuka-style Tempeh

By Brian Kateman from *The Reducetarian Cookbook*
Serves 6 | Prep 10 mins
| Cook 25 mins

Per serving



INGREDIENTS

- 1 tbsp extra-virgin avocado oil
- 1 medium onion, thinly sliced
- 1 red bell pepper, cut into 1cm strips
- 1 jalapeño pepper, cut into 5mm slices
- 2 garlic cloves, thinly sliced
- 230g (8oz) package tempeh, thawed if frozen, cut into 3cm cubes
- 1 tbsp smoked paprika
- 2 tsp cumin seeds or ground cumin
- 795g (28oz) can whole tomatoes with liquid
- 170g (6oz) jar marinated artichoke hearts, drained
- sea salt and pepper

Garnish (optional)

- 25g (1oz) chopped fresh parsley or coriander
- 90g (3oz) sliced, oil-cured black olives

METHOD

- 1 Heat the oil in a large, deep frying pan over medium-high heat. Add onion, bell pepper and jalapeños and spread evenly in one layer. Cook without stirring for about 6 minutes, or until vegetables on the bottom are deeply browned and beginning to char in some places. You may have to play around with the heat so that the vegetables aren't burned, crisp, and inedible.
- 2 Stir vegetables, then continue to cook without stirring for another 4 minutes or until soft. Add garlic, tempeh, paprika, and cumin and cook, stirring constantly, for 2 minutes. Add tomatoes with their juices and break them up using a wooden spoon. Reduce heat to medium-low and simmer for around 10 minutes.
- 3 Add artichoke hearts and heat through. Taste, and season if required. Sprinkle with garnish.



Serve with slices of warm crusty bread

COOK'S TIP

Most of the smoky depth of flavour comes from the charred peppers and onion, but you don't want black, burnt vegetables. Even though you aren't stirring the vegetables, watch them carefully while they cook undisturbed.

Roasted Beets with Quinoa & Spiced Walnuts

By Brian Kateman from *The Reducetarian Cookbook*
Serves 4 | Prep 10 mins |
Cook 50 mins

Per serving



INGREDIENTS

- 6 medium beets, trimmed and quartered
- 2 medium onions, quartered
- 5 tbsp extra-virgin avocado oil
- 1 tbsp Mediterranean herbs
- 125g (4½oz) coarsely chopped walnuts
- 190g (7oz) quinoa, rinsed
- 480ml (16fl oz) vegetable broth or stock

For the garnish (optional)

- 30g (1oz) vegan parmesan cheese

METHOD

- 1 Preheat the oven to 190°C/Gas Mark 5. Line a baking tray with greaseproof paper.
- 2 Toss together beets, onions, 3 tbsp of the oil, and herb blend in a bowl. Spread in one layer on the baking tray. Bake for 40 minutes. Stir and add walnuts. Bake for another 10 minutes or until beets are tender when pierced with the tip of a knife.
- 3 Meanwhile, to cook quinoa, heat remaining oil in a saucepan over medium-high heat. Add quinoa and toast, stirring frequently, for 2 minutes or until lightly browned. Add broth/stock and bring to a boil. Cover, reduce heat, and simmer for 15-20 minutes, until quinoa is cooked through. Remove lid, fluff with a fork and set aside.
- 4 Scrape roasted beets, onions, herbs, walnuts and juices into a serving bowl. Add quinoa; toss to combine. Sprinkle vegan parmesan cheese (if using) over the top. Or you can divide quinoa evenly among four bowls and top with equal portions of roasted beet mixture.



Why not...

- Pick your own dried herb combination to bring this dish to life? It's a great way of experimenting with what you have in the store cupboard already.



The recipes on pages 11-13 are from *The Reducetarian Cookbook* by Brian Kateman. Excerpt courtesy of Center Street. This book contains non-vegan recipes.



White Bean, Coconut & Roast Pepper Stew

By Niki Webster from rebelrecipes.com
Serves 2-4 | Prep 20 mins | Cook 40 mins

Per serving

Calories 313	Fat 4g	Saturates 2g	Salt 0.14g	Sugar 19.7g	Protein 15.4g
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INGREDIENTS

- 2 organic red peppers, chopped roughly
- 2 handfuls of cherry tomatoes
- 3 tbsp olive oil
- 2 onions, chopped roughly
- 4 garlic cloves, sliced
- 5 large organic tomatoes or 20 cherry tomatoes, sliced
- 250ml (8fl oz) water
- 1 can organic cannelloni beans
- 1 can organic butter beans, drained
- 1 can organic haricot beans, drained
- 1 tsp sea salt
- black pepper
- juice of ¼ lemon
- 1-2 tbsp of coconut yogurt or

coconut cream

- handful fresh thyme
- pinch of chilli flakes

METHOD

- 1 Preheat the oven to 180°C/ Gas Mark 4. Place the peppers and cherry tomatoes on a large baking tray, drizzle with 1 tbsp of olive oil and toss to ensure they are covered. Bake for around 30 minutes on a medium heat or until soft and browning.
- 2 Add some olive oil to a large pan and toss in the onion. Fry on a low to medium heat until soft and slightly browning – this should take around 10 minutes. Add in the garlic



Perfect for Bonfire Night!

- and cook for a further 1 or 2 minutes.
- 3 Next, add the fresh tomatoes, stir, turn to low, cover and cook for approximately 5 minutes.
 - 4 Add in the roast peppers, water, beans, lemon juice and
 - 5 Finally, season with salt, pepper and more fresh thyme. Stir in the coconut yogurt and sprinkle with chilli flakes. Top with the roast tomatoes. Serve in bowls with bread on the side.

Pea Shoots with Ginger (Chinese)

By Caroline Hwang from Stir-Fry
Serves 2 | Prep 10 mins | Cook 15 mins

Per serving

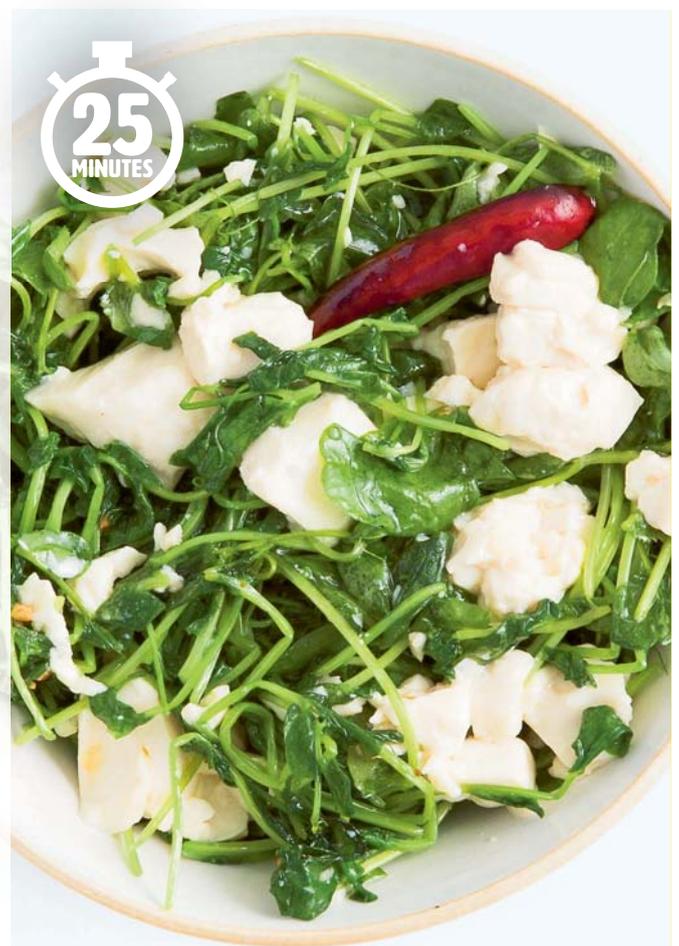
Calories 341	Fat 24.4g	Saturates 2.9g	Salt 0.75g	Sugar 5.6g	Protein 13.6g
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INGREDIENTS

- 2 tbsp grapeseed oil
- 2 dried red chillies
- 1 tbsp grated fresh ginger
- 1 tbsp finely chopped garlic
- 225g (8oz) pea shoots, rinsed
- 1 tsp mirin
- 285g (10oz) silken tofu, crumbled into large pieces
- 1 tbsp toasted sesame oil

METHOD

- 1 Heat the oil and chillies in a wok over a medium heat.
- 2 Next, add the ginger and garlic and heat until fragrant, which should take around 1 minute.
- 3 In four batches, add the pea shoots to the wok and cook, tossing frequently. When the stems become tender, add the mirin and silken tofu and toss once more.
- 4 Drizzle over the sesame oil and season with salt and pepper. Divide between 2 bowls and serve.



Sautéed Sesame Spinach (Korean)

By Caroline Hwang from *Stir-Fry*
Serves 2 | Prep 10 mins | Cook 15 mins

Per serving

Calories
806

Fat
17.5g

Saturates
2.3g

Salt
0.82g

Sugar
4.6g

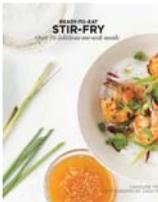
Protein
18.8g

INGREDIENTS

- 225g (8oz) spinach, trimmed and cleaned
- 225g (8oz) beansprouts
- 1 tbsp grapeseed oil
- 2 garlic cloves, finely chopped
- 3 tsp soy sauce
- ¼ tsp sugar
- 330g (11½oz) cooked sushi rice (140g/5oz uncooked)
- 3 tsp toasted sesame oil
- sesame seeds, to garnish
- salt and ground pepper

METHOD

- 1 Heat the wok over a medium heat, then add the spinach, beansprouts and 60ml (2 fl oz) of water to blanch the spinach and beansprouts. Next, remove and squeeze out any excess water.
- 2 Heat the grapeseed oil in the wok over a low heat and then add the garlic. Add the vegetables to the wok along with 2 tsp soy sauce and the sugar. Stir-fry until combined.
- 3 Combine the rice, sesame oil and remaining soy sauce, divide between 2 bowls and top with the spinach and beansprout mixture. Garnish with sesame seeds and season well.



The stir fry recipes on pages 14-15 are from *Stir-Fry* by Caroline Hwang (Hardie Grant, £12.99) Photography by Julia Stotz. This book contains non-vegan recipes.



Soba with Tofu (Asian)

By Caroline Hwang from *Stir-Fry*
Serves 2 | Prep 15 mins | Cook 10 mins

Per serving

Calories
864

Fat
27.6g

Saturates
4.2g

Salt
2.6g

Sugar
3.3g

Protein
37.6g

INGREDIENTS

- 3 tbsp toasted sesame oil
- 150g (5oz) asparagus, trimmed and cut into bite-sized pieces
- 75g (2½oz) frozen edamame (soy beans), shelled
- 185g (6½oz) pressed baked tofu, cut into 4cm (1½ in) pieces
- 3 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp grated fresh ginger
- 315g (11oz) cooked soba noodles (125g/4½oz uncooked)
- toasted sesame seeds, to garnish

METHOD

- 1 Heat 1 tbsp of the oil in a wok over a medium-high heat, then add the asparagus and edamame and cook for 5 minutes until tender and slightly charred.
- 2 Add the tofu, soy sauce and vinegar to the wok and stir-fry to combine. In a large bowl, place the remaining ingredients and oil and toss to combine. Divide between 2 bowls and garnish with sesame seeds.





The perfect
Friday night
treat

Coconut Thai curry

By StockFood, The Food Media Agency
Serves 4 | Prep 20 mins | Cook 40 mins

Per serving	Calories 773	Fat 39.9g	Saturates 35.5g	Salt 7.7g	Sugar 80.6g	Protein 13.7g
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INGREDIENTS

For the curry paste

- 2 tsp ground coriander
- 2 tsp ground cumin
- ½ tsp ground turmeric
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 10 dried red chillies, soaked in water for 15 minutes then drained
- 1 large shallot, chopped
- 1 tbsp fresh ginger, peeled and chopped
- 4 garlic cloves
- 1 lemongrass stalk, outer leaves discarded, stem coarsely chopped
- 1 small handful coriander leaves,

plus extra to serve on top of the dish

To assemble

- 2 tbsp coconut oil
- 600ml (21fl oz) coconut milk
- 250ml (9fl oz) vegetable stock
- 2 large courgettes, roughly diced
- 3 large carrots, peeled and sliced
- 1 small aubergine, diced
- 1 tbsp soy sauce
- soft brown sugar, to taste
- 1 lime, juiced
- 3-4 tbsp raw cashews

METHOD

- 1 For the curry paste: Combine everything for the curry paste in a food processor with a splash of water.
- 2 Blend on high until smooth, scraping down the sides from time to time; if needed, add a splash more water to bring it together.
- 3 To assemble: Melt the coconut oil in a large saucepan or casserole dish set over a moderate heat until hot.
- 4 Add 2 tbsp of the curry paste and fry until darkened and slightly dried out, about 4-5 minutes; cover and chill the remaining curry paste for other batches.
- 5 Whisk in the coconut milk and then the stock. Bring the curry to the boil and then stir in the courgette, carrot, aubergine, and a little salt and pepper.
- 6 Reduce to a gentle simmer for 15 minutes until the vegetables are very tender, stirring from time to time.
- 7 When ready, season to taste with soy sauce, some brown sugar, some lime juice, and a little more salt and pepper as needed.
- 8 Divide between serving bowls and garnish with cashews and coriander leaves.

Vegan Food & LIVING'S

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BUTTER

what's the alternative?

You've mastered swapping eggs for Aquafaba and finally started to get to grips with vegan cheese. Replacing animal-based staples in your diet with plant-based ingredients so far... well, it's a huge success. But what about butter? Whether you're a seasoned chef or toast lover, butter doesn't have to pose a potential culinary issue



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 links between food and psychological health while pursuing a doctorate degree in counselling.

Due to its versatility, butter is a traditional dairy-based ingredient that the majority of us will previously have regularly stashed in our cupboards and fridges as a staple. After all, butter is used in a whole host of different recipes – everything from cakes and pies, rich sauces and fried mushrooms to simply spread on toast or bread rolls.

Butter is akin to milk when it comes to being versatile in the kitchen, yet is all too often overlooked when it comes to finding a suitable vegan replacement. This month's guide to replacing butter for dairy-free alternatives is your ultimate vegan kitchen hack.



BEST FOR

Frying

Use: Cold pressed olive oil for lighter frying, rapeseed oil and coconut oil for higher temperatures.

Why use it? These oils can withstand a higher temperature of heating (up to around 180°C) without creating potentially harmful fatty acid chains due to rapid oxidation reactions. These fatty acids have been linked to an increased risk of heart disease and higher cholesterol levels.

Nutrition notes: As with all oils, use cold-pressed, organic options where possible. Buying organic will reduce the amount of pesticide residue you are exposed to during cooking, while cold-pressing the oils preserves the nutritional quality. Olive and rapeseed are rich in omega 3, aiding skin health and hormone circulation. While coconut oil has been found to benefit heart health in certain studies, use it sparingly when cooking.

Tasting notes: Olive oil will impart a slightly fruity flavour, coconut oil is a little creamier and sweeter, while rapeseed oil is savoury and tasteless.

Don't use: Extra virgin olive oil, vegetable oils, corn and sunflower. These contain high levels of polyunsaturated fats, which oxidise at high temperatures to produce harmful compounds called aldehydes.



BEST FOR

Spreading

Use: Vegan margarines such as Pure dairy free spreads, Vitalite, Flora freedom spreads, Aldi's coconut oil or avocado spread and Suma's range of spreads.

Why use it? These free-from margarines are fantastic as a butter alternative to use on toast, sandwiches and to spread lovingly atop scones and crumpets. Our personal favourites are the various avocado oil spreads such as those by M&S, Waitrose and Aldi.

Nutrition notes: While these fats are highly processed, most of these spreads will have the benefit of containing a source of vitamin D, which is added into the spread to help enhance the nutrition of the spread. Aim to use approximately 1 tbsp per day to avoid over-consumption of these highly processed foods.

Tasting notes: The flavour of each of these spreads will vary slightly based on the oil(s) they are manufactured with. A good all-round savoury option would be an extra-virgin olive oil spread or a sunflower oil spread.

Don't use: These spreads would not be suitable for frying, and we would use caution when cooking with them at higher temperatures and when baking in cakes.





BEST FOR

Pastry

Use: The type of alternative you will need for baking will depend upon the type of pastry you want to create. Shortcrust pastry works well with olive, rapeseed and vegetable oils. Puff pastry, which requires layers of fat lamination between sheets of dough, will require a firmer vegan butter - the likes of which are seldom found in UK supermarkets, and sometimes best sought from your local independent vegan shop. For a rough puff pastry, chunks of cooled, hard vegan margarine may do the trick. Dairy-free margarines or plain oils such as rapeseed can be used for crumble toppings.

Why use it? Using a harder butter or margarine alternative for both puff and rough puff will help create the crumbly and flaky texture you are looking for. It is important to select the correct butter alternative for the job to ensure you obtain the correct texture of pastry when cooked.

Tasting notes: Most vegan butter recipes create a very plain, flavourless and creamy base to add into your dishes. You must remember that the enemy of pastry preparation is heat, so be sure to use your butter alternatives at the coolest temperature possible.

Don't use: Don't expect puff pastry success if you're using liquid oils in your recipe, as this will just create a shortcrust texture. If in doubt, make Jus-Rol your secret weapon!



BEST FOR

Cakes & Desserts

Use: Like pastry, the type of butter alternative you choose will depend on the recipe. Certified vegan recipes will most likely use canola/rapeseed and vegetable oils, specifying a particular type of fat to use. If you are attempting to veganise a recipe, you should replace the butter with a suitable vegan margarine made from soya or sunflower oil and ensure the margarine is at a cool temperature. Subbing a recipe's solid or semi-solid fat such as margarine or butter with a liquid fat such as vegetable oil will often offset the balance of wet and dry ingredients in the mixture. This could result in a soggy bottom or a very dense, wet cake.

Topping notes: A lover of the sweet, creamy butter-based icing adorning traditional cakes? This recipe can easily be veganised by using a plant-based margarine. Opt for a hard-set margarine such as those made from soya, and be sure to refrigerate the icing for 20 minutes before piping, to ensure a thick and luxurious layer on your cake.

Don't use: Olive oil. Unless you want a very distinctive flavour to your cake, or unless stated in the recipe, avoid using olive oil as it can impart a savoury and salty flavour to most sponges.



