

YOUR *easy* GUIDE TO VEGAN LIVING

SIMPLY vegan



Celebrate a
cruelty-free
EASTER!

Sweet treats and lunch
ideas for everyone to enjoy



HOT TOPIC

Does activism
work?

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**FASHION
REVOLUTION**

» How to make your
wardrobe more
sustainable



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LYNCH**

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now I'm vegan"

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A month of events

I don't know about you, but I've never been happier to see spring on the horizon! And as we approach April, there are a wealth of important dates in the calendar that we should all be taking part in. First up is Fashion Revolution Week, from 20th-26th April, which aims to raise awareness of the environmental – and human – cost of fast fashion. We explore eight ways to go sustainable with your clothing on **p70**. The 50th anniversary of Earth Day is also on 22nd April – turn to **p20** to learn about its history and how you can get involved.



Holly Johnson Editor holly.johnson@anthem.co.uk

With Easter just around the corner, we also bring you a delicious array of recipes to cater for everyone – from our hot cross bun custard cake (**p33**) to a hearty savoury strudel for Easter Sunday lunch (**p35**).

We also meet the ever-inspiring Evanna Lynch this issue on **p16** – I hope her words resonate with you as much as they did with me and make you feel proud to be part of our amazing vegan community.

Enjoy the issue, see you next month!

Holly

NEW THINGS TO TRY



SPRING CLEAN
This tea contains a blend of four herbs that aid digestion and cleansing. £2.50 at Tesco, Waitrose and Sainsbury's



HAPPY SNACKING
This Prodigy Coconut Cahoots snack bar is refined sugar-, dairy- and plastic-free! £1.75 at Amazon and prodigysnacks.com



HERBAL REMEDIES
This new vegan supplement range aid with reduction of stress and anxiety. Super Me capsules, £30 at lifearmour.co.uk

GET IN TOUCH, WE LOVE TO HEAR FROM YOU!



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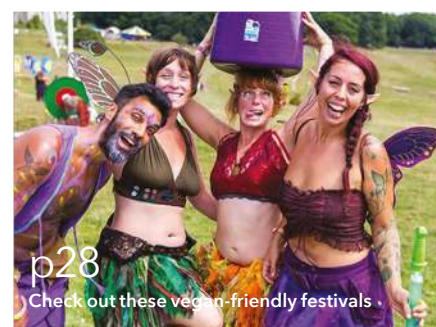
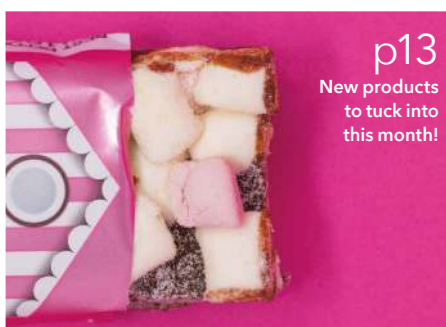
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OUR RECIPE PROMISE
Recipes will always be...

Low-cost ✓
Made using readily-available supermarket ingredients

Quick ✓
Each one takes less than 30 minutes to prepare

Easy ✓
No more than 10 main ingredients per recipe

April 2020 Issue 23

The SV team

Meet the experts and influencers
who helped make this issue

Rachel Hugh & Neil Potts

Rachel and Neil are the founders of sustainable vegan restaurant brand The Vurger Co. (thevurgerco.com). They share their tips for eating well on a budget (and dispel those myths!) on **p14** this month.



Charlotte Willis

Is animal activism helpful to the vegan movement? Charlotte Willis, a freelance journalist and health writer who has worked with The Vegan Society and Veganuary, debates this on **p24**.



Evanna Lynch

Best known for her role in *Harry Potter*, Evanna went vegan five years ago and has since set up vegan podcast *Chickpeeps*, founded The Kinder Beauty Box and regularly takes part in activism. Read about her inspirational journey on **p16**.



Kathleen Rogers

Kathleen is President of the Earth Day Network, which celebrates 50 years this April. She was formerly an environmental lawyer and aims to take the environmental movement to a wider audience. Read more about Earth Day on **p20**.



Laura Freeman

Laura is a Scottish, dual licensed GP and Certified Lifestyle Medicine Doctor. She went vegan after being diagnosed with cancer three years ago during her second pregnancy. Turn to **p62** where she answers your health-related questions.



Matt Turner

A spokesperson for The Vegan Society (vegansociety.com) which provides information and guidance on various aspects of veganism, Matt looks at the issues surrounding avocados this month. Are they vegan? Turn to **p19** to find out!



Toni Vernelli

Toni is Head of Communications at Veganuary (uk.veganuary.com). She answers your burning questions about some of the ethical issues relating to veganism on **p62** this issue.



Veronika Charvatova

Veronika Charvatova MSc is a researcher at Viva!Health, which is a part of the charity Viva! (vivahealth.org.uk). She shares her advice for eating well when you're pregnant on **p58**.



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ANTHEM

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Calls to 0844 numbers cost
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ANTHEM | PUBLISHING PPA

Anthem Publishing
Piccadilly House,
London Road,
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+44 (0) 1225 489 984



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YOUR *easy* GUIDE TO VEGAN LIVING

Each issue, we bring you quick and easy recipes with no weird ingredients, expert advice for beginners, tips for living a more ethical, sustainable lifestyle and all the latest in vegan health, fashion and beauty.

#Trending

Check out all the latest news, events, product launches and more from the vegan world this month



COLOUR ME HAPPY

Spring is the time to embrace colour once again and what better way to do it than with a bright new lippy? We love Tropic's Kiss Me Quick lipsticks, £20 at tropicskincare.com. Tropic is cruelty-free, vegan and 100 per cent carbon neutral.



JOIN THE ZERO WASTE CLUB!

Organic delivery service Abel & Cole has removed single use packaging from its most popular pantry items and now delivers them in returnable, refillable pots. This pioneering service, named Club Zero, makes Abel & Cole the first ever online retailer to offer a refillable service in the UK, as part of your normal weekly shop. Sign up at abelandcole.co.uk



3 OF THE BEST Mother's Day gifts Share the vegan love!

- 1** Vegan afternoon tea, £12.50 per person at Dobbie's Garden Centres



- 2** Chapel House organic sparkling wine, £25.99 at chapelhousevineyard.co.uk



- 3** Build your own vegan care package, from £8.50 at dontbuyherflowers.com



#Trending



MUST VISIT

By Chloe

COVENT GARDEN, OXFORD CIRCUS,
TOWER BRIDGE AND THE O2

Founded in New York, By Chloe quickly became a household name before opening its first site in the UK in 2017. It now has four eateries across London, all of which offer a 100 per cent vegan menu. From guac burgers and pesto meatball subs to tofu fish and chips, a roast dinner and even homemade doggy treats, its eclectic menu ensures everyone is catered for! If you're in a hurry, grab a chickpea tuna or shitake bacon sandwich to go and maybe an iced matcha latte on the side. All served with a touch of humour, this really is plant-based food heaven... eatbychloe.com



PANTS TO LANDFILL

Pretty Polly have introduced the UK's first range of biodegradable underwear. The garments are knitted with an innovative polyamide yarn which biodegrades within three to six years when properly disposed of in landfill, reducing its environmental impact and helping the huge problem of textile waste. The Eco Wear range starts at £10, prettypolly.co.uk



Reduce your impact

Newly launched at Superdrug, BEYOU is an all-natural, cruelty free range that's affordable too. If you want to ditch the tampons for good, their menstrual cups cost £14.99 and can last up to ten years.



High street heroes

Aiming to use 100 per cent sustainable or recycled materials by 2030, H&M are launching a new collection on 26th March which features vegan leather bags and shoes made from wine waste. Created by Italian firm Vegea, this innovative new biomaterial – shown left on the catwalk of Bare Fashion last year – is made from grape skins, stalks and seeds discarded during wine production. Find out more at hm.com.

IMAGE BARE FASHION



HAVE YOU TRIED?

Caffè Nero Meatball Panini

From £4.45

Made with mushrooms and borlotti beans, these vegan meatballs are toasted in stonebaked sourdough with a rich ragu, vegan cheese, mayo and spinach.



WHAT'S ON

Find out what vegan shows and events are coming up in April



BATH VEGAN FESTIVAL

4th April,
Bath Pavilion

This bustling event is always a big hit, offering 80 stalls, world food caterers, cookery demos, inspirational talks, interactive workshops, yoga and children's activities running throughout the day. Entry is £4 or £15 for VIP entry and a goody bag, under 16s go free. Find out more at veganeventsuk.co.uk



SOUTH WEST VEGAN FESTIVAL

11th April,

The Passenger Shed, Bristol

From vegan sushi cookery demos and food stands to animal rights talks, there's lots going on at this charity event to inspire and inform. Entry costs £3 or £15 for a VIP ticket and all proceeds go to Farplace Animal Rescue. Book now at southwestveganfestival.com

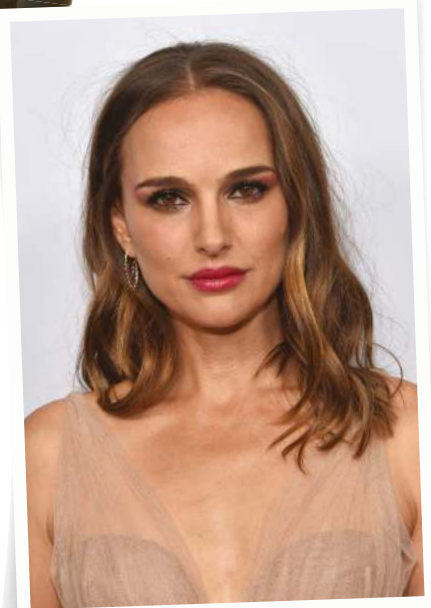


BALANCE FESTIVAL

17-19th April

Old Truman, London

With a focus on wellness and healthy living, this fun-packed event includes a host of fitness classes, a meditation dome, live cooking theatre, shopping areas and much more. Tickets start at £55 for full day admission. balance-festival.com



Celeb hero vs Unsung hero

NATALIE PORTMAN

A vegetarian from the age of nine, Natalie went vegan in 2011 and has since used her public platform to raise awareness and inspire the world to go vegan too. She regularly speaks out at events and on social media, and in 2017 she narrated and co-produced the documentary *Eating Animals* which exposes the ugly truth behind factory farming. You can also find Natalie sharing her love of vegan cooking on YouTube.

LUCY START

This edible garden designer is on a mission to prove that gardening doesn't have to be an exact science and that anyone can grow their own veg. She shares daily inspiration with 60k followers on Instagram, and has now launched a YouTube channel in partnership with top chef, Mike Keen, for a series of videos educating people about how you can get creative with what you grow. Follow Lucy on Instagram.com at @shegrowsveg or visit her website at shegrowsveg.com

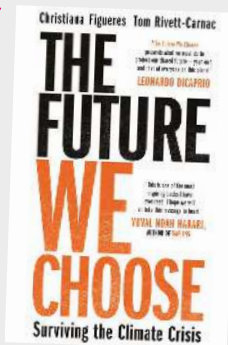
Have an unsung hero you'd like to nominate?



email simplyvegan@anthem.co.uk

#Trending

TAKE FIVE



Read

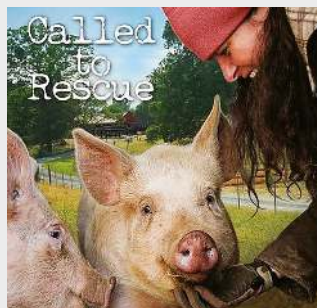
THE FUTURE WE CHOOSE
by Christiana Figueres
£12.99

Recommended by everyone from Jane Goodall to Leonardo DiCaprio, this inspirational book is 'a passionate call to arms' from the former UN Executive Secretary for Climate Change and the senior political strategist for the Paris Agreement. Find it on Amazon.



Listen

THE PLANT PROOF PODCAST
Plant-based nutritionist Simon Hill talks to athletes, experts and industry leaders about everything from fitness to heart disease.



Watch

CALLED TO RESCUE
This heart-warming film follows the lives of rescued animals and dedicated workers on various sanctuaries in America. Visit calledtorescuefilm.com or watch it free on YouTube.

HAVE YOU TRIED?

Sweet Freedom Chocolate Spread

£2 at Iceland

Enjoy a guilt-free treat with this palm-oil free, refined sugar-free spread. 10 per cent of profits also go to The Orangutan Project.



CLUB OF THE MONTH

» London Vegan Meetup



WHY WE LOVE IT...

This inclusive group now has over 9,500 members and is open to non-vegans too. What better way to discover some of the amazing plant-based eateries in the capital? They also organise country walks and gather for games nights, supper clubs and book clubs. Join for free at londonveganmeetup.co.uk



Pop your cork

From beauty products to bags and footwear, cork is the latest eco material to be dominating the scene. Natural, recyclable and harvested without chopping down the tree, cork is water-resistant and can be used to make durable vegan leather. Here are a few of our favourite products...

Far right
Personalised cork wallet, £30 at Treat Republic
This image
Cork shoes by Asportuguesas



From left
Bag, £68 at Blackwood;
Collar and lead, £16.50 at Pet Pooch Boutique;
Kypwell skincare, from £20 at kypwell.com

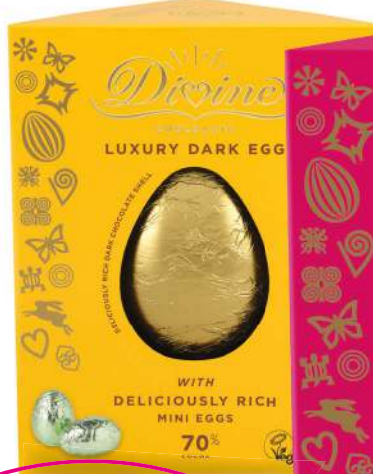
Doisy & Dam

For something a little different, check out this 70% dark chocolate egg with two packets of Nuttercups, which contain a deliciously rich almond butter. **£6.99 at Holland & Barrett**



Divine Chocolate

Made with Fairtrade ingredients and no plastic or palm oil, these Divine Easter eggs also taste incredible! **From £5 at Ocado, Waitrose & Holland & Barrett**



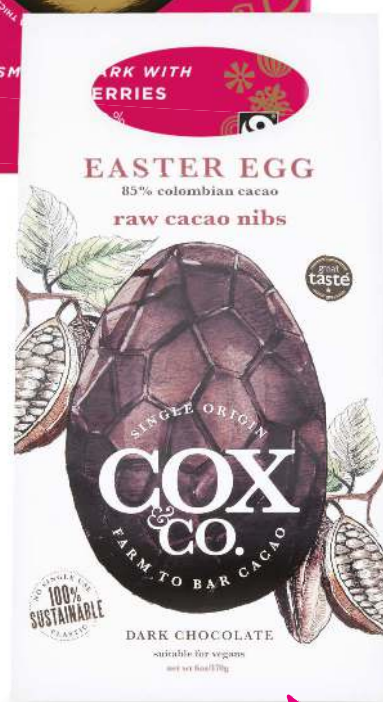
6 OF THE BEST

Easter eggs

It's never too early to start eating Easter eggs, right? Here are a few of our favourites...

NOMO

Creamy chocolate, sweet raisins and crunchy rice pieces are a winning combination in this brand new egg. **£5.99 at Holland & Barrett**



Cox & Co

This award-winning egg is made from sustainable dark chocolate and raw cacao nibs and comes wrapped in a compostable bag made from wood pulp. **£8.50 at Ocado**



Buttermilk

Not a fan of the dark side? Try these alternative milk chocolate eggs instead. They're gluten and wheat free too! **£5.99 at Holland & Barrett**



Mummy Meagz

If you haven't yet tried this new vegan take on the classic crème egg, you need to stock up on some for Easter! **99p each at Holland & Barrett**



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Lizi's Super Muesli

This brand new breakfast cereal comes in four flavours – all of which are vegan-friendly and packed with goodness! **£4 at Waitrose**



Oggs Chocolate Celebration Cake

The first vegan celebration cake to launch in UK supermarkets, this indulgent bake is the perfect cheat for birthdays and celebrations. **£8 at Waitrose**

Good Catch

Made with a blend of peas, chickpeas, lentils, soya, fava beans and navy beans, plus seaweed and algae extracts, Good Catch is high in protein and omega-3. **£2.50 at Tesco**



NEW FOOD!

Supermarket launches

Take a look at the exciting new vegan products hitting the supermarket shelves this season

Mummy Meagz

We can't get enough of these new rocky road bars, made with gooey Belgian chocolate, crunchy biscuit pieces and fluffy marshmallows. **£1.29 at Holland & Barrett**



Higgidy Pie

Filled with a warming blend of aubergine, red lentils and spinach and spiced with cumin, chilli and garam masala, this new vegan pie is topped with a puffed rice, date and pumpkin seed crumb. **£3.90 at Waitrose and Sainsbury's**



How to eat vegan on a budget



It's a common myth that cooking vegan food is expensive. In fact, a vegan diet is often the cheapest and most sustainable way to eat, say the founders of The Vurger Co, **Rachel** and **Neil**

#1 Batch and bulk cooking

Cooking in large quantities is a great way to eat vegan on a budget, as the price per portion ends up much less than it would if you were cooking a new meal each night. It's also a great way to save yourself time and effort during the week! We love to cook a big old stew or some sort of tray bake or casserole on a Sunday and then freeze or refrigerate the rest in individual containers for the coming week.

#2 Eat seasonal food

Food that's in season tastes better and it's also a great way of eating vegan on a budget. Check what's on discount at the front of the fruit and veg section at your local supermarket – that's usually what's in season!



THE AUTHORS

Rachel Hugh and Neil Potts are the founders of sustainable vegan restaurant brand The Vurger Co.

The pair have been on a mission to revolutionise fast food through the power of plants since 2016. thevurgerco.com



#3 Stock up on key cupboard ingredients

Oils, flours, seasonings, tinned ingredients and dry food like pasta and grains are all ingredients with a long shelf life and they're great to keep in the cupboard for when you need to throw together a meal. Try to buy dry (rather than pre-cooked) rice, lentils and quinoa as this can be up to five times cheaper!

#4 Don't waste the food in your fridge

If you're aware you have a lot of food left in your fridge, pull it all together to cook what we like to call a 'throw together' meal! This is one of our favourite ways to eat vegan on a budget and we often look forward to these meals the most as they introduce you to combinations you may not have tried before. It also makes a change from your usual week-night recipe rotation.



#5 Put your freezer through its paces!

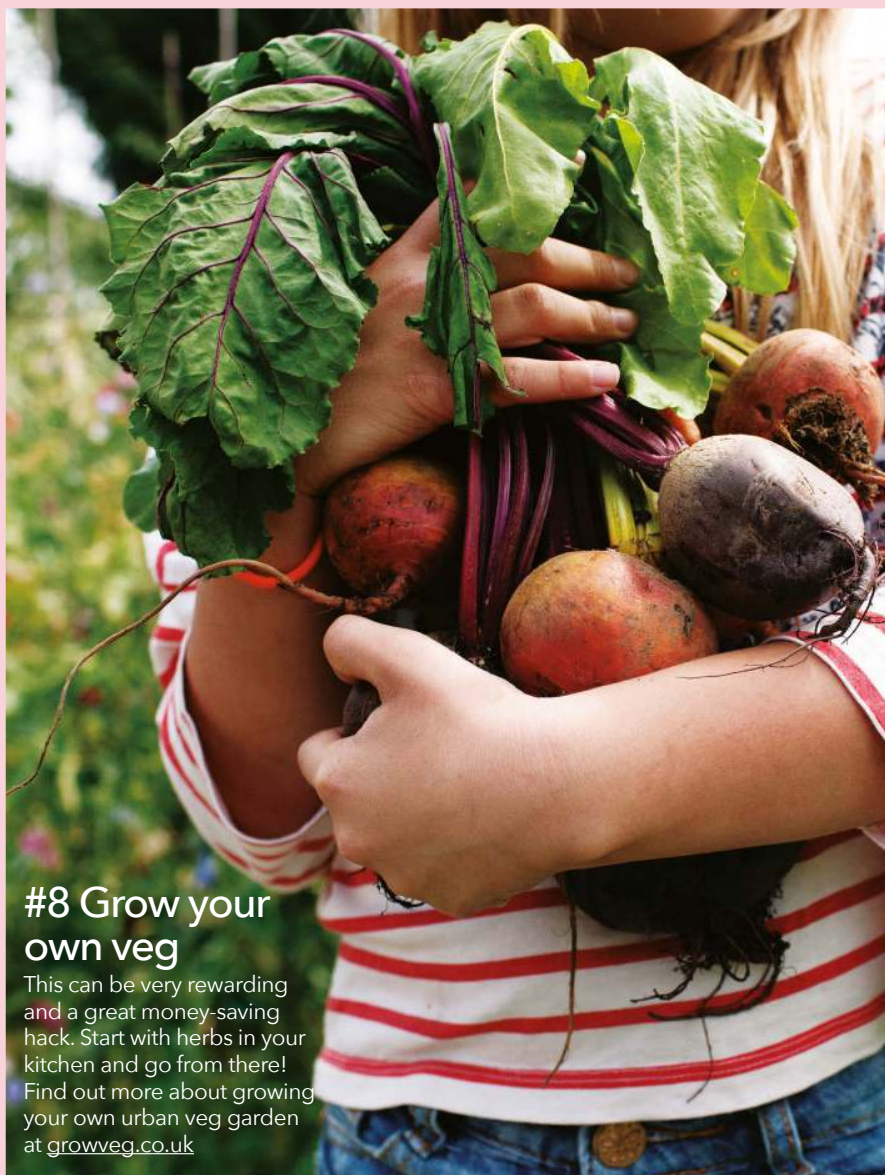
The freezer is literally our favourite piece of equipment when we're eating vegan on a budget. Anything that's nearing its expiry or you know you won't eat soon, whack it in the freezer! You can freeze food items such as banana, spinach and kale for smoothies. You can also freeze sliced bread and, of course, your home cooked meals! Just check to make sure before you freeze anything to see if it's freeze-able. Many items such as fruits and vegetables are often cheaper to buy frozen. They will have been frozen from fresh and so often contain more nutrients than vegetables that have been sat on the shelves for a while.

