

YOUR *easy* GUIDE TO VEGAN LIVING

SIMPLY vegan

10 TIME-SAVING
HACKS FOR
NEW VEGANS

**ENERGY
FOOD!**

Shake off the winter blues
& boost your mood



HOT TOPIC

Should vegans
ride horses?

**PLANET
FRIENDLY
BEAUTY**

- DIY skincare & deodorant
- Plastic-free essentials



**NATURAL
DEODORANT**
LAVENDER &
BERGAMOT



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With Organic Virgin Coconut Oil



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RAW INVENTIONS

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Multi-scented bath bombs, fizzing
with five all-natural aromatherapy
blends to pamper your senses

100% PLASTIC FREE

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DIRTY VEGAN

**MATT
PRITCHARD**

shares his vegan
journey &
love for Gaz Oakley

**SV RECIPE
PROMISE**
Always...

- ☒ low-cost
- ☒ quick
- ☒ easy

WIN!

A vegan Airbnb
break in Brighton
WORTH £350

**Reduce your
food footprint
with our simple swaps**

ANTHEM
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Issue 22
March
2020
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SAVE 25%
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subscribe to
your favourite
vegan lifestyle
magazine!

The time is now

Veganuary may have been and gone, but hopefully you are feeling inspired and informed enough to carry on with your vegan journey. As David Attenborough (who stopped eating meat in 2017) recently announced, 'the moment of crisis has come' – and the single biggest thing we can do to help our planet is to avoid meat and dairy. It's a no-brainer.

Once you've got into the swing of cooking in a new way, with health-boosting veg at the heart of your meals, you might want to address other ethical issues, such as food miles. We delve

into this contentious subject on **p20** this month and offer simple advice for reducing your impact even further.

As always, we've packed this issue full of recipes and lifestyle advice. Check out our energy-boosting meals on **p32**; try out my time-saving hacks on **p14**; or have a go at making your own face scrub or deodorant on **p77**.

I also had the pleasure of chatting to Welsh TV star Matt Pritchard this month – read his (slightly edited!) interview on **p16**. Enjoy the issue...

Holly



Holly Johnson Editor holly.johnson@anthem-publishing.com

**ON OUR
RADAR** »



SNACK RIGHT

We love these award-winning new roasted broad bean packs, £1.60 at blendisnacks.com



SCENT OF SPRING

No, it won't be winter forever, we promise! Bring on spring with Floral Street's Pick and Mix scents, £76 for four at their Covent Garden store or buy online at floralstreet.com



LUNCH LOVERS

Is it just us, or do you get excited about new vegan sandwiches? Try the Vegan No Cheese & Chutney, £3 at Boots

GET IN TOUCH, WE LOVE TO HEAR FROM YOU!