BEST FOR

Sauces

Use: When making a white, cheesy or béchamel sauce, use sunflower oil margarine. The sunflower oil will impart a neutral flavour, whilst the emulsified butter-like texture will provide a perfect base for low-heat cooking of the chosen flour in your sauce base.

Recipe notes: To make enough sauce for a humongous bowl of pasta, use approximately 3 tbsp of sunflower margarine, melted over a medium heat until liquefied. Add in 2 tbsp of white, plain flour (or a gluten-free alternative - buckwheat flour works really well here). Use a wooden spoon to combine the fat with the flour, and cook off the flour for approximately 5 minutes. Slowly whisk in 2 cups of your chosen plant milk (use a plain milk such as soya or almond here) and whisk until thickened. If you need to thicken further, dilute 1 tbsp of cornflour with some plant milk into a smooth paste, and add into your mixture little by little.

Don't use: Coconut oil isn't suitable for making the base of a béchamel sauce, as it will often impart its own flavour into the mixture.



BEST FOR

Butter Alternatives

Use: Perhaps you are looking for a healthier alternative to traditional margarines and butter alternatives to adorn your toast? Luckily, there are a variety of different buttery alternatives for you to try! How about blitzing cooked butternut squash and avocado together, and using as a nutritious spread on bread? You could even use a dollop of hummus. Even better, a little tahini will do the trick, with ample seasoning and lemon juice on top for good measure. Get creative with blitzing peas, cooked beetroots and various different vegetables into a purée.

Don't use: When experimenting with butter alternatives, simple is best. For example, try to use a vegetable spread which contains few, or even just one, ingredient. This will prevent the butter alternative from overpowering the flavour of your dish of choice. Avocado smash is a subtly flavoured option, whilst being rich in healthy fatty acids. Anything with herbs and spices such as tapenade and Marmite are best left.





Breakfast

Start your day right with these hearty autumn dishes



Switch it up

- Not a fan of blueberries? Try raspberries. For a spiced version, use cinnamon in place of lemon zest, remove the lemon juice and switch blueberries for grated apple. Play around!

Lemon & Blueberry Protein Pancakes

By Saskia Gregson-Williams,
naturallysassy.co.uk
 Serves 1 | Prep 10 mins
 | Cook 5 mins



INGREDIENTS

- 1 banana, mashed
- 1 scoop of vegan vanilla protein powder
- 1 tbsp of flaxseed mixed with 3 tbsps water
- 25g (¾oz) rolled oats
- grated zest ½ lemon
- 75g (2 ½oz) blueberries
- 1 tbsp coconut oil
- 4 tbsp coconut yoghurt
- juice of ½ lemon
- grated zest of ½ lemon

METHOD

- 1 Start by blending the banana, protein powder, flaxseed mix and oats together until you have your smooth pancake batter. Stir in the lemon zest.
- 2 Mix the lemon juice and zest in with the coconut yoghurt and have it ready to serve.
- 3 Heat 1 tbsp of coconut oil in a non-stick pan and pour in the pancake batter into three little dollops. Make the pancakes quite thin so that the batter can cook through without the outside getting burned. Place a few blueberries into each pancake before flipping and cooking the other side. Stack your pancakes on a plate and add a dollop of the yoghurt on top – enjoy!



The recipes on pages 20-21 are taken from *The 28 Day Sculpt Plan* by Saskia Gregson-Williams at Naturally Sassy (naturallysassy.co.uk).

Apple, Cinnamon & Blueberry Porridge

By Saskia Gregson-Williams, naturallysassy.co.uk
Serves 2 | Prep 5 mins | Cook 8 mins

Per crepe

Calories 302	Fat 7g	Saturates 0.9g	Salt 0.19g	Sugar 16g	Protein 7g
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INGREDIENTS

- 1 apple, grated
- 100g (3 ½oz) porridge oats
- 500ml (17 ½fl oz) unsweetened almond milk
- 1 tsp cinnamon
- 150g (5oz) blueberries

METHOD

- 1 In a saucepan, add the grated apple, porridge oats, almond milk and cinnamon.
- 2 Place on a medium heat and stir for around 5-8 minutes, depending on your oats.
- 3 Divide your porridge evenly between bowls. While the mixture slightly cools, add the blueberries to a clean pan with a tablespoon of water, let them heat and cook until they start to burst. Spoon over the top and enjoy!

Tip

- If you find it easier, you can use frozen blueberries - just begin heating them a little earlier so they have time to defrost. No one likes tooth freeze!

Sprinkle nuts on top for crunch





Top tip

- This works as a light meal on its own or as part of a bigger meal, such as a vegan cooked breakfast

Super-fast Scrambled Tofu

By Viva!, veganrecipeclub.org.uk
Serves 1 | Prep 8-10 mins | Cook 3-5 mins

Per serving	Calories 247	Fat 15.2g	Saturates 2.9g	Salt 1.03g	Sugar 1.5g	Protein 22g
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INGREDIENTS

- 1 tsp vegetable oil
- 1 garlic clove (peeled and crushed) or ½ - 1 tsp garlic purée
- ½ packet of firm silken tofu (approximately 175g) or firm tofu
- 1 tsp tahini
- 1 tbsp tamari (GF) or shoyu
- 1 tbsp nutritional yeast flakes
- ½ tsp turmeric

optional extras

- Sliced avocado; sliced tomato; lightly cooked cherry tomatoes, super sprouts, chopped peppers or chilli; rocket or kale

METHOD

- 1 Gently fry the garlic in the oil for about 30 seconds until lightly golden. Don't let it burn.
- 2 Add all the other ingredients and mix together. Try not to break the tofu up too much but make sure it's well stirred.
- 3 Heat to warm through for approximately 3-5 minutes and serve immediately, topped with the optional extras such as tomatoes, super sprouts, etc.

Breakfast Quesadilla with Avocado

By Viva!, veganrecipeclub.org.uk
Serves 2 | Prep 10 mins | Cook 5-10 mins

Per serving	Calories 479	Fat 26.1g	Saturates 5.2g	Salt 0.14g	Sugar 4.9g	Protein 9.8g
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INGREDIENTS

For the quesadillas

- ½ tin black beans, rinsed and drained
- 2 medium tomatoes, roughly chopped
- 2 tbsp tomato sauce or purée
- 1 spring onion, finely chopped
- salt and black pepper
- sweet or smoked paprika to sprinkle OR a few drops of hot pepper sauce (eg Tabasco)
- grated vegan melty cheese (Violife block, VBites range, Tesco smoked) or vegan cream cheese (Sheese, Tesco, Tofutti, Violife)
- 2 large wraps or corn tortillas - use a vegan GF version if appropriate (BFree or Newburn Bakery/Warburton's)

For the guacamole

- 1 large ripe avocado, peeled and chopped roughly in a bowl (use more if you love avocado!)
- 1 clove garlic, crushed
- lime or lemon juice plus salt to taste
- pinch of chilli powder or hot pepper sauce if desired

METHOD

- 1 Mash the black beans roughly. Add the tomatoes, tomato sauce, spring onion, seasoning and paprika or Tabasco.
- 2 Spread one half of the mixture on each wrap. Sprinkle with the vegan cheese. If you prefer, mash the avocado on part of each tortilla and sprinkle the

guacamole seasonings on top - or just serve the guacamole on the side.

- 3 Fold up your tortillas and place under a hot grill or in a microwave - you want the filling to be warm and the cheese to have started melting without hardening the actual tortillas.
- 4 If serving the guacamole separately, mash all the ingredients together now while the tortillas are warming through. Eat straight away.



Shredded wheat

By Viva!, veganrecipeclub.org.uk
Serves 1 | Prep 5 mins

Per serving	Calories 162	Fat 1g	Saturates 0.2g	Salt 0.02g	Sugar 0.3g	Protein 10g
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INGREDIENTS

- 1 portion of Shredded Wheat (Original, Bitesize, Orchard Fruits, Summer Fruits, Cherry Bakewell and Apple Crumble are all vegan) or supermarket own-brand, eg Sainsbury's Mini Wheats; Aldi Fruit Wheats
- plant milk of your choice, preferably fortified, eg soya, almond, hemp or rice
- banana and other fresh fruit, eg berries, chopped apple/pear, peach and apricot
- nuts, seeds, goji berries, dried fruit and raisins

METHOD

- 1 Load up your bowl with Shredded Wheat and pour over your favourite plant milk.
- 2 Add in any of the items above to give your breakfast a big boost of nutritional power!



The perfect lazy
Sunday brunch



everyday superfood

Claire Kelly explains why these tiny seeds are such an important part of a healthy vegan diet and how to incorporate them into your daily dishes

CHIA SEEDS

Up your health game with a daily dose of chia



Claire Kelly is a co-founder and director of Indigo Herbs (indigo-herbs.co.uk), and is passionate about natural health solutions. Following a background as a holistic therapist, Claire brings together a wealth of natural superfood and herbal ingredients with inspiration on how to achieve your optimum health and wellbeing. For more information, visit facebook.com/Indigo-Herbs-Glastonbury, twitter.com/IndigoHerbs or instagram.com/indigo_herbs.



BEAUTY TIP

Combine chia with **coconut oil** for a gentle **DIY face scrub** that's packed with vitamin E.



ADD TO DRINKS

Turn your morning smoothie into a **complete breakfast** by adding a spoonful of **pre-soaked** chia.

The chia plant – *Salvia hispanica* – is a member of the mint family and is native to Meso America. The seeds of the plant have a long history of use – the Mexican Tarahumara tribe ate them for endurance and an Aztec warrior would have carried the seeds as standard rations. The Mayan word ‘chia’ means strength and the benefits of chia seeds are legendary. They have long been considered medicine and were even used instead of gold for trade. So what exactly makes these tiny seeds so valuable?

LITTLE MIRACLES

Nutritionally these little seeds are certainly power houses. They contain all 9 essential amino acids which means they are a complete protein and help the body build and repair muscle. This would have been very important for an Aztec warrior! It seems that this is also the reason for their modern-day popularity. They are an excellent source of plant-based protein and not only that, but they are also high in omega-3 fatty acids which have an anti-inflammatory action, making them the perfect muscle recovery food.

Chia seeds are very similar to flax seeds but what gives them the edge is their anti-

oxidant properties. They also contain valuable B vitamins and are especially mineral dense, with more iron than spinach and more calcium than milk. Magnesium, phosphorus, zinc, copper, manganese, potassium and selenium make up the rest of their impressive nutrient profile.

JUST ADD WATER

The nutritional benefits of these seeds are activated when they are soaked in water. Within a few hours they form a gel and this gel is not only super nutritious but also the secret to lots of vegan recipes as it acts as a binding agent. It can be added to a smoothie to give it a nutrition boost and a bit of substance and it is also thought to be healing and soothing for the gut. “Chia seeds form a soothing soluble fibre-rich gel when combined with liquid,” says nutritionist Jenny Tschiesche. “The resulting gel delivers fibre to the gut where it feeds the friendly bacteria. This in turn helps you to achieve optimal health by creating a better microbial balance”.

A recommended daily amount of chia seeds is 2-4 tablespoons. 16g of chia seeds (approximately 1 tablespoon) provides 69kcal, 5g fat, 0.21g carbohydrate and 2.82g protein and they can be used in both savoury and sweet dishes. 🌱

HOW TO USE CHIA

From pancakes to puddings, chia seeds have a whole host of uses in plant-based cooking



MAKE CHIA GEL

To make the gel, combine 1 tablespoon of chia seeds and 1 cup of water and leave for a couple of hours or overnight. This forms a thick gelatinous substance that is very mild in taste so can be used as a replacement for egg, as a binding ingredient or for thickening soups, stew, gravy and batter mixtures such as pancakes.



TRY CHIA PUDDING

Simply put ¼ of a cup of chia seeds into a clean jam jar or mason jar and top up with ¾ plant-based milk, stir in a little sweetener such as maple syrup and shake. Leave the jar in the fridge for a few hours or overnight. Top it with fresh fruit, nuts and seeds to make the perfect energy-boosting breakfast and you can even take it with you and eat on the go or enjoy after a workout. This is the basic recipe for chia pudding, but you can get creative by trying different plant milks, and combining different fruit, seeds and nuts to suit your own personal taste.

  #SimplyVeganFood

We would love to see how you enjoy eating chia! Just pop your pics on Instagram or Pinterest and tag #SimplyVeganFood



TAKE A BREAK FOR Lunch

These quick and easy recipes are packed with plant goodness!

CORN, BEAN, AND CHEESE TAQUITOS

By Jennifer Rose Rossano, from *Living Crazy Healthy*
Serves 4 to 6 | Prep 10 mins | Cook 20 mins

Per serving	Calories 498	Fat 22g	Saturates 9g	Salt 0.49g	Sugar 6g	Protein 13g
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Boost it!

Use wholewheat, seeded tortillas instead of white ones for added health points, or have a go at making your own!



INGREDIENTS

- 265g (9½oz) fresh or frozen and thawed sweet corn
- 425g (15oz) can vegan refried beans
- 1 small yellow onion, diced
- 65g (2oz) vegan cheddar cheese shreds, plus extra to top
- 10 -12 flour tortillas
- 1 avocado, sliced
- 25g (1oz) fresh coriander (cilantro), chopped
- lime wedges
- 125ml (4½fl oz) vegan sour cream

METHOD

1 In a small or medium saucepan, boil corn for 10-12 minutes, until tender. Remove from heat; drain. In

a frying pan, combine the beans, onion, cheese, and corn. Cook until cheese has melted; remove from heat.

2 Preheat oven to 190°C/Gas Mark 5. Line a baking sheet with parchment paper.

3 Spread 2 tbsp bean mixture down the middle of 1 tortilla. Roll up tightly and place seam side down on the baking sheet. Repeat with remaining tortillas and filling. Lightly spray taquitos with olive oil spray. If desired, top with cheese. Bake for 10 minutes, or until slightly golden brown.

4 Top with avocado, a sprinkle of coriander, a squeeze of lime and sour cream.



CHICKPEA SALAD SANDWICH



Save time
Plan ahead by making extra filling and storing it in the fridge for other meals. This would make a great topping for jacket potatoes!

By Jennifer Rose Rossano, from *Living Crazy Healthy*
Makes 2 to 3 sandwiches | Prep 10 mins

Per serving	Calories 684	Fat 37g	Saturates 2g	Salt 1.4g	Sugar 12g	Protein 13g
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INGREDIENTS

- 425g (15oz) can chickpeas or garbanzo beans, drained and rinsed
- 170g (6oz) vegan mayonnaise
- 2 tbsp extra virgin olive oil
- 150g (5oz) halved red grapes
- ½ tbsp dried dill
- Salt and pepper, to taste
- 40g (1½oz) baby kale
- 4-6 slices bread of choice, toasted
- Side salad or fruit, optional

METHOD

- 1 In a bowl, mash the chickpeas so that there aren't any whole pieces left. Add the mayonnaise, oil, grapes, dill, salt and pepper. Mix well.
- 2 Spread filling evenly over half the toasted bread slices and top each with kale leaves. Place remaining slices of bread over top and serve with a side salad or fresh fruit.

BERRY GRILLED CHEESE



By Jennifer Rose Rossano, from *Living Crazy Healthy*
Makes 2 sandwiches | Prep 10 mins | Cook 10 mins

Per serving	Calories 313	Fat 13g	Saturates 4g	Salt 0.61g	Sugar 20g	Protein 13g
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INGREDIENTS

- 100g (3½oz) blueberries
- 160g (5½oz) sliced strawberries
- 1½ tbsp coconut sugar
- 1 tbsp balsamic vinaigrette
- 4 slices bread, of choice
- 4 tsp vegan butter
- 450g (16oz) spinach
- 110g (4oz) vegan mozzarella cheese shreds
- salt and pepper, to taste

METHOD

- 1 In a saucepan on medium heat, mix together the blueberries, strawberries, sugar and vinaigrette. Smash berries gently as you stir, and bring to a boil.
- 2 Remove berries from the saucepan and place in a strainer over a bowl. You can use the leftover juice as a salad dressing.
- 3 Spread 1 side of each slice of bread with 1 tsp butter. Place 2 slices of

bread, buttered side down in a large frying pan that has been heated over a medium heat. Divide the berry mixture in half and spread each half over the unbuttered side of the 2 slices of bread. Top with spinach and cheese, then season. Replace the remaining 2 slices of bread, buttered side up, on the sandwiches and fry until golden brown on each side.

NOTE Make more of the berry mixture than needed for topping the sandwich. Also, if you have a panini press, this would work really well, too.



The recipes and images on pages 26-27 are from *Living Crazy Healthy* by Jennifer Rose Rossano, reprinted by permission of Gibbs Smith.



CARIBBEAN SPRING ROLLS



The recipes and images on pages 28-29 are from *Veggie Fast Food* by Clarissa and Florian Sehn. Published by Grub Street.

Info

- Unlike the Chinese spring rolls that are better known in the UK, these Vietnamese-style versions use rice paper wrappers instead of ones made from wheat. They are also eaten unfried, which makes them quicker to prepare and without the house smelling of fried food. Great for an evening spent cooking together.

By Clarissa & Florian Sehn, from *Veggie Fast Food*
Makes 6 | Prep 30 mins

Per serving	Calories 531	Fat 8.1g	Saturates 3g	Salt 0.23g	Sugar 9g	Protein 7g
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INGREDIENTS

- 100g (3½oz) glass (mung bean thread) noodles
- ½ untreated lemon
- 1 avocado
- 1 red pepper
- 8-10 butterhead lettuce leaves
- 1 bunch chives
- 1 handful salted peanuts
- 6 sheets rice paper (22cm diameter)
- 1 serving mango and coconut sauce (see right) or sour cream

METHOD

- 1 Prepare the noodles according to the instructions on the packet. Squeeze the lemon. Halve the avocado, remove the stone, scoop the flesh out of the shell and cut into thin slices. Drizzle with lemon juice and set aside.
- 2 Wash and halve the red pepper, remove the seeds and stem, and finely chop. Wash and shake dry the lettuce and chives. Cut the lettuce into strips and coarsely chop the peanuts.
- 3 Dip both sides of a sheet of rice paper in lukewarm water for several seconds

– it is preferable to fill a large dish or frying pan with water for this purpose. The next step has to be done quickly. Lay the sheet on a flat surface. First lay lettuce and noodles on the wrapper, followed by avocado and red pepper. Drizzle with a generous amount of sauce or sour cream, and sprinkle chopped peanuts over the top. Roll carefully, inserting a few chive leaves into each roll so that the ends stick out, and then serve.

TIP

The sauce can keep in the refrigerator for 2-3 days.