#6 Start using food waste apps to get free or cheap food

Apps such as Karma, Olio and Too Good to Go are an amazing way of getting your hands on free or cheap vegan food. Collect from neighbours or nearby restaurants, or put your own food on offer and spread the vegan foodie love! Eating vegan on a budget has never been so social.

#7 Only buy what you really need

If you find yourself with loads of wasted food every week, consider what you actually need when you're at the supermarket. If it's a perishable item such as fruit or veg, try and work out what meal you're actually buying it for before you purchase. If you're not sure, come back for it later. If you're a 'once a week' shopper, try breaking up your supermarket shop to two or three times a week instead of one big one. Then you're only buying what you need rather than overbuying and throwing things away at the end of the week.



#8 Grow your own veg

This can be very rewarding and a great money-saving hack. Start with herbs in your kitchen and go from there! Find out more about growing your own urban veg garden at growveg.co.uk

#9 Eat slower!

It's a simple piece of advice, but we often underestimate this one. When we eat too quickly our bodies don't have time to recognise when we are full, so we often over eat. The slower you eat, the more time you are giving food to reach your stomach. You will feel fuller faster and may have food left for another meal later in the week.

#10 Try investing in a budget vegan cookbook

It's sometimes nice to have a physical cookbook rather than always looking online. We love any of Deliciously Ella's books as her recipes are accessible, simple and affordable and champion common household ingredients. So *Vegan in 5*, is great too, and contains a whole host of cheap vegan recipes all using five ingredients or less.

#11 Eat wholefood and wholegrains

These will leave you feeling more satisfied, more energised and less likely to be picking up those impulse-buy snacks mid morning or afternoon. Pack in beans, local and/or seasonal vegetables, lentils, quinoa, pasta and rice.

#12 Use expensive ingredients in small quantities

This includes things like nuts, seeds, dates, sweeteners such as maple syrup and agave, avocado, nutritional yeast, powders (cacao, maca, carob, etc) and pre-made food like energy bars and ready meals. **SV**



MEET

Evanna Lynch

The actress shares her journey from vegetarian to animal rights advocate and podcast host

Born in County Louth, Ireland in 1991, Evanna – or Evy as she's known to her friends – was *Harry Potter* obsessed from a young age. She went on to star in the series of films, and has since used her fame and influence to promote animal rights and welfare issues, working with Mercy For Animals, Animal Equality, PETA and Compassion in World Farming. Here she shares her passion for all things vegan related...

When did you go vegan?

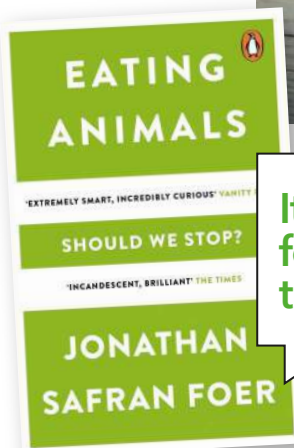
I went vegan in late 2013/early 2014. I don't have a precise 'veggiversary' date because it was a gradual transition for me. I tried and failed a few times and had many vegetarian relapses. A lot of that was due to my past history with eating disorders. It wasn't until a friend introduced me to the 'crowding out' method – whereby you introduce new vegan foods into your diet and substitute animal products with plant-based products *before* you cut anything out of your diet – that I was actually able to healthily make the transition. It really does feel joyful and abundant now. I thought there'd always be a degree of sacrifice and deprivation inherent in cutting out animal products and frankly, it feels completely the opposite.

What was your main reason?

The animals really, and an aversion to violence. I was already an ethical vegetarian since the age of 11 as I couldn't bear the idea that an innocent creature



IMAGE: FAYE PUFF



It took *Eating Animals* for me to understand the bloodshed.

would lose their life for a meal. It took another few years, and reading the book *Eating Animals*, for me to understand the bloodshed and violence inherent in the process of eggs and milk production. It is a heart-centred cause for me and that's why I don't really argue with people about veganism online or in person. I'd rather spend my time fighting the system that normalises and profits from animal exploitation than arguing over whether it's right or not.

How has this impacted your life?

Oh gosh, in countless ways. I have a community like never before. I've met some of my best friends through being

vegan. It's made me a much more patient and forgiving person because the experience of loving people who participate in something terrible really deepens your empathy.

But the overarching thing that has changed is that I just feel like I gained a part of myself back that the world had worn away. I was always vegan in my heart and soul. I actually believe most people are. But we grow up in a society that leads us away from the authentic knowing within ourselves, that numbs our compassion and exacerbates our need to be small, be the same, to not stick out, and we end up sacrificing parts of ourselves in the process. Going vegan for me was very empowering. I like myself better now. I feel at home in myself. I think it's because when you go vegan you're making a profound statement of who you are. You're saying 'this is what I believe and even though everyone is telling me that's crazy and extreme I know it's right so I'm going to do it anyway'. Veganism reacquainted me with my values.



At a Mercy for Animals gala with Milo Runkle and Elliot Knight

Irish Evanna admits to liking any potato-based vegan dish!



With Harry Potter co-star Scarlett Byrne



Comedian Nikki Glaser features in episode 7 of *Chickpeeps*

Tell us about the new series of your podcast, *Chickpeeps*...

It's been great! We've had some brilliantly entertaining guests such as Dino Luciano, and Nikki Glaser, and incredible activists like Leah Garces and Colleen Patrick Goudreau. We're having much more nuanced conversations this season about how to be an effective activist, it's not the basics of veganism and we're not giving black or white answers.

We also have a much greater focus on sustainability this season and how that goes hand-in-hand with veganism. It wasn't a topic I knew much about before this season started but our audience kept requesting education on this topic and I realised it was something I was quite ignorant about so I'm using this season to address my own lack of knowledge as much as anyone else's! And that's why I started the podcast really – to continuously learn about veganism and how to make better, more compassionate choices.

How did you come to set up the Kinder Beauty Box?

It was an idea hatched between my co-founders, Daniella Monet, Andrew Bernstein and I. Andrew used to work at PETA and then moved to work at a subscription box company and he connected Daniella and I with the vision to create a vegan subscription box. Daniella and I are both actresses and ethical vegans and knew the struggle of working in the entertainment industry and trying to find make-up artists or brands that would cater to our vegan values. It's one thing to go

vegan in your diet but I just found to go completely vegan and cruelty free in your make-up routine, you practically have to have a chemistry degree or at least be prepared to do a lot of detailed research online. We wanted to make it easy and affordable for people to discover and support amazing vegan and cruelty-free brands.

What are your three favourite vegan beauty products?

I love the IGK Beach Club texture spray. As a flat, fine hair sufferer, this thing changed the game for my vegan beauty routine! I love big hair and I do not have it but with this product I can pretend. I'm also obsessed with Inika's Curvy Lash Vegan Mascara. People always compliment my eyelashes when I wear it which is a very weirdly specific compliment to get so it's obviously good stuff. I also love Bite Beauty's Changemaker foundation.

What's your favourite vegan dish?

Vegan Shepherdess Pie! I cooked this for my junior cert home ec exam when I was 15 and got an A1 and my mum makes it every time I come home. Fact: if you're ever cooking for an Irish person, know that their appetite won't be truly satiated if the meal does not include mashed potatoes.

What are your plans for the coming year?

I'm playing Ophelia in a theatre production of *Hamlet* in the spring and continuing to produce *Chickpeeps* episodes on a weekly basis until July. After that I'm going to take a break and focus on my writing. **SV**



Listen to Evanna's inspiring podcast at thechickpeeps.com

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A one week yoga retreat

YogaMagic Eco Retreat in Goa is offering one lucky reader the chance to stay at their exclusive yoga retreat

Recently rated among the top 20 yoga resorts in the world by *The Sunday Times*, and featured extensively by international media for its unique design and environmentally friendly ethos, YogaMagic Eco Retreat offers a yoga and meditation experience in a luxuriously earthy environment. Inspirationally created within the lush grounds of a coconut grove, surrounded by rice paddy fields abundant in bird-life, this natural oasis of peace eases guests back to nature.

Celebrating 17 years in Goa this year, YogaMagic has welcomed more than 6,000 brand new and experienced yoga practitioners from many different countries, varied backgrounds and professional fields. They discover the path to yoga through teaching, which draws intuitively from India's historic traditions of meditation, asana and pranayama, as well as spending time connecting with nature in an environment that provides the perfect space for self-exploration and spiritual growth.

The programme allows plenty of free time to relax by the pool, take part in cookery classes, indulge in treatments at the on-site Ayurvedic spa, to explore the scenic and historical sites of the local area or experience the beach life. A nutritious vegan menu is served with gluten-free options, organic where possible and increasingly home grown. For more details visit yogamagic.net

This month, one lucky reader will win a week-long yoga holiday for two at the retreat, including all meals, meditation and yoga classes, cookery classes and unlimited chai or garden teas.

COMPETITION RULES The closing date for this competition is **1st April 2020**. 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. This competition is not open to employees of Anthem Publishing or their families. Flights, transfers and visas are not included in the prize. Prize must be taken between 15th November 2020 and 31st March 2021. Dates to be confirmed three months before arrival. Visit veganfoodandliving.com for full terms and conditions.



HOW TO ENTER

For your chance to win, simply answer this question...

Where did yoga originate?

A India B Thailand C New Zealand

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HOT TOPIC

Are avocados vegan?

Since *that* episode of *GI*, it's a question many of us have been faced with. Should we ditch our avo on toast? **Matt Turner** shares his thoughts



It's important to examine our definition of veganism when answering the avocado question. Veganism is 'a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing for any other purpose.'

The emphasis here should be on 'possible' and 'practical'. We acknowledge that in a non-vegan world, it is simply not possible for everybody to avoid all forms of animal exploitation.

COMMERCIAL BEEKEEPING

A sad reality that we have to face up to is that many products that are considered vegan staples are mass-produced in a way that is reliant on commercial beekeeping: beans, tomatoes, almonds, butternut squash to name but a few. Avocados fall into this category as well.

Therefore, how restricted would our diets be if the assertion that avocados are not vegan was put into practice as a new ethical gold standard?

This issue of migratory beekeeping, which is essentially the moving of colonies from one area to another for the purpose of pollinating crops, is often raised. The trouble facing vegans is that many of us will not be able to specifically source where or what farm the avocados from our local supermarket or market came from, or how 'natural' the pollination process actually was. If it's not traceable, how are we meant to know?

This is why it is all about what is possible and practicable. Sadly, it is both impossible and impractical for many to avoid mainstream farming practices when it comes to crops, fruits and vegetables.

In a non-vegan world, it is simply not possible for everybody to avoid all forms of animal exploitation.

That's not to say we don't fully understand the reasons why some vegans might shun avocados in the future. It's an individual choice and one that should be respected, but we would fall short of claiming that avocados are not vegan altogether.

THE ENVIRONMENTAL IMPACT

Another issue often raised is the environmental impact of avocados. It's been widely reported that compared to other fruits and vegetables, the impact is relatively high.

Of course, this is still nowhere near the level of climate destruction that animal agriculture and the production of meat foists upon our planet,

so you are still doing better than most.

Regardless of whether you've had avocado on toast this morning or not, research by Oxford University has shown that a vegan diet is the single most effective way to reduce our environmental footprint.

THE ART OF THE POSSIBLE

In short, even as vegans, there are always better, more ethical choices we could make when it comes to food consumption. To some, that will include a diet that is avocado free – for valid reasons. That being said, by our definition of what is possible and practicable, avocados can form part of a vegan diet.

Keep on doing your best – and if you did Veganuary or you're new to veganism, good luck with your journey! If you need more support, we've got everything you'll need to educate yourself at vegansociety.com, including recipes, nutrition advice and more. **SV**



THE AUTHOR

Matt Turner is a spokesperson for The Vegan Society, which that provides information and guidance on various aspects of veganism. vegansociety.com

IMAGE: TAPKIMONEY/GETTY IMAGES



Your Earth needs you!

Join the **Earth Day movement** as it celebrates its 50th year and find out why it's more relevant now than ever before



THE EXPERT

Kathleen Rogers is the Earth Day Network President. She was formerly an environmental lawyer and has led the Earth Day network since 2011. Her aim is to take the environmental movement to a wider audience.

Every year, on April 22nd, people around the world come together to celebrate and campaign for greater protection for our planet. The event, known as Earth Day, is an ever-growing worldwide movement that aims to bring attention to the major issues that our environment faces and to fight for change.

The birth of this environmental movement happened in April 1970, when the first Earth Day saw 20 million people campaign for better treatment of our planet. Air pollution was rife, oceans and marine life were being devastated by oil spills, and rivers were overflowing with litter. The movement acted as a voice for the environment – activists took to the streets to protest the damage being done to the planet, demanding something be done. “20 million people all doing the same thing in a single day in protest – it was quite a wake up call to the members of congress and other legislators who suddenly became very afraid of all those people,” describes Kathleen Rogers, President of Earth Day Network. Within a year, and with a lot of pressure from the movement, the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water and Endangered Species Acts was formed.

This year, Earth Day is celebrating its 50th year, but its mission is more relevant than ever. Our planet is in an environmental crisis. We are faced with huge challenges from loss of biodiversity, pollution, degradation of our ecosystems, and climate change. “We’re seeing an extraordinary proliferation of plastics, which have really devastating impacts on natural systems,” says Kathleen. “The list of problems that existed in the 70s was bad enough, and now worldwide, with a →

growing population, it's almost impossible to keep up with degradation, species decline, and then the mother of all problems – climate change, which is accelerating it all. So this decade is viewed as the last decade where we can get our act together."

Earth Day Network, the global coordinator of Earth Day, is bringing Earth Day back to its roots for 2020, building an intergenerational movement demanding change. "People are using the 50th as they did in the 70s – to really get people to kick-start their own movements in their own communities," says Kathleen. Earth Day 2020 will serve as a catalyst for bringing people together worldwide to raise awareness of global and local environmental issues and campaign for change.

Get involved

This year, Earth Day Network is launching a number of campaigns to spark the largest, most diverse global mobilisation in history. "Our world needs a united response for bold action," says Kathleen.

"Our campaigns are intended to activate at least a billion people worldwide to meet Earth Day's 2020 theme of climate action," she adds. Here are some of the campaigns being launched this year...

EARTHRRISE

This is a mobilisation to demand climate action that will involve millions around the world on April 22, 2020.

THE GREAT GLOBAL CLEAN-UP

A nationwide campaign to remove billions of pieces of rubbish from beaches, rivers, lakes, trails, and parks in your local area.

EARTH CHALLENGE 2020

The largest ever global citizen science initiative, which will arm everyday individuals with the tools they need to report on the health and wellbeing of the environment. From water quality, to air quality, to the species around them, a mobile app will make it possible to collect billions of observations to promote policy change in these areas.

FOODPRINTS FOR THE FUTURE

The food system produces over a quarter of all greenhouse gas emissions, of which approximately 80 per cent are associated with livestock production. This is a collaboration with individuals, communities, and partners across all sectors to tackle this.

ARTISTS FOR THE EARTH

A global campaign bringing together artists from around the world in every discipline, using the power of their work to engage the public with the critical issues of the environment.

GLOBAL TEACH-INS

This was the original model of Earth Day 1970, calling on people around the world to take part with the goal of reaching more than 500 million students and community members worldwide. Sign up online and you'll be given resources that will help you organise your own environmental teach-in to educate others in your community.

There are so many things you can get involved with – including clean-ups, peaceful protests, fundraisers, tree planting, music events and more. You can even host a your own Earth Day event for your local community. To find out what's happening in your area, head to earthday.org/earth-day-2020. **SV**



ACT NOW!

As well as participating on 22nd April, it's easy to get active against climate change in everyday life. "Remember that your voice is your most valuable tool... the fate of our planet rests on what we do now," says Kathleen.

• Campaign

You don't need to wait for an event to get yourself heard. Write letters and emails to companies and the government to urge them to act.

• Go vegan

Animal agriculture, contributes as much greenhouse gas as vehicles. Choosing a plant-based diet is one of the most powerful ways to reduce our individual carbon footprints.

• Be informed and spread the word

Educate yourself and others about the environment, and explain why it is important to take care of it.

• Choose to walk

Or cycle, or use public transport – whatever you prefer. But by driving less, you'll be helping to keep pollution levels down.

• Compost and recycle

Don't add to landfill – get clued up on how to correctly dispose of your household waste.

• Cut back

Stop using single-use plastics; only buy what you'll use; choose vintage clothing over new. If everyone had this mindset, waste production would be significantly less.

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Does animal activism work?



THE AUTHOR

Charlotte Willis is a freelance journalist and health writer who has worked with The Vegan Society and Veganuary.

We've never been more aware of animal suffering, but does animal activism do anything for the vegan movement, asks **Charlotte Willis**.

Animal activism. Two words, which, when strung together, breathe quite distinctive reactions into individuals, both inside and outside of the vegan movement. For some, animal activism is at the crux of what it means to be a vegan. For others, it's something which negates the progression of veganism into the consciousness of the wider population.

Where it all began

Animal rights activism, also termed animal liberation movements, can be traced back to the animal protection movement in Victorian England. Here, early campaigners responded to the cruel treatment of workhorses and stray dogs in urban areas. The modern animal rights movement in the UK is said to have been founded in the 1970s by a group of Oxford University graduates, who began to actively encourage others to view animals as having moral rights by arguing their case to philosophers at the university. The movement gathered momentum, inspiring other academics and notable figures to join the movement in the 1980s and 1990s, introducing the world to the necessity of animal protection from human exploitation.

Animal activism, from the view of those of us within the vegan movement in particular, recognises the need for animals to be regarded as sentient beings, whose voices are worthy of being heard and whose lives are equally as important as our own. As such, modern activism encourages the public to voluntarily stop using animals in day-to-day living, in every aspect including food and clothing. United in this one belief, organisations such as Surge,

PETA and Viva! were born, with a mission to educate the public about animal maltreatment.

Awareness is essential

We'll all have seen striking campaigns by PETA against the use of animal fur, and more recently, the work of Anonymous For The Voiceless, staging Cubes of Truth in city centres around the UK. These groups work to raise awareness of the horrific, yet lesser known, ways in which animals are treated and ultimately killed for human consumption. This is done via exposure strategies, which show members of the public images or footage depicting animals caught up in the trappings of the meat, dairy and egg industries. These are powerful messages, which gather mixed reactions from onlookers.

There's no doubt that these exposure strategies of animal rights groups gather crowds. Quite often, if the reaction is salient enough, group action will result in animal rights organisations receiving newsworthy attention. Large-scale events such as the record-breaking turnout at the Official Animal Rights March, organised by Surge last summer, and the blockade of Smithfield Meat Market by Animal Rebellion in October last year, hit the headlines, bringing the importance of animal advocacy to the forefront. An important stand for animal liberation, these events are designed to unite individuals who wish to publicly speak up for animals under human control.

» What we should all be doing is finding smaller ways to incorporate activism into our daily lives.



Is activism the way for all?