website simplyveganmag.co.uk

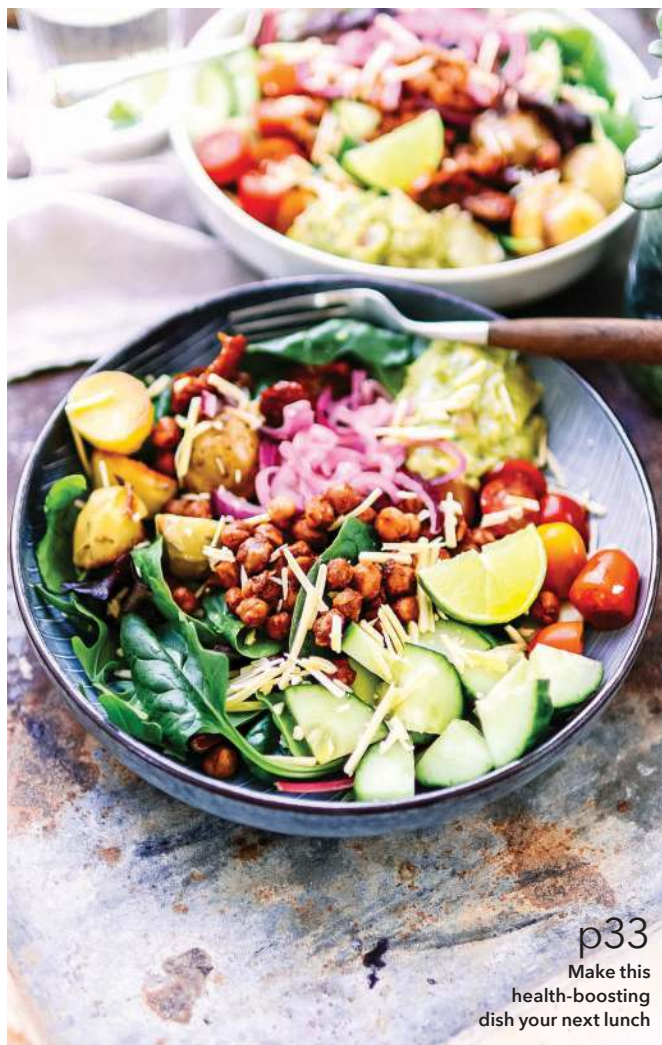


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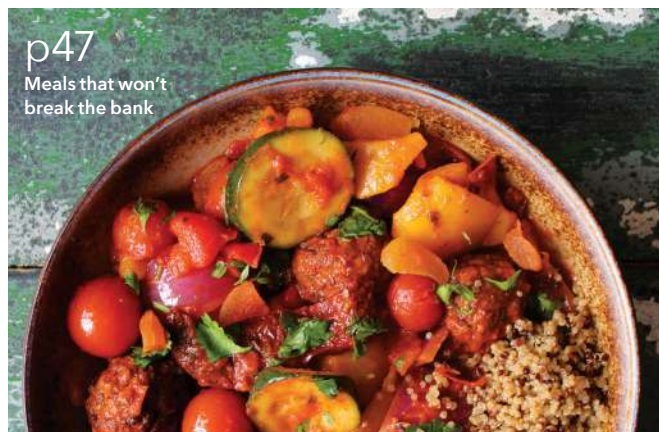
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OUR
RECIPE
PROMISE
Recipes will
always be...

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

RECIPE FINDER »

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The SV team

Meet the experts and influencers who helped make this issue

BOSH!

Much-loved cooking duo Henry Firth and Ian Theasby now have their own TV show, *Life on the Veg* (ITV, Sundays at 10.30am), as well as a new book – *BOSH! Healthy Vegan*. Check out some of their newest recipes on **p36** and **p48** this month.



Derek Simnett

Nutritionist Derek Simnett is on a mission to prove to his 447k YouTube subscribers that veganism and optimum fitness go hand in hand. He shares his advice for building muscle on **p62**.



Marta Canga

Marta is a sustainable fashion blogger who shares her newest finds with us each issue. If you're ditching leather this year, turn to **p72** to discover her selection of vegan-friendly handbags from high street and independent brands. martacanga.com



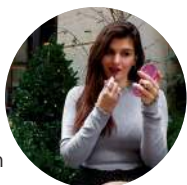
Glen John Jones

Glen John Jones is a London-based personal trainer and the author of new book for beginners – *Think and Grow Vegan* (thinkandgrowvegan.com). Glen shares his tips and advice for new vegans on **p64** this issue.



Nicole Whittle

Better known as Vegan Beauty Girl, blogger Nicole has been vegan for over 12 years and shares tips on veganising beauty products and living more ethically at veganbeautygirl.co.uk. Turn to **p78** to try out her DIY skincare recipes.



Lisa Simon

After qualifying as a registered dietitian in 2014, Lisa worked in the NHS before starting her own business, specialising in plant-based nutrition. She is raising her 16 month-old son on a vegan diet. Turn to **p64** to read Lisa's expert health advice.



Justine Butler

Dr Justine Butler is a Senior Researcher and writer at Viva! Health, which is part of the charity Viva! They provide information and monitor scientific research linking diet to health. Justine talks about the importance of vitamin A on **p58** this month. vivahealth.org.uk



Matt Pritchard

Prankster turned plant-based ultra-runner Matt is the star of TV series *Dirty Vegan* and has just released his second vegan cookbook, *Dirty Vegan Another Bite*. Find out more about his journey with our interview on **p16**.



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.



EDITORIAL

Publisher **Sally FitzGerald**
Editor **Holly Johnson**
Creative Director **Jenny Cook**
Art Editor **Lisa Davies**
Digital Editor **Rachel Smith**
Editorial Assistant **Amy Potter**

ADVERTISING

Advertising Manager **Dan Nicholson**
dan.nicholson@anthem-publishing.com

Advertising Executive **Will Bayley**
will.bayley@anthem-publishing.com

PRODUCTION

Head of Marketing & Production
Verity Travers
Print **William Gibbons & Sons Ltd**
Tel +44 (0) 1902 730011
Distribution
Marketforce (UK) Ltd,
5 Churchill Place, Canary Wharf,
London E14 5HU
Tel +44 (0) 20 378 79001

ANTHEM

Managing Director **Simon Lewis**
Chief Executive Officer **Jon Bickley**

SUBSCRIPTION ENQUIRIES

shop.anthem-publishing.com
call UK **0844 856 0642**
international **+44 (0)1371 853 609**
Calls to 0844 numbers cost
7p per minute plus your phone
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ANTHEM | PUBLISHING PPA

Anthem Publishing
Piccadilly House,
London Road,
Bath BA1 6PL
+44 (0) 1225 489 984



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#Trending

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



PRIME TIME

Looking for hard-working, cruelty-free products? New York brand MILK Make-up launched in the UK last year and is available now at cultbeauty.co.uk. We love the new Hydro Grip Primer (£13), which hides redness, boosts hydration and keeps foundation in place.