MANGO AND COCONUT SAUCE

Makes 250ml | Prep 10 mins

INGREDIENTS

- 1 mango
- 1 red chilli pepper
- 1 garlic clove
- 1cm root ginger
- 1 tsp tamari soy sauce
- 2 tbsp coconut milk
- salt

METHOD

- 1 Peel the mango. Remove the flesh from around the stone and cut into chunks. Wash the chilli, halve and remove the stem and seeds. Peel the garlic. Peel and finely grate the ginger. Finely purée all the ingredients in a blender and season with salt.

SAVOURY FRENCH TOAST



By Clarissa & Florian Sehn, from *Veggie Fast Food*
Makes 8 | Prep 40 mins

Per serving	Calories 251	Fat 15g	Saturates 2g	Salt 0.22g	Sugar 2g	Protein 5g
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INGREDIENTS

- 100g (3½oz) chickpea flour
- 100g (3½oz) wheat flour
- 1 tsp ground ginger
- 1 tsp ground coriander seeds
- 1 tsp turmeric
- 2 tsp curry powder
- 300ml (10fl oz) warm water
- ½ yellow pepper
- 1 small onion
- 1 small chilli pepper
- ½ bunch parsley
- salt and pepper, to taste
- 8 slices toast
- 8 tsp olive oil

METHOD

- 1 For the batter, combine the chickpea and wheat flours with the spices in a bowl. Add 300ml warm water and

mix to a smooth batter.

- 2 Wash the pepper. Remove the stalk and seeds, and finely chop. Peel and finely chop the onion. Halve the chilli pepper lengthwise. Remove the stem, seeds and ribs, and finely chop. Wash, shake dry and finely chop the parsley. Mix all the prepared ingredients into the batter and season with salt and pepper.
- 3 Carefully dip the slices of toast in the batter. You can also use a spoon to spread the batter over them.
- 4 Preheat the oven to 90°C. Heat 1 tbsp olive oil in a frying pan. Fry a slice of toast on both sides until crispy and brown. Keep warm in the oven. Do the same with the rest of the toast, until it's all cooked. Serve warm.

FALAFEL SANDWICH WITH RAW VEGETABLE TABBOULEH

By Clarissa & Florian Sehn, from *Veggie Fast Food*
Makes 4 sandwiches | Prep 30 | Cook 20

Per serving	Calories 474	Fat 24g	Saturates 3g	Salt 1.12g	Sugar 8g	Protein 11g
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INGREDIENTS

For the raw veg tabbouleh

- 1 bunch flat-leaf parsley
- ½ bunch mint
- 200g (7oz) cauliflower florets (about ¼ head)
- 100g (3½oz) cherry tomatoes
- 3 spring onions
- ½ untreated lemon
- 3 tbsp olive oil
- 1 tbsp agave syrup
- salt
- Freshly ground pepper

For the falafel

- 1 small red onion
- 1 garlic clove
- 1 tin chickpeas (drained weight 240g/3½oz)
- 1 tsp harissa paste
- 1 tsp ground coriander seeds
- 1 tsp ground ginger
- 1 tsp cumin

- salt
- freshly ground pepper
- 3 tbsp olive oil
- Others**
- 4 herb pitas
- a few iceberg lettuce leaves
- Vegan lime, mint and dill dip, to serve

METHOD

- 1 For the tabbouleh, wash and shake dry the parsley and mint. Combine with the cauliflower in a blender and chop uniformly. Quarter the tomatoes, and trim, wash and finely slice the spring onions. Rinse the lemon under hot water, squeeze the juice and grate the zest. Mix with the olive oil and agave syrup. Season with salt and pepper.
- 2 For the falafel patties, peel the onion and garlic.



Drain the chickpeas in a sieve. Combine the onions, garlic and chickpeas with the spices in a blender and blend to a smooth paste. Season with salt and pepper, and shape into 8 patties. Heat olive oil in a frying pan. Fry each of the patties over a high temperature on both sides until crispy.

- 3 For the sandwiches, cut the pitas in half across the

middle. Wash and shake dry the lettuce leaves. Fill each of the pitas with lettuce, tabbouleh, two patties and dip, then serve.

TIP You can use the rest of the cauliflower to make cauliflower slices. Simply cut the cauliflower into slices and boil in salted water, keeping them firm. Crumb the slices and fry until crispy.



tried and tested

taste test SOUPS

With all the new vegan options hitting the shelves, we thought it was time to put some hearty winter soups to the test. Here's how Lauren True rated them...



GLORIOUS! Reviving Carrot, Butternut Squash and Ginger Soup

£2.00 for 600g | Available from most supermarkets

This is such a warming soup – the zingy notes of ginger make it a perfect dish for the autumn/winter months. The carrot and butternut squash complement each other nicely and the brown rice gives it a lovely texture. It looks and tastes delicious and really fills you up!

VERDICT



Soulful Foods Malaysian Broth

£2.99 for 600g | Available from soulfulfood.com

This soup is unusual in a very good way! Somewhere between a soup and a curry, it has a thin consistency but contains lots of chunky veg. The zesty flavours of lemongrass and lime are particularly strong, giving it a punchy, fresh taste. If you like Asian flavours, you'll love this option.

VERDICT



Soupologie – Five-a-Day Green Soup

£3.60 for 600g | Available from Ocado

This green soup immediately makes you feel virtuous – you know it will be packed with goodness! It has a slightly puréed consistency, which is refreshing. The apple, spinach and pea work well with the earthy hints of mushroom to create a complex taste with both sweet and savoury edges.

VERDICT 🌿🌿🌿



Free & Easy Lentil and Red Pepper Soup

£1.65 for 400g | Available from Ocado

If lentils are your thing, this is the soup for you. It's warming, earthy and satisfying, with a mild, grapefruit-like tang and definite hints of pepper and tomato. Free from any nasty additives or preservatives, it's the perfect broth for a cold day.

VERDICT 🌿🌿🌿



BOL Sweet Potato and Cauliflower Immune Boosting Soup

£2.50 for 500g | Available from Tesco

The lovely al dente cauliflower pieces in this soup contrast with the softness of the beluga lentils in a way that has us wanting more! The consistency of this soup is amazing, and the chilli, cumin and cayenne are not overpowering. You can tell that it's packed with nothing but goodness!

VERDICT 🌿🌿🌿



Tideford Beetroot and Curly Kale Soup with Quinoa

£2.89 for 600g | Available from selected Sainsbury's stores and independents nationwide

The taste of this soup is almost as striking as its deep red colour! It has a pleasant flavour that's sweet but not sickly. The quinoa makes it silky and adds a somewhat nutty taste to the mix, and the chunks of beetroot give it texture. Lightly spiced and warming, this one is a filling meal with a kick!

VERDICT 🌿🌿🌿



Amy's Kitchen Low Fat Organic Vegetable Barley Soup

£1.80 for 400g | Available from Waitrose

Great to keep in the cupboard for a cold day, this tinned soup has a comforting aroma, a great mix of veg and a classic taste. The thin consistency of the soup is balanced well by the root veg and tomatoes. It's salty, nutritious, organic and low in fat too.

VERDICT 🌿🌿🌿

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Have fun cooking with this versatile collection of dishes

Midweek



AUBERGINE & PEA ROLLS

From *Sweet Chilli Friday*
Serves 4 | Prep 45 mins | Cook 30 mins

Per serving

Calories
190

Fat
6.7g

Saturates
2.4g

Salt
0.31g

Sugar
16g

Protein
5.9g

INGREDIENTS

- 3 large Dutch aubergines
- ½ tsp salt
- 1 tbsp sunflower oil
- 2 tsp ginger chilli paste (2½cm (1in) of fresh ginger and 2 green chillies blended in food processor)
- 100g (3½oz) petit pois
- 1½ tsp sugar
- ½ lemon, juiced

- 1 tsp garam masala
- 2 tbsp desiccated coconut
- oil for brushing

METHOD

- 1 Preheat the oven to 240°C/ Gas Mark 9.
- 2 Start by chopping the ends off the aubergines and cutting them lengthwise into slices about 1½cm

(½in) thick. Sprinkle the slices with salt and leave for about 30 minutes, then pat dry to remove any excess liquid.

- 3 Meanwhile, heat a tablespoon of oil in a pan and fry the ginger chilli paste. Add the peas and cook for a few minutes, roughly mashing the peas as you cook. Season with salt and sugar, then add the lemon juice. Take the mixture off the heat, add the garam masala and leave the mixture to cool. Once cooled, mix the desiccated coconut into the peas mixture.

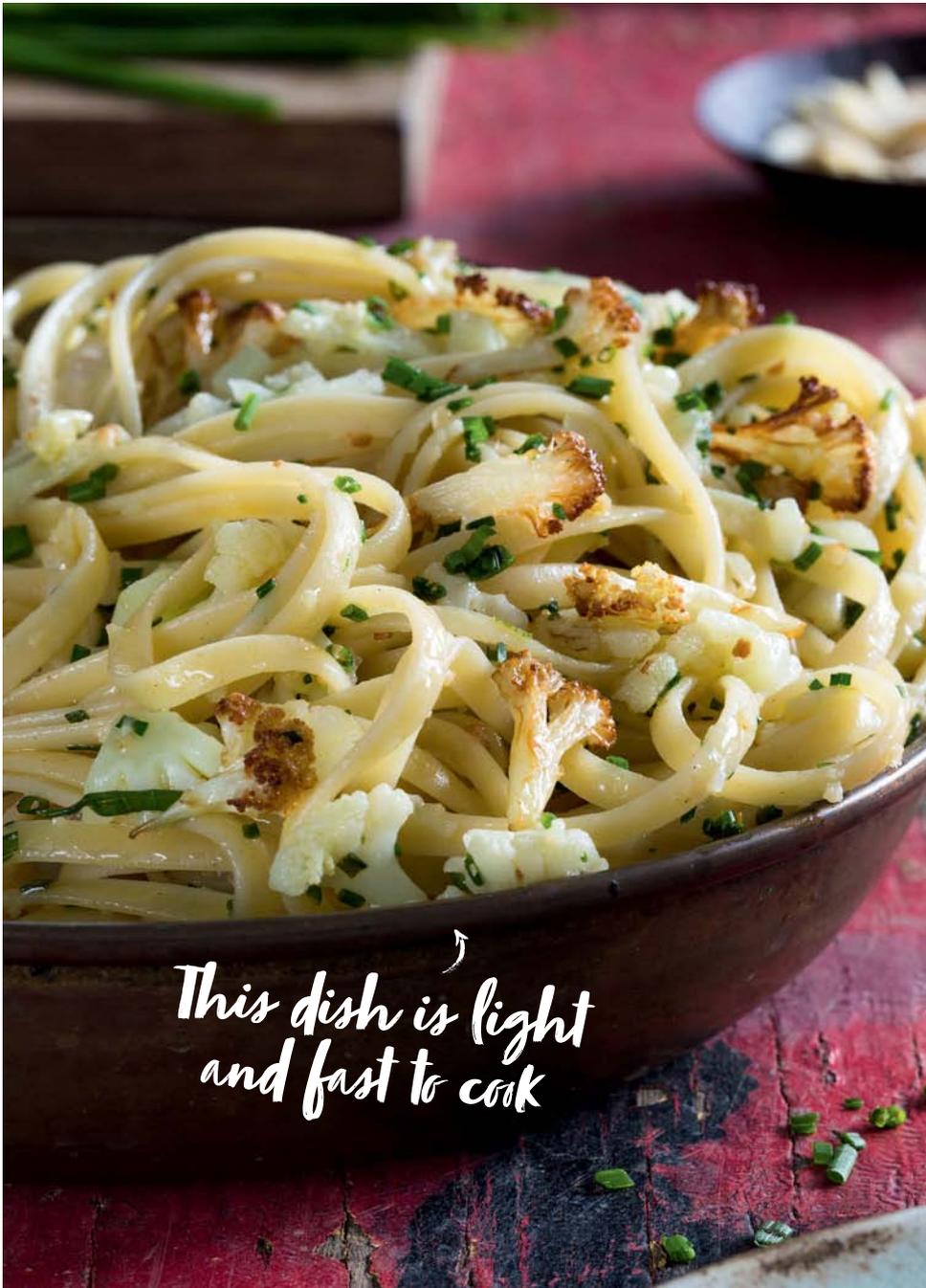
4 Lastly, brush the aubergines with oil and put them in the oven for 10 minutes on each side. Alternatively you can griddle them in a panini grill.

- 5 To assemble the dish, put a teaspoon of the pea mixture in the centre of each cooked aubergine slice and roll it up, securing it with a cocktail stick.

Recipe from *Sweet Chilli Friday* by Alpa Lakhani, Anjana Natalia, Deepa Jaitha, Sangita Manek, Sheetal Mistry and Sonia Sapra. Meze Publishing 2018. RRP £15.



LINGUINE WITH CAULIFLOWER RAGU



*This dish is light
and fast to cook*

By Oz Telem, from *Cauliflower*
Serves 2 | Prep & Cook 30 mins

Per serving



INGREDIENTS

- 30g (1oz/small handful) sliced almonds
- 1 small cauliflower
- 3-4 tbsp olive oil
- 250g (9oz) pasta, such as linguine or farfalle
- sea salt and freshly ground black pepper
- 4-5 tbsp chopped chives or spring onions (scallions)
- 1 small lemon, cut into quarters (optional)

METHOD

- 1 Toast the almonds in a dry frying pan over a medium heat for 2-3 minutes, stirring, until lightly golden. Transfer to a plate and set aside to cool.
- 2 Cut the cauliflower into florets. Peel and roughly chop the main stem (reserving the other parts for other uses). Finely chop the florets and stem using a sharp knife (or you can

Info

- Notice the use of the pasta cooking water in this dish. This is both seasoned and rich with starch, which is vital for thickening and enriching the sauce. It's the secret that makes the difference between a good and great pasta dish.

grate or pulse in a food processor).

3 Heat the olive oil in a wide pan. Add the cauliflower and sauté over a medium-high heat, stirring frequently, for 10-13 minutes until golden and tender.

4 Meanwhile, cook the pasta in a saucepan of well-salted boiling water for 1 minute less than recommended in the packet instructions. Drain and reserve 250-500ml (9-18fl oz) of the cooking water.

5 Add the pasta to the pan with the cauliflower along with 120ml (4fl oz) of the pasta water. Stir well and season to taste. Add most of the toasted almonds and the chopped chives and stir well to coat.

Gradually add more water until the pasta is cooked to your liking.

6 To serve, divide the pasta among serving plates and garnish with the remaining almonds and chives. Feel free to replace the almonds with any other nut you like: pistachios, pecans and even cashews will fit in quite nicely.



SPINACH AND CAULIFLOWER FILO PIE



By Oz Telem, from *Cauliflower*
Serves 6 | Prep & Cook 1½ hours

Per serving	Calories 323	Fat 19.2g	Saturates 2.6g	Salt 0.34g	Sugar 1.6g	Protein 7.1g
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INGREDIENTS

For the filling

- 1 small cauliflower
- 4 tbsp olive oil, plus extra for greasing
- 60ml (2fl oz) water
- 500g (1lb 2oz) fresh spinach leaves, roughly chopped if large

- 8-12 kalamata olives, pitted and chopped
- 4-8 dill sprigs, finely chopped
- 2 tbsp chickpea (gram) flour or breadcrumbs
- fine sea salt and freshly ground black pepper

For filo layers

- 1 packet frozen filo sheets (250-270g/8-9oz/ 7 large sheets), defrosted
- 80ml (2½fl oz) olive oil

METHOD

- 1 Preheat the oven to 180°C/ Gas Mark 4) and grease a 30x20cm (12x8in) pan with olive oil.
- 2 To make the filling: Cut the cauliflower into florets, then slice them thinly (reserving the other parts for stock).

- 3 Heat the 4 tablespoons of oil in a shallow wide pan. Add the sliced cauliflower and sauté over a high heat for 6-7 minutes, stirring frequently, until just tender and golden.
- 4 Add the water, bring to the boil, cover and cook over a high heat for a further 5 minutes, until tender. Add the spinach and stir well. Cook for 3 minutes, stirring occasionally, until the leaves have wilted and lost most of their volume.
- 5 Transfer to a colander, set inside a large bowl and allow to cool slightly.
- 6 When cooled enough to handle, firmly squeeze the spinach and cauliflower to get rid of excess liquid. Discard the liquid in the bowl and place the vegetables inside.
- 7 Add the olives, dill and the chickpea (gram) flour or breadcrumbs. Mix to combine and season with salt and pepper (note that the olives are salty).
- 8 To make the pie: Brush one filo sheet all over with oil and place in the pan. Fold in the edges of the sheet. Brush a second sheet and lay on the first sheet, leaving the sides of the sheet on the sides of the pan. Repeat with 2 more sheets.
- 9 Lay the filling mixture in the pan and flatten.
- 10 Lay 3 more oiled sheets on top of the filling, allowing the sides to overhang the sides of the pan.
- 11 Bake for 18-22 minutes, until nicely golden. Remove from the oven and serve at once.

CAULIFLOWER AND AUBERGINE MAQLUBA



Info

• Maqluba, literally meaning upside down, is one of the most glorious rice dishes around: a spectacular dish composed of crispy rice, fried vegetables and spices, that is turned upside down when served to present its beauty to diners.

cut-side down and sear for 2-3 minutes or until lightly golden on one side. Transfer to a plate or bowl and repeat with the remaining florets.

6 In the same pan (still over a high heat), add the chopped stalks and diced stem, and sauté for 4-6 minutes until just tender.

7 For the rice: Strain the rice and drain well. Move to a large bowl, add the sautéed cauliflower parts, turmeric and paprika, and stir to combine. Season with salt and pepper

8 To assemble: Lay one layer of seared florets, seared-side down, at the bottom of a medium-size non-stick pan. Top with a third of the rice mixture. Arrange the remaining florets on top and spread with another third of the rice mixture. Layer the baked aubergine rounds on top and cover with the remaining rice. Pour over the water (or stock) and bring to the boil over high heat. Season generously with salt (the liquid should be salty).

9 Cover the pan and cook over low heat for 20 minutes until the rice is fully cooked. Some aubergine slices might float to the surface and that's okay. Remove the pan from the heat and allow to rest for at least 40 minutes.

10 When ready to serve, shake the pan from side to side to release the rice. Lay a plate over the pot, turn over decisively and serve. Leftovers keep refrigerated for 4 days.