Whilst raising awareness is critical in order to encourage the public to make a connection between the foods they eat and the lives at stake, some methods of animal activism aren't effective, or practicable for all. For example, some people will not find witnessing disturbing footage of benefit. Not because these individuals refuse to accept that it happens, or are blind to animal suffering, but because the footage is actually quite traumatising to witness, leading to a startled reaction and a tendency to avoid witnessing such violence.

Other activist methods, such as taking animals from farms, invading slaughterhouses or creating barricades around higher profile areas, may cross the line into illegal activity – the actions of which have led to a heightened police

awareness and vigilance surrounding animal rights protests. To exacerbate the situation, police interventions are often streamed live on social media and shared amongst protesters within the community, adding to the 'them vs us' mentality. Such treacherous protests are encouraging to some, but nothing more than a nuisance to others, and may even present a barrier when it comes to having a considered conversation about animal ethics and the global need for dietary change.

Activism for you

Concerns for animals' welfare is one of the main reasons individuals give for making the decision to try veganism, and as such, animal activism should remain an important aspect of every vegan's work to encourage a mass change in dietary choice. However, that's not to say that we all begin eliciting an 'anything goes' policy. It is important to remember that not everyone will respond to, or feel comfortable participating in all methods of activism – and that's perfectly ok.

What we should be doing is finding smaller ways to incorporate activism in a practice which we as individuals are comfortable with, and can include in our everyday lives. Whether this be sharing a post about animal welfare on Instagram, donating to an animal sanctuary, or simply starting a life-changing conversation with a friend or family member, activism can be as small or large-scale as you like it to be, so long as no one is harmed, and the message is peaceful and progressive. **SV**



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DESTINATION: *vegan* Festivals

Look ahead to long summer days (they're coming, we promise!) and put one of these vegan-friendly, sustainable festivals in your social calendar!



The *main* event

VEGAN CAMP OUT 21ST – 23RD AUGUST
Newark Showground, Coddington

Featuring a host of big names from the vegan world – including Bosh!, activist Joey Carbstong, Wicked Healthy's Derek Sarno and actor Peter Egan – this is the world's largest vegan camping festival. There's a family area, an activism stage, yoga, fitness, DJs and the most amazing meat-free meals you could ever dream of. It's like you've died and gone to vegan heaven.

How much? Adult tickets cost £50, children over three cost £25.
Book at vegancampout.co.uk



The *new* kid on the block

VFEST 26TH – 28TH JUNE
Dinton Country Park, Wokingham

This brand new event features exciting headline acts, challenging outdoor activities, family entertainment, shows, international speakers, stalls, global food caterers and much more. TV chef Matt Pritchard, Guinness World Record holder Fiona Oakes and Extinction Rebellion co-founder, Roger Hallam, will be just some of the famous names at the event.

How much? Adult tickets cost £40 and child tickets £20.
Book at vfestuk.co.uk





For **hippies** at heart

GREEN GATHERING 30TH JULY – 2ND AUGUST 2020
Near Chepstow

Powered by 100 per cent renewable energy, this small, family-friendly festival has sustainability at its heart. Food is 'local and affordable, meat- and fish-free and ethically/sustainably sourced', and there's a speakers forum, crafts, healing circle and an array of unique music.

How much? Day tickets cost £35 (on the gate only); adult weekend tickets start at £100.

Book at greengathering.org.uk



The **wild** escape

WILDERNESS 30TH JULY – 2ND AUGUST
Oxfordshire

Get away from the madness and mayhem and immerse yourself in this celebration of nature and adventure, where you can dive in the lakes, roll in the grass, ride a bike through the forests, camp under the stars and then dance like there's no tomorrow. Headliners include Loyle Carner, Foals, Supergrass and Kelis.

How much? From £185 for an adult ticket, including camping.

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How much? Weekend passes start at £199; under fives go free.

Book at thebigretreatwales.co.uk



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» IN SEASON THIS MONTH

ASPARAGUS

Celebrate the arrival of spring
with this health-packed veg!
Perfect for your Easter lunch...



Celebrate Easter

Whether you're hosting lunch for the family or making a dish to share with friends, these sweet treats and main meal ideas will ensure everyone is catered for.





QUICK CHEAT
Find pre-made, vegan-friendly
hot cross buns at Tesco, Iceland,
Asda and Waitrose.

Hot Cross Bun, Custard & Blueberry Cake

By **Anthea Cheng** from Rainbow Nourishments, rainbownourishments.com

SERVES 8-10

prep 5 mins | cook 10 mins

- 6 shop-bought, dairy-free hot cross buns
- 600ml (20fl oz) soy milk
- 7 tbsp corn flour or corn starch
- 6 tbsp maple syrup, or to taste

- dash of vanilla bean powder
- 50g (1¾oz) fresh or frozen blueberries

- 1 Line the bottom of a 20cm loose bottom or springform cake tin with baking paper.
- 2 Slice hot cross buns in half

width ways and place the bottom halves of the buns along the bottom of the cake tin. Use any spare spread to fill in the gaps.

3 For the custard filling, add the soy milk, cornflour, maple syrup and vanilla to a medium saucepan over a high heat. Mix with a spoon until thickened (it should be the thickness of yoghurt). Make sure there are no lumps.

4 Pour the custard on top of the hot cross buns and scatter blueberries on top. Arrange the

remaining halves of hot cross bun onto the custard and set aside in the fridge.

5 When the custard is set or dry to the touch, remove the cake from the tin, slice and enjoy! To store, keep in an airtight container for up to 5 days.

PER SERVING (BASED ON 10)
cal 173 | protein 4.7g | carbs 31.8g

fat 3g **saturate** 0.2g **salt** 0.40g **sugar** 10.2g



Spring Ratatouille

by The Vegetarian Silver Spoon

MAKES 4

prep 20 mins | cook 30 mins

- 1 bunch of asparagus, ends trimmed
- juice of 1 lemon
- 4 artichokes
- 200g (7oz) baby courgettes
- 200g (7oz) cherry tomatoes
- 60ml (2fl oz) extra virgin olive oil
- 1 small red onion, cut into thin wedges
- 300g (10½oz) new potatoes, scrubbed and halved
- salt
- 40g (1½oz) salted peanuts, coarsely chopped
- handful of basil leaves

1 Peel the asparagus stalks with a vegetable peeler and slice them on an angle.

2 Fill a large bowl with cool water and add the lemon juice. Trim the artichokes, cut them into wedges, and cut the fuzzy choke from the centre,

dropping the wedges into the bowl of lemon water as you go (this prevents them from browning).

3 Wash the courgettes and slice them thickly on an angle. Prick the tomatoes with the tip of a small knife.

4 In a large saucepan, heat the olive oil over a medium heat. Add the onion and potatoes and cook for 2-3 minutes to let the flavour develop, then add 200ml (7fl oz) boiling water. Season with salt and cook for 10 minutes. Drain the artichokes and add them to the pot. Add the tomatoes and cook for 6-7 minutes.

5 Add the courgettes and asparagus and season with salt. Cover and cook for another 5 minutes, then turn off the heat.

6 Sprinkle with the peanuts and basil, then serve.

PER SERVING

cals 293 | protein 10.1g | carbs 26.1g

fat 19.8g | saturate 2.8g | salt 0.16g | sugar 7.2g

Lunch is served!

This is a lovely side dish for an Easter lunch, or to make this a main dish, serve it over a bed of bulgur wheat.



Broccoli, Kale, & Cauliflower Gratin

by The Vegetarian Silver Spoon

SERVES 4

prep 20 mins | cook 45 mins

- 1 medium cauliflower, cut into florets
- 400g (14oz) broccoli, cut into florets
- 1 bunch of kale or cavolo nero, leaves stemmed
- 6 tbsp extra virgin olive oil, plus more for greasing
- 3 tbsp rice flour
- 400ml (13½fl oz) unsweetened rice milk
- pinch of freshly grated nutmeg
- 50g (1¾oz) raw almonds, coarsely chopped
- 30g (1oz) breadcrumbs
- salt and black pepper

1 Preheat the oven to 180°C/Gas Mark 4. Lightly oil a baking dish.

2 Bring a large pot of salted water to a boil. Add the cauliflower and cook for 5 minutes, then use a slotted spoon to transfer it to a colander to drain and cool. Repeat with the broccoli, transferring it to a separate colander to drain. Add the kale leaves to the boiling water and cook for 6-7 minutes, then drain and run under cold running water. Squeeze out excess water and chop.

3 In a small saucepan, heat 3 tbsp olive oil over a medium heat. Add the rice flour and toast, stirring continuously, for

Crunch time

The breadcrumbs can be replaced with 2 heaped tbsp quick-cooking oats or crumbled cornflakes.

a few seconds. While whisking, slowly drizzle in the rice milk and whisk until combined. Reduce the heat to low and cook the sauce for 7-8 minutes. Season with nutmeg and salt, then pour into a bowl.

4 Add the cauliflower to the sauce and purée with a hand blender until smooth. Add the kale and almonds, season with salt and pepper, and stir to combine.

5 In a small bowl, mix the breadcrumbs with the remaining oil.

6 Pour the cauliflower-béchamel mixture into the prepared baking dish. Arrange the broccoli on top and sprinkle with the breadcrumbs, then bake for about 30 minutes, until golden brown.

PER SERVING

cals 406 | protein 10.7g | carbs 34.3g

fat 29.1g | saturate 3.6g | salt 0.19g | sugar 6.2g



Save time

This recipe can be made using pre-prepared puff pastry such as Jus Rol, which contains vegetable oil or margarine rather than butter.

Aubergine & Tomato Strudel

by The Vegetarian Silver Spoon

SERVES 6-8

prep 30 mins + resting time |
cook 50 mins

- 200g (7oz) plain flour
- 5½-6½ tbsp extra virgin olive oil
- 1 large aubergine, sliced
- 6 plum tomatoes, sliced
- 1 garlic clove, sliced
- 80g (2¾oz) fresh rye breadcrumbs
- 80g (2¾oz) raw almonds, coarsely chopped
- leaves from 3 sprigs of thyme
- pinch of red pepper flakes
- salt

1 Preheat the oven to 220°C/ Gas Mark 7. Line a roasting pan with parchment paper.

2 In a food processor, combine the flour and a pinch of salt. With the motor running, drizzle in 3½ tbsp olive oil and 100ml (3¼fl oz) warm water and process until the dough comes together. Wrap the dough in cling film and refrigerate for 30 minutes.

3 Arrange the aubergine and tomato slices in the prepared pan and lightly salt them. Sprinkle with the garlic and drizzle with the remaining 2 tbsp oil. Roast for about 20 minutes, until the aubergine is tender. Remove from the oven and let cool; keep the oven on.

4 In a small bowl, combine the breadcrumbs, almonds, thyme, and red pepper flakes.

5 On a sheet of parchment, roll out the dough into a very thin rectangle. Arrange the roasted vegetables over the dough, leaving a 2½cm (1in) border uncovered, then sprinkle evenly with the breadcrumb mixture. Fold the long edges toward the centre. Starting from one end, roll up the dough to enclose the filling, using the parchment to help. Transfer the strudel, still on the parchment, to a baking tray.

6 Bake for about 30 minutes, until lightly browned. Serve warm or at room temperature.

PER SERVING (BASED ON 8)

cal 315 | protein 7.5g | carbs 36.3g

fat 16.4g | saturate 2g | salt 0.9g | sugar 5.4g

READ MORE...

This recipe and those on p36 are taken from *The Vegetarian Silver Spoon: Classic & Contemporary Italian Recipes* by The Silver Spoon Kitchen. Phaidon (£35). This book contains non-vegan recipes.



Herby Potato & Radish Salad

by Rachel Demuth from Demuths Cookery School, demuths.co.uk

photo by Rob Wicks of Eat Pictures

SERVES 4

prep 15 mins | cook 15 mins

- 500g (17½oz) Jersey Royal or Charlotte potatoes, scrubbed
- 8 radishes, sliced thinly
- 1 banana shallot, chopped finely
- 12 cocktail gherkins, sliced
- 2 tbsp chopped dill
- 2 tbsp chopped chives
- 1 tbsp chopped fennel fronds

For the dressing

- 1 tbsp grain mustard
- 1 tsp Dijon mustard
- 1 tbsp white wine vinegar
- 100ml (3½fl oz) dairy-free crème fraîche (such as Oatly)
- salt and pepper

1 Boil the potatoes until tender which will take about 15 minutes depending on size. Set aside to cool a little.

2 Mix the dressing ingredients together in a large mixing bowl, then stir in the potatoes whilst still slightly warm so they absorb the flavours. Taste and season with salt and pepper.

3 Add the chopped shallot, gherkins and herbs and mix well to combine.

Reduce waste

This is a great recipe for using up leftover potatoes. You could also use capers instead of gherkins and try different herbs.

4 Stir in the radishes just before serving – the salad can turn pink if made too far in advance!

PER SERVING

cal 161 | protein 2.8g | carbs 25g

fat 3.9g | saturate 3.5g | salt 0.96g | sugar 3.2g

SERVE IT WITH...

This would pair nicely with any pastry dish.



Make these recipes? Tag @simplyvegan on Instagram and hashtag it #simplyvegan



Easter Sandwich Biscuits

by The Kind State of Mind, kindstateofmind.com

MAKES 10-12

prep 20 mins | cook 10 mins

For the shortbreads

- 50g (1¾oz) caster sugar
- 100g (3½oz) hard vegan margarine (such as Stork)
- 150g (5¼oz) plain flour, plus extra for dusting
- pinch of salt
- ½ tsp vanilla powder or essence

For the filling

- 25g (¾oz) vegan butter
- 75g (2½oz) icing sugar
- few drops of lemon and strawberry flavouring
- few drops of yellow and pink food colouring (optional)

1 Preheat your oven to 180°C/ Gas Mark 4 and line 2 baking sheets with greaseproof paper.

2 Add all the shortbread ingredients to the container of a food processor and pulse to combine. Keep processing until the mixture starts to come together into a ball.

3 Remove the dough and place onto a floured work surface, kneading gently a few times. Roll out the dough, no thicker than a £1 coin. Dust well with flour underneath to prevent sticking.

4 Using a small round cutter, cut out the biscuits and gently place onto the prepared baking trays. Gather up the remaining dough and roll out again, continuing

to cut biscuits until there is no dough left.

5 Taking a smaller cutter, cut a little hole in the middle of half of the biscuits on the trays to make the tops (the remainder will be the bottom biscuits). Use mini bunny or chick cutters or anything else you have. You could also use the end of a straw to take a few little circles of dough out, or use a bottle top to cut a hole – anything goes!

6 Bake for 8-10 minutes. For the sugar coating, sprinkle a tbsp or so of caster sugar over the biscuits whilst they are still hot. Leave on the baking trays for a few minutes before transferring to a wire rack. Don't worry if they seem soft when they first come out of the oven – they will firm up as they cool.

7 While they are cooling, cream together the butter and icing sugar. Divide this mixture into two, and add the strawberry and pink colouring to one and the lemon and yellow into the other. Mix both well to combine.

8 Spoon or pipe 1 tsp buttercream on to each of the bottom biscuits and then top with the cut-out biscuits.

PER SERVING (BASED ON 12)
cals 146 | protein 1.3g | carbs 22g



Chocolate & Hazelnut Brownies

by Rachel Demuth from Demuths Cookery School, demuths.co.uk

photo by Rob Wicks of Eat Pictures

MAKES 12

prep 20 mins | cook 30 mins

- 150g (5¼oz) vegan dark chocolate
- 50g (1¾oz) margarine
- 50g (1¾oz) coconut oil
- 3 tbsp chia seeds
- 9 tbsp water
- 100g (3½oz) soft dates (or soaked to soften)
- 150g (5¼oz) soft brown sugar
- 1 tsp vanilla extract
- 75g (2½oz) plain gluten-free flour
- 50g (1¾oz) ground hazelnuts
- 1 ¼ tsp baking powder

1 Pre-heat the oven to 195°C/ Gas Mark 5.

2 Line a 20cm x 20cm square cake or brownie tin with baking parchment.

3 Melt the chocolate, margarine and coconut oil in a heatproof bowl above a pan filled one third full of simmering water.

4 Heat the chia seeds in the water and bring to a gentle simmer for a few minutes. Leave to thicken and cool down.

5 Blend the dates with the sugar until smooth, then slowly stir into the melted chocolate mixture.

6 Add in the chia seed mixture and vanilla and stir well to combine.

Easter theme

To give these treats an Easter feel, top with mini eggs, such as Doisy & Dam Good Eggs, £1.75 at Holland & Barrett or any dairy-free dark chocolate eggs.

7 Stir in the flour and ground hazelnuts and mix thoroughly to ensure no lumps of flour are visible.

8 Spoon the mixture into the prepared tin and bake in the pre-heated oven for 15-20 minutes or until the brownies are set on the sides, cracking slightly but still soft to the touch in the middle.

9 Leave to cool for a short time, then chill in the fridge before cutting into squares.

10 To serve, drizzle with melted vegan dark chocolate, a dusting of cocoa powder and some caramel hazelnuts – or whatever topping you like!

PER SERVING

cals 259 | protein 2.3g | carbs 31.3g



Dark Chocolate Chilli & Orange Spring Flowers

By Joanne Wood from thebalancedkitchen.co.uk

MAKES 15 CHOCOLATES

prep 15 mins + chilling time | cook 45 mins

- 100g (3½oz) coconut oil
- 25g (¾oz) raw cacao powder or dark cocoa powder
- 1½ tbsp xylitol natural sweetener
- 2 tsp orange zest
- 1 pinch of chilli powder

1 Begin by melting the coconut oil in a bain-marie (place a bowl over the top of a pan which has two inches of water in it). Heat the water over a medium heat until the ingredients have melted, stirring continuously. Do not allow the bowl to touch the water.

2 Once the coconut oil has melted, remove the bowl from the pan and turn off the heat. Place the bowl on a heat-proof surface and stir in the raw cacao or dark cocoa powder.

3 Next, add the powdered xylitol and a pinch of chilli powder and stir well until combined.

4 Place a chocolate silicon mould on to a moveable flat surface (a baking tray or chopping board works well).

5 Sprinkle a small amount of orange zest into each mould.

6 Now spoon the chocolate mixture on top until each mould is full.

7 Leave to set in the fridge for a few hours before removing each chocolate from its mould and storing in a suitable airtight container. Eat within four days of making them as the chocolate can start to crystallise after that time.

PER CHOCOLATE

cal 66 | protein 0.3g | carbs 1.9g

fat
7g

saturate
6g

salt
0g

sugar
0g

QUICK CHEAT

If you don't have silicone moulds to hand, try using ice cube trays or leftover plastic trays from shop-bought chocolates. The shinier they are, the better.

Tailor made

If you're not a fan of chilli and orange, simply omit the chilli powder and use freeze-fried strawberries or raspberries in place of the orange zest.



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Chocolate cakes

This month we've been on a mission to answer those all-important cake-related questions. Is it too dry? Too sickly? Not chocolaty enough? And would it fool non-vegans? Find out which options fared the best...

HOW OUR TEST WORKS

The *Simply Vegan* team sample offerings from various brands – both new launches and established products – rating them on visual appeal, taste, texture, packaging and health credentials. The overall rating awarded is based on all of these factors...

- The best of the bunch     
- A good buy that most of the team enjoyed    
- A solid option   
- Needs improvement  
- We wouldn't recommend this product 

HOLLY JOHNSON

Holly is *Simply Vegan*'s Editor and gets first look at all the latest products to hit the market.



RACHEL SMITH

Rachel is Digital Editor of *Simply Vegan* and *Vegan Food & Living* and loves to cook.



ROB EYRES

As the Art Editor of *Vegan Food & Living*, Rob knows a good product when he sees one.



SIMON LEWIS

Simon is *Simply Vegan*'s Managing Director and an avid follower of the vegan food market.



ASDA Vegan Chocolate Cupcakes

Available from Asda
RRP £1.50 for a pack of two

This visually appealing cake is a good all rounder; it gives you a substantial hit of chocolate, making it perfect for kids and those with a sweet tooth. The flavour is not too rich but the icing does taste slightly synthetic. The dry sponge is offset by the gooeyness of the icing, and the ratio of icing to cake is very generous. This doesn't taste like a 'free from' cake – it is moreish and a great crowd pleaser.

VERDICT    



Just Love Chocolate Cake

Available from Sainsbury's, Tesco and Asda
RRP £6

Our first impressions of this cake were very positive – it looks appealing and has just the right amount of icing. The strong chocolate taste of the cake itself and the fudge flavour of the icing complement each other nicely and are not too sickly or too rich. You wouldn't immediately think this cake was vegan so it would make a great cake for a party. The long use by date that comes with it means you can buy it in advance of any event too!