ALDI boosts its range

The budget supermarket is fast becoming a vegan go-to, with a host of new products launched this season including Specially Selected Vegan Parcels (£2.99), Plant Menu pizza (£1.75), a vegan sausage roll (99p) and Gianni's vegan chocolate fudge ice cream (£2.29). All products are being trialled until the end of March, so get shopping to ensure they remain! aldi.co.uk



3 OF THE BEST Condiments Everything tastes better with mayo!

1 Nando's new Vegan PERinaise £1.90 at Tesco



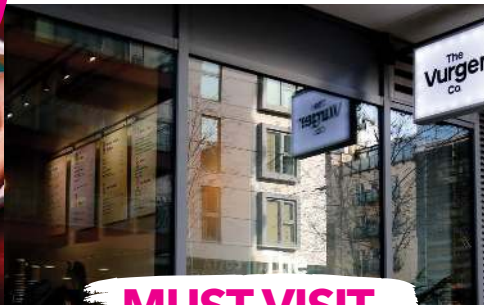
2 Follow Your Heart Sriracha Vegenaïse £4.59 at Ocado and Planet Organic



3 LEON Aioli £2.50 at Sainsbury's



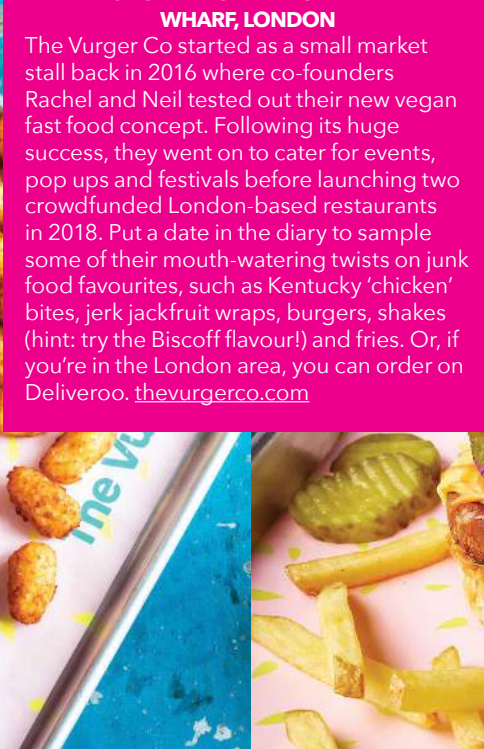
#Trending



MUST VISIT Vurger & Co

SHOREDITCH AND CANARY
WHARF, LONDON

The Vurger Co started as a small market stall back in 2016 where co-founders Rachel and Neil tested out their new vegan fast food concept. Following its huge success, they went on to cater for events, pop ups and festivals before launching two crowdfunded London-based restaurants in 2018. Put a date in the diary to sample some of their mouth-watering twists on junk food favourites, such as Kentucky 'chicken' bites, jerk jackfruit wraps, burgers, shakes (hint: try the Biscoff flavour!) and fries. Or, if you're in the London area, you can order on Deliveroo. thevurgerco.com



SLEEP MORE SUSTAINABLY

Following the sell-out success of their vegan footwear range last year, Sainsbury's have turned their focus to homeware. For spring, they've launched a Sleep More Sustainably range of bedding, made from REKOOP recycled polyester fibres. It's super soft and comes in calming pinks and greys, and a double duvet set will prevent 48 plastic bottles from going to landfill. From £8, sainsburyshome.co.uk



Now you see it...

Trying to cut down on plastic? This genius hairbrush from So Eco is made from wheat straw, which is 100 per cent compostable and biodegradable. £9 at lookfantastic.com



WIN!**Zero waste shower packs worth £9.50 each!**

Packaged in a compostable sachet and reusable bottle, this brand new shower creme from UK brand Milly & Sissy (millyandsissy.co.uk) is made with 99 per cent natural ingredients and is super moisturising, vegan and cruelty free. We have 20 starter packs to giveaway – enter online at veganfoodandliving.com. T&Cs apply.



HAVE YOU TRIED?

Doisy & Dam's new range

From £1.35, Holland & Barrett

These new vegan versions of favourites like M&Ms, buttons, Maltesers and mini eggs are a cupboard staple!

**WHAT'S ON**

Get inspired and meet like-minded people at these **shows and events**

**LIVE WELL LONDON**

28th Feb-1st March, Old Billingsgate, London

What better way to kick off spring than with a celebration of health and wellbeing? This popular festival features inspirational talks from the likes of Liz Earle, a host of yoga, meditation and fitness classes to try, nutrition panels and shopping zones. Tickets cost £39 for the day or £65 for the whole weekend at livewelllondon.com

**JUST V SHOW**

7th-8th March, SEC