By Oz Telem, from *Cauliflower*
Serves 6 | Prep & Cook 2 hours

Per serving

Calories
401

Fat
13.4g

Saturates
2g

Salt
0.39g

Sugar
5.6g

Protein
7.7g

INGREDIENTS

- 400g (4 oz) long-grain white rice
- 1 medium aubergine (eggplant)
- 80ml (3fl oz/1/3 cup) olive oil
- 1 medium-small cauliflower
- 1 tsp ground turmeric
- 1 tsp paprika
- 850ml (29fl oz/3½ cups) water (or, even better - Cauliflower Stock!)
- fine sea salt and freshly ground

black pepper

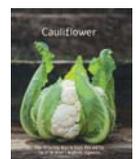
METHOD

- 1 Preheat the oven to 190°C (375°F/Gas 5).
- 2 Place the rice in a bowl, cover with water and soak for 1 hour.
- 3 **To cook the aubergine:** Slice the aubergine (eggplant) into 1½cm (½in) thick rounds. Drizzle

3 tablespoons of oil onto a baking tray (baking sheet) lined with parchment paper. Dip each slice in the oil, on both sides, and arrange them evenly spaced on the sheet. Season with salt and bake for 22-25 minutes until golden and soft.

- 4 To cook the cauliflower: Cut off the cauliflower florets. Peel and dice the main stem into medium cubes. Finely chop the stalks and leaves.
- 5 Heat 3-4 tablespoons of oil in a wide frying pan over a high heat. Place one layer of florets

The recipes on pages 33-35 are taken from *Cauliflower* by Oz Telem. Hardie Grant, 31 May 2018. Photography © Assaf Amram.





LASAGNE WITH LENTILS & SPINACH PESTO



By Niki Webster, from Rebel Recipes
Serves 6 | Prep 40 mins | Cook 30 mins

Per serving	Calories 855	Fat 41.4g	Saturates 19.9g	Salt 0.19g	Sugar 64.5g	Protein 22.7g
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INGREDIENTS

- 1 pack of vegan lasagne sheets

For the tomato & lentil filling

- 2 onions, chopped roughly
- 4 garlic cloves, sliced
- 1 courgette, sliced finely
- 2 red peppers, chopped
- 4 large mushrooms, sliced
- 5 large ripe tomatoes, roughly chopped
- 200g (7oz) red lentils, washed well
- 250ml (8fl oz) water
- ½ tsp ancho chilli flakes or red chilli flakes

- ½ tsp coconut sugar
- ½ tsp sea salt
- black pepper

For the cheesy béchamel sauce

- 2 tbsp vegan butter
- 50g (1¾oz) plain flour
- 500ml (16fl oz) almond milk
- 3-4 tbsp nutritional yeast
- big pinch sea salt
- twist black pepper

For the pesto

- 95g (3oz) walnuts
- 35g (1oz) toasted pine nuts or an additional 30g (1oz) walnuts for a pinenut-free version

- 2 handfuls of spinach
- 1 handful of basil
- ½ lemon, juiced
- 1 tsp sea salt
- 1 garlic clove
- 3 tbsp nutritional yeast
- 2 tbsp olive oil
- 90-125ml (3-4fl oz) water

Toppings

- vegan cheese or cashew cheese
- cashew parmesan

METHOD

- 1 Preheat the oven to 180°C/ Gas Mark 4.

To make the tomato & lentil filling

- 2 Add the oil and some onion to a wide bottom pan and fry gently on a low heat for around 10 minutes until soft and browning.

- 3 Add the garlic and fry for 30 seconds more, then add the peppers, courgette and mushroom. Fry for a further couple of minutes.

- 4 Add the tomatoes, lentils, water and sugar to the pan and cook on a low heat for 25 minutes (covered).

- 5 Add the salt, black pepper and chilli flakes to the pan and simmer for a further 5 minutes.

To make the cheesy béchamel sauce

- 6 Add the butter to a frying pan and melt on a low heat, then add the flour. Stir to combine well.

- 7 Next, add the almond milk and nutritional yeast. Simmer for 5 minutes, stirring constantly to ensure no lumps form.

- 8 Finally, season well and remove from the heat.

To make the pesto

- 9 Add all the ingredients to your food processor or high speed blender and blitz until everything is combined to the texture you prefer. You may need to scrape the sides down a few times.

To make the lasagne

- 10 In a 23cm roasting dish, layer the tomato veg filling, then 3 lasagne sheets, then half the cheese sauce. Top with pesto, then another layer of tomato veg filling, 3 lasagne sheets, then the remaining cheese sauce (make sure to cover the edges of the lasagne sheets), and finally top with pesto and either a sprinkle of vegan cheese or dollops of cashew cheese.

- 11 Cover with foil and bake for 30 minutes.

The recipe on this page is by Niki Webster at Rebel Recipes. Find more of her tasty meals online at rebelrecipes.com.





Snyder's of Hanover Jalapeño Pretzel Pieces

Bursting with flavour, these pieces of crunchy pretzel are just what you need for a filling afternoon snack with a twist.

£1.40 for 125g
| Available at Waitrose



MILLIONS SWEETS

Need a sugar fix? These tiny, chewy candies are a childhood favourite, and they're vegan too! Flavours include Bubblegum, Cola, Sour strawberry and Vimto - stock up in time for Halloween!

50p per 50g | Available at most major supermarkets



Thatchers Haze Cloudy Cider

Surprisingly, not all ciders are vegan. This naturally cloudy version, made from Jonagold eating apples, is served in bars everywhere and has a crisp, sweet taste.

From £1.90 for 500ml
| Available at most major supermarkets



Morrisons Own Peanut Butter

The perfect healthy snack on the go, this nut butter is made of 100% peanuts and contains no added sugar, salt, artificial colours or flavours.

£1.78 per 340g
| Available at Morrisons



POPCORNERS VEGGIE CRISPS

Made with real peas, beets and chickpeas, the fabulous textures and flavours of these crisps are addictive! The ingredients are natural, never fried, vegan and gluten-free too, making it easier than ever to snack well.

£1.80 per 85g | Available at popcorners.com



Blue Dragon Pad Thai Noodle Kit

This quick and easy street food favourite contains tamarind, garlic, peanuts and shallots, inspired by the vibrant tastes of modern Asia. Add in some fresh veggies and serve with a squeeze of lime.

£2.69 for 265g | Available at Morrisons & Ocado

Accidentally VEGAN

Indulge your tastebuds with this naughty-but-nice collection of vegan treats!

The small print. Please note that these products may not be marketed as vegan and may state that they may contain milk or other animal-derived ingredients, but this is due to being manufactured in the same factory as other food produce. All ingredients listings are subject to change, so please check before purchase.



eating out LATIN AMERICAN

Bodega Cantina

RATING

? **Cuisine Type:** Traditional-style Mexican classics and fantastic cocktails.

M **On The Menu:** Bodega offers a separate vegan menu with clearly labelled vegan options to make choosing your meal simple. The best, and most addictive, items on the menu are undoubtedly the refried beans and guacamole dips served alongside home-fried tortilla wedges (they are technically called tortilla chips, but they are far too large to be chips!). The sensational mole mushroom tacos and burritos are beautifully seasoned, with the marinated mushrooms providing a really meaty mouthful. Although, personally, we could quite happily wolf down an entire meal of refried black beans. Thanks.

♥ **We Love:** The Quinoa Chifa large plate is absolutely divine – a beautifully seasoned assortment of vegetables mixed into a spicy quinoa base. The side of agave sweet potato is not one to miss either. The food here is surprisingly moreish!

★ **Go Here For:** Bodega is a fantastic place to go with your omni friends, and those who like to drink iced boozy beverages! There's something on the menu for everyone's tastes. The smaller plates are perfect for sharing, making the food at Bodega ideal for a tapas-style affair, with the amazing vibe of the restaurant reflecting the passion in the food.

Latin American food is vibrant, flavoursome and surprisingly vegan-friendly. Charlotte Willis transports your tastebuds straight to a city in Cuba



Tuck into the Quinoa Chifa at Bodega



Barburrito

RATING

? **Cuisine Type:** On-the-go Mexican classic burritos. Great for a quick healthy snack or a filling hand-held meal.

M **On The Menu:** Barburrito recently launched a Vegan Supergreen Burrito for a limited time over the summer, which was so popular with customers that Barburrito are considering bringing it back! In the meantime, we vegans can enjoy a range of build-your-own burrito options with their grilled vegetables, fresh guacamole and new vegan slaw.

♥ **We Love:** A classic flour tortilla burrito base, stuffed with lime rice, mushrooms, onions and veggies. Like it spicy? Add some jalapenos for that extra dose of Mexican flavour. The nachos at Barburrito make a fantastic light lunch too, topped with guacamole and omega seeds.

★ **Go Here For:** Barburrito is ideal for students. Popping up in almost every university city, Barburrito gives a 20% discount all year round to hungry students and offers a loyalty card scheme to help save money with every bite. The freshly wrapped burritos are brilliant for shorter office lunch breaks and make ideal picnic-worthy dishes to carry around with you when exploring the city.

Las Iguanas

RATING 

? **Cuisine Type:** Las Iguanas is home to a fusion of Latin American cuisine types, with each dish being inspired by the diverse culture of Southern America.

M **On The Menu:** Vegans will have a hard time deciding between the amazing choices at Las Iguanas, as the menu offers over 15 different vegan dishes. From epic sides including Spring Onion Rice and Refried Beans, to incredible main events such as a Brazilian Moqueca De Palmitos (ethically sourced hearts of palm and veggies in a coconut curry sauce). Complete the meal with a decadent dessert of Mango Sorbet or Coconut Tembleque Pudding.

♥ **We Love:** The Peruvian-inspired salad Fiesta Ensalada salad with roasted squash and avocado. Or for something a little more adventurous, the Portobello Mushroom Fajitas are a sure-fire hit. To accompany your main meal, always be sure to get a plethora of sides such as the Guacamole and Spring Onion Rice.

★ **Go Here For:** A taste sensation of varying culturally inspired cuisines. Las Iguanas also has a big selection of wines, cocktails and mocktails to suit everyone's tastes and drinking preferences. This is a perfect choice for an indulgent and decadent meal with friends or family, and even larger celebrations or get-togethers.



Wahaca

RATING 

? **Cuisine Type:** Wahaca offers honest, authentic and delicious Mexican food, alongside a hefty dose of Mexican spirit. Key to Wahaca's success is its commitment to sustainability. Sourcing local ingredients, running efficient and environmentally-sound restaurants and remaining as carbon neutral as possible, Wahaca has been awarded the highest commendation by the Sustainable Restaurant Association.

M **On The Menu:** Their offering includes a wonderfully exciting variety of vegan eats, such as smaller street dishes and starters designed to share, or larger plates for when you're too hungry to be generous! Tacos, enchiladas and burritos can be made vegan using an interesting Cactus and Courgette filling, while more traditional types can enjoy a Sweet Potato Burrito alongside a variety of nachos, dips and guacamole.

♥ **We Love:** The Cactus and Courgette Enchiladas are a must-try for those with a larger appetite. The Mexican Bowl is an epic, Latin American-style buddha bowl packed with black beans, rice, corn and broccoli. The Mexican City Nachos are also a perfect way to start your meal off right, and set the tone for the spicy mains that follow.

★ **Go Here For:** Food with a conscience. We love the sustainable message that comes alongside every single amazing dish served by Wahaca. Incredible food, responsible ingredients and a buzzing, vibrant atmosphere!



Come dine with me

Serve up these dishes from Lucy Watson's new book for your Halloween or Bonfire night celebration



Roasted beetroot hummus

By Lucy Watson from *Feed Me More Vegan*
Serves 4-5 | Prep 20 mins Cook 25 mins

Per serving	Calories 361	Fat 13.7g	Saturates 1.9g	Salt 0.8g	Sugar 4.8g	Protein 12.4g
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INGREDIENTS

- 3 medium-sized beetroot, cooked
- 2 tsp cumin seeds
- 1 tbsp maple syrup
- 2 tbsp extra virgin olive oil
- 400g (14oz) tin chickpeas, rinsed and drained
- juice of 1 lemon
- 2 tbsp tahini
- sea salt and freshly ground black pepper
- toasted pitta bread, to serve

To serve

- leaves from a small bunch of coriander (optional), chopped
- 1 tbsp dukkah spice mix (optional)
- seeds from ½ pomegranate (optional)
- extra virgin olive oil

METHOD

- 1 Preheat the oven to 180°C/Gas Mark 4). Cut each beetroot into 6 pieces, then put them in a roasting tin and sprinkle with the cumin seeds, maple syrup and oil. Season well and roast for 25 minutes. Alternately, if you're short on time, you can use vacuum-packed beetroot, without vinegar.
- 2 Put the beetroot in a food processor, add the chickpeas, lemon juice and tahini, and blitz until smooth. Add a splash of water to loosen the mixture if necessary. Season with salt and plenty of freshly ground black pepper.
- 3 Spoon into the centre of a plate or a shallow bowl. Using the back of a spoon, rock the base back and forth to spread the mixture out to form a bowl shape. To finish, sprinkle with the coriander leaves and dukkah spice, if you like. You can also add some pomegranate seeds. Drizzle over a generous glug of oil, then serve with pitta bread or toasted rye bread.



Butternut Squash Tart with Pumpkin Seed Pesto

By Lucy Watson from *Feed Me More Vegan*
Serves 4 | Prep 30 mins | Cook 30 mins

Per serving	Calories 995	Fat 64.2g	Saturates 9.1g	Salt 0.4g	Sugar 20.9g	Protein 13.2g
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INGREDIENTS

- 350g (12 ½oz) butternut squash (neck part), peeled and cut into 3mm slices
- 1 tsp thyme leaves
- 2 pinches of dried chilli flakes
- 1½ tbsp maple syrup
- 1½ tbsp olive oil
- flour, for dusting
- 500g (17½oz) vegan puff pastry, thawed if frozen
- sea salt and freshly ground black pepper
- rocket, to serve

For the pumpkin seed pesto

- 20g (¾oz) pumpkin seeds
- 15g (½oz) pine nuts
- 30g (1oz) basil leaves
- ½ garlic clove
- a squeeze of lemon juice, or to taste
- 50ml (1¾fl oz) extra virgin olive oil

METHOD

- 1 Preheat the oven to 200°C/Gas Mark 6) and line a baking sheet with baking parchment. Put the butternut squash slices in a bowl and add the thyme, chilli flakes, maple syrup and oil. Season with salt and pepper, then toss together to coat.
- 2 On a lightly floured work surface, roll out the pastry to 5mm thick. Using a dinner plate or something similar as a guide, cut a circle from the pastry about 27cm in diameter. Put the pastry circle on the prepared baking sheet and, using the tip of a sharp knife, score a circle about 1cm from the edge. Arrange the butternut slices on top of the pastry, overlapping the slices and making sure you stay clear of the scored edge.
- 3 Put a sheet of baking parchment on top of the tart, and another baking sheet on top, then bake for 20 minutes. Remove the top baking sheet and baking parchment, and continue cooking for 25-30 minutes until the pastry is perfectly golden brown and puffed around the edges. While the tart is baking, make the pumpkin seed pesto.
- 4 Toast the pumpkin seeds and pine nuts in a dry frying pan over a medium-high heat for 1-2 minutes until the pumpkin seeds start to pop and both seeds are fragrant and lightly browned.
- 5 Put the seeds and the remaining pesto ingredients into a mini blender and pulse until combined. (Alternatively, you could use a mortar and pestle, adding the oil at the end.) Season with salt and pepper. Drizzle the tart with the pesto and serve with some rocket leaves.



Avocado Chocolate Mousse with Cherry Compote

By Lucy Watson from *Feed Me More Vegan*

Serves 4 | Prep 15 mins

Per serving

Calories
519

Fat
31.1g

Saturates
12g

Salt
0.5g

Sugar
44.5g

Protein
3.9g

INGREDIENTS

- 160g (5½oz) dark vegan chocolate, finely chopped, or buttons
- 2 ripe Hass avocados, halved and pitted
- 2 tsp vanilla bean paste
- 1 tbsp tahini
- a pinch of salt
- 4 tbsp maple syrup
- 4 tbsp cherry compote
- 4 cherries with stems or edible flowers, to decorate (optional)

METHOD

- 1 Melt the chocolate in a heatproof bowl over a pan of gently simmering water, making sure the base of the bowl doesn't touch the water. Stir and remove from the heat. (Alternatively, put the chocolate in a small microwave-proof bowl and microwave on full power for 30 seconds. Stir to ensure the chocolate is fully melted.)
- 2 Scoop the flesh from both avocados and put it into a food processor. Add the vanilla bean paste, tahini, salt and maple syrup, then process until smooth. While the processor is still running, trickle in the melted chocolate until combined. Put a tablespoonful of cherry compote into the base of each of 4 stemmed glasses, and spoon in the chocolate mousse. Decorate each glass with a cherry or flowers on top, then serve.



The recipes on pages 42-44 are taken from *Feed Me More Vegan* by Lucy Watson, published by Sphere on 6th September (£18.99).



high street hero Pret

Find out how this innovative chain is setting an example



*Lunch on an
av. olive and
tom baguette*

Pret have always been a company with a conscience. Ever since the first store opened in London Victoria in 1986, they've given unsold food to the homeless and today Pret still donate 10p from every soup sold and 50p from Christmas lunches to homeless causes. Now, with waste on the public's mind, they have started offering a 50p discount to customers bringing their own reusable cups, and there are plans to have compostable cutlery in every store by next year.

A VOTE FOR VEG!

In terms of vegan food, Pret is our go-to option when we're out and about. From coconut porridge to Mac & Greens and colourful Veggie Pots, there's always something fresh and tasty to tuck into. In fact, their plant-based ranges proved so popular that the company launched standalone

stores specialising in vegan and vegetarian food.

"The Veggie Pret concept began life as a poll on Pret CEO, Clive Schlee's blog in July 2015," says Pret PR Manager Julie

Caolan. "Clive had noticed sales of Pret's vegetarian products growing, so asked customers what they wanted to see next from the company. Over 10,000 people voted, and Pret opened a veggie pop-up in Soho the following June. The pop-up was designed as a space to trial new vegetarian and vegan recipes for a month. The pop-up became so popular that Pret decided to keep it open for the summer, before making it permanent in September 2016." A second Veggie Pret opened in Shoreditch in April 2017, and the first Veggie Pret outside of London will open later this year.

The success of Veggie Pret has seen traditional stores introduce more veggie and vegan salads, sandwiches and wraps. More than half of the range of sandwiches and salads last year were vegetarian or vegan and their sweet vegan treats are great too. Keep your eyes peeled for the vegan Dark Chocolate & Almond Butter cookie which launched in all Pret stores this year. Yum... 🍪

*New almond
butter cookies!*



Veggie Pret stores are currently located at Exmouth Market, Great Eastern Street and Broadwick Street, London. For more info visit pret.co.uk/veggie-pret.