VERDICT    



Plantastic Cherry & Chocolate Flapjack

Available in Tesco Express stores **RRP £1.35**

This cake offers something different; its fruity flavour promotes it as a healthy snack. While it doesn't have the sticky moist consistency you might expect from a flapjack, it isn't too crumbly either, offering a good balance. The lack of chocolate and minimal cherry flavour was disappointing, but this snack would pair nicely with a cup of tea for an afternoon snack.

VERDICT   



Tried and tasted



Wicked Kitchen Red Velvet Brownie

Available from Tesco **RRP £4**

This delicious brownie can be enjoyed hot or cold – and we enjoyed it both ways. The raspberry and cocoa nibs add texture and a strong flavour but this becomes more subtle when the cake is heated. Not too stodgy or sweet, this feels like a very good quality product. The generous ganache is not overpowering, making this a comforting pudding for the whole family.

VERDICT    



OGGS Chocolate Fudge Cupcakes

Available from Sainsbury's
RRP £2.50 for a pack of two

These delightful cupcakes will fool any non-vegan. The texture of the cake is nice and moist with a dense consistency and the bitterness of the chocolate cake is balanced well by the sweetness of the icing. The flavour is slightly synthetic and not the comforting home-baked cake some people might prefer but the 'buttercream' icing has a good, smooth consistency and isn't too grainy. This light cake is a winner for vegans and non-vegans alike and would make a lovely sweet treat.

VERDICT    



Everfresh Chocolate Cake

Available at health food shops and everfreshnaturalfoods.com
RRP £2

This cake brings something a little different to the party. The dry texture and denseness of this cake makes it taste much more like bread. The lack of strong chocolate flavour is a little disappointing but would be pleasant for those looking for a more savoury cake. The rustic nature of this product and the fact that it is made with sprouted grains make it a healthy alternative to a sweet and sickly chocolate cake. This would pair nicely with some warm custard or a drizzle of icing on top.

VERDICT   

Serve it with...

This zesty raw slaw is great in a wrap, as part of a salad or with a jacket potato. Make a big batch to eat throughout the week!

Food on the go

Easy lunches and snacks to take out and about

Asian Slaw

by Kwoklyn Wan from *The Veggie Chinese Takeaway*
photography by Sam Folan

SERVES 4

prep 15 mins

- ¼ of a white cabbage, shredded
- ¼ of a red cabbage, shredded
- 2 carrots, grated
- thumb-sized piece of fresh ginger, peeled and grated
- 2 spring onions, halved and shredded lengthways
- 1 Thai red chilli, finely chopped
- zest and juice of 2 limes
- 2 tbsp toasted sesame seeds
- 2 tbsp sunflower oil
- 1½ tbsp muscovado sugar
- 1 tsp salt (or to taste)

1 In a large bowl, combine the cabbages, carrots, ginger, spring onions, chilli and lime zest and lemon juice, followed by the sesame seeds, sunflower oil and sugar. Season to taste.

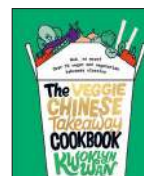
PER SERVING

cals 206 | protein 2.3g | carbs 6.8g



READ MORE...

This recipe is taken from *The Veggie Chinese Takeaway* by Kwoklyn Wan. Published by Quadrille (£15).





Winter Minestrone One Pot

by Aldi, aldi.co.uk

SERVES 4

prep 20 mins | cook 30 mins

- 1 large onion, chopped
- ½ a butternut squash, peeled and chopped
- 2 large carrots, chopped
- ½ a savoy cabbage
- 2 celery sticks, chopped
- 1 large courgette
- 2 garlic cloves, minced
- 80g (2¾oz) spinach leaves
- 400g (7oz) tin of chopped tomatoes
- 400g (7oz) tin of mixed beans, drained
- 2 vegetable stock cubes
- 50g (1¾oz) tomato purée
- 2 tsp dried oregano
- 2 tsp paprika
- ½ tsp ground black pepper
- sea salt
- 1 litre boiling water
- 50ml (1¾fl oz) olive oil

1 In a large pan, sauté the onion, garlic and celery in the olive oil for a few minutes then add the chopped carrots and butternut squash.

2 Add the water and tomatoes, then crumble over the vegetable stock cubes.

3 Bring to the boil, stirring as you cook.

4 Add the tomato purée, paprika, oregano and pepper, then season with some salt and cook for 15 minutes.

5 Shred the cabbage and chop the courgette finely, then add to the pan and cook for a further 8 minutes.

6 Add the beans to the pan.

7 Slice the spinach leaves roughly and add to the pan. Cook for another 5 minutes then serve.

PER SERVING

cals 272 | protein 9g | carbs 37.8g

fat
12.9g

saturate
1.8g

salt
0.57g

sugar
6.2g

QUICK CHEAT

Buy a bag of pre-chopped onion from the supermarket to keep in the freezer.



Mushroom & Avocado Panini

by Sue Quinn from *Easy Vegan*

photo by Victoria Wall Harris

SERVES 1-2

prep 5 mins | cook 6 mins

- 2 tbsp olive oil, plus extra for brushing
- 200g (7oz) fresh mushrooms, sliced
- 1 garlic clove, finely chopped
- 2 tbsp lemon juice, plus extra to taste
- 1 small handful of flat-leaf parsley, chopped
- sea salt flakes
- freshly ground black pepper
- 1 ripe avocado
- 1 large flour tortilla

1 Heat the olive oil in a large frying pan and add the mushrooms and garlic. Cook over a medium heat, stirring often, until the mushrooms are soft and juicy. Add 1 tbsp lemon juice and all of the parsley and season well with salt and pepper. Cook for a couple more minutes, stirring. Reduce the heat to low and leave the pan slightly off the heat to keep warm.

2 Cut the avocado in half, remove the stone and scoop the flesh into a bowl. Mash well, add the remaining lemon juice and season with salt and pepper. Put the tortilla on a clean chopping board and spread the mashed avocado on the lower half. Top with

Mix it up

Play around with the ingredients if you like by adding a little dairy-free sour cream, a pinch of chilli flakes or different fresh herbs.

the cooked mushrooms and then fold the top half over to make a semi-circle. Press down gently. Heat a griddle or frying pan over a medium-high heat, brush with oil and cook the filled tortilla for 3-4 minutes on each side, gently pressing down with a spatula, until golden or charred. Serve immediately.

PER SERVING OF TWO

cals 382 | protein 7.6g | carbs 27.1g

fat
29.8g

saturate
4.7g

salt
0.27g

sugar
3.3g



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Bahn Mi

by Sue Quinn from *Easy Vegan*
photo by Victoria Wall Harris

MAKES 2 large baguettes

prep 20 mins + cooling and marinating time | cook 10 mins

For the pickled vegetables

- 2 cups of julienned vegetables, such as carrots, cucumbers (seeds removed), white radishes or peppers
- 1 tsp fine sea salt
- 2 tsp plus 2 tbsp caster sugar
- 125ml (4 fl oz) white wine vinegar
- 1 tbsp sea salt flakes
- ½ tbsp coriander seeds, crushed
- ½ tbsp mustard seeds, crushed

For the rest of the dish

- 400g (14oz) tofu, pressed and drained
- 2 tbsp rapeseed or vegetable oil
- 2 baguettes
- 1 small handful of coriander, coarsely chopped
- 1 small handful of mint, coarsely chopped

1 Start by making the pickled vegetables. Put the vegetables in a bowl and sprinkle with the fine sea salt and 2 tsp sugar. Toss and massage the salt and sugar into the vegetables. Put in a colander set over a bowl and leave to drain.

2 Meanwhile, in a pan, combine the vinegar, 2 tbsp sugar, sea salt flakes, coriander seeds and mustard seeds.



3 Bring to the boil and stir to dissolve the salt and sugar. Remove from the heat, add 125ml (4 fl oz) cold water, pour into a bowl and set aside to cool for about 45 minutes.

4 Rinse the vegetables, put in a clean tea towel and squeeze out the liquid. Put in an airtight container. Pour over the salt and sugar mixture. Leave to marinate for at least 1 hour before serving.

5 To make the bahn mi, cut the tofu into bite-sized pieces. Heat the oil in a frying pan and fry the tofu over a medium-high heat until crisp and golden on all sides. Drain on paper towels and set aside to keep warm.

6 Slice the baguette pieces in half, fill with the tofu, herbs and pickled vegetables and serve immediately.

PER SERVING OF FOUR
cals 270 | protein 12g | carbs 29g

fat 11.8g | saturate 1.5g | salt 0.69g | sugar 9.6g



Cheese & Spinach Muffins

by Sue Quinn from *Easy Vegan*
photo by Victoria Wall Harris

SERVES 12

prep 15 mins | cook 25 mins

- 150g (5½oz) baby spinach
- 200g (7oz) self-raising flour
- 3 tbsp nutritional yeast
- 1 tsp mustard powder
- 1 tsp sweet smoked paprika
- ½ tsp fine sea salt
- freshly ground black pepper
- 175ml (6fl oz) non-dairy milk
- 25ml (¾fl oz) vegetable oil
- 1 flax egg (1 tbsp ground flaxseed whisked with 3 tbsp warm water and chilled for 15 minutes)
- 75g (2½oz) non-dairy cheese, grated

1 Heat the oven to 190°C/Gas Mark 5. Line a 12-hole muffin tin with paper cases.

2 Put the spinach in a pan, add a splash of water and set over a medium-high heat. Stir until wilted – it will only take a minute or so. Drain the spinach, wrap in a clean tea towel and squeeze out any excess water. Chop.

3 Mix the flour, 2 tbsp nutritional yeast, the mustard powder, paprika and salt and pepper in a bowl. In another bowl, mix together the milk, oil and the flax egg.

4 Mix the wet mixture into the dry – only just enough to combine – then fold in the cheese and spinach.

5 Spoon the mixture into the

prepared paper cases.

6 Sprinkle with the remaining nutritional yeast and bake for 20–25 minutes until firm to the touch and golden. Best enjoyed warm.

PER SERVING

cals 121 | protein 4g | carbs 17.2g

fat 4.2g | saturate 1.3g | salt 0.15g | sugar 0.7g

READ MORE...

This recipes on this page and the avocado panini on p41 are taken from *Easy Vegan* by Sue Quinn. Published by Murdoch Books (£14.99).



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Rainbow Drops
These puffed rice sweets will bring a smile to anyone's face.
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Walkers Baked Wotsits Flamin' Hot

These supersized Wotsits are deliciously tasty and this spicy flavour is just the kick you need to get through the day.
£3 at Sainsbury's



Asda Nice Biscuits

These biscuits are perfect paired with a cup of tea for an afternoon snack.
45p at Asda



Goldenfry Beef Gravy Granules

This gravy is the perfect topping for a vegan Sunday roast!
£1 at Tesco and Iceland



Accidentally vegan

Some of your favourite products might just be vegan - check out a few of this month's discoveries...

Asda Choco Balls

A naughty but nice way to start your day!
£1.30 at Asda



ASDA MAIN VEGETABLE BALTI

Cauliflower and chickpeas prepared with our beautifully spiced tomato and onion sauce

Less Plastic Packaging



per 100g (approximate) / 100g pack contains:				
Energy	fat	carbohydrates	sugars	salt
619 kJ	7.3g	0.6g	5.5g	0.65g
149 kcal	10%	1%	10%	11%

of your reference intake	
Typical energy values per 100g	514 kJ / 122 kcal

400g

Use By:

Keep refrigerated

Asda Vegetable Balti

This ready meal is made with cauliflower and chickpeas prepared with a spiced tomato and onion sauce.
£3.50 at Asda



Whole foods

This healthy meal plan by nutritionist **Rob Hobson** shows you how to cook vegan meals from scratch



THE EXPERT

Rob Hobson is a food and nutrition consultant and author of *The Detox Kitchen Bible*. Follow him on Instagram at @robhobsonnutritionist

Monday

BREAKFAST

Berry smoothie

Blend ½ a banana, 1 tbsp oats, 1 handful of frozen berries, 1 handful of spinach and 200ml (7fl oz) fortified oat milk to make a creamy smoothie.



LUNCH

Zingy quinoa salad

Add to a bowl 125g (4½oz) ready to eat quinoa, ¼ of a cucumber (diced), ½ an avocado (diced), ½ a small yellow pepper (diced), 1 small handful of frozen peas (thawed), 1 small handful of baby spinach leaves, mint and coriander (chopped). In a small bowl combine 2 tsp light tahini, 2 tsp sweet miso, 2 tsp lemon juice, 2 tsp sesame oil, 1-2 tbsp hot water, 1 tsp grated ginger and whisk well. Dress salad and serve.

DINNER

Thai curry

Make a paste by blitzing 2 spring onions, 1 garlic clove, ½ a lemongrass stalk, 1 lime leaf, ½ a red chilli, 1 tsp soy sauce, a 2cm piece of ginger (peeled) and 2 tsp groundnut oil in a food processor. Place the paste in a saucepan and heat for 2 minutes. Add 200ml (7oz) coconut milk, ½ a 400g (7oz) can of chickpeas, 1 handful of frozen soya beans, ½ a small red pepper (sliced) and 1 small handful of mange tout then cook for 10 minutes until the vegetables are tender (cook less for more crunchy veggies). Serve in a bowl with chopped coriander.

SNACK

1 slice of fruit bread topped with 1 tbsp nut butter (almond, cashew or peanut).

Tuesday

BREAKFAST

Avocado on rye

1 slice of toasted rye bread (drizzled with 2 tsp olive oil) topped with 1 handful of cherry tomatoes (roasted) and ½ an avocado (mashed).

LUNCH

Buddha bowl

Combine 100g (3½oz) cooked spelt, 2 tbsp chickpeas, 25g (¾oz) baby spinach (chopped), 50g (1¾oz) red cabbage (finely shredded), ½ a celery stick (finely sliced) and 100g (3½oz) mange tout (shredded) in a bowl. Add ½ a lemon (juiced), 1 tbsp olive oil and ½ a small garlic clove (crushed).

DINNER

Spiced squash with black rice

Preheat the oven to 180°C/Gas Mark 4. Place ½ a medium butternut squash (peeled and sliced) on a baking tray with ½ a pack of ready cooked black rice and drizzle with olive oil. Sprinkle over ½ tsp sumac, ½ a lemon (zested) and salt and bake for 30 minutes. While cooking, place ½ a small red onion (finely sliced) in a bowl with ½ a lemon (juiced), ½ tbsp olive oil, ½ tbsp za'atar and salt then leave to soak. Scatter onions and dressing over the cooked rice and squash.

SNACK

1 small handful of almonds.

Wednesday

BREAKFAST

Peanut butter & banana on toast

2 slices of toasted rye bread topped with 2 tbsp almond butter and 1 banana (sliced).



LUNCH

Crispbreads with beetroot hummus

Combine 50g (1¾oz) frozen soya beans (defrosted) with 1 tbsp pomegranate seeds, 1 tsp sesame seeds, squeeze of lime juice and 1 tsp sesame oil. Serve with two dark rye crispbreads spread with beetroot hummus.



DINNER

Lentil and sweet potato curry

Heat 1 tbsp olive oil in a saucepan then add ½ a garlic clove (crushed), ½ tbsp ginger (grated) and 1 spring onion (chopped) and cook for 3 minutes. Now add 50g (1¾oz) red lentils, ½ a sweet potato (peeled and cubed), 50g (1¾oz) cherry tomatoes, 3 cardamom pods, 2 cloves, ½ tsp turmeric and cook for 3 minutes. Add 100ml (vegetable stock and simmer for 15 minutes). Add 100ml (3½fl oz) coconut milk, season with salt and simmer for 10 minutes. Remove cardamom and cloves before serving with 1 wholemeal pitta bread.

SNACK

2 tbsp guacamole with 1 red pepper (sliced).

Thursday

BREAKFAST

Yoghurt and fruit

150g (5¼oz) coconut milk yoghurt topped with 4 strawberries (sliced) and ½ a banana (sliced).

LUNCH

Crunchy courgettes

Place two courgettes (julienned) in a bowl. On a large chopping board, place a handful each of cashew nuts, mint, basil, mixed

seeds (toasted) and frozen peas (defrosted) then chop coarsely. Place the pea mixture on top of the courgette then drizzle with 1 tbsp olive oil and season with salt and pepper.



DINNER

Tofu stir fry

Combine 1½ tbsp mirin, 1 tsp soy sauce, 1 tbsp orange juice and ¼ of a red chilli (chopped) to make a dressing. Prepare 1 stick of soba noodles and rinse under cold water when cooked. Place the noodles in a large bowl with 100g (3½oz) soya beans, ½ a cucumber (peeled, seeded and sliced), a handful of beansprouts, 2 spring onions (sliced), coriander (chopped) and ½ tsp sesame oil. Dress the salad and set to one side. Prepare 125g (4½oz) tofu (pat dry with kitchen towel first) by cutting into 'steaks' lengthways. Sprinkle with cornflour, season with salt then fry in a hot pan with 2 tsp of oil. Serve tofu with salad.

SNACK

1 dark rye cracker bread topped with nut butter and sliced banana.

Friday

BREAKFAST

Cereal with dates

50g (1¾oz) high-fibre breakfast cereal with 200ml (7fl oz) fortified plant milk (soya or nut). Top with 3 pitted dates (chopped).

LUNCH

Sweet potato toast

Peel a large sweet potato then cut into ½cm slices. Take 3 slices and bag the remaining potato to keep in the fridge for another day. Toast the potato slices in a toaster for 5-10 minutes until tender. While toasting, place the flesh of ½ a lime (juiced) and salt to a bowl then mash. Spread the sweet potato toasts with avocado then top with pomegranate seeds, crushed hazelnuts and sunflower seeds. Serve with salad.

DINNER

Aubergine curry

Heat 1 tsp olive oil in a non-stick frying pan. Add ½ an aubergine cut into small chunks and fry for 8 minutes, until tender, then remove from the pan. Now add 100g (3½oz) of butter beans (canned) to the pan and cook for 3 minutes, then remove from the pan. Now add ¼ of an onion (chopped) to the pan and cook until soft. Add ¼ tsp mustard seeds and 1½ tsp curry powder and cook for 1 minute. Add 75ml (2½fl oz) vegetable stock and simmer for 10 minutes until thickened. Stir in 50g (1¾oz) low fat soya yoghurt and 2 tsp mango chutney. Now add the aubergine and butter beans, combining gently and warming through. Garnish with coriander and serve with wholemeal pitta bread.

SNACK

1 large rice cake topped with 1 banana (mashed) and 1 tsp raw cacao.

Saturday

BREAKFAST

Toasted coconut oats

Preheat oven to 200°C/Gas Mark 6. Place 75g (2½oz) oats in a bowl with 1 tsp olive oil and 25ml (¾fl oz) fortified soya milk then mix well. Spread the oats out on a baking sheet and toast in the oven for 12 minutes. When cooled, place in a bowl with 1 tbsp flaked coconut and 1 tbsp goji berries. Pour over a ready made juice with beetroot. Add a dollop of fortified coconut soya yoghurt.

LUNCH

Basil and tomato pasta

Place a small handful of blanched almonds in a pestle and mortar with 1 small handful of fresh basil, ¼ of a garlic clove, ¼ of a lemon (juiced), 1 tbsp olive oil and salt then crush into a rough paste. Stir the pesto through the wholemeal pasta and add some chopped cherry tomatoes.

DINNER

Mexican roasted veg

Preheat the oven to 200°C/Gas Mark 6. Place 1 small carrot (sliced), ½ a red pepper (sliced) and ½ a yellow pepper (sliced) on a



baking sheet and roast for 15 minutes. Now blitz together 2 tbsp olive oil and ½ a red onion in a food processor then fry in a saucepan. Add 1 tsp of cumin seeds and 1 tsp smoked paprika to the saucepan and cook for 5 minutes. Add 75ml (2½fl oz) water to the pan and bring to the boil. Add 200g (7oz) black beans (canned) and simmer gently for 20 minutes. Serve the beans topped with roasted vegetables and chopped coriander.

SNACK

1 sliced apple served with 1 tbsp nut butter.

Sunday

BREAKFAST

Banana and nut yoghurt bowl

150g (5¼oz) soya or coconut yoghurt topped with 1 banana (sliced), 1 tbsp almond butter and 1 small handful of crushed almonds.



LUNCH

Vegetable soup with toasted rye

Heat 1 tbsp olive oil in a saucepan then add 1 large carrot (chopped), ½ an onion (chopped), ½ a stick of celery (chopped), ½ a garlic clove (chopped). Fry for 10 minutes then pour in 250ml (8¾fl oz) vegetable stock and simmer for another 10 minutes. Season with salt and pepper then blitz until smooth. Combine 1 tbsp soya yoghurt with ½ tbsp tahini and a squeeze of lemon juice. Serve soup with yoghurt and toasted rye bread.