Win!

Baking goodies and kitchenware worth £225

Feeling inspired by *The Great British (Vegan) Bake Off*? Here's your chance to win everything you need to bake up some amazing vegan treats this autumn!

Prizes include

A A selection of speciality bakeware from Lakeland's new **Champagne range** (lakeland.co.uk) worth £140

B A baker's bundle from Creative Nature Superfoods (creativenaturesuperfoods.co.uk) worth £17.99

C A coconut baking hamper from Coconut Merchant (coconut-merchant.com) worth £42

D A hand-printed apron in your choice of colour from Lovetree Design (notonthehighstreet.com/lovetreedesign) worth £25

To enter

Simply visit our website at veganfoodandliving.com and answer the following question:

Which of the following is NOT a presenter on *The Great British Bake Off*?

- 1 Alex Jones
- 2 Noel Fielding
- 3 Sandi Toksvig

Competition Rules

By entering a competition you are bound by these rules. Late entries will be disqualified. One entry per person. The company reserves the right to substitute any prize with cash or a prize of comparable value. Competitions are open to UK residents only, except employees of Anthem Publishing and any party involved in the competition or their households. By entering the competition you give permission to use personal information in connection with the competition, for promotional purposes. The closing date for entries is 7th November 2018.





Meet Lisa James

We talk to the inspirational woman who saves cows, pigs and goats from slaughter

Have you always been an animal lover?

I always wanted to work with animals and am fortunate to have been able to fulfil my dream job – although I still work full time in sales alongside running the sanctuary! From the age of seven I was a vegetarian and I grew up thinking I wasn't contributing to cruelty. But when I was about 30, I came across something on the internet about the dairy industry and I was horrified. At that point I went into my kitchen and threw away all the dairy in my house. I then looked closer into the egg industry – I used to buy free range, but at a closer look I stopped eating eggs too. So within one day I'd gone from vegetarian to vegan. I am now nearly 40 years old and I would never go back.

How did the animal sanctuary come about?

I started rescuing horses that were lame or that people no longer wanted because they couldn't be used for riding. Then sheep came along, and turkeys that I saved from the dinner table at Christmas. Goats arrived from a goat meat and dairy farm when they were about a week old and before I knew it I had a farm rescue. We have grown with the calves and pigs and I'm sure there are many more to come. If I can help I will – there are so many animals that need rescuing.

Where do your rescue animals come from?

Most of the farm animals here have been saved from slaughter, and there have been a few occasions where people have contacted me because they are in the process of saving an animal and need a safe forever home.

What kind of problems do they have when they arrive?

They are usually very scared when they arrive – they won't let us touch them so we have to work with them to gain their trust. Some have been abused, mentally and physically. A lot are in a terrible condition – very underweight, with lice, worms or their hooves are in a bad way. Most of the horses are lame and we do have a couple with long term diseases.

Biggest success story?

Many people who follow our sanctuary are aware that we rescued three Highland cows at the end of June 2018 – their names are Merkie, Mrs Bond and Squillie. They came to us because they were unable to

have any more calves so they were useless to the farmers and their fate was either sanctuary or slaughter. Fortunately for these three beautiful ladies we had room here. Merkie was booked in for slaughter the same week we agreed with the farmer that she could come to us and much to our surprise she gave birth shortly after arriving! This was very unexpected as we had been informed that the farmer's vet had scanned Merkie and that she wasn't pregnant. When she arrived I did comment that she was quite large and now we know why! She gave birth to a beautiful baby girl and her name is Monroe. Monroe would have been killed along with her mum without even taking her first breath in the outside world. Merkie can now live the rest of her life with her baby girl, safe and free from harm, just how it should be.

What are your plans for the future?

My plans are for the sanctuary to grow – we're quite full now and have six rescue pigs arriving at the end of October that have unfortunately been used for pig racing. We are also relocating to larger premises so we can rescue more animals that are in need.

How can people help?

Funding is always an issue – it costs so much to feed all our residents, pay for their vet bills and for a farrier to clip 16 horses' hooves. We have a website (lisajamesanimalsanctuary.co.uk) where you can sponsor an animal and I sometimes do fundraisers on social media. But donations do not cover all of the outgoings, especially throughout winter when the cost of running the sanctuary increases dramatically. We welcome visitors to come and spend a few hours with the animals, too.

What would your ideal world look like?

My ideal world would most definitely be a vegan world where there's no exploitation, cruelty or murder of the sentient beings which we are lucky enough to share this planet with. 🌱

"MY IDEAL WORLD WOULD BE VEGAN, WHERE THERE'S NO EXPLOITATION AND CRUELTY"





Mezze Feast

Invite friends over for a Mediterranean supper

Top tip

• This dish uses walnut oil, but Moroccans would use Argan oil, which is also a brilliant treatment for hair!



Use Kalamata instead of dry black olives

Clementine Salad with Black Olives

By Salma Hage, from
The Mezze Cookbook
Makes 4–6 as small plate
Prep 15 mins | Cook 5 mins



Per serving

INGREDIENTS

- 3 tbsp walnut oil
- 4 seedless clementines, halved around the middle
- 2 large oranges
- 20 pitted Kalamata olives, coarsely chopped
- handful of mint, leaves only
- flaky sea salt and pepper

METHOD

- 1 Heat 2 tbsp of walnut oil in a small skillet or frying pan over medium heat. When the oil is hot, place the clementine halves outside down in the pan and cook for around 4 minutes, until the fruit is caramelised and sticky.
- 2 Meanwhile, cut the bottom off the oranges so that they sit flat on the board and use a sharp knife to cut the skin and membrane away so that no white pith is visible, only the bright orange of the juicy fruit inside. Slice the oranges into the thinnest rounds you can, reserving any orange juice you can save (including any juicy bits from the skins you've cut away). Arrange the slices on a plate, picking out any visible pips as you go.
- 3 When the clementines are cooked, remove and place them on a board to cool. Pour the reserved orange juice into the same pan with the remaining tablespoon of walnut oil and warm over low heat.
- 4 When the clementines are cool enough to handle, peel the skins away then tear into irregular pieces and scatter over the top of the orange slices, along with the chopped olives and mint leaves. Drizzle the warmed juice and walnut oil over the top, then season with salt and pepper. Let the salad sit for 15 minutes for the flavours to mingle before serving.



Switch it up

• Why not try using swede instead of turnip, which is similar in flavour but sweeter with less heat?

Roasted Turnips with Sumac and Fresh Thyme

By Salma Hage, from *The Mezze Cookbook*
Serves 2-3 as small plates | Prep 5 mins
Cook 30-35 mins

Per serving

Calories
146

Fat
7.3g

Saturates
1g

Salt
0.71g

Sugar
13.6g

Protein
2.4g

INGREDIENTS

- 500g (1lb 2oz) turnips, quartered, or swede, cut into irregular 3cm (1¼in) chunks
- olive oil, for drizzling
- 1 tablespoon sumac
- grated zest 1 orange and juice of ½
- few sprigs of thyme
- salt and pepper

METHOD

- 1 Preheat the oven to 190°C/Gas Mark 5.
- 2 Toss the prepared vegetables in a small roasting pan with enough olive oil to coat the sumac. Squeeze the

orange juice over and toss to combine.

- 3 Roast in the centre of the oven for 35 minutes, then remove the roasting pan and nestle the thyme sprigs among the vegetables. Return to the oven for 5-10 minutes, until the vegetables are tender and starting to wrinkle a little at the sides.

- 4 Season with the orange zest, salt, and pepper before serving.

TIP

Any leftovers make a great addition thrown in with a lunchbox salad.

Lentil and Bulgur Wheat M'juderah

By Salma Hage, from *The Mezze Cookbook*
Serves 4 | Prep 40 mins
Cook 40-45 mins

Per serving

Calories
486

Fat
15.2g

Saturates
1.5g

Salt
0.14g

Sugar
7.2g

Protein
20.8g

INGREDIENTS

- 100g (½ cup/3 ½oz) coarse bulgur wheat
- 4 tablespoons sunflower oil
- 5 onions: 3 sliced and 2 cut into rings
- 250g (9oz) dried Puy or green lentils, rinsed
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 teaspoon Lebanese 7-spice seasoning
- salt and pepper

METHOD

- 1 Soak the bulgur wheat in boiling water for 30 minutes, then drain and squeeze out any excess water.
- 2 Heat 1½ tbsp sunflower oil in a large skillet or frying pan over a medium heat. Add the sliced onions and sauté for about 20 minutes, until soft and golden.
- 3 Add the lentils and the spices to the onions, then sauté for another minute. Cover with 600ml (20 fl oz) of boiling water, and cook for about 20 minutes until the lentils are tender (adding more water, if necessary).
- 4 Add the bulgur wheat to the pan and stir to combine. Season well with salt and pepper, then set aside and keep warm.
- 5 Heat the remaining sunflower oil in a large skillet or frying pan over

a medium heat. Add the onion rings and sauté for about 8 minutes, until crispy and caramelised. Drain on paper towels.

- 6 Serve the m'juderah topped with the crispy onion rings.





Golden Bulgur Wheat with Crushed Roasted Carrots

By Salma Hage, from *The Mezze Cookbook*
Serves 6 | Prep 15 mins
Cook 50-60 mins

Calories 202 Fat 4.7g Saturates 0.3g

Per serving

Salt 0.23g Sugar 4.4g Protein 6.3g

INGREDIENTS

- 200g (7oz) coarse bulgur wheat
- ½ vegetable bouillon (stock) cube
- 1 small thumb-sized piece turmeric, grated
- 50g (2oz) skin-on almonds
- 350g (12oz) carrots, cut into irregular 2cm (¾in) pieces
- 1 tsp fennel seeds
- ¼ tsp allspice
- ½ cucumber
- ½ red onion
- 2 tbsp white wine vinegar
- ½ tsp salt
- ½ tsp golden caster sugar
- handful mint, coarsely chopped
- pomegranate seeds, to garnish (optional)
- olive oil and lemon juice, to serve (optional)

METHOD

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Cook the bulgur according to packet directions, crumbling in the bouillon (stock) cube and adding the grated turmeric before the pan comes to the boil.
- 3 Meanwhile, spread the almonds on a baking sheet and toast in the oven for 10 minutes. Remove from the oven, let cool slightly, then coarsely chop.
- 4 Meanwhile, put the chopped carrot in a roasting pan with 60ml (2fl oz) water, cover with aluminium foil and roast in the hot oven for around 20 minutes. After this time, remove the pan from the oven, discard the foil and toss through the fennel seeds and allspice. Return the pan to the oven and roast for another 10-20 minutes.



Serve in a large dish for your guests to tuck into and share



The recipes on pages 48-50 are taken from *The Mezze Cookbook* by Salma Hage (£24.95). Published by Phaidon. This book also features non-vegan recipes.

- 5 While the carrot is cooking, slice the cucumber down the middle, remove the watery seeds with a teaspoon and discard. Cut the cucumber halves into 5mm (¼in) slices and put into a bowl. Thinly slice the red onion and put into the same bowl. Add the vinegar, salt, and sugar and squeeze the cucumber and onion to mix well with the pickling liquid. Set aside for 10 minutes.
- 6 When the carrots have finished cooking, arrange the golden bulgur on a serving platter. Crush the carrots with the back of a fork in their roasting pan,

then arrange them on top of the bulgur. Lift the pickled cucumber and onion out of the pickling liquid and squeeze to remove any excess vinegar. Scatter half over the top of the carrots and place the rest in a bowl on the side (people have varying levels of tolerance for pickles!).

- 7 Scatter the chopped almonds and mint over the top, along with the pomegranate seeds if using. Serve immediately, dressed with a little olive oil and lemon juice if desired.



Viva! VEGAN ★ FESTIVAL ★

2018/19 tour



*This is our 15th year
of running vegan events
across the UK so we know
a thing or two about putting
on a good show!*

- ★ DELICIOUS HOT FOOD STALLS
- ★ HOMEMADE HEALTHY BITES AND SWEET SNACKS (DID SOMEONE SAY CAKES AND DOUGHNUTS?)
- ★ EXPERT NUTRITIONAL ADVICE AND TAKEAWAY FACTSHEETS
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Bristol Viva! Vegan Festival - Sat 8 December

Cardiff Viva! Vegan Festival - Sat 16 February 2019

Swansea Viva! Vegan Festival - Sat 16 March 2019

Nottingham Viva! Vegan Festival - Sat 27 April 2019

www.viva.org.uk/festivals





My Vegan Week!



Each issue we meet a fellow vegan to find out why they made the change and what they eat each week. This month, it's blogger Bethany Chester...

BETHANY CHESTER is a vegan blogger and freelance writer. Visit her website at littlegreenseedling.com

“I initially gave up meat at 17. I had always disliked both the taste and the texture, and found that it made me feel heavy and sluggish. Additionally, I was growing increasingly uncomfortable with the idea of eating animals. A few of my friends were vegetarians, so it didn't seem like a big deal.

Though vegetarianism had always made sense to me, veganism seemed extreme. I didn't understand why people gave up eggs and dairy, as I didn't think animals were harmed in their production.

My eyes began to open when I dated someone who followed a plant-based diet

for environmental and ethical reasons. I began to understand why people chose to be vegan, and tried products I'd never known existed, like vegan ice cream, yoghurt and cake.

DITCHING THE DAIRY

I found myself increasingly avoiding milk and cheese. After going to university, I decided to attempt the Veganuary challenge, going vegan for the month of January. Watching documentaries like *Earthlings* and *Cowspiracy* cemented my conviction that this was the right thing to do. The challenge seemed easy, and I discovered so many delicious new foods. Two

7-day MEAL PLAN

Get ideas for every day of the week with Bethany's food diary



MONDAY

Breakfast Porridge with cocoa powder and fresh berries

Lunch Houmous and salad sandwich

Dinner Chickpea and spinach dal with rice



TUESDAY

Breakfast Wholemeal toast with peanut butter and homemade jam

Lunch Wraps with chilli beans, salad and salsa

Dinner Marrow stuffed with lentils and veggie mince



WEDNESDAY

Breakfast Wholegrain cereal with soya milk and fresh berries

Lunch All-you-can-eat vegan buffet!

Dinner Sweet potato soup with crusty bread

weeks in and I knew I would never go back.

For me, veganism was so much more than a dietary shift; it was like an invisible burden had been lifted off my shoulders. I discovered a new connection to animals and the planet that felt almost spiritual, and found myself becoming more compassionate and in touch with my emotions.

Previously, I had never really enjoyed cooking, but veganism opened up a whole new world of flavours and textures. I began to love trying new recipes, and my cooking improved dramatically.

HEALTHY HABITS

Becoming vegan made me really think about what I was putting in my body for the first time. I read *The China Study* by T Colin Campbell, and learning about the benefits of a whole food plant-based diet really blew my mind. Increasingly, I began to focus on eating as many fresh fruits and vegetables as I could, along with lots of whole grains and legumes.

After changing my diet, I noticed several benefits - my digestion was amazing, my skin was clear and I had so much energy. That in turn inspired me to start exercising more and take up yoga.

I've become incredibly passionate about spreading the vegan message, which is why I started my blog, Little Green Seedling, in 2016. One of the most special moments for me was when a young girl told me I had helped her become vegetarian. It made me realise I really could make a difference.

Through being vegan, I have made so many incredible new friends and had new experiences that have pushed me to get out of my comfort zone and grow as a person. I can say without hesitation that veganism has changed my life in the best way possible.

Though I eat as healthily as I can, I enjoy a vegan cupcake as much as the next person! I think the best vegan diet is the one that makes you feel happiest and healthiest."



Going vegan encouraged Bethany to start exercising more

“ONE OF THE MOST SPECIAL MOMENTS FOR ME WAS WHEN A GIRL TOLD ME I HAD HELPED HER BECOME VEGETARIAN”



THURSDAY

Breakfast Muesli with fresh fruit

Lunch Pitta bread pizzas with veggies and vegan cheese

Dinner Pasta with ratatouille



FRIDAY

Breakfast Avocado on toast

Lunch Leftover ratatouille with bulgur wheat

Dinner Chilli bean soup with 'cheesy' garlic bread

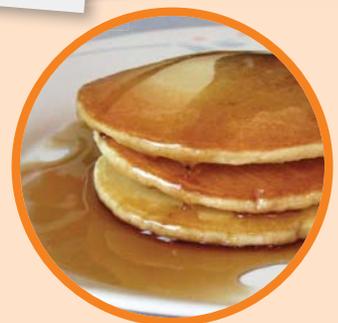


SATURDAY

Breakfast Banana and 'ice cream' (frozen blended bananas)

Lunch Vegan lasagna and salad

Dinner Shepherd's pie made with lentils and veggie mince



SUNDAY

Breakfast Banana pancakes with maple syrup

Lunch Bean burger in a bun with salad

Dinner Veggie stir fry with vegan 'chicken' pieces



SWEET!

Indulge in these delicious snacks and desserts...

A high protein snack full of healthy fats!

Cacao Energy Balls

By Claire Kelly, from indigo-herbs.co.uk
Makes 10 energy balls
Prep 10 mins | Chilling 45 mins

Per ball



INGREDIENTS

- 125g (8¾oz) almonds
- 35g (1¼oz) coconut flakes
- 1 tbsp chia seeds
- 1 tbsp cacao nibs
- 6 large medjool dates, stones removed
- 3 tbsp cacao powder
- 2 heaped tbsp almond butter
- 1 tbsp coconut oil
- 1 tsp vanilla powder
- pinch of salt

METHOD

- 1 Preheat the oven to 200°C/ Gas Mark 6 (180°C fan assisted.)
- 2 Place the almonds on a baking tray and roast for 8 minutes until golden. Remove from the oven and allow to cool.
- 3 Place in your food processor along with the coconut flakes, chia seeds and cacao nibs. Blitz.
- 4 Add the dates, cacao powder, almond butter, coconut oil, vanilla and salt. Blitz until combined well.
- 5 Roll into balls and place in the fridge for 30 minutes to set. Store in the fridge for 5 days.