DINNER

Sweet and spicy tofu

In a large bowl, combine a 1in piece of ginger (grated), 1 garlic clove (sliced), ½ tbsp maple syrup, a pinch of chilli flakes, 150g (5¼oz) firm tofu (sliced) and two small pak choi (quartered). Marinate for 25 minutes. Cook the tofu and pak choi in a hot griddle pan, then pour over the dressing and a squeeze of lime. Serve with brown rice.

SNACK

100g (3½oz) blanched Tenderstem broccoli with 1 tbsp tahini.

Get ahead

This thin, crisp pizza base with a hint of sweetness goes great with any toppings. The base also freezes well, so make a few at a time for an even faster Friday night dinner.

Budget dishes

Meals that prove vegan food doesn't have to be expensive!

90p

COST PER SERVING

Sweet Potato Pizza

by Roz Purcell from *No Fuss Vegan*

SERVES 4

prep 10-15 mins | cook 40 mins

For the base

- 400g (14oz) sweet potato, peeled and diced
- 200g (7oz) oats
- 2 tbsp dried oregano
- 2 tbsp olive oil, plus extra for greasing

Suggested toppings

- vegan basil pesto (shop bought or homemade)
- cashew cheese or shop-bought vegan cheese
- caramelised red onion
- crispy kale
- pine nuts

- 1 Preheat the oven to 200°C/ Gas Mark 6.
- 2 Steam the sweet potato until tender. Meanwhile, blitz the oats to a flour consistency in your blender, then tip into a medium-sized bowl.

- 3 Put the steamed sweet potato in the blender along with the oregano and olive oil and blend until smooth. Pour into the bowl with the oat flour and use a spoon to combine.
- 4 Split the dough in half. Tip one half onto a clean surface and roll it out into a thin circle. Repeat with the other half.

- 5 Use a spatula to lift the dough onto two greased pizza pans. Bake for 25 minutes. Remove from the oven and flip the base over then add your toppings. Place the pizza back in the oven for 5-8 minutes, depending on your toppings.

Remove from the oven and allow to stand for 1 minute before cutting into slices.

PER SERVING

cal 422 | protein 12g | carbs 63.4g

fat 15.6g | saturate 2.7g | salt 0.10g | sugar 8.3g

READ

MORE...

This recipe is taken from *No Fuss Vegan* by Roz Purcell. Penguin Books (£14).





£1.75
COST PER
SERVING

Street Tortillas

by Fleur Droog from @Nourishingfoods

SERVES 2-4

prep 20 mins | cook 15 mins

- 200g (7oz) vegan soya mince
- 1 onion
- 2 garlic cloves
- ½ red chilli pepper
- 1 pepper
- 160g (5½oz) kidney beans
- 160g (5½oz) black beans
- ½ a can of beer (optional)
- 3 tbsp taco seasoning
- salt and pepper, to taste
- fresh coriander
- 8-10 corn tortillas

For the guacamole

- 2 avocados
- ½ a red onion
- ½ a red chilli
- 1 tomato
- juice of half a lemon or lime
- fresh coriander
- salt and pepper, to taste

To serve

- 1 tin of sweetcorn
- coriander
- lime
- tomato
- vegan cheese

- 1 Pour some oil into the pan and fry the onion till it's translucent.
- 2 Next, add the garlic and red chilli and fry for another 2-3 minutes.
- 3 In the meanwhile, cut the pepper and add it to the pan.
- 4 Lower the heat to medium and cook for 2-3 minutes.

Then, add the vegan meat and (rinsed) beans.

5 Add the taco seasoning and salt and mix well.

6 After 1-2 minutes, add the beer. This makes the mixture creamier but you won't taste the alcohol.

7 Lower the heat even more and let the mixture simmer for 10-15 minutes, or until almost all the beer is absorbed.

8 At the end, you can choose to add lemon juice and coriander.

9 While everything is cooking, make the guacamole.

10 Mash the avocados and add the lemon/lime juice, onion, red chilli, tomato, salt and pepper and mix well.

11 In a warm pan, heat the corn tortillas on a medium heat. Flip them after 30 seconds. Keep flipping them so they don't burn.

12 Fill the tortilla with the vegan meat mixture and top with guacamole, corn, coriander, chopped tomatoes and a squeeze of lime.

PER SERVING (BASED ON 4)

cal 538 | protein 27.8g | carbs 87.3g

fat 9.7g | saturate 1.4g | salt 0.47g | sugar 4.8g



88p
COST PER
SERVING

Cauliflower Fritters

by Kwoklyn Wan from The Veggie Chinese Takeaway
photo by Sam Folan

SERVES 2-4

prep 10 mins | cook 15 mins

- 1 large head of cauliflower, cut into florets
- 1 large courgette, diced
- 60g (2oz) plain flour
- 125g (4½oz) silken tofu, blended until smooth
- 3 garlic cloves, finely chopped
- 1 tbsp grated fresh ginger
- 1 tsp Chinese five spice
- ½ tsp salt
- ½ tsp white pepper
- 3 tbsp chopped spring onions
- 2 tbsp oil

1 Bring a large saucepan of water to the boil, add the cauliflower florets and cook for 2-3 minutes until tender. Drain and then cut into small pieces.

2 In a large bowl, mix the cauliflower and courgettes with the flour, tofu, garlic, ginger, Chinese five spice, salt, pepper and spring onions. Heat the oil in a large non-stick frying pan over a medium-high heat.

3 Add scoops of the mixture to the hot oil, ensuring you leave enough room for them to spread during cooking. Cook for 2-3 minutes on each side until cooked through, crispy and golden brown. Transfer to kitchen paper to drain.

Meal maker

Serve these tasty fritters as a side dish to the recipe opposite, or make them into a meal by themselves by serving them with broccoli, rice and a sweet chilli dip.

PER SERVING (BASED ON 4)

cal 205 | protein 8.8g | carbs 27.5g

fat 8.1g | saturate 1.1g | salt 0.37g | sugar 6.6g

Mushroom Teriyaki with Soba Noodles

by Kwoklyn Wan
from *The Veggie Chinese Takeaway*
photo by Sam Folan

SERVES 2

prep 10 mins | cook 20 mins

- 120g (4½oz) soba noodles
- 1 tbsp oil (vegetable or coconut)
- 2 large portobello mushrooms, de-stalked and cleaned
- 2 tbsp sweet chilli sauce
- 3 tbsp maple syrup
- 3 tbsp rice vinegar
- 1½ tbsp light soy sauce
- handful of long-stem broccoli
- 1 red chilli, finely diced
- 1 tbsp sesame seeds, toasted
- salt to taste

1 Put the noodles into a deep saucepan, pour over boiling water and allow to gently simmer for about 5–6 minutes while you are cooking the mushrooms.

2 Heat the oil in a large wok, add the portobello mushrooms and cook over a medium-high heat for 4–5 minutes on one side until browned, then turn, sprinkle with salt and the sweet chilli sauce and cook for a further 4–5 minutes until browned on the other side. Remove from the pan and set to one side.

3 Add 125ml (4½fl oz) of the soba noodle cooking water to the same wok with the maple syrup, vinegar and soy sauce. Now add the broccoli along with half the chopped chilli. Cook over a medium-high heat for 6 minutes; if the sauce starts to dry, add a little more water.

4 Once the broccoli is tender, drain the noodles and add them to the wok, stirring through to ensure the noodles are well coated with the sauce. Sprinkle over the remaining chilli and transfer to serving plates. Slice the cooked mushrooms and arrange over the top of the noodles. Sprinkle with the toasted sesame seeds and enjoy.

PER SERVING

cals 439 | protein 14.6g | carbs 84g

fat

9.6g

saturate

1.3g

salt

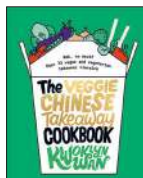
2.9g

sugar

28.4g

READ MORE...

These recipes are taken from *The Veggie Chinese Takeaway* by Kwoklyn Wan. Quadrille (£15). This book contains non-vegan recipes.



£1.90

COST PER
SERVING

QUICK CHEAT

To save time, try using a shop-bought teriyaki sauce. Most are accidentally vegan.



Made these recipes? Tag @simplyvegan on Instagram and hashtag it #simplyvegan

HIGH STREET VEGAN EATING

Brunch

Nothing beats a laid-back mid-morning breakfast – find out where to head for the best vegan dishes



Bill's

bills-website.co.uk

Locations: 81 throughout the UK

What's on the menu? This laid-back restaurant chain is a great place for a relaxed brunch. Try the hummus on toasted sourdough, or if you're after something more substantial, the carrot, cashew nut and mushroom wellington is a lunchtime favourite. Healthy options include a spiced cauliflower and butternut squash falafel bowl and a jackfruit salad bowl. The Bill's Breakfast Menu is available until 11.30am on week days and until 1pm at weekends, although this can vary between restaurants. The Bill's vegan breakfast includes toasted sourdough

with hummus, smashed avocado, spinach, roasted plum tomatoes, mushrooms and mixed seeds. You can also have the yoghurt, granola and berries for brunch which uses homemade granola, fruit, agave syrup and a soya yoghurt.

» This laid-back restaurant is a great place for a relaxed brunch.

Look out for... The brunch menu also includes a side of long stem broccoli with sugar snap peas and mixed seeds.

VERDICT   



The Alchemist

thealchemist.uk.com

Locations: 18 across the UK

What's on the menu? Do you fancy brunch with an unconventional and dark atmosphere? If so, the breakfast and brunch menu at The Alchemist features some tasty vegan dishes. For a healthy option, go for the 'season fruit' which includes pineapple, strawberries, orange, pink grapefruit, black grapes and granola with passionfruit caviar. For something more substantial, perhaps give the coconut yoghurt and granola, or the porridge with sultanas and golden syrup a go for a hearty start to the day. For something savoury, try the tofu scramble and avocado on sourdough toast. You can also add avocado, crispy mini hash browns bites and tofu scramble to any dish as an extra.

» Try the tofu scramble and avocado on sourdough toast.

Look out for... Bottomless brunch is served at weekends from 10am-2pm. Enjoy any brunch dish and three cocktails for £30 and make your drinks bottomless for an extra £10.

VERDICT    



Cosy Club

cosyclub.co.uk

♥ **Locations:** 29 across the UK

What's on the menu? A sister chain to the Loungers bars, Cosy Club serves up relaxed dining and drinking in a unique setting with a dash of nostalgia. With its comfortable atmosphere and eclectic décor, the Cosy Club is a wonderful place to meet for a chilled brunch. Enjoy the vegan breakfast, which includes falafel, grilled tomato, field mushroom, wood-roasted peppers, spinach, potato rosti and baked beans and sourdough toast. Or try the vegan shakshuka, which includes roasted tofu in a red pepper, onion and lightly spiced tomato sauce, served with sourdough toast. Brunch at the Cosy Club is served until 5pm.

» A sister chain to the Loungers bars, Cosy Club serves up relaxed dining in a unique setting.

Look out for... Try the vegan fish and chips, which won a PETA Vegan Food Award in 2019, available all day from 9am to 10pm.

VERDICT    



Boston Tea Party

bostonteatparty.co.uk

♥ **Locations** 23 cafés across the UK

What's on the menu? Boston Tea Party has taken its signature breakfasts and Boss breakfasts and created vegan versions of both; The Vegan Boss and The Vegan. Rather than simply trying to replicate what you'd find in the meat version, BTP has added sweetcorn fritters, its signature hash browns and a tofu scramble to make for a colourful, vegetable-packed breakfast. If you're seeking vegan options you can eat at any time of the day, try the Plant Burger which features a Moving Mountains beetroot, mushroom and soy burger, vegan cheese, pickled red onion, Boston burger sauce and gherkins.

» Sweetcorn fritters, hash browns and tofu scramble make for a colourful breakfast.

Look out for... The Boston's smashed avocado on toast, spelt granola, or mushroom and roasted tomato bap can be made vegan on request.

VERDICT     



**SIMPLY
Vegan
FAVOURITE
PLACE**

Bill's Covent Garden features quirky antiques and bright furnishings

MUST-VISIT EATERIES



THE GREEN ROCKET

Bath

This award-winning veggie and vegan café is the perfect place to watch the world go by whilst tucking into an eclectic array of dishes, including tempeh sandwiches, gnocchi arrabiata and Szechuan aubergine stir fry. thegreenrocket.co.uk



COMPTOIR V

Nine Elms, London

Located in vibrant Kensal Rise, Comptoir V brings international vegan cuisine to the heart of west London. With décor and dishes inspired by the souks of Marrakech, this cosy restaurant is a feast for all the senses. comptoirv.co.uk



PLANT-BASED PITSTOP

King's Cross, London

The first entirely vegan food hub in the UK has collaborated with some of the capital's most popular, plant-based vendors to offer commuters something a little different.

Follow them on Instagram at [@plantbasedpitstop](https://www.instagram.com/plantbasedpitstop)



Leftovers?

The remaining soaked muesli will keep in the fridge for 2-3 days, just add a little apple juice if needed, as the oats will continue to swell.

Sweet things

Easy snacks and tempting desserts to try this month

Blueberry Bircher Muesli

by Love Fresh Berries, lovesfreshberries.co.uk

SERVES 6

prep 10 mins

- 500g (1lb 2oz) soya or coconut yoghurt
- 200g (7oz) rolled oats
- 40g (1½oz) wheat germ
- 40g (1½oz) desiccated

coconut

- 50g (2oz) hazelnuts, toasted and roughly chopped
- 200ml (7fl oz) pressed (cloudy) apple juice

To serve per portion

- ½ a Granny Smith apple, cored but not peeled, coarsely grated

- 50g (2oz) Chilean blueberries
- 1 tsp maple syrup
- a little ground cinnamon
- a few extra chopped hazelnuts, optional

1 Mix the yoghurt, oats and wheat germ in a bowl then stir in the coconut, toasted hazelnuts and apple juice. Transfer to a plastic container, clip on the lid and chill overnight in the fridge.

2 When ready to serve, stir

in grated apple and a few blueberries then spoon into dishes, top with extra blueberries, a drizzle of syrup, a sprinkle of ground cinnamon and a few extra nuts, if desired.

PER SERVING

cals 376 | protein 13.2g | carbs 44.2g



Blueberry & Oat Pancakes

by Love Fresh Berries, lovefreshberries.co.uk

SERVES 2

prep 10 mins | cook 5-10 mins

- 50g (1¾oz) blueberries
- 150ml (5¼fl oz) unsweetened almond milk
- 100g (3½ oz) oats
- 1 tsp baking powder
- pinch of salt
- ½ tsp ground cinnamon
- 1 ripe banana
- 1 tsp vanilla extract
- 1 tsp coconut oil
- maple syrup, for serving (optional)

1 Grind the oats down to a flour in the food processor then tip into a bowl and mix with the baking powder, salt and cinnamon.

2 Slice the blueberries in half.

3 Place the banana, milk and vanilla extract in the food processor and blend until smooth. Pour the wet mixture into the dry mixture and stir until fully combined, then gently stir in the blueberries.

4 Heat 1 tbsp coconut oil in a frying pan. Spoon a few tablespoons of the batter into pools in the pan, cook for a few minutes, then flip over and cook for a further minute until cooked through. Repeat with the rest of the mixture.

5 Serve the pancake with a few tablespoons of maple syrup plus leftover extra blueberries.

PER SERVING

cals 298 | protein 7.8g | carbs 53.5g

fat
6.9g

saturate
2.7g

salt
0.14g

sugar
10.5g

Superfoods

Blueberries are a rich source of vitamin C, K, B6, folate, potassium, copper, and manganese – all of which support skin, bone and heart health. They are true super berries!

Low-cost, quick & easy **SWEET** recipes

QUICK CHEAT

Use frozen blueberries if you don't have fresh ones.



Made these recipes? Tag @simplyvegan on Instagram and hashtag it #simplyvegan



Banoffee Gelato

by Filippo Rosato, Time Barclay & Stefania Evangelisti
from *Purezza Vegan Pizza*
Photography by Faith Mason

SERVES 4

prep 20 mins + freezing time

For the gelato

- 4 large ripened bananas, peeled, sliced and frozen overnight
- 100ml (3½ fl oz) sweetened almond milk
- 1 tbsp agave syrup
- 30g (1 oz) crushed walnuts

For the 'toffee' sauce

- 120g (4¼ oz) pitted dates
- juice of ½ a lemon
- 1 tsp vanilla extract
- 1 tbsp flavourless coconut oil
- 100ml (3½ fl oz) sweetened almond milk

To serve

- sliced fresh banana
- a small handful of chopped walnuts
- vegan chocolate sauce or vegan caramel sauce

1 Prepare the gelato base. Put the frozen bananas and almond milk in a blender or food processor and blend until smooth. Add the agave and blend again. Pour into a plastic, freezer-proof container with a lid and set aside for now.

2 Prepare the toffee sauce. Place the dates in a blender or food processor with the lemon juice, vanilla extract, coconut oil and almond milk and whizz together until smooth (scraping down the sides once or twice, if

necessary). This will take around 5–10 minutes on a high speed. Depending on how you like your sauce, add a little more milk for a runnier consistency.

3 Add the crushed walnuts to the gelato mixture, mixing them together using a spatula. Drizzle over the toffee sauce and fold to create lovely streaks of toffee throughout. Cover with the lid, then freeze for at least six hours or overnight before scooping and serving.

4 Serve with a few slices of banana and some chopped walnuts and finish with a drizzle of vegan chocolate sauce or vegan caramel sauce. Enjoy!

PER SERVING

cals 398 | protein 5g | carbs 57.2g



READ MORE...

This recipe is taken from *Purezza Vegan Pizza: Deliciously Simple Plant-Based Pizza To Make at Home* by Filippo Rosato, Time Barclay, and Stefania Evangelisti by Kyle Books (£18.99).



Banana Breakfast Muffins

by Roz Purcell from *No Fuss Vegan*

SERVES 8

prep 25 mins | cook 25 mins

- oil, for greasing
- 2 tbsp milled flaxseed
- 6 tbsp water
- 50g (1¾ oz) porridge oats
- 100g (3½ oz) ground almonds
- 2 tsp ground cinnamon
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 1 lemon
- 2 overripe bananas
- 3 tbsp nut milk
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 250g (8¾ oz) fresh or frozen blueberries
- 25g (¾ oz) whole almonds, chopped

nut milk, maple syrup and vanilla. Pour the liquid mix into the dry ingredients and stir to combine into a thick, smooth batter. Fold in the blueberries.

6 Spoon the mix into the greased or lined muffin cups then top with the chopped almonds. Bake in the preheated oven for 25 minutes. Leave to cool for 10 minutes before enjoying. Store in an airtight container in the fridge for up to four days.

PER SERVING

cals 191 | protein 5.6g | carbs 22g



1 Preheat the oven to 180°C/ Gas Mark 4. Grease eight cups of a muffin tray with a little oil or use paper liners.

2 Start by combining the milled flaxseed and water in a small bowl. Let it sit for 15 minutes to bulk up.

3 Meanwhile, blend the oats into a flour consistency and tip into a bowl along with the ground almonds, cinnamon, baking powder and bicarbonate of soda. Mix well.

4 Zest the lemon, then juice one half only.

5 In a separate bowl, mash the bananas, then stir in the soaked flaxseed, lemon zest and juice,

Shortbread Biscuits

by Roz Purcell from *No Fuss Vegan*

MAKES 8

prep 15 mins | cook 18 mins

- 125g (4½ oz) porridge oats
- 60g (2oz) ground almonds
- 3 tbsp maple syrup
- 3 tbsp coconut oil, melted
- pinch of sea salt
- 8 squares of vegan chocolate (optional)

To serve

- melted vegan dark chocolate
- orange zest
- lime zest
- cacao nibs

1 Preheat the oven to 180°C/Gas Mark 4. Line a baking tray with non-stick baking paper.

2 Put the oats in a food processor and blitz to a fine flour. Tip into a bowl and add the ground almonds, maple syrup, melted coconut oil and salt. Mix to combine into a dough.

3 Divide into eight portions and roll each one into a ball. Place on the lined tray, then press down into a cookie shape. Press a square of chocolate on top of each one (if using).

4 Bake in the preheated oven for 17-18 minutes, until golden around the edges. Allow to cool on the tray for 10 minutes before carefully lifting them off.

5 For an extra treat, dip the biscuits in a little pot of melted chocolate, then scatter with orange zest, lime zest, cacao nibs and sea salt.

PER SERVING

cal 192 | protein 4g | carbs 20.3g



READ MORE...

This recipe and the banana breakfast muffins on p54 are taken from *No Fuss Vegan* by Roz Purcell. Published by Penguin Books (£14).