Info

- Roasting the almonds really brings out the delicious nutty flavour. Use a combination of raw cacao and cacao nibs for a healthy chocolate hit. Cacao is full of antioxidants and a great mood improver

Healthy Carrot & Apple Muffins

By Jessica Prescott from *Vegan Goodness: Feasts* | Makes 12 small | Prep 10 mins | Cook 20 mins

Per muffin

Calories
164

Fat
5.4g

Saturates
3.1g

Salt
0.1g

Sugar
10.1g

Protein
4g

INGREDIENTS

Wet ingredients

- 250ml (8½ fl oz) soy milk (or any other plant-based milk, except rice milk)
- 1 tsp apple cider vinegar
- 1 tsp pure vanilla extract
- 3 tbsps melted coconut oil or olive oil
- 1 ripe and spotty banana, mashed until smooth
- 150g (5oz) grated (shredded) apple
- 135g (4oz) grated (shredded) carrot
- 1 tablespoon maple or date syrup (optional)

Dry ingredients

- 185g (6½oz) spelt flour
- 50g (1¾oz) almond flour
- ¾ teaspoon bicarbonate of soda (baking soda)
- ¾ tsp baking powder
- 1 tsp ground cinnamon
- pinch of salt

Chunky ingredients

- 70g (2½ oz) raisins
- ### Topping
- 3 tablespoons oats

METHOD

- 1 Preheat the oven to 180°C/ Gas Mark 4. Either grease a

muffin tin (pan) or line the cups with paper muffin cups or baking paper.

- 2 Combine all the wet ingredients in a large mixing bowl and set aside.

- 3 Sift all the dry ingredients into a separate large mixing bowl.

- 4 Add the chunky ingredients and roughly mix together. Make a well in the centre of the mixture and pour in the wet ingredients, stirring until just combined. You don't want to over-mix the ingredients or the muffins will be tough instead of

light and fluffy, as they should be.

- 5 Spoon the mixture into the muffin cups and sprinkle with the toppings.

- 6 Bake in the hot oven for 20 minutes.

- 7 Check that they are cooked by inserting a toothpick into the centre of a muffin – if some batter sticks to it, pop them back in the oven for another 2-5 minutes.

- 8 If you would rather have larger muffins, divide the mixture into 6 cases and bake for 30 minutes instead of 20.





Maple Peanut Muesli Slice

By Jessica Prescott, from *Vegan Goodness: Feasts*
Makes 18 | Prep 55 mins
Cook 20 mins

Per serving



INGREDIENTS

- 190g (6½oz) rolled oats (use gluten-free if you need to)
- 125g (4oz) roughly chopped nuts, such as almonds, hazelnuts or pecans
- 70g (2½oz) shredded coconut
- 225g (8oz) peanut butter
- 150g (5oz) maple syrup
- 10 Medjool dates, pitted and mashed with a fork
- 30g (1oz) puffed rice
- 1 tsp vanilla powder or extract
- 50g (2oz) vegan dark chocolate, to decorate
- sesame seeds, to decorate (optional)

METHOD

- 1 Preheat the oven to 180°C/ Gas Mark 4. Line a deep baking tray (sheet), 20x30cm (8x12in), with baking paper.
- 2 Spread the oats, nuts and coconut over a separate baking tray and bake in the hot oven for 10 minutes, so they are lightly toasted.
- 3 Meanwhile, heat the peanut butter and maple syrup in a medium or large saucepan on a low heat, until the peanut butter has melted. Add the mashed dates and stir to combine. Add the toasted ingredients to the pan along with the puffed rice and vanilla. Stir to combine, then press into the lined deep baking tray in an even layer. Place in the refrigerator for around 30 minutes to set.
- 4 Once the slice is set, remove from the refrigerator and cut into rectangles. Melt the chocolate chips in a small saucepan over a very low heat, drizzle over the

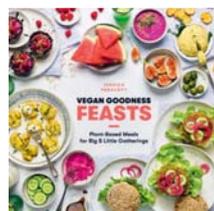
Good for snacks, picnics and stores well



Swap it!

- If you have nut allergies to account for, make this with sunflower-seed butter or tahini and replace the nuts with sunflower seeds.

slices to decorate and sprinkle with seeds, if using. Place the slices back in the refrigerator to set for about 10 minutes. Transfer to an airtight container and store in the fridge until ready to eat. They will keep for about two weeks.



The recipes on pages 55-56 are from *Vegan Goodness: Feasts* (Hardie Grant, £15). Photography and words by Jessica Prescott



Coconut Avocado Chocolate Mousse

By Christina Siripidou, from christinatsiripidou.com
Serves 4-5 | Prep 5 mins

Per serving

Calories 381	Fat 24.2g	Saturates 13.2g	Salt 0.12g	Sugar 29.9g	Protein 5.1g
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INGREDIENTS

- 200ml (7fl oz) coconut milk
- 1 avocado, pitted
- 1 frozen banana, sliced into three pieces
- 6 medjool dates, pitted
- 1 tsp vanilla extract
- 2 tbsp cocoa powder
- pinch of salt
- 15g (½oz) of roasted crushed nuts (almonds, cashew, hazelnuts)
- 15g blueberries

METHOD

- 1 In your blender, pour the coconut milk and the avocado first.
- 2 Blend for 1-2 minutes.
- 3 Add the frozen banana, medjool dates, vanilla extract, cocoa powder and salt.
- 4 When combined well, distribute on dessert plates.
- 5 Serve with blueberries and crushed nuts.



Sweetened with dates and a frozen banana

Sweet Potato Brownie

By Christina Siripidou, from christinatsiripidou.com
Serves 4-5 | Prep 3 mins | Cooking 20 mins

Per serving

Calories 430	Fat 22.4g	Saturates 2.2g	Salt 0.10g	Sugar 21.1g	Protein 11.8g
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INGREDIENTS

- 2 sweet potatoes, boiled or steamed
- 170g (6oz) ground almonds
- 5-6 tbsp cocoa powder
- A pinch of salt
- 45g (1½oz) coconut sugar
- Toppings, such as 3 halved figs

METHOD

- 1 Pre-heat the oven to 180°C/ Gas Mark 4.
- 2 Mash the sweet potatoes in a bowl.
- 3 Add all the ingredients apart from toppings and mix well together.
- 4 Oil a tray with coconut oil.
- 5 Transfer the mixture and top it with your choice of toppings.
- 6 Bake for 20 minutes.



The essential guide TO YOUR FIRST VEGAN WINTER

Get prepped for the cold season with Lottie Storey's tips and advice on everything from food to beauty

Winter is a great time of year to be vegan. Warming soups, hearty hotpots and puddings are all easy to make without meat or dairy, so you won't have to go without your favourite seasonal comfort foods. And on the high street, more and more big name retailers are increasing their vegan ranges, meaning you're almost guaranteed some choice when you hit the town. Want to know the latest? Follow @accidentallyveganuk on Instagram for the most up-to-date, vegan-friendly high street and supermarket finds.

Eating out as a vegan is increasingly easy, with more and



more cafés, restaurants and bars catering to meat-, dairy- and egg-free diets. Pretty much every chain offers at least one or two options (check menus online), and while independent eateries can vary wildly it's always worth asking – many chefs are happy to make a modification or two to accommodate. Apps that will help you find a vegan eatery include The Happy Cow and Vanilla Bean (pictured, left), but in general Indian, Japanese and Thai restaurants are always a good bet as these cuisines usually include plant-based dishes as a matter of course.

At home, meal planning is a winning strategy for new vegans. A bit of prep can

prevent that dawning realisation that you don't know what to eat or that there's no food in the house. Browse recipes online or treat yourself to a vegan cookbook, then download a template and draw up a weekly schedule that incorporates easy wins as well as more adventurous creations. That way, you'll never be caught out. It's also good to freeze leftovers for a day when you don't feel like cooking from scratch. And for those days when you really can't be bothered? Stockpile menus from vegan-friendly takeaways.

A WINTER GLOW

This time of year can play havoc with your skin, whether



you're vegan or not. But recent converts often notice an increase in dryness and sensitivity, which could be due to our body adjusting to how it metabolises nutrients such as minerals or fats. Many vegans report that their skin soon rights itself, but in the meantime you may need to find a more nourishing moisturiser.

supplements because the climate in the UK makes it impossible for our bodies to generate enough between October and March. Women should consider taking a calcium supplement, too, and make sure your intake of vitamin C rich foods takes place at the same time as iron-rich foods (or your supplement) as this

“RECENT VEGAN CONVERTS OFTEN NOTICE AN INCREASE IN DRYNESS AND SENSITIVITY, WHICH COULD BE DUE TO OUR BODY ADJUSTING”

Lavera's All-Round Cream (£6.95) is a rich and replenishing face cream or try Green People's Nightly Rituals Starter Kit (£21). And don't forget your hands! Keep them cared for with a daily hand cream, which will also improve your nail condition. As one of the body's best ways to alert us to vitamin and mineral imbalance, it's a good idea to keep an eye on your nails. If they become weak or develop white patches, you may need to look at your nutrient intake. Zinc in particular can help.

LET'S TALK VITAMINS

Vitamin B12 cannot be made by our bodies, so it's the number one essential vegan supplement. But what else should you be taking? After a summer of sunshine, your vitamin D levels should be relatively high, but as winter draws on you may need to supplement. Current thinking suggests everyone – not just vegans – needs vitamin D

increases the body's ability to absorb the essential nutrient. If you're worried about getting enough vitamin C from your food then it's an easy and cheap one to supplement, with extra benefits as an immune system booster at this time of year. For anyone concerned about the levels of essential vitamins and minerals in their body, speak to your GP. Alternatively, you could think about testing at home – for £69, Thriver (thriver.co) will post you a finger-prick kit that measures levels of cholesterol, vitamin D, vitamin B12, vitamin B9 (folate) and your iron profile, as well as testing for diabetes and liver function. Results not in the optimal range? Tweak your supplements and then test again in a few months' time.

THE DREADED SNIFFLES

Coughs and colds strike many of us down at this time of year, but the



Green People Nightly Rituals kit, £21
greenpeople.co.uk



Cytoplan Vitamin D3, £7.70 for 60 tablets
cytoplan.co.uk



CRUMBLE

Apple, plum or rhubarb? Use vegan sunflower spread instead of butter to make your favourite crumble recipe, and top with oats and dark brown sugar for extra crunch. Alpro custard is a store cupboard essential at this time of year for apple pie and trifle as well as crumble.

EASY VEGAN COMFORT FOODS

These quick-to-make meals will see you through even the coldest of winter days!

JACKET POTATO WITH BAKED BEANS

Classic combo – a hot potato keeps you warm for hours while the beans add extra fibre to this excellent all-rounder. Want coleslaw too? Make your own with the new Hellman's vegan mayonnaise.

ITALIAN CARB FEST

Pasta with tomato sauce is both an easy option to whip up at home and a

straightforward choice when eating out, just make sure the pasta isn't made using egg. Many shop-bought garlic breads are vegan (often the budget range) and you can make your own vegan parmesan using cashews and nutritional yeast.

COTTAGE PIE

Swap out the meat for lentils, beans or soya mince and top with mashed potato for a

hearty Sunday lunch option. Try mixing it up by using half potatoes and half swede or sweet potatoes, and a spoonful of mustard added to your mash can spice things up.

HOT CHOCOLATE

Plenty of shop-bought hot chocolate powder is vegan – check the ingredients for milk or whey powder and then just add your favourite plant milk. And you can go to town with soya squirty cream, a dash of rum and vegan marshmallows, too! Perfect to take out in a flask for a walk in the woods or for Bonfire Night celebrations.



WINTER WARMER WARNINGS!

Five familiar foods that seem vegan but might not be

1. CHAI LATTE

Although it's easy to ask for a non-dairy milk in most coffee shops, check the chai element too as chai powder often contains milk.

2. SOUP

Homemade soup is one of the easiest meals to make vegan, but make sure it doesn't contain butter or cream (both commonly used in vegetarian soups) or non-vegan stock. And ask for your bread without the butter!

3. MASHED POTATO

Easy to veganise at home but more often than not it's made with butter, milk or cream.

4. ROAST POTATOES

Yes, they're just spuds but no, they're not always vegan. Roast potatoes are traditionally made using animal fat so double check yours are cooked in vegetable oil instead.

5. MINCE PIES

Too early? If you're one of those people who count down the days until the mince pies go on sale, then you'll need to make sure that the pastry isn't made using butter and the mincemeat is suet-free.



As winter kicks in, add immune-boosting garlic to your soups and stews

good news is that a dairy-free diet could mean your body is already producing less mucus. But if you are suffering from a blocked nose then essential oils can help. Try a few drops of eucalyptus (which blends well with frankincense) in an oil burner, dropped into your bath or mixed with a base oil for a homemade chest rub. Magic Organic Apothecary (moa.co.uk) makes two excellent bath products that can help you to breathe easier – try the Fortifying Green Bath Potion bath oil for a zingy peppermint and fir needle soak (£27.50) or the Dreamy Mineral Soak (£25) made with Himalayan bath salts for a more relaxing experience.

Raw garlic is said to bolster the immune system, making it easier to shake off winter illness. Squeeze a clove into soups and salad dressings, or rub onto a piece of toast with sea salt flakes for a speedy garlic bread alternative. Echinacea is also a classic natural remedy linked with immune system health but it's best taken as a preventative measure before illness strikes. Once you've succumbed, the herbal remedy astragalus supposedly improves your recovery time.

Pharmacists should be able to help you when it comes to non-vegan ingredients found in medications. Look out for gelatine and lactose – two

frequently used ingredients that pop up in many medicines and supplements. The Vegan Society website (vegansociety.com) also has a list of vegan-friendly medicines so you can check which ones are suitable.

CRUELTY-FREE FASHION

Woolly jumpers may be synonymous with winter but there are plenty of sheep-free options to choose from. Check the label for sheep or lambswool but also look out for cashmere, angora and mohair which are all of animal origin. Fur has more or less gone from the high street although always double check – recent news reports suggest that animal fur is cheaper to produce than its vegan-friendly alternative, meaning fast fashion imports might be inadvertently trimmed with the real thing. Avesu (avesu.eu) and Will's Vegan Shoes (wills-vegan-shoes.com) are good options for an entirely vegan shopping experience. But alternatives to leather are easier and easier to come by now – big brands like ASOS and Schuh allow you to narrow down your online search by ticking the 'man-made' option. Learning to read clothing/footwear labels will help, too. The shield shape denotes leather (check upper and sole) so look for the fabric or diamond motif instead. 🌿



Magic Organic Apothecary Fortifying Green Bath Potion, £27.50 moa.co.uk



Chelsea Boots, Will's Vegan Shoes, £85 wills-vegan-shoes.com

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Faith In Nature
£6.00 for 250ml | Available in all good health stores and online at faithinnature.co.uk

Soften and smooth damaged hair with Faith in Nature's new Brave Botanicals range. Damask rose and neroli create a luxurious floral aroma and reinvigorate locks.

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Lush
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COCONUT MILK SHAMPOO BAR

Bain & Savon
£4 per bar | greenerbeauty.com

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Elemis
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make your own CANDLES

Illuminate your home with Charlotte Willis's guide to making your own non-toxic, vegan friendly candles

Think all candles were created equally? Think again. Believe it or not, many a common candle you buy on the high street is likely to contain non-vegan ingredients including beeswax, tallow (animal fat), paraffin (toxic when burnt) and palm oil (not the most sustainable of oils). Follow this guide to making completely vegan, non-toxic candles and your home will smell delightful yet your conscience will be clear!

THE ISSUE WITH CONVENTIONAL CANDLES

Whether you love twinkling tea lights or chunky pillar candles, there's nothing that soothes the soul more than shunning artificial light in favour of a beautiful, natural, orange flickering-glow. But how many of us have considered the vegan suitability and, indeed, the safety, of the candles we have in our homes?

Conventional candles, unless otherwise stated, are often made using potentially toxic ingredients. Paraffin wax is one such nasty, yet extremely common, ingredient used in traditional and cheaper candle-making processes.

When burned, paraffin contributes to indoor air pollution. You'll be inhaling small doses of benzene and toluene, which are both known carcinogens

found in the exhausts of diesel engines! What's more, certain candle wicks are made using heavy metals such as lead. These pollutants are also emitted into your living room upon burning. Not so relaxing now, eh?

Luckily, making your own candles is pretty easy, and you can customise them with whatever colour and fragrance you like and mould into any shape you can imagine. You can use old jam jars, mason jars and old glass vases to create luxe candle vessels, which means you're recycling with style without even trying.

CHOOSE YOUR WAX

Before you get started, there are a few essentials you'll need to source. Firstly, and quite fundamentally, you'll need to select your wax. Choosing a clean and sustainable wax is the best way to ensure your candle will burn both without pollutants or using animal ingredients, and will also ensure an even burn inside your chosen candle vessel. Some favourite alternatives include:

- ◀ **Soya wax:** melts easily in a microwave, is renewable and environmentally sound when bought from an organic and sustainable supplier. Lasts 10%-15% longer than paraffin and is soft when set. Perfect for a beginner.
- ◀ **Coconut wax:** This wax gives a beautiful white colour and holds any added scents and colours well. It burns well and evenly and



BASIC CANDLE RECIPE

- ◀ 2-4 heatproof glass, metal or other heat-resistant container vessels
- ◀ 2-4 candle wicks suitable for your container size
- ◀ Vegan glue to attach the wick to the container base
- ◀ Candle wax (enough to fill your chosen containers)
- ◀ Large glass bowl to melt the wax in
- ◀ Large saucepan (if melting wax over a bain marie)
- ◀ Your favourite essential oils
- ◀ For higher accuracy, use a glass candy thermometer
- ◀ Kebab skewers or chopsticks to secure the wicks





Homemade candles make a lovely gift

is suitable for use with most common wicks.

- ✦ **Other vegetable waxes:** These waxes are made from a variety of plants, but most frequently you'll find hydrogenised rapeseed oil is used. This will produce a firmer wax, ideal for use in pillar candles.

PICK YOUR WICK

Believe it or not, choosing your wick is one of the most pivotal components of candle making. If you pick the wrong wick for your candle, and it doesn't matter how beautiful it smells or looks, your candle simply won't burn efficiently. You might be surprised to learn that there are over 200 different types of wick on the market, and the appropriate wick you should choose will depend upon the size of candle you want to create. When buying or selecting your wick, follow these simple guidelines:

- ✦ The larger the number attached to the wick's name

or description, the larger the wick size will be.

- ✦ If creating a medium diameter candle, opt to use a medium-sized wick to begin with. Use this candle and wick as a trial candle.
- ✦ When the trial candle burns, you'll need to pay attention to the flame size and the melt-pool that surrounds the flame. An overly large flame with carbon soot build-up on the wick, along with an overly large melt-pool, means your candle wick is too large and must be replaced for future candles of similar diameter.
- ✦ If your candle flame is too small or the melt-pool is not sufficient to extend to the outer regions of the container, your candle wick is too small and you need to use a larger one for the same size diameter of candle.
- ✦ Be aware that the addition of different colours and oils may affect the burn of your candle, so always be sure to run a few test candles prior to gifting away.