Easter gifts

These biscuits would make a great alternative to Easter eggs if you're trying to avoid plastic waste. You could also use a rabbit-shaped cutter to give them an Easter theme.



Made these recipes? Tag @simplyvegan on Instagram and hashtag it #simplyvegan

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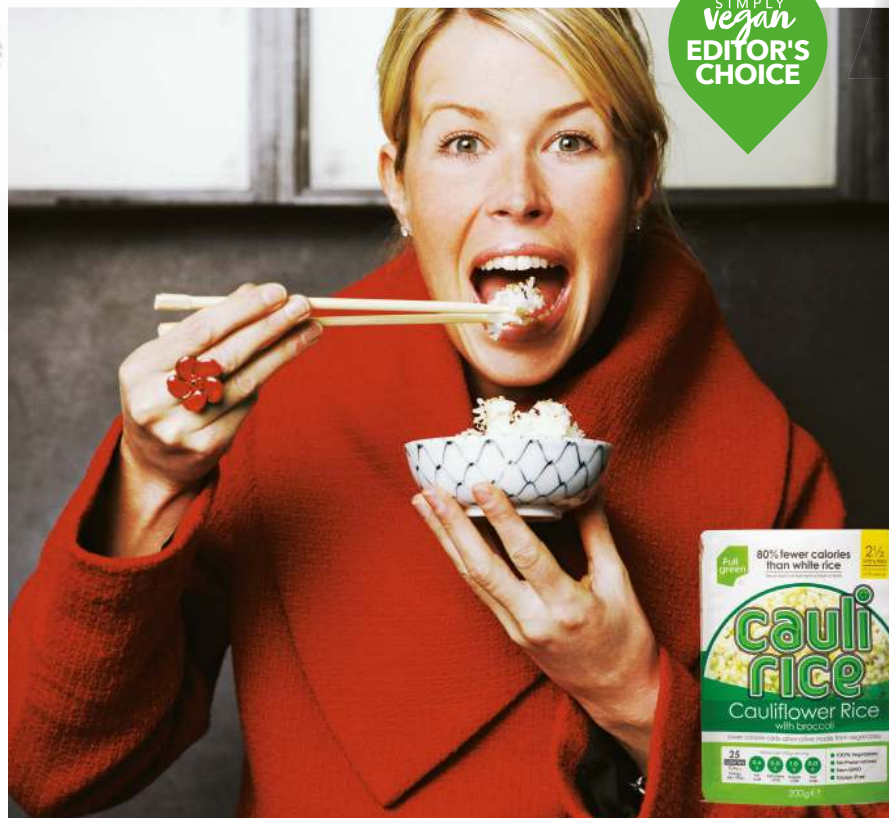
bhsupplements.co.uk/superfoods

Based on the original herbal formulation **Jurassic Green** by master herbalist Dr Christopher



Nutrition news

Health-boosting tips, ideas and buys to help you look and feel your best on a vegan diet



FAST FOOD

Sometimes even the best made plans go to pot when you're busy, so having a few healthy cheats in the cupboard can be a godsend. Full Green's Cauli Rice and Veggie Rice pouches (£1.99 at most supermarkets) are great with leftover curry or with some roasted veggies for a filling and nutritious meal in minutes.



Iron 10 oral spray, £14.95 at betteryou.com

LIQUID GOLD

If you're wondering what kind of supplement to go for, research shows that a liquid spray or sublingual drops are most effective. This is because they go straight to the bloodstream rather than being digested.

30 minutes

The amount of time to leave mushrooms in natural daylight before use, to increase their vitamin D content.

SIMPLY **vegan** LOVES



Plant-based Omega 3, £21.87 at vivolife.co.uk

Solgar Liquid B12, £11.49 at solgar.co.uk

SNACK STOP

If you're looking for vegan-friendly snacks, opt for ones with as few ingredients as possible and avoid hidden sugars such as those labelled as 'natural flavourings'. Lärabars contain less than six ingredients and are vegan and gluten-free. Find them at Sainsbury's, WHSmiths, Spar and Ocado, £3 for 3.





Veganism & pregnancy

Being vegan and pregnant can warrant uninvited opinions. **Veronika Charvatova** outlines everything you need to know as a vegan mum-to-be to ensure you enjoy a healthy pregnancy

Diet is very important when you're nurturing a growing baby, but your body essentially has the same requirements as before – you'll just need to eat a little more as the baby gets bigger to ensure you both get all the much-needed nutrients.

If you have a generally healthy diet this won't be much of a challenge, but if you live off vegan junk food it's probably time to mix it up a little and introduce some fresh, healthier foods.

Pregnancy diet low-down

By being vegan, you're already doing well because you're not consuming harmful substances such as heavy metal residues from fish, dangerous bacteria in cheese, pesticides and cancer-causing chemicals in meat. A great start!

The next step is to make sure you're eating the basic food groups to get your full set of nutrients. These should include wholegrains (oats/wholegrain breakfast cereal, wholemeal bread and pasta, brown rice, buckwheat, quinoa, barley); pulses (beans, lentils, peas, chickpeas,

Viva!
HEALTH



THE EXPERT

Veronika Charvatova MSc is a researcher at Viva!Health, which is a part of the 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. vivahealth.org.uk

soya); nuts and seeds (almonds, cashews, pumpkin seeds and Brazil nuts; for omega-3 fats – flaxseed, hempseed, chia seeds, walnuts). Fruit and vegetables are of course essential (fresh fruit or blended in a homemade smoothie, unsweetened dried fruit, steamed, lightly boiled or baked veggies and dark green leafy vegetables – daily). And vitamins B12 and D, which can be obtained from fortified foods or supplements, are required too.

It's also important that you eat enough but not too much! According to scientific studies, if you don't eat enough, your baby may be more predisposed to obesity because the lack of energy in the womb switches on certain genes that will make food-searching behaviour a priority in order to prevent future hunger. At the same time, if you eat too much (especially foods that are high in sugar and fat) it also has a negative effect on the baby, affecting their metabolism and making them more likely to store unhealthy fats in their bodies.

Pregnant women need about 2,500 calories a day and those breastfeeding about 3,000 calories. However, these are general figures and each person has a

different metabolism so it's best to take it only as guidance and see what suits you. If you'd like to track your energy and nutrient intake, you can use the Cronometer website or app (cronometer.com).

Nutrients to watch

You will get almost all the nutrients you need from a healthy diet but there are a few that deserve special attention.

Iron: Adequate iron intake (15mg) is crucial because you're not only using it for your own blood formation, you're also creating new blood for your baby.

The best sources of iron: Beans, lentils, tofu, nuts and seeds, quinoa, dried figs, apricots and prunes, green leafy vegetables and wholegrain products. Vitamin C helps you to absorb more iron from your food so eat iron-rich foods together with those containing vitamin C, such as citrus fruit, peppers, kiwi, berries, broccoli, spinach and cabbage.

Calcium: Essential for bone and tooth development, calcium is also vital for muscle and nerve function. During pregnancy, the efficiency of your calcium absorption increases so the recommended intake is no higher than for the average adult (700mg). When you start breastfeeding, however, you'll need almost twice as much so it's good to get in the habit of eating calcium-rich foods daily.

The best sources of calcium: Almonds, sesame seeds and tahini, dried figs, dark green leafy vegetables (kale, broccoli, watercress), butternut squash, beans, tofu, calcium fortified plant milks.

Iodine: This trace element is needed for normal foetal growth and brain development. It is present in seawater, which means seaweed is a rich source. There are varying levels of iodine in soil so crops tend to have a varied and unreliable iodine content. If it's available to you, iodised salt is the best bet to ensure adequate intake.

Zinc: Zinc plays a crucial part in reproduction, conception and embryo development. There are many great vegan sources so if you make them a part of your daily diet, it will comfortably cover your and your baby's needs.

The best sources of zinc: Pumpkin seeds, wholegrains, tofu, beans, lentils, cashews, sesame seeds.

Folate: Also known as vitamin B9, folate is needed for cell division, a healthy nervous system and plays a part in blood formation. One of its key roles in a growing embryo is the development of the neural tube. Women who are deficient in folate have a higher risk of having a baby with the condition called spina bifida. That's also the reason why women planning a pregnancy are



Breakfast: Muesli/porridge, fresh fruit and a spoonful of ground flaxseed or wholemeal toast with nut butter and yeast extract, fresh veggies, cup of tea.

Snack: Fresh fruit, a small handful of nuts and dried fruit, green tea.

Lunch: Wholemeal bread sandwich with fresh vegetables and a protein-rich filling such as hummus, tofu or mock meat slices; or a falafel wrap or a bean burger with a side salad. A piece of fruit or a couple of pieces of chocolate for dessert, cup of tea.

Snack: Wholegrain crackers/oat biscuits with a dip, veggie sticks, pumpkin seeds, cup of green tea.

Dinner: Chickpea curry with brown rice or bean casserole with root vegetables or pasta dish with smoked tofu and veggies.

After dinner: A couple of digestive biscuits, plant yoghurt with dried fruit or chickpea-based savoury snacks.

A note on caffeine: If you drink coffee, limit it to two cups a day.

advised to take 400 micrograms (but not more than 1,000) of folate per day and continue this for at least three months after becoming pregnant. Your body doesn't store folate very well so it's important to have a steady intake.

The best sources of folate: Asparagus, Brussels sprouts, spinach, kale, cabbage, pak choi, rocket, broccoli, lettuce, red peppers, lentils, nutritional yeast and yeast extract, soya beans (edamame), tempeh, soya milk, muesli.



Vitamin B12: You probably know all about B12 as it's a vegan hot topic. In short, we need it for a healthy nervous system and blood formation – both are super important for a growing baby. However, B12 is hard to get from foods alone so many are fortified but when you're pregnant, it's best to take a supplement.

The best sources of vitamin B12: Fortified breakfast cereals, plant milks, yeast extracts, B12 supplement.

Vitamin D: This is another notorious vitamin – our skin makes it when exposed to sunlight but its production is limited during autumn, winter and spring so everyone is now recommended to take a supplement containing 10 micrograms of vitamin D. There's no exception to this rule in pregnancy!

Omega-3 fats: Unsaturated fats, and omega-3s in particular, are needed for the development of the brain and eyes. It's important for you to eat enough of these so your baby has a steady supply.

The best sources of omega-3 fats: Ground/milled flaxseed (linseed), hempseed and hemp oil, chia seeds, cold-pressed rapeseed (canola) oil, walnuts, dark green leafy vegetables.

Protein: Yes, as a vegan you get enough protein but it's recommended to increase your intake in pregnancy. If you want to do the maths, you should aim for 1.1g of protein per kilogram of bodyweight. So if you weigh 68kg, you should eat around 75g of protein daily.

The best sources of protein: Beans, soya, lentils, chickpeas, nuts, seeds, wholegrains.

Fibre: Eating all the plant-based wholefoods listed above has another health benefit – it means a superb fibre intake. Higher fibre intake has been shown to reduce the risk of preeclampsia – a condition where the blood flow to the placenta is restricted and which substantially increases the risk of premature delivery. Healthy fibre intake also significantly reduces your risk of gestational diabetes – vegans have a much lower risk!

Prenatal multivitamins

You may be thinking of getting a multi supplement so you don't have to worry about each nutrient. This can be a good solution if it serves to complement healthy eating but just remember that no supplement can make up for a poor diet.

And finally, it's a great idea to join vegan parenting groups online, not just for information sharing but it's good for reassurance and encouragement too!

It's likely that you're doing just fine as a vegan mum-to-be so don't worry too much or put pressure on yourself. Being vegan sets you up for a healthy pregnancy in the best possible way. **SV**

Coming up...

Next month in SIMPLY vegan

On sale
1st April

*contents subject
to change



HOT TOPIC

SHOULD YOU FEED YOUR PET VEGAN FOOD?

How to
reduce your
food waste

8

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PHOTO: PUREZZA VEGAN PIZZA BY FILIPPO ROSATO; TIME BARCLAY, AND
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Fitness news

Handy health tips and the latest eco-friendly kit to help you get the most out of your fitness

Vegan fitness



SUSTAINABLE SWIMWEAR

Made and designed in the UK, this reversible and multiway swimwear is made from recycled nylon, which lasts on average three months longer than normal swimwear fabrics and also has improved resistance to sun cream and chlorine.

Tucca Swim's packaging is also minimal, biodegradable and plastic free! £115 at tuccaswim.co.uk

ATTACK OF THE DOMS



Got post-workout muscle pain? Try Allve's vegan and cruelty-free Muscle Ease Bath Foam which utilises Dead Sea salts to help melt away muscle aches and pains and re-energise the body. Incorporating a blend of eucalyptus and seaweed, this rejuvenating bath soak will help to cleanse and revive your body. £5 at Sainsbury's and aliveskincare.co.uk



SIMPLY Vegan EDITOR'S CHOICE

30-60 mins

The amount of time before a workout to fuel yourself with a carb-based snack.



FIND YOUR TRIBE

Tribe Sports, the UK's first fully sustainable running brand, has just launched its brand new range of high performance running apparel made from up to 90 per cent recycled plastics. One tree is also planted for every order. The range start at £38 – visit tribesports.com





Q & A

The big questions

Our experts answer your queries about a whole range of vegan issues including health, ethics and the environment



Got a question? Email simplyvegan@anthem.co.uk

THIS MONTH'S EXPERTS

Lisa Simon

After qualifying as a registered dietitian in 2014, Lisa left the NHS to start her own business, specialising in plant-based nutrition. @tiptoptumdietitian



Laura Freeman

is a GP and Certified Lifestyle Medicine Doctor. She went vegan after being diagnosed with cancer.



Toni Vernelli

is Head of Communications at charity [Veganuary \(uk.veganuary.com\)](http://Veganuary.uk)



Power of plants

I've seen in the news that a plant-based diet can be good for diabetics – how does this work?

Lisa There are many foods and compounds in a plant-based diet that are beneficial to general health and which have been shown to be both preventative and helpful in treating chronic diseases, including type 2 diabetes.

Firstly, it is important to ensure that you are eating whole foods, rather than processed plant-based meat alternatives. This means eating a variety of wholegrains, which include brown rice and pasta, quinoa and wholemeal bread; plenty of colourful vegetables, including dark green leafy vegetables; fruit; legumes, which include lentils, beans and chickpeas; non processed sources of protein such as legumes, tempeh and tofu and smaller quantities of nuts and seeds.

As a nation, we should be aiming for 30g of fibre daily and this is very achievable on a plant-based diet.

Fibre reduces the energy density of food, it fills you up and is associated with maintaining a more healthy weight, which in turn promotes insulin sensitivity. Fibre is fermented by the bacteria in your gut to produce short

chain fatty acids which can directly lower blood glucose levels and is therefore associated with maintaining more consistent blood glucose levels.

Many plant foods have a low to medium glycaemic index (GI) content and this means that they are broken down more slowly so they do not cause your blood glucose levels to rise quickly. This means that eating plant foods with a low GI content can help you control your blood glucose levels. Some examples of low and medium GI foods are wholegrains, such as rolled oats, brown rice, barley and rye; sweet potato, peas, lentils and beans.

The many antioxidants found in a plant-based diet are highly beneficial for your general health but they may also inhibit glucose absorption, stimulate insulin secretion and result in increased glucose uptake which then results in improved blood glucose control.

In summary, plant-based diets which do not contain coconut oil and are low in plant-based oils in general, are low in saturated fat and high in fibre, fruit and vegetables and protective compounds such as antioxidants and phytochemicals. The

current NHS guidelines for type 2 diabetes include eating fruit, vegetables, wholegrains and pulses, and to lower saturated fats and trans fats intakes, so a plant-based diet fits in well with these guidelines.



The antioxidants found in a plant-based diet are highly beneficial for your general health.

Toilet talk

Since changing my diet I seem to be going to the toilet A LOT! Is this normal?

Laura As you change your diet and move towards mostly plant-based whole foods, it is normal to notice a change

in your toilet habits. This is because plant foods such as beans, legumes and vegetables are so rich in fibre (which is so good for you!).

It can sometimes be seen as a drawback but try to persevere and know that it is an expected gut reaction and should improve after only a few weeks.

Lentils, split peas (rinse and cook them well!) and canned beans are often the easiest to tolerate. I recommend building up your serving sizes gradually and eating mindfully – try to take your time over your food, chew well and don't rush! You might also feel easier with gentle walks and warm baths.



Fasting facts

Is fasting on a vegan diet good for you?

Lisa Fasting on a vegan diet is no different to fasting on a non vegan diet and there are certain factors to consider.

There are some groups where fasting is not a good idea and these include those with chronic illnesses, pregnant and breast feeding women and those with a history of eating disorders.

There are two basic principles of intermittent fasting; either reducing the amount of calories you eat on some days, or only eating during set times of the day. Popular fasting programmes include the 5:2 diet and more recently, the 16:8 diet, where you only eat within an eight hour window and then eat nothing at all for the remaining 16 hours. Most advocates of this plan will eat their final meal around 7pm and then skip breakfast to begin eating again at 11am. This does not fit in with healthy eating guidelines which include having a regular meal pattern, starting with breakfast, which kick starts your metabolism, improves your concentration and can prevent overeating later in the day.

The theories behind fasting are that you will ultimately eat fewer calories and that your body will start breaking down its fat stores, resulting in weight loss. Other claims include an improved gut environment, reduced inflammation and reduced fat levels in the blood.

Fasting also very much depends on you as a person. If you are someone who finds it easy to be strict on some days and can relax more on other days, then it may be an option for you if you are trying to lose weight. However, it has been shown that fasting is no more or less effective than other diets in terms of weight loss and, as with any other diet, it should be something that you are able to sustain long term rather than a 'quick fix'.

I would advise a healthy, balanced diet, plenty of non-caffeinated fluids such as water and herbal teas, good quality sleep and being physically active. By adopting all of these principles there will be no need to follow a restricted eating plan. However, if you do decide to follow a fasting programme I would advise that you speak with your GP first, especially if you are taking medications that are best taken with food.

Skin deep

Can a plant-based diet help with acne?

Laura Acne is a very common skin problem and can have a huge impact on both emotional and physical wellbeing.

Whilst the scientific evidence is not always clear cut between skin conditions and nutrition, it is well recognised that countries who follow a 'Western Style' diet have a higher number of acne cases when compared to those who follow a diet with less processed foods and less animal products.

Acne might not be cured by what you eat but it is certainly worth trying to shift towards a whole food plant-based diet. It is important to consider lifestyle factors such as your sleep and stress levels – regular movement and mindfulness practices can improve skin as well as health.



Old habits

My partner and I did Veganuary together, but he's started eating meat again, which is causing arguments. I really don't want meat in the fridge anymore – what should I do?

Toni It can be challenging when one half of a couple is vegan and the other isn't, but compromise is possible. If you can explain how strongly you feel (without being angry or appearing to judge his choices) you may be able to reach an outcome that works for you both. Some new vegans find they can tolerate dairy products in the house but not meat; for others, meat is OK if it is in a sealed container in a designated part of the fridge. Other couples come to an agreement that the home will be vegan, but each person is free to eat whatever they want outside of it.

But you should ask yourself, is this really about meat in the fridge or is it



about your partner going back to a practice you now find objectionable? If his meat-eating has fundamentally changed how you feel about him, it may be that there is a bigger question at play.

Beating the blues

Since going vegan and becoming aware of what goes on in the meat industry I feel really sad and depressed that I can't save more animals. What can I do to help?