STEP-BY-STEP: NATURAL SCENTED CANDLES

1 Melt your wax

Place your soya wax into your glass bowl and melt over a bain marie (or in the microwave for a faster recipe). You'll want to melt the wax to around 70°C. Stir the wax occasionally whilst it's melting.



2 Prepare the container

Wash and clean your containers, ensuring there are no foreign objects inside that may affect the clarity and the burn of your candle.

3 Wick your candle container

Secure the wick at the bottom of your candle container. To do this, either use a small amount of glue, or dip the wick sustainer into the molten wax slightly. Place the wick in the centre of the candle container. Once secure and set, straighten the wick and ensure they stay central and in place by pinching two chopsticks or skewers between the wick. Secure the sticks to the candle vessel with tape.

4 Add your scent

Once the wax has reached 70°C, remove from the heat/microwave and leave to cool to 65°C, or for around 5-10 minutes if you don't have a thermometer. Add in a few drops (approximately 10-12) of essential oils such as rose, lemongrass or lavender. Stir to distribute evenly.

5 Pour the wax Pour the wax very gently into the vessels immediately, leaving about 1cm free at the top of the container. Pouring slowly will prevent any air bubbles from forming. Make sure you leave approximately 200ml of wax spare for the next stage...

6 Setting and sinking

A common occurrence during candle making is shrinkage and sinking of your wax away from the edges of the container and wick. But don't panic – you'll be able to fix this! Simply let the container wax set, then re-melt any remaining wax you may have left over from the previous stage. Carefully pour the re-melted wax into the sinkages and cracks of your candle vessel. You may have to repeat this one or two times to ensure you get an even surface.

7 Leave to set

Allow your candles to set and cure overnight and you're done! If you're giving them as a gift, tie with rustic twine or ribbon and place in a recycled box.



high street vegan JUMPERS



Step into autumn with Sarah Dawson's round-up of the best, vegan-friendly jumpers out there

The high street is full of the latest AW18 collections, ringing in the new season with a knock-out selection of jumpers and sweaters, that are vegan-friendly and purse-friendly. Surely the hardest working piece in any wardrobe,

jumpers are our go-to whether it's for a day in the office or a chilled-out weekend at home. Many high street jumpers are now free from animal-derived materials, but it's always worth checking the label to make sure you avoid the usual suspects

like wool, leather trimmings, fur or silk. Whether you're after a classic wardrobe staple to wear time and again, or a fun, trend-led jumper to brighten your day, we've found the best high street stores to hit, to get your vegan fashion fix this winter.

Quality classics

Pink round neck long sleeve jumper (£12.50) and green ribbed polo neck jumper (£17.50), Marks & Spencer

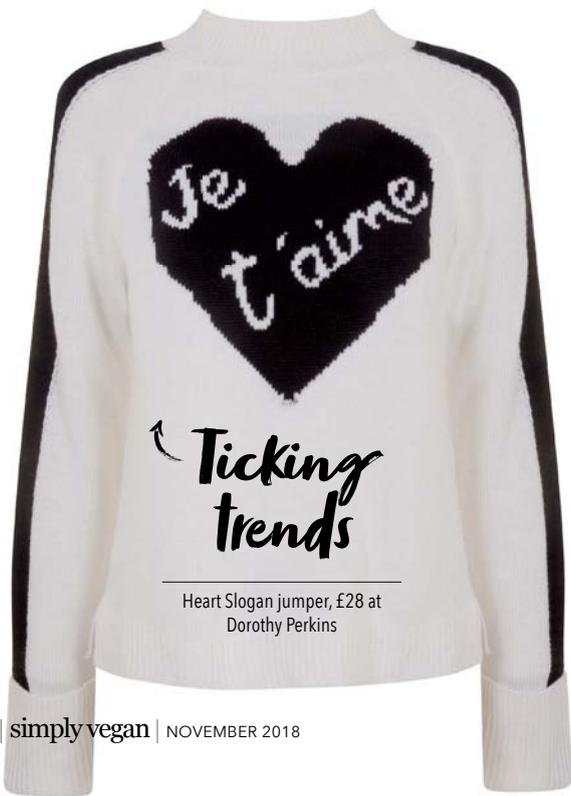


Sarah Dawson is a freelance writer, living in the Cotswolds. When she's not wrestling her toddler into a car seat, she likes to grow her own veg, read pretty much anything/everything and create ridiculously long ASOS wish-lists. See more from Sarah at wordupwriting.co.uk

DOROTHY PERKINS

1 Thick chunky jumpers, slouchy oversized knits, embellished statement pieces and cute slogan sweaters; Dorothy Perkins manages to tick every AW18 knitwear trend

going. With most pieces coming in at under £30, it's the place to head for affordable yet vegan-friendly jumpers that will see you through every kind of occasion this winter.



Ticking trends

Heart Slogan jumper, £28 at Dorothy Perkins



MARKS & SPENCER

2 No one else designs such wearable, everyday pieces quite like this Great British high

street institution. Available in a huge choice of colours – everything from hot pink to forest green – these quality wardrobe essentials will look just as good with a pair of jeans as they will with a printed midi skirt. Stock up now!

Rainbow brights

(From left) White cropped rainbow jumper (£8) and red rainbow jumper (£10), Primark

PRIMARK

3 If you're looking for a quick fashion fix on a budget, Primark is your best friend. Packed full of cool and colourful knits in animal-friendly materials, their AW18 range includes quirky



rainbow knits, cute cropped styles and sporty designs to add some character to your wardrobe. We know the quality isn't going to last forever, but it's enough to see you through the season in style. Just be sure to recycle or donate to charity once you're done...

OASIS

4 Animal print is a huge trend this winter thanks to designers like Stella McCartney, so get a piece of the action with an eye-catching jumper from the new Oasis AW18 collection. A bold leopard print knit looks effortlessly cool teamed with a faux-leather mini skirt or skinny jeans and with prices less than £40, you'll have no excuse not to take a walk on the wild side this winter.



Catwalk trend

Red Leopard knit and Zebra knit, both £38 at Oasis



Understated style

(From left) Men's Mismatched Striped sweater; Men's Moss-Stitch Knit jumper; Men's Structured Knit jumper, all £55 at Cos

COS

5 Reinventing classics in a modern way, COS is the ultimate destination for style-conscious men and women who want to invest in pieces that will last. Perfectly simple, stylish jumpers, cut just right and in wearable colours, are what they do best – and at under £60 a piece, it's affordable quality. Although the store does also offer a selection of wool-based knits, there's still a covetable collection of animal-friendly jumpers for vegan shoppers.

OLD HARRY

6 We've fallen in love with the 100% cotton, unisex jumpers by this independent label. Perfect for nailing the off-duty surfer vibe, these 'throw on with anything' crew-neck knits are inspired by a childhood spent on the British seaside, wrapped up warm in oversized, vintage jumpers. The quality is top drawer, the fit is perfect and we challenge you to find a jumper you'll cherish as much as this! Currently only available online at oldharry.com



Ultimate comfort

Cotton jumpers, £70 each at oldharry.com



1

RETHINK YOUR HABITS

Making the decision to go zero waste is easy, but following up on your determined actions requires a little forethought and preparation. To ensure that you are free from packaging and plastic when going about your weekly shop, follow these initial planning stages:

Find loose products & BYO package:

Next time you are shopping, make a note (or take a picture) of the produce in your supermarket that already comes free from any needless packaging. This will most likely include loose fruit and veg such as mushrooms, broccoli, potatoes and apples. This is a great place to start, as you can now begin to bring your own packaging such as rope bags and biodegradable brown paper bags to place your loose items in. You'll eliminate those annoying plastic bags, plastic or Styrofoam cartons, and the plastic wrapping film that surrounds foods, conveniently reducing your waste without

venturing too far afield.

Visit local markets: Before you begin embarking upon your waste-free shopping in supermarkets, be sure to scout out one or two of your local produce markets. Make a morning of it, chat to the producers about their crops and harvests; you'll be surprised at how generous they can be. Make sure these markets are close enough to provide you with a reliable and easy substitute for supermarket foods. They must also have a great variety of fruit and veggies in order to keep your diet varied and exciting. This will help prevent you lapsing back to potentially-packaged supermarket products later.

Whip out your jars, boxes and containers:

Going zero waste is easier when you prepare yourself for the challenge. Remember to save empty jam jars, peanut butter pots, protein powder tubs and other containers that can be used later for refilling. Just make sure you clean them out properly before use.



Shopping at local markets is an easy way to reduce waste



2

BUY IN BULK

One fantastic way to reduce your dependency upon single-use plastics and containers is to buy dried food staples in bulk. Bulk buying huge sacks of flour, 5kg bags of grains such as rice and oats, legumes such as lentils, and even dried fruits, seeds and nuts is a great way to reduce the total quantity of packaging that you use. The majority of wholesalers and bulk-sellers will ship these to you in paper bags or hessian sacks, which can be readily reused or recycled. Bulk-bought foods can be stored in mason jars, or shared between friends and family. You can also bulk-buy fruits and veggies from farmers' markets – simply take your own cardboard boxes and fill to your heart's content.



3

FORAGE & PICK YOUR OWN

One of life's simplest pleasures is picking your own fruit and vegetables. There's something so utterly and sincerely rewarding about getting back into nature, foraging for your own produce on a local farm and harvesting your own foods (with the added bonus of not having to grow the food yourself).

Take your own containers – you can ask the store to pre-weigh them before picking, so you don't have to pay extra for the weight (most pick your own farms charge by the weight of the produce you harvest). Get to know the seasons too – there's not much use foraging for raspberries in January, nor squash in May. Before you venture out, it's worth calling the farm or checking their website to check the availability of their seasonal produce that is ripe for the picking. Download a seasonal fruit and veg calendar from websites such as bbcgoodfood.com/seasonal-calendar.

You can also take a course in foraging: you might have read a few magazines on mushrooms, and know your blackberry from your raspberry, but it's a good idea for any new forager to take an educational one day course prior to eating any suspect fungi. There are some fantastic foraging courses available in the UK, across all areas of the country and suiting everyone's time-scales and budgets.



5

EASY SUPERMARKET HACKS

For when the market isn't an option, these clever grocery store hacks will come in handy:

Ask about plastic-free bakes: More often than not, supermarkets will make their own bread and baked goods in-house prior to packaging with plastic sleeves and wraps. Ask the staff on the bakery counter to see if they have any baked goods that haven't been wrapped yet. Store them in a paper bag or a bread bag instead of their plastic sleeves.

Refuse ready-meals: The majority of ready-meal containers can't be readily recycled due to food contamination and will have to go to waste. The best option for both your own health and that of the environment is to not buy them in the first place.

Look for cardboard boxed or glass contained goods: If pre-packaged goods are essential, opt to buy products that are packaged in paper or cardboard boxes rather than plastic, and in jars made of glass rather than plastic bottles. Cereal boxes can be recycled, as can jars and glass containers.

Refuse certain packaging: A part of living with a zero waste mentality is the refusal of certain packaged products. Unfortunately, crisp packets and polystyrene containers can't be recycled, so avoid purchasing these, if possible.



Preserve Foods in Bristol stock a huge range

4

BUYING ZERO-WASTE

Remember the thrill of filling a huge pick and mix bag with all sorts of treats? We still get slightly over-excited when given the opportunity to select our own mixture of dried fruits and nuts, snacks and seeds from a variety of jars and dispensers. There's an added bonus to such an obsession; you can take your own container or vessel and pay by weight, without any needless use of disposable packaging. The Clean Kilo in Birmingham (thecleankilo.co.uk) and Preserve Foods in Bristol (preservefoods.co.uk) are just two of the latest zero-waste shops to pop open their sustainable doors. These pioneering supermarkets encourage buyers to bring their own containers and fill them up with a variety of goods. There's no limit to the quantity you need to buy, no minimum or maximum amount, so you can get exactly what you need. There are over 25 zero-waste shops in the UK, so have a quick search online to find your nearest shop!



Charlotte Willis

Charlotte is a freelance journalist and health writer who has worked with the Vegan Society and other online vegan publications. Her fields of expertise and interest include vegan nutrition, holistic healthcare, mindfulness, fitness... and gluten intolerance!



Available in standard womens and kids fit

FASHION WITH A CONSCIENCE

Check out Vegan Food & Living's new t-shirt range www.veganfoodliving.teemill.com

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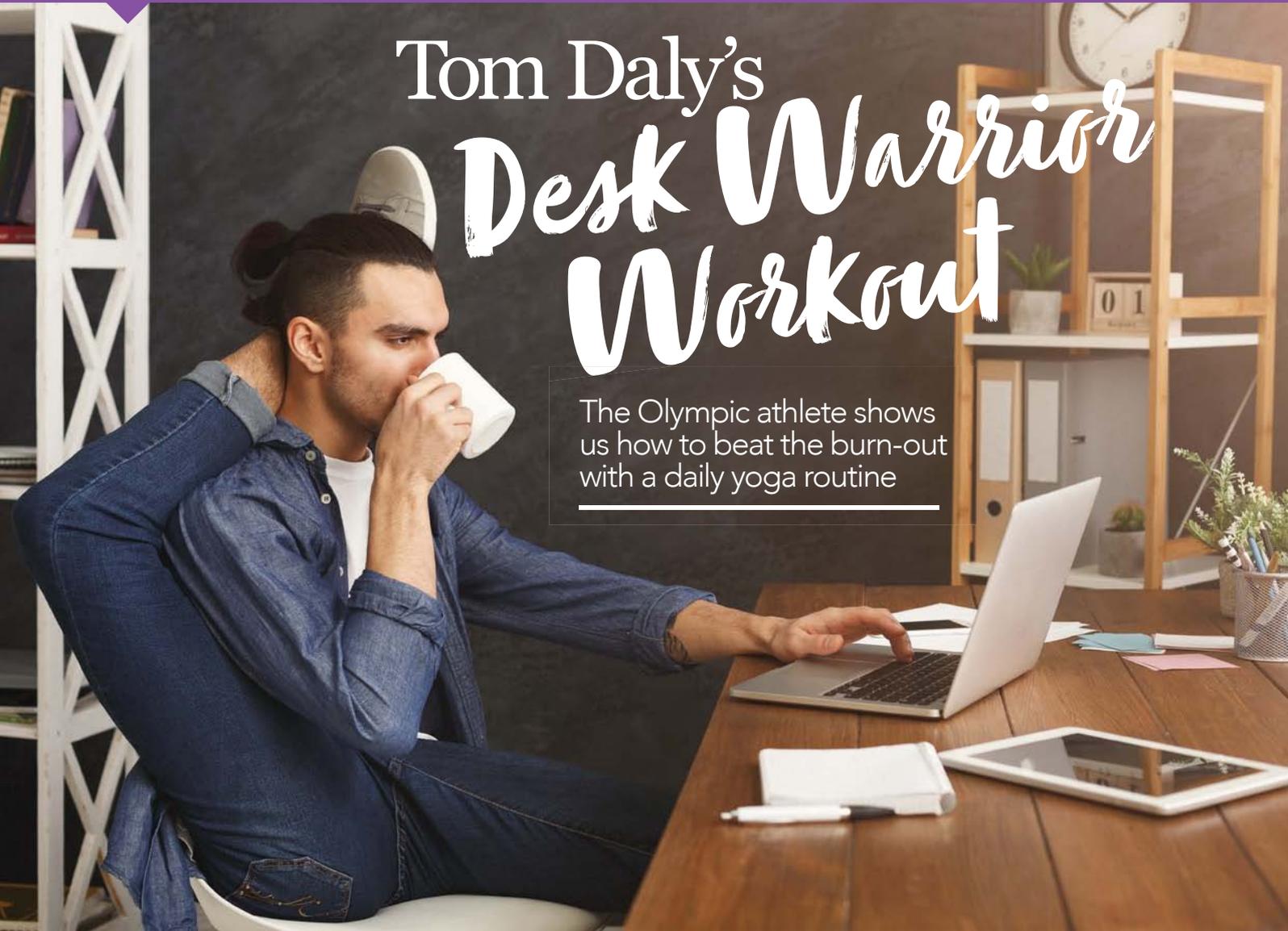
If you're struggling to find the perfect partner who shares the same ethical values as you, we're here to help! Dating another vegan means having to make less compromises with what you believe in and being able to truly enjoy your life experiences with someone who is passionate about similar things. And we've got thousands of fellow single vegans just waiting to meet you at **Vegan Dating Online**, brought to you in association with **Vegan Food & Living!**

vegan dating
vegandatingonline.com

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Join today at vegandatingonline.com



Tom Daly's Desk Warrior Workout

The Olympic athlete shows us how to beat the burn-out with a daily yoga routine



daily rituals can impact your health for the better.

World champion diver **Tom Daly** is rapidly making a name for himself as a key influencer in the fitness and wellness industry, with 2million Instagram followers, over 666,500 YouTube subscribers and 2.67million Twitter followers. His new book, *Tom's Daily Goals*, demonstrates how yoga, meditation, diet and other

Sitting at a desk all day can really impact your health, with some reports calling it 'the new smoking'. Whilst regular breaks and standing desks are a great idea, if you still find yourself suffering with aches and pains, this easy at-home workout will help strengthen your glutes and lower back. Invest in a yoga mat and set your alarm 30 minutes earlier each day – your body will thank you!

"INVEST IN A YOGA MAT AND SET YOUR ALARM 30 MINUTES EARLIER EACH DAY – YOUR BODY WILL THANK YOU FOR IT!"



The exercises on pages 72-73 are an extract from *Tom's Daily Goals* (Published by HQ, £16.99).



4X GORILLA COMPLEX ON EACH SIDE, ALTERNATING SIDES

Start in a standing position, then go into a forward fold (bend your knees slightly if necessary). Walk your hands out to a press-up, keeping your arms extended. From there bring your left leg outside your left hand, letting the opposite knee drop down towards the floor. Now take your left hand and reach it up towards the sky, opening up your chest, back and hips. Replace your hand on the floor, shift back to the press-up position and repeat the movement, this time bringing your right leg forward and stretching your right arm up. Shift back to a press-up, walk your hands back and move into a squat. Extend one arm up straight, then the other arm, then stand up straight. Repeat.



8X SINGLE LEG RDL ON ONE SIDE, THEN 8 ON THE OTHER SIDE

Stand with your feet shoulder width apart and knees slightly bent and raise one leg off the floor. Flex the knee on the supporting leg to about 15-20 degrees to activate the glutes. Without changing the bend in your knee, hinge at your hips and lower your torso so it's almost parallel with the floor. Keep your torso in line with the back leg. Squeeze and raise your torso back to standing position.



8X SCORPION STRETCH ON EACH SIDE, ALTERNATING SIDES

Lie down on your front with your feet together and your arms out to the side. Lift your leg off the floor, bending your knee. Rotate your hip, bringing the raised leg over until the toes touch the floor close to your hand on the other side. Return to the starting position and repeat the movement with the other leg. Keep your core engaged throughout.



8X DOWNWARD-FACING DOG KNEE TUCKS ON EACH SIDE

In an inverted position, lift one leg as high as you can behind you and then tuck it as far under the chest as you can. Return the leg back and repeat with the other leg.



4X T PRESS-UPS ON EACH SIDE, ALTERNATING SIDES

Do a normal press-up and at the top of the exercise, lift one arm from the floor and raise it to the sky while twisting your torso to the side. Roll on to the sides of your feet and keep your body straight at all times. Return to the starting position and repeat on the other side.



8X DEAD BUG TOE TAPS, ALTERNATING SIDES

Lie on your back with your arms held up in front of you, pointing to the ceiling. Then bring your legs up so your knees are bent at 90-degree angles. Slowly lower one leg and your opposite arm behind and away from you and straighten them, while keeping your lower back flat against the floor. If you feel your lower back lift, stop and don't go any further - that is your end range. Extend one leg and tap one toe to the floor.



8X FROG STRETCH ROCKS

This is a great stretch to release your hip flexors. Support yourself on your knees and forearms. Begin to take your knees out wider than your hips, then your feet out wider than your knees. Pull your hips back and press your pelvis down.



a weekend getaway to... **NEWCASTLE**

If you're yearning for ridiculously good plant-based food, then book a train, pack a bag and stay a while in this vibrant northern city, says Clea Grady

CHILLI PADI

8-10 Leazers Park Road, NE1 4PF, chilli-padi.co.uk

Chilli Padi is a Malaysian restaurant that caters well for vegans with affordably-priced, super-delicious food - plus you can take along your own drinks which helps keep costs down. It's always good to know about (and support) non-vegan restaurants with great plant-based options because they make meals out with less-obliging family and friends much easier. But regardless of the company, I recommend that you check this place out as soon as you can - if only for the amazing Salt and Chilli Tofu! With a vegetarian section on the menu, it's pretty easy to figure out what dishes are vegan, but if you're in any doubt, then just ask. And if you think you don't like bean curd or tofu, then bank that thought until you've eaten here... I can pretty much guarantee that Chilli Padi will change your mind!



MORE GREAT PLACES TO EAT IN THE CITY...

If you prefer to stick to what you know when dining out, Newcastle's high street chain restaurants offer some great vegan options too...

- Zizzi: 42 Grey Street, NE1 6AE
- Wagamama: 6 Eldon Square, NE1 6JG
- Nando's: Eldon Square Shopping Centre, NE1 7JD
- Carluccio's: 89 Grey Street, NE1 6EG
- Pizza Express: Eldon Square Shopping Centre, NE1 7JD
- YO! Sushi: 139-141 Grainger Street, NE1 5AE

THE BOHEMIAN

37 Pink Lane, NE1 5DW, iloveboho.co.uk

No trip to the Toon would be complete without a visit to The Bohemian! Fully vegan, this popular eatery is a restaurant, bar and vinyl record shop all rolled into one. Only two minutes from the train station, make it your first foodie pit-stop and start your weekend as you mean to go on... in plant-based heaven! The menu is deliciously extensive, so the only problem you'll have is deciding what to choose (perhaps plan to have a farewell meal here as well?). My advice is to take advantage of the tapas-style sharing plates and sample as much as possible. Favourite options include the Peking Shredded Jackfruit, mezze, quesadillas, fish and chips, burgers and the Tandoori Jackfruit Shawarma. Pizza lovers will never want to leave, with flavour combos like BBQ Chicken and The Greek - all offered with vegan mozzarella. Haven't got time to make it for dinner? The Bohemian has you covered there as well... Pop by for a proper afternoon tea and a glass of prosecco!





JUNK IT UP

Shields Road, Byker, NE6 1DL, junkitup.co.uk

The Bohemian's little sister, Junk It Up, serves 'vegan fast food with attitude' and is most famous for its Southern Fried Fricken, which you can buy in pieces, in a bucket or in a burger. Also serving up kebabs, pizzas, onion rings and fries, it's the perfect place to introduce your non-vegan mates to the wonders of plant-based junk food! And if you're staying locally then you can totally Netflix and chill as this super little place delivers to certain postcodes. A sign of the changing times? I certainly like to think so!

WILDFLOWER CREATIVE KITCHEN

at Kommunity, Market Street, NE1 6BH, wildflowernewcastle.com

With small plates at £3 and large plates at £6, Wildflower Creative Kitchen is a totally affordable option for dining out, with the added bonus of a super-cool ethos and friendly, community vibe. Inspired by Peruvian cuisine and combining street food with 'home cooking flavours, a modern edge and seasonal British produce', this experimental art café aims to create a 'new and refreshing take' on vegan food. With innovative dishes like ceviche, wantons and Bananarama Sticky Rice, it's definitely worth a visit if you're in the city centre. Almost all standard menu dishes can be made gluten free as well, so it certainly ticks a lot of dietary boxes. Check out the website before you visit to see if you can tie in your meal with one of their fun monthly music events!



WINTER WALKS

Beautiful and atmospheric whatever the weather, Tynemouth Longsands is one of the North East's best beaches and is not far from the city. Perfect for stretching your legs and playing catch with your dog, sunbathing or eating al fresco with friends. Though not even slightly vegan, Riley's Fish Shack on the neighbouring King Edward's Bay is a very cool place to have a drink and watch the sea. Made out of converted shipping containers, it's also pretty romantic on a cold night as you can snuggle up beside the outside fires.



THE SHIP INN

Stepney Bank, NE1 2P

Situated in trendy Ouseburn, The Ship Inn is an entirely vegan pub and an absolute must-visit! My top tip is to get there early, especially on Sundays or in winter, as this place is massively popular and fills up quickly. Famed for its vegan fish and chips and Sunday roast, The Ship offers great top-notch pub grub, so it's an excellent choice if dining with a group that includes non-vegans. They'll never expect a menu like this, plus there's the novelty factor of dining in a plant-based pub. Dog-friendly and with outdoor seating, it's also great in the warmer months. If you're looking for hearty portions of great-tasting food, a few drinks and a friendly vibe, then you really can't go wrong with this twist on the local.



Special thanks to Katie Markham and Sally Thompson for their invaluable insight into Newcastle's fabulous vegan food scene. Tynemouth image: RNLI

Is it OK?

Q As a vegan, can I eat locally-made honey? I know it's meant to be good for you...



Being vegan means rejecting the notion of animals being seen as commodities and animal products being seen as food. Honey – no matter how it was produced – is a product that vegans avoid because it comes from animals. We need to change the way people think about eating animal products and we can only do this by rejecting all animal products, from any source, in any form.
Dominika Piasecka



Not everyone has time to shop daily

Q I've been vegan for six months and feel a bit stuck in a rut, as I find myself eating the same meals all the time. How can I make sure I'm getting a varied diet when I have very little time to prepare meals and go shopping?



It's usual to develop a repertoire of quick and healthy dishes that you feel confident about and then start branching out from there. There's tons of inspiration these days for more exciting vegan recipes; blogs and websites, lots of new cookbooks on the market, social media, magazines and there are many new ranges in the supermarkets.

If you're struggling to find time to make meals, try and just prepare bases for meals (which means you can have a meal in minutes).

So it's all about the prep:

- Cook more than you need and freeze extra portions to eat again or take to work
- Cook batches of quinoa/rice/roast veg and then you simply need to add some veggies and pulses, etc
- I always have lots of dips and sauces in the fridge plus nut and seed mixes for texture, which means you can add flavour quickly.

Niki Webster





A different view

Q

Since going vegan I feel upset when I see family and friends eating meat. How can I encourage them to join me?



Many vegans find it difficult to emotionally connect with those who knowingly harm animals but we must remember that we were in

their place not long ago. Explain to your friends and family why and how important veganism is to you, and what happens to animals used for meat, dairy and eggs. If there are particular behaviours that upset you, patiently and kindly explain this to them, agree to compromise and respect each other. Dr Melanie Joy's book, *Beyond Beliefs*, is a great resource for improving your relationship with non-vegans.

Dominika Piasecka



Q

People have told me that I look too thin since going vegan, should I be worried? I've lost 5lbs in total so nothing too extreme!



'Looking too thin' can be subjective, but if your BMI is less than 18.5 you are considered underweight. This can be just as harmful as being overweight. You might find that you feel tired all the time and that you have a lower resistance to infections. So, it would be good to explore your eating habits to ensure you get enough calories, protein, iron and other nutrients for optimum health. Try my 5 top tips to help you gain weight slowly and steadily, whilst keeping to a vegan diet:

1. Enjoy small, frequent meals and snacks.
2. Try eating wise, planned snacks like edamame, nuts, peanut butter on wholegrain crackers or oat cakes, hummus with wholemeal pitta, and fortified plant milk alternatives.
3. Get into the habit of naturally enriching your meals with foods high in 'good fats', such as avocado, almonds and other nuts and seeds. Try adding them to salads or soups.
4. Have a source of vitamin C with iron-containing vegan foods to enhance absorption. For example, have a small glass of fruit juice when you eat dark green leafy veg, add a side salad to meals such as green mung dhal or vegan kidney bean chilli, or serve fresh citrus fruit after meals.
5. If you're concerned, it's best to seek the professional advice of a dietitian who can assess your diet and work with you to agree a balanced menu plan tailored to your needs.

Azmina Govindji



"TRY EATING SNACKS LIKE EDAMAME, NUTS, OAT CAKES AND HUMMUS"



The organic debate

Q

I am thinking about signing up to a veg delivery box. What are the benefits of eating seasonal, organic food? Do they contain more nutrients?



Getting a box of veg delivered to your door is a great way to ensure you always have healthy ingredients in the kitchen. Delivery veg boxes are likely to be fresher than buying veg that's been lying on a supermarket shelf for days, as vitamin C levels can go down when you expose fruit and veg to the air and light. Many factors can have an impact on the nutrients in food crops (such as

differences in soil) and hence it's not easy to categorically say that organic or seasonal food is nutritionally superior. The research on nutrient levels is conflicting, however, some studies suggest that organic vegetables are typically higher in certain antioxidants. They've also been shown to be lower in pesticide residues than the same non-organic food. The bottom line is basically this: eating more vegetables and fewer processed foods is definitely a good thing and if ordering veg boxes makes you do that, then you're on the right track!

Azmina Govindji



Carbs, what's the deal?

They might get some bad press, but carbs are an essential part of our diet...

By Veronika Powell, VIVA!HEALTH



Carbs – we all need them. Your body breaks down carbohydrates into glucose (sugar) and other molecules. Glucose is essential for our cells – every single cell in your body uses glucose as the main fuel to perform millions of life-supporting tasks. Yet, that doesn't mean eating sugar is good. Confused? The key is in choosing the right carbs.

What are carbohydrates?

A carbohydrate is a molecule containing carbon, oxygen and hydrogen. Depending on how many molecules are bound together and their different types, carbohydrates can be simple (sugar) or complex (starch and fibre).

As carbohydrates are digested, they release glucose into the bloodstream. Some foods release it fast and can give you a sugar rush – sweets, dates, biscuits, white bread, potatoes – and if you don't use up all that sugar, you may end up with extra weight.

On the other hand, foods that release sugar slowly are great for sustained energy release over a longer period of time and are much healthier – most fruit and vegetables, pulses, nuts, seeds, wholegrains and products made from them.

Simple carbs - sugars

Simple carbs, better known as sugars, are made up of only one or two molecules and include glucose, fructose and table sugar. They are digested fast and we should therefore watch our intake – with the exception of fruit and vegetables. These naturally contain fructose but if eaten fresh and whole they also supply a wealth of complex carbohydrates along with many other nutrients which slow down the sugar release and are very healthy.

Complex carbs - starch and fibre

As the name suggests, complex carbohydrates consist of many molecules linked together in complex structures. The main types are starch and fibre. Whilst your body can digest starch well, you cannot digest fibre.

Starch is a component of many foods, such as wholegrains, pulses, root vegetables, pumpkins and courgettes, all of which belong in a healthy diet and are a good energy source.

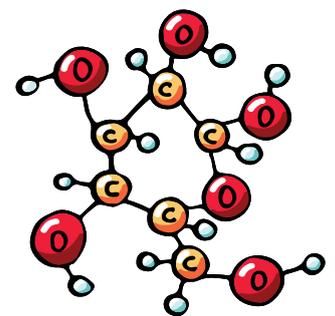


Fibre is naturally found in all unrefined plant foods – fruit and vegetables, wholegrains, pulses and nuts and seeds. Even though we can't digest it, it's important because it keeps the digestive system healthy, prevents constipation and slows down sugar absorption. This helps with healthy weight management, can reduce blood cholesterol, risk of heart disease, colon cancer and type 2 diabetes. Fibre also encourages the good bacteria in our gut which thrive on it – they can partly digest fibre and release health beneficial by-products. Win-win!

The low down

We have evolved to thrive on a diet full of natural carbohydrates so it's best to build your diet around unprocessed or minimally processed foods, which release their energy gradually and promote good health by providing vitamins, minerals, fibre, antioxidants and phytonutrients.

On the other hand, processed foods like white bread, pastries, cakes, sweets and fizzy drinks are full of sugar and may contribute to health issues. If you have them occasionally, you're fine but they shouldn't be your daily go-to choice.



Viva!
HEALTH

Viva!Health is a part of the vegan charity Viva!. They monitor scientific research linking diet to health and provide accurate information on which you can make informed choices about the food you eat. For info, go to 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.



VEGANUARY

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

- **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.



He's a comedy festival regular and has appeared on TV shows such as *Mock the Week* and Russell Howard's *Good News*, but behind the scenes the Edinburgh Comedy Award nominee has been going through a transformation that he says has changed his life forever. He's now helping Veganuary – and us! – to spread the word that life on the veg is the best way to go...

What led you to become vegan?

The truth, despite it sounding like some new age funny business, is that I had a shift in consciousness where I suddenly felt like I had to change how I impact the world around me. I had gone through a long period of quite destructive behaviour which then seemed to just bottom out, leaving me in a position to really look at myself. I decided to try and be a better person and have less of a negative impact on the world around me. Veganism was a given as it's such a simple way to lower your impact on other inhabitants of the world and your environmental footprint.

You once told Veganuary that going vegan was 'the best decision you ever made' – why is this?

It's a very simple step to take that has a very profound impact on your sense of wellbeing (and the wellbeing of others). After I made the change to veganism I felt mentally and physically healthier so it gave me a good foundation to move in the right direction. I'm a much more thoughtful person these days and question my decisions more with regard to how they'll impact others.

Do you ever face any criticism for your lifestyle choices?

I'm very laid back about it. I understand that some see it as an affront to their lifestyles or see the earth as something they're entitled to. I'm a believer in setting an example rather than trying to aggressively convert people. I've found that arguing with people tends to only make them dig their heels in. I've got a few friends who are currently trying to live the vegan lifestyle due to how easy they say I've made it look. One of them was a big meat eater (he'd even done butchery classes!) but he has now been vegan for six months and is loving it. I think if I'd have argued with him when he was still adamant about meat eating and critical of my lifestyle, we wouldn't be where we are today.

What are your favourite vegan meals?

I love South Indian food, so if I need to make a quick healthy lunch or dinner, my go-to dish is a dhal. I also try and visit as many new vegan restaurants

Veganism often features in Carl's stand up



last bite

CARL DONNELLY

Stand-up comic and Veganuary ambassador Carl Donnelly reveals why he went vegan five years ago and how it's made him a more compassionate person



"AFTER I MADE THE CHANGE TO VEGANISM, I FELT MENTALLY AND PHYSICALLY HEALTHIER"

as possible to help support them but also to see what exciting foods are appearing. I had an amazing take on fish and chips recently at a place called Nourish in Bath. The fish substitute was a battered banana blossom which had been seasoned with seaweed. It was so delicious and exciting to try something I'd never even heard of.

As you travel a lot for your comedy shows, what is it like trying to find good vegan food in new places?

In the five years I've been vegan I've watched it change from being quite tricky when you're outside of major cities to now being no trouble at all. I visited some family in the West of Ireland and assumed it would be a

nightmare. Driving into the town I saw a little health shop had opened so popped in to see shelves full of vegan cheeses. I realised that veganism had finally caught a wave and was becoming fully mainstream (which it needed to for it not to seem like an 'alternative' lifestyle).

What advice would you give to new vegans, or people considering it?

Speak to vegans you know (or if you don't know any, ask vegans online. I'm always happy for people to ask me any questions on social media). It's much easier to go vegan than people think but in the early days it's still good to get some advice on foods and products that you may not have heard of. If you exercise a lot then speak to some of the vegan athletes and bodybuilders that are well known on social media.

You can listen to Carl's podcasts at carldonnelly.co.uk

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london.vegfest.co.uk

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Day tickets	Weekend tickets
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(rates include booking fees)

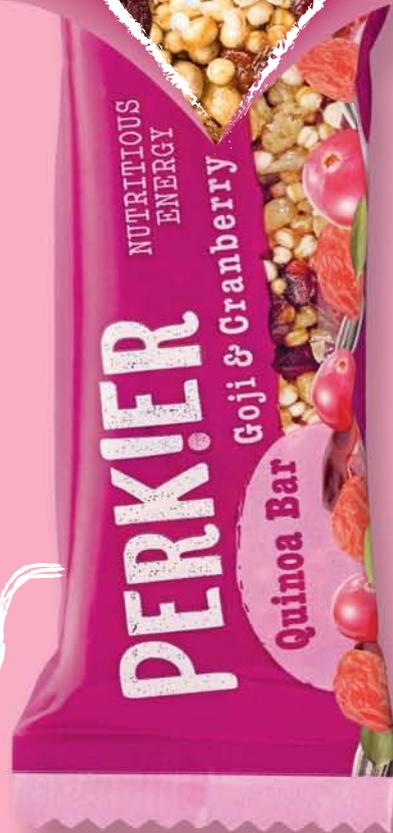
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