Toni It is natural to feel overwhelmed at the scale of animal farming and the suffering it entails, and campaigning against it is the best way to allay some of the sadness. And there is a lot you can do,

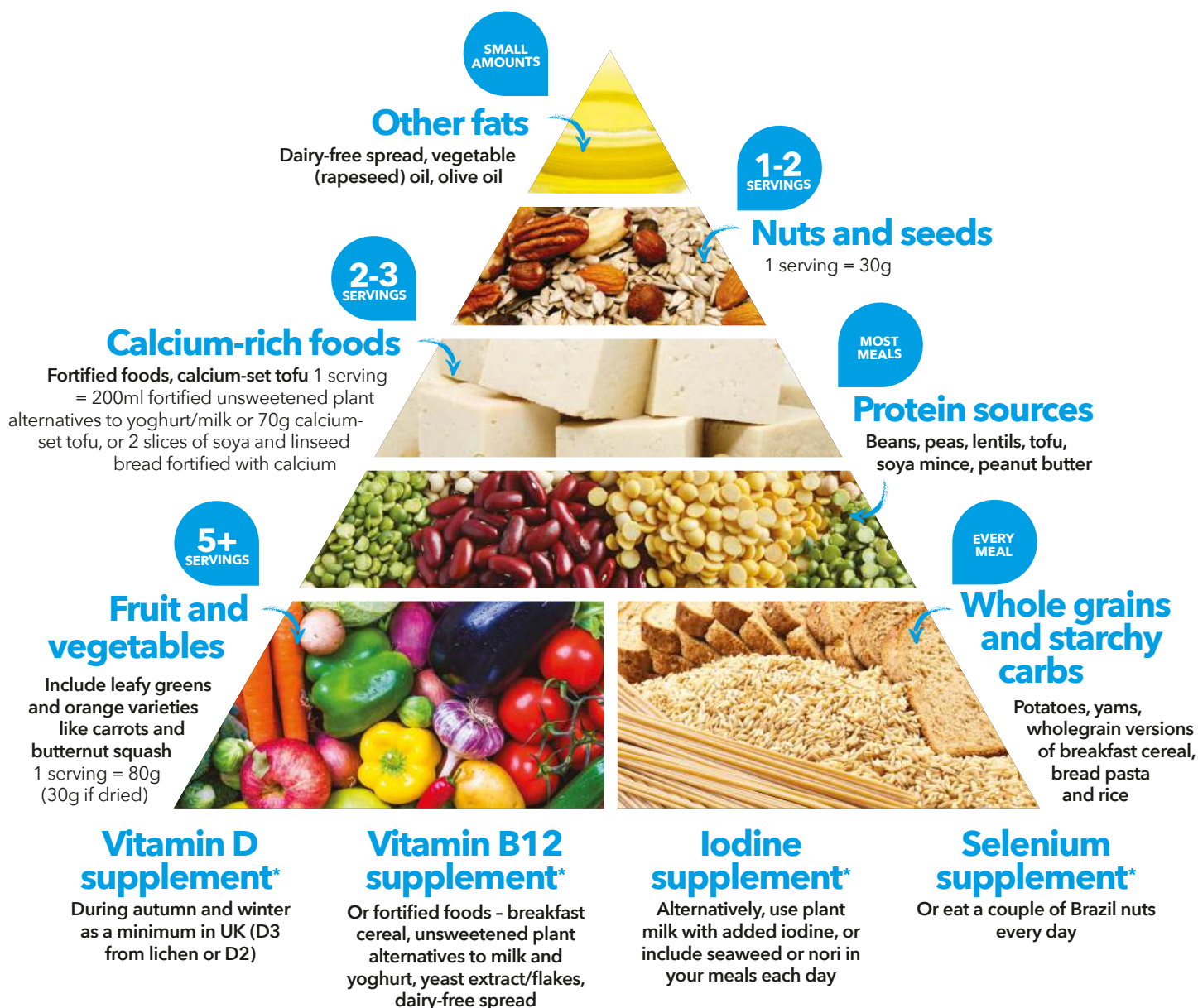
including joining organisations like Animal Aid, Animal Equality, Viva! and Vegan Outreach Scotland and getting involved with the campaigns they run. Some set up information stalls at events or encourage



people to visit a factory farm via virtual reality headsets. Others campaign politically for changes or speak in schools. You can join a local group or hand out free vegan food samples. You can share information online that will encourage others to try veganism, and you can volunteer at your nearest farmed animal rescue to help the victims from the trade. And of course, you can support Veganuary as no one is more effective at making vegans!

What to eat every day

Follow this simple chart to ensure your daily diet includes all the nutrients your body needs



Always remember to balance the food you eat with physical exercise

FOLLOW THE ABOVE TO ACHIEVE A GOOD BALANCE OF...

PROTEIN

Certain nuts and seeds are a good source – cashew nuts, pumpkin seeds, ground linseed (flaxseed), chia seeds, hemp seeds

FIBRE

Wholewheat pasta, brown rice, wholemeal bread, oats, sweet potato and new potatoes with skins left on

VITAMIN C

Boost iron absorption by including a good source in every meal like pepper, broccoli, cabbage, strawberries, pineapple or orange juice

IRON

Beans, peas, lentils, tofu, fortified breakfast cereals, whole grains like quinoa, dark green leafy vegetables, ground flaxseed (linseed), chia seeds, hemp seeds, cashew nuts, pumpkin seeds, raisins, apricots, figs

OMEGA-3 FAT

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

*Visit vegansociety.com/nutrition for more information

What to avoid

It's important to look at labels and check for animal products. Veganuary and Bare Fashion have compiled this essential list of what to avoid when you're shopping

Food X

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

- **Milk**
- **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
- **Royal Jelly** secretion of the throat gland of the honeybee
- **Honey** food for bees, made by bees
- **Propolis** used by bees in the construction of their hives
- **Vitamin D3** from fish-liver oil or sheep's wool
- **Albumen/albumin** from egg
- **Isinglass** a substance obtained from the dried swim bladders of fish, and is used mainly for the clarification (fining) of wine and beer
- **Cod liver oil** in lubricating creams and lotions, vitamins and supplements
- **Pepsin** from the stomachs of pigs, a clotting agent used in vitamins

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:

- **E120** Carmine, also known as cochineal, carminic acid or natural red 4. Crushed

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



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

Fashion X

- **Angora wool** used to make jumpers, angora rabbits are often kept in terrible conditions, living in cramped cages and then shaved for their coats
- **Animal glue** some large retailers still use glue made from boiled animal bones
- **Cashmere** 90% of this soft, sought-after fibre comes from goats in China and Mongolia, who are mistreated and kept in cramped conditions
- **Feathers and down** these can be found in linings for winter coats, on jewellery, or to make pillows and duvets. Animals are plucked alive or killed and then stripped of their feathers
- **Fur** made from furry animal hides. This is gradually being phased out in the fashion industry, but check that your faux fur purchase is not actually real fur
- **Leather** widely used to make jackets, footwear, handbags and other clothing,

leather often comes from developing countries where animal welfare laws are not enforced or in place

- **Mohair** often used to make jumpers, hats and other fluffy accessories. Taken from angora goats who are often abused and inhumanely killed
- **Sheep's wool** widely used to make jumpers, coats and homewares, widespread abuse has recently been revealed in the wool industry
- **Silk** check the label of shirts and lingerie – moths are killed in the creation of these soft fibres

**BARE
FASHION**

barefashion.co.uk
The UK's only vegan
fashion and beauty
show takes place each
year in London

What's the alternative?

We make it easy for you to switch your old favourites with vegan options



Milk

» Almond milk

Nutty but delicate

Great to use in smoothies and sweeter baking recipes. Fabulous addition to porridge and will usually last longer in the fridge than many milks. Almond milk isn't the best fit for hot drinks as it is liable to split in coffee and can be overwhelming when used in tea (unless the tea has nutty, chocolate notes).

» Coconut milk

The sweet tooth's all-rounder

Coconut milk is beautiful in coffees, smoothies, in porridge, and any sweet recipes such as yoghurt and ice cream. It's not suitable for most savoury dishes though (with the exception of curries) because the coconut flavour is likely to be too prominent.

» Soya milk

The O.G. of plant milks

Unsweetened soya milk is best used in savoury cooking and baking because it can be a great creamy base for sauces and curdles well for use in baking mixes. Soya milk is also perfect for any amateur yoghurt makers out there. Not ideal in coffee or tea, as most brands are prone to splitting or curdling; however, barista blends reduce the likelihood of this.

» Oat milk

Creamy and perfect in coffee

Oat milk is subtle enough not to overwhelm the flavour of your beverage and will almost always hold your coffee and teas in suspension. You can use it in both sweet and savoury recipes, working very well in baked goods. Not ideal for use in a custard or sweet/savoury sauce because the texture can sometimes be a little chalky.



Eggs

» Flaxseed

A great binding agent

Flaxseed is perfect for dense recipes such as muffins, flapjacks, pancakes, scones and nut cakes. They can also be used to make vegan meatballs. To replace one egg, use 1 tbsp milled flaxseed with 3 tbsp warm water. Leave to combine for one hour in the fridge before use.

» Aquafaba

The aerator

This is the water leftover from a drained tin of chickpeas and it adds a light and airy texture to bakes. It's perfect for making mayonnaise, salad dressings, meringue, macarons, cupcakes, marshmallows and ice cream. To replace one egg, use 3 tbsp aquafaba with 4 tbsp caster sugar.

» Mashed banana

Perfect for pancakes

If you're making dense bakes like muffins, brownies, pancakes, loaf cakes or cookies, a simple half cup of mashed banana can be used instead of an egg. It adds a smooth, creamy texture but is liable to split if too wet, so add corn starch or extra flour to compensate.

» Chickpea flour

The versatile binder

Chickpea flour (also known as gram flour) is a staple in Indian cuisine and can be used in a host of ways when cooking vegan recipes. It acts as a binder and is ideal for use in vegan omelettes, pancakes, nut loaves, meatballs and dumplings. It's high in protein, low in fat and naturally gluten free. To replace one egg, combine 3 tbsp chickpea flour with 3 tbsp water and mix well.



Cheese

» Tofu

The wonder ingredient

Tofu has been used for centuries in Asian cooking and can be used in a host of ways. Firm tofu can mimic cheese varieties such as paneer, mozzarella, and halloumi, whilst silken tofu creates a creamy texture in vegan ricotta, cheese dips, quiche and cheesecake.

» Cashew nuts

The natural approach

Just like nuts can be used to make plant-based milk, cashews can be used to make cheese! Simply soak your raw cashews overnight (or for 2-4 hours in warm water), drain and blend. You can then add plant milk, nutritional yeast and miso to make a delicious cheese sauce.

» Nutritional yeast

The store cupboard essential

These multi-purpose flakes – also known as nooch – can be bought from wholefood health shops and are a real vegan staple. Simply shake them into sauces or over pasta for a savoury, umami flavour. They can also be used to make scrambled tofu, scones, dips, quiche, cheesy mash potato and even soups and stews.

» Shop-bought

The easy option

Ready-made vegan cheese from supermarkets and specialist companies is coming on in leaps and bounds. Often made from coconut oil, choose from hard cheddar-like blocks, spreadable cream cheese, grated varieties, thin cheese slices and even halloumi- and feta-style cheese. Popular brands include Violife, Daiya, Sheese, Tyne Cheese and supermarket own-brand options.



Meat

» Tempeh

High in protein

Tempeh is similar to tofu, but is made with fermented soya beans to form a grainier, healthier alternative. It's great for use in sandwiches, wraps, stir fries, tacos, burritos and oriental dishes. Marinate in spices to add flavour.

» Seitan

The versatile option

Originating in China, this is a great product for new vegans as it can be used in so many ways and closely mimics the firm texture of meat. Made from wheat gluten, it is perfect as a replacement for beef, chicken, pork, duck, ham and sausages. You can find it in health food stores or some supermarkets. Upton Naturals is one brand to look out for that is now stocked in Sainsbury's.

» Jackfruit

Store cupboard favourite

This tropical fruit has a similar texture to artichoke and is great fried up with jerk seasoning or BBQ sauce as an alternative to pulled pork. It's rich in fibre and low in fat, so is a healthier choice than processed meat alternatives. Keep a few tins in your cupboard and use them to make chillis, burgers, tacos and as pizza toppings. Make sure you cook it slowly so that it falls apart on your fork.

» Mushrooms

Nature's meat

Rich in vitamins D and B, mushrooms provide an umami flavour and a meaty texture to dishes like bolognese, chilli, noodles, burgers and cooked breakfasts. Portobellos can even be sliced to mimic steak! Marinate them first in a rich soy sauce or fry them up with garlic.



Gelatine

» Pectin

A thickening agent

Pectin is a plant-based polysaccharide which is found naturally in the skin of fruits like apples and oranges. These skins are boiled, filtered and dehydrated to create a powder or a pre-made gel. Use it to make fruity recipes such as jams, jellies, fruit sweets, flan layers and marmalades. Pectin powder can also be used to replace eggs in baking recipes such as sandwich cakes and muffins.

» Agar agar

Use in purées and sweets

Extracted from red algae, agar agar was discovered in the mid-17th century in Japan. It comes in the form of a flavourless and colourless powder, which sets extremely firmly. It can be used in a host of vegan dishes – from a basic clear gel to enrobe a pork-less pie to more complex coconut crèmes, panna cotta, ice creams and light mousses.

» Xanthan gum

Great for baking

Xanthan gum is a polysaccharide, similar to that of pectin, which is a naturally occurring by-product of bacterial fermentation. It's sold as a white powder, similar to cornflour, with a slightly grainy texture. Commonly used to prevent the splitting of sauces such as custards. It can also be used in ice creams to stabilise the crystal formation of ice as it sets.

» Carrageenan

The stabiliser

Also known as Irish Moss, carrageenan is a type of dried seaweed extract which is flavourless and odourless. Ideal for both sweet and savoury dishes – from soups and consommés to jellies and cakes.

Cupboard essentials

Stock up on these store cupboard essentials to ensure you can always cook up a healthy meal

- ✓ **Apple cider vinegar** use this to make dressings. Great for digestion
- ✓ **Coconut oil** good for baking and frying
- ✓ **Cold pressed olive oil** for making salad dressings
- ✓ **Vegetable bouillon** adds flavour to recipes that require stock or broth
- ✓ **Nutritional yeast** imparts a slightly nutty, cheesy flavour to sauces and dishes
- ✓ **Cashew nuts** soak overnight and blend to make creamy savoury or sweet sauces
- ✓ **Other nuts** Brazil nuts, almonds, walnuts and pecans make great snacks and add crunch to salads
- ✓ **Nut butters** spread on toast, use in sauces, or eat with apple as a snack
- ✓ **Dates** add sweetness to energy balls, snacks and cakes
- ✓ **Pumpkin and sunflower seeds** sprinkle over cereal, shake onto a salad or use them to make pesto
- ✓ **Cacao powder** high in anti-oxidants, this adds a chocolatey flavour to porridge and desserts
- ✓ **Ground flaxseed** stir into porridge, add to your smoothies or use as an egg replacement
- ✓ **Chia** soak overnight to make chia pudding for breakfast
- ✓ **Agave/maple/date syrup** a great replacement for honey
- ✓ **Miso paste** use to add depth of flavour to sauces or noodle dishes
- ✓ **Soy sauce or tamari** adds an umami flavour to Asian dishes or bolognese
- ✓ **Sriracha** a hot sauce for adding spice!
- ✓ **Chickpeas, beans and lentils**
Use these vegan essentials to create filling, protein-packed curries, soups, stews, falafels and chilli
- ✓ **Smoked paprika** use this to make coconut 'bacon' or to add a warm smoky flavour to dishes
- ✓ **Cumin** adds warmth to hummus, curries, Mexican dishes and more
- ✓ **Cinnamon** this anti-inflammatory spice adds a warm, sweet flavour to snacks and desserts
- ✓ **Quinoa** a complete protein that's great in salads
- ✓ **Buckwheat** high in protein and great for risottos or in salads
- ✓ **Oats** good for flapjacks, cookies, granola, porridge and in smoothies

SIMPLY

fashion + beauty

All the flowers

Step into spring with this beautiful organic cotton jumpsuit from People Tree's V&A collection. £125 at peopletree.co.uk



Fashion news

Sustainable vegan fashion to take you into spring and beyond



From top Orla top, £28; Alexa jumpsuit, £35; Ditsy Dee midi dress, £35 Left Leopard Rachel dress, £35; khaki smock dress, £40



**NEW
ARM
CANDY**
»

If you're ditching leather this year, check out this versatile vegan leather tote which comes in eight different colourways and includes an insert bag to help keep everything organised. £68 at liveinthelight.co.uk



BE A NOBODY

If you're looking for a spring wardrobe refresh, check out London-based brand Nobody's Child. They re-purpose leftover fabric from past seasons and donate leftover materials to fashion colleges to avoid anything going to landfill. Shop at nobodyschild.com

60%

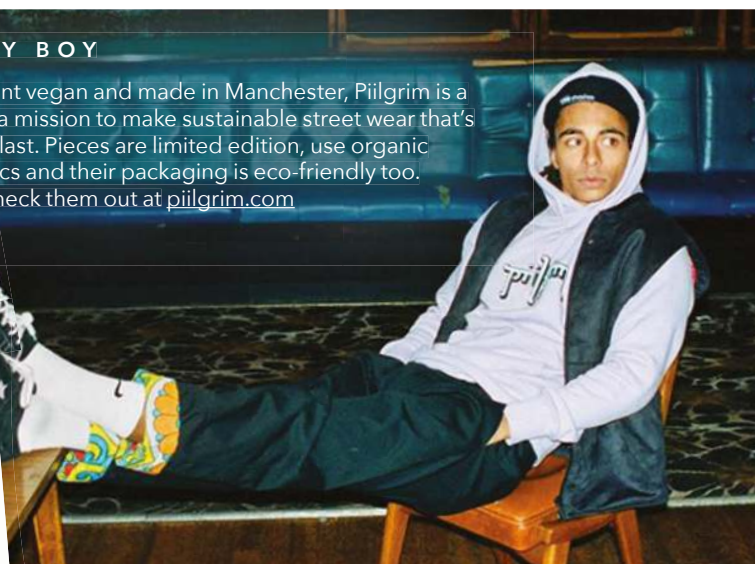
The percentage of garment workers in Dhaka, Bangladesh regularly working illegal overtime to meet demand.



Above Piilgrim create single-run items, designed to be worn for life

HEY BOY

100 per cent vegan and made in Manchester, Piilgrim is a brand on a mission to make sustainable street wear that's built to last. Pieces are limited edition, use organic fabrics and their packaging is eco-friendly too. Check them out at piilgrim.com





8 ways to join the fashion revolution!

Be part of the solution not the problem and embrace sustainable fashion for the year ahead. **Colette Earley** shares her tips

There's no doubt about it, the fashion industry is one of the largest polluters to the planet, following in close second place behind the oil industry. A recent report by Pulse (globalfashionagenda.com) stated that clothing generates 92 million tons of the world's waste each year, having a disastrous impact on the levels of air, water and soil pollution. Fashion Revolution (fashionrevolution.org) is a not-for-profit global movement working towards building a sustainable approach to fashion production and consumption. Made up of brands, wholesalers, retailers, distributors



THE AUTHOR

Colette Earley is a freelance writer based in Bristol. As well as following a vegan lifestyle, she loves yoga, travel and miniature dachshunds.

and consumers of the fashion industry, Fashion Revolution is sparking a movement for transparency within the industry, providing fair rights for workers and a green approach to production.

Between 20th-26th April this year, we'll be joining in Fashion Revolution Week, which encourages millions of people to come together to campaign for systemic change in the fashion industry. As well as becoming part of this movement, you can take immediate control of your own approach to fashion by implementing some simple changes. Here are a few of the ways you can make an individual change today...

#1 Go swishing

Swapping some of your unwanted clothing, shoes and accessories with someone else is what's known as 'swishing'. Think of it like a massive clothes-swap party – you bring items you no longer want and choose some replacements from someone else's pile

that will make nice 'new' additions to your wardrobe. This can also be a fun way to meet like-minded people and have a good clear out of your wardrobe. If you think that no one is going to like your items because you now can't bear to look at them any longer, you'll be pleasantly surprised – something that you consider boring can be someone else's treasure.



#2 Sustainable sellers

With the internet at our fingertips, doing our research and finding designers and brands that follow a sustainable and ethical approach to the way they make their products is easier than ever. Brands such as Reformation, House of Sunny and People Tree are all dedicated to making high-quality clothing in a green way. While the price tag may be a bit higher than a lot of high-street stores, the clothing, which is normally made in small runs, will be of the best quality, meaning it'll last much longer. Plus, with eco fashion on the rise, more of our favourite stores are now offering an accessible sustainable range. Swear yourself to only buying from these brands and ranges from here on, and straight away you'll be lessening your contribution to fashion pollution.

People Tree
Sustainable and Fair Trade Fashion



#5 Mindful buying

Sometimes, without being mindful when making decisions, it's easy to lose track of how much we're actually buying. A monthly shopping spree or grabbing items here and there that we don't actually need contributes to textile pollution. Setting yourself targets when it comes to purchasing will actively stop you from unnecessary buys. For example, deciding not to buy any new clothes for a whole year will make a huge impact (imagine if we all did that!). Not only does this put an instant halt to your contribution to fashion pollution, but it allows you to rediscover your wardrobe and find some gems that you might have forgotten. If this approach won't work for you, then try only buying an item if you can guarantee you'll wear it at least 30 times.

#3 Love vintage

When you buy second-hand or vintage clothing, there is a zero per cent chance of a harmful impact on the planet. If you love a good shopping spree, then heading to the thrift stores and charity shops lets you indulge in your favourite hobby with a guilt-free conscience knowing that you're not contributing to the fast fashion industry. Plus, there's the added bonus of discovering a beautiful item and knowing that you're not going to see someone else walking down the street in it.

#6 Choose organic

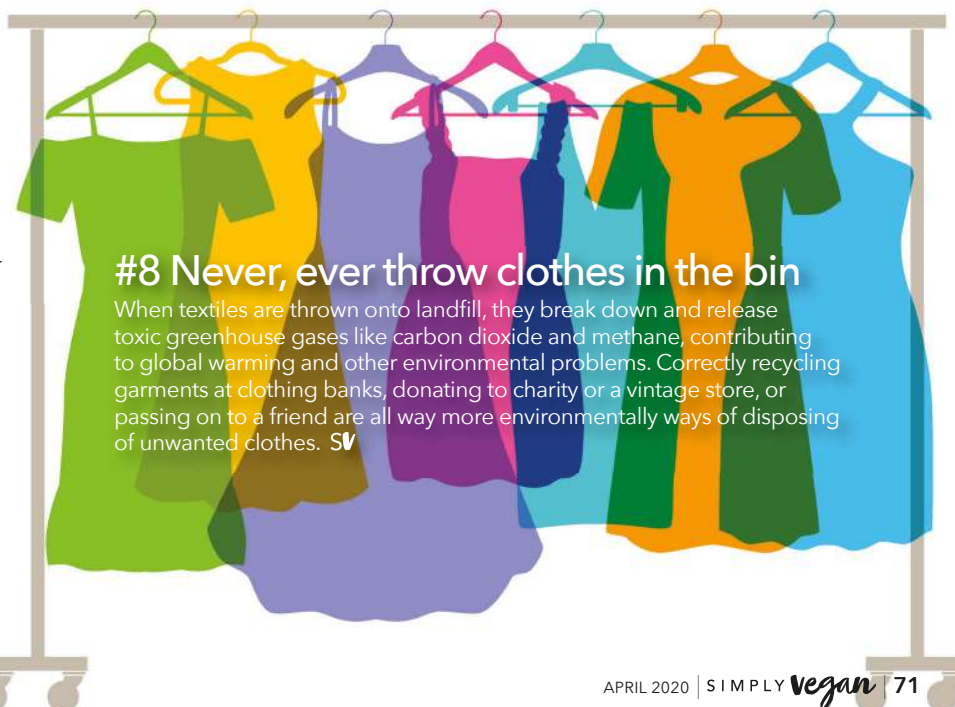
Not only does organic cotton produce far better quality clothing, it's also grown and manufactured in an environmentally friendly way. The process uses much less water than the standard method and absolutely no pesticides – which means no harmful effect on our eco-system (non-organic cotton uses an incredible amount of pesticides and insecticides during production). The more we support this approach to cotton production, the more common it will become.

#7 Take care

In a throwaway world where fashion is cheap, it's not always ingrained in us to look after things. Washing and drying with eco-friendly, gentle products; avoiding over-washing; storing in a dry, airy wardrobe; being careful not to stain or stretch – these are all habits that, if incorporated into our lives, will make our possessions last much longer. Invest in good quality, sustainable clothing and give each piece the care it needs to make it last a lifetime.

#4 The art of repairing

Instead of discarding that jumper with a hole in, or that jacket with the broken zip, see if you can give them a little TLC first. Hand or machine-stitching any rips, reattaching buttons, and even dyeing an item a new colour can give your garments a new lease of life. If you don't know how, simply ask a family member to teach you or even take a short course (find one near you at craftcourses.com). They'll soon become invaluable skills you'll use again and again through life. Alternatively, find a local seamstress (ask for recommendations on Facebook) and take along a bag of items to be repaired and altered to fit.



#8 Never, ever throw clothes in the bin

When textiles are thrown onto landfill, they break down and release toxic greenhouse gases like carbon dioxide and methane, contributing to global warming and other environmental problems. Correctly recycling garments at clothing banks, donating to charity or a vintage store, or passing on to a friend are all way more environmentally ways of disposing of unwanted clothes. **SV**

HIGH STREET VEGAN FASHION

Silk-free shirts

3,000 worms are killed to make every pound of silk. Check out our favourite cruelty-free options



THE AUTHOR

Marta Canga is a vegan lifestyle blogger with a passion for cruelty-free clothing, sustainable living, plant-based food, natural beauty and living an ethical lifestyle. You can find out more about Marta on Instagram, @martacanga



Left Jacquard shirt, £26 **Right** Frill shirt, £34; Both Next



Right Polka dot shirts, £35 at Wallis



Wallis

High-street retailer Wallis offers a wide selection of silk-free shirts both from their beautiful website as well as their stores. Presenting relaxed but glamorous pieces, Wallis also supports cancer charity for children Clic Sargent. With regards to their silk-free blouses, you may need to browse what the garment is made from, but we are pleasantly surprised to see they use Lyocell and Polyamide as alternatives. We really like the polka dot options as they go with jeans, skirts or suits and match any colour too! Shop online at wallis.co.uk or visit your local store.

**Simply
Vegan
EDITOR'S
CHOICE**

Debenhams

Multinational retailer Debenhams offers well-designed, fashionable clothing on a high street near you. Having established a strong core clothing business, Debenhams continues to deliver timeless and affordable quality. We love the brand's British heritage and how they personify casual style perfectly. When it comes to its silk-free pieces, Debenhams has a wide selection of silk-like cotton and polyester shirts and blouses to elevate your style. Whether you are looking for an office staple or an evening blouse, you might find it here. Shop in-store or online at debenhams.co.uk

Right Red Herring tie-front satin shirt, £25 **Far right** Red Herring print tiered top, £22 Both Debenhams





Next

We know that cotton production is a hugely intensive process, particularly with regards to the enormous volumes of water used and if not organic, the intense use of pesticides. However Next has a large range of options to offer you blouses that are silky-smooth, durable, and that drape well without the need to invest in cotton. We love the new SS20 collection with ditsy floral prints but also silk-free blouses that are perfect for either work or the weekend. Having upped its environmental approach recently, Next offers a recycling scheme and donates any surplus to charities too. Shop in store or online at next.co.uk



Sugarhill Brighton

Sussex-based company Sugarhill Brighton creates beautiful clothes to be loved and enjoyed. Focussing on exclusively designed prints, intarsia and embellished garments drawn up in the company's seaside studio, the vast majority of its garments are vegan and it also partners with numerous charities for education, wildlife protection, women's rights and so much more! In terms of its clothing, you will find beautiful, colourful prints and really affordable prices. We love Sugarhill's vegan print shirts as an easy 'nice top and jeans' combo! The brand uses organic cotton and viscose to make its garments – viscose is a man-made fibre made from sustainable wood and bamboo pulp. It is known as a 'semi-synthetic fibre' to reflect the combination of the natural raw materials and the chemical manufacturing process that turns the pulp into fibres. Shop online at sugarhillbrighton.com

Above Diana shirt, £30 **Left** Joy shirt, £40; Both Sugarhill Brighton



Below, from top Vendlaa top, £60; green shirt, £60; Both Armed Angels



Above Phoebe blouse, £82 **Below, right** Ely blouse, £75 Both Jan 'n June

Jan 'n June

Leading sustainable fashion brand Jan 'n June is 100 per cent vegan and therefore you can shop from there without having to compromise. Offering stunning pieces following its motto of 'bye-bye fast fashion', you will find incredible pieces for both men and women. All of the materials are certified and they only use fair production for their garments. What we love about Jan 'n June is that it makes plastic bottles look oh-so-chic! It uses PET bottles that have been ground, melted and extruded into new fibres. How does it feel you ask? Recycled polyester is a high-quality yarn that won't have you sweating or make you feel uncomfortable. It's breathable, doesn't lose shape and feels soft and silky. Shop online at jannjune.com



Armed Angels

German company Armed Angels is revolutionising the industry with its stylish and affordable clothing for both men and women. Favouring materials such as organic cotton, recycled plastic, and organic linen, it is also one of the leading brands to use revolutionary fabric Tencel Lyocell. Lyocell is a natural and sustainable cellulose fibre, because it is made from wood. These fibres offer garment strength, efficient moisture absorption and are gentle on skin. Just like silk, but the humane way! Find Armed Angel pieces at armedangels.com, in-store at 69b Boutique, or at AIDA Shoreditch.

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Beauty news

Want to be more ethical with your make-up and skincare routine? Check out these new products and ideas...



BUDGET BEAUTY

Aldi recently launched its very first vegan skincare range. The nine-product, cruelty-free collection includes the Lacura 100% Naturally Derived Day Cream, Eye Cream, Face Wash, Face Scrub, Hand & Nail Cream and Fruit Sheet Masks, with prices from just £1.99.



Vegan beauty

THE FUTURE IS REFILL

Following the success of its refill station at Boots Covent Garden, Beauty Kitchen is planning to roll the scheme out nationwide to make this more available to everyone and ultimately reduce waste. With the installation of 1,000 of these incredible machines, it plans to save over 100 million plastic bottles during the next two years. Beauty Kitchen is available at Holland & Barrett and beautykitchen.co.uk



4.5 million

The amount of people who do not recycle their bathroom products.



SKINCARE WITH A HEART

UK brand Lucy Bee, known for its Fairtrade coconut oil products, has just launched a new range of ethical skincare products, which are 100 per cent vegan, free from palm oil and use recyclable packaging such as glass, aluminium and FSC card. The products are also certified organic and unscented, making them perfect for sensitive skin. From £18 at shop.lucybee.com







The zero waste bathroom



If you've nailed vegan cooking and are now looking at other ways to live more sustainably, **Lottie Storey** outlines why your bathroom could be the next place to have an overhaul...

Look around the bathroom shelves of most UK homes and you'll see the same thing: bottles of shampoo and conditioner, pots of make-up, tubes of toothpaste and boxes of sanitary towels and tampons. You'll no doubt find toilet rolls stacked up near the toilet, a medicine cabinet stocked with vitamins and painkillers and at least one bottle of shower gel knocking around too.

For those of us looking to reduce our waste, the bathroom is either a brilliant place to start or the last bastion of environmentalism, depending on how you look at it.

Plastic is the main culprit, of course. According to a recent study, as many as 16 million plastic bottles are disposed of as rubbish every day in Britain, with 2.9 million people in the UK admitting that they never recycle plastic bottles. With so many cosmetics companies out there now offering alternatives to plastic, this one is an easy win. Opt for metal* or glass instead, or spend your money with companies such as Lush who only use recycled plastic for their containers (with money off when you bring back your empties for reuse). Swap plastic toothbrushes for bamboo, and disposable razors for metal. Avoid packaging altogether and opt for bars of



THE AUTHOR

Lottie is a writer from Bristol. Vegan for three years, she's always on the hunt for new recipes and ingredients, and is a self-confessed cruelty-free skincare junkie. Visit her blog at oysterandpearl.co.uk

soap, shampoo and conditioner bars, and you've eliminated three bottles without even trying!

Period problems

An estimated 4.3 billion disposable menstrual products are used in the UK every year. According to City to Sea (who campaign to prevent marine plastic pollution at source), a standard box of menstrual pads contains around the same amount of plastic as five carrier bags. And every single day in the UK around 700,000 panty liners, 2.5 million tampons and 1.4 million pads are flushed down the toilet – many of which block our sewer systems and escape into our rivers and seas. The answer is obvious: reusables. There are so many on the market now, from period pants to cups to washable pads.

And don't forget the toilet paper. The majority is still made using virgin trees, so switch to brands that use 100 per cent recycled paper and non-plastic packaging, such as Who Gives A Crap.

Feeling inspired to clear up your bathroom? Turn the page to get some tips from zero waste blogger Lucy Lucraft... →

***Metal is recycled more than any other packaging – an estimated 80 per cent of all metal ever produced is still in use today. Due to its intrinsic value, once made metal is rarely wasted.**





"I went from beauty junkie to ethical blogger"

Lucy Lucraft is a freelance journalist and sustainability influencer based in Brighton. Here she shares her tips for making your bathroom plastic-free. Visit her blog at lucylucraft.com or find her on Instagram @lucylucraft.

LUCY'S TOP FIVE TIPS

'I worked in premium beauty for many years and had thousands of products. I was addicted. When I went travelling I had to ditch the lot. I lived on a small island known for diving so became hugely interested in sustainability as I was seeing the effects of plastic pollution and climate change first hand.

I now have a really low maintenance hair and skin routine, plus I have two kids and zero time so I use shampoo and conditioner bars and homemade face oil, too. We switched to bog standard soap and both my husband and I use safety razors with blade refills – 100% per cent recyclable and cheaper (Astra blades are approx £10 for 100).

When it comes to ditching products, everyone has different priorities, needs and privilege. For me, ditching unethical and unsustainable companies was key. I don't buy anything from Amazon (including ingredients to make my own plastic-free products). I'd rather buy a more ethical, ready-made version.

There are some things I just haven't been able to swap. I have tried so many different eco toothpastes but I find them to be revolting so I stick to Colgate who take back their old packaging to recycle. Medicines are also non-negotiable.'

1 A zero waste bathroom is going to be different for everyone. It doesn't have to be all Kilner jars and expensive products!



2 Pick one thing to change and see how you get on with it. Solid shampoo, a safety razor or menstrual cup are all really satisfying swaps.



3 Watch out for greenwashing! As sustainability becomes more 'on trend', brands are using it to make you buy their products. Learn what it is so you can avoid any sneaky traps.



4 Try not to get too caught up on the idea of 'zero waste' – it's an unachievable goal in a world not set up for it. Those of us with the most privilege should shoulder the most responsibility so that those from marginalised groups aren't expected to pay the price.



5 Get creative. I store dry soaps in a basket, while things like shampoo bars that aren't used every day can be kept in a tin, a hessian/jute bag, or in tupperware!

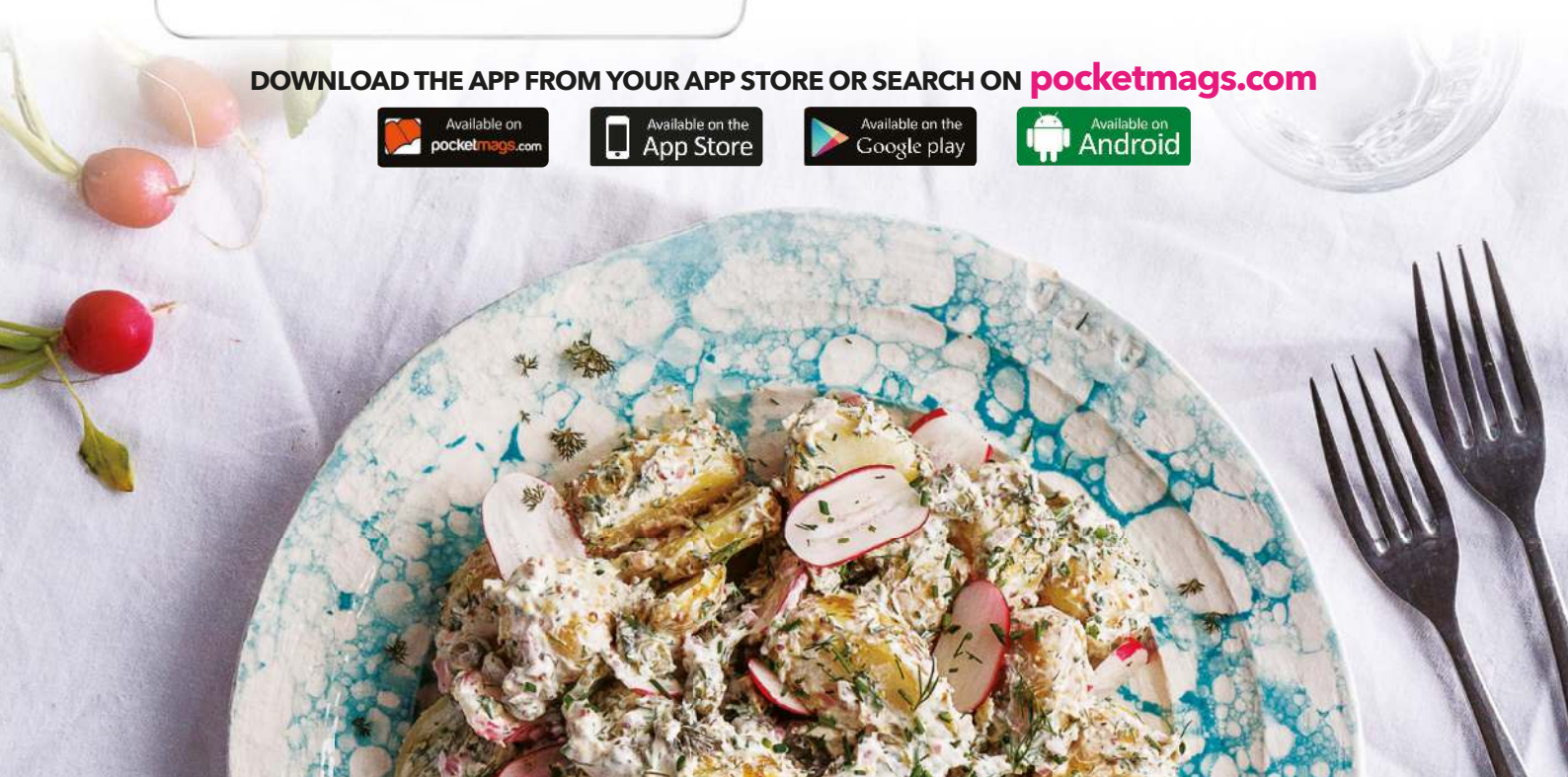
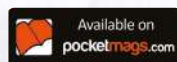


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LAST BITE

Madeleine Olivia

The YouTuber and blogger tells us why being vegan and living sustainably go hand in hand



M

any of us dream of quitting our day jobs and making a career out of our passions and in 2015 that's exactly what

Madeleine Olivia did. Now 27, she has just released her first book, *Minimal...*

When did you go vegan and why?

I went vegan six years ago, in my last year of uni. I was suffering with an eating disorder and fell upon veganism because I was looking for the next fad diet to try. It went from a fad diet, to something I became extremely passionate about. I learned about the animal agriculture industry and the harm it is doing to animals and our planet, and my mind was made up. It gave me something to be passionate about in a low time of my life, and showed me a new outlook on food.

How has this impacted your life?

It was the catalyst for many changes in my life – recovery from my eating disorder, quitting fast fashion, learning about sustainability, shopping less and changing my lifestyle to align more with my morals and beliefs. It has changed everything. While it wasn't a smooth ride, it's taught me so much about myself and the world around me.

Decluttering is so therapeutic. Having a clear home has transformed my life.



Why is living sustainably so important to you?

We are living in a climate crisis, and I can't think of living any other way. Once I found out about the impact my food had, my fast fashion addiction had or my flying habit had, I had to make changes. I'm far from perfect, and I'm aware that an individual living sustainably isn't going to save the world. We need to get our governments, large corporations and companies to make

bigger changes, and fast. However, I also believe in the power of the individual. If we can do both, then maybe we can win the fight against climate change.

Tell us what

minimalism means to you...

Minimalism means keeping what you love and what you genuinely need in your life, and letting go of what doesn't serve you anymore. In my book, *Minimal: How to Simplify Your Life and Live Sustainably*, I emphasise that minimalism isn't a one size fits all, but something any person can adapt. It's not about how much you own, but being aware of what you own. Decluttering is so therapeutic and having a clear home and mind has transformed my life.

What do you do with items you no longer want?

I give them to a friend,

donate them to a charity shop, take them to a women's shelter or children's hospital, or recycle them. There are lots of different places that you can take the things you no longer need, but it's important to declutter sustainably. I have a whole section on this in my book!

What are your top tips for someone starting out on their journey?

Take it slow, and make changes that make sense for you. There is no use in pressuring yourself to take on too much, when your life is already feeling stressful. This applies to veganism, sustainability, minimalism and any other lifestyle change. It's proven that by taking it on bit by bit, you're much more likely to experience success!

Do you feel that veganism and sustainable living go hand in hand?

100 per cent they do! Plant foods are amazing in that they have a lower carbon footprint than animal foods. However vegan does not necessarily equal sustainable. There is nuance to this conversation. Some vegan food comes wrapped in plastic, and is shipped from across the world. Some vegan fashion is made unsustainably, or unethically. Veganism and sustainability can go hand in hand, if you're mindful and aware of what they both mean. To me, that means trying to eat more seasonally, and shopping locally for vegan foods when and where I can. It means finding products that are vegan and sustainably and ethically made. **SV**

FIND OUT MORE...

 *Minimal: How to Simplify Your Life and Live Sustainably* is out now, Ebury Press (£12.99). Visit her blog at madeleineolivia.co.uk

PHOTOS: ALI GREEN

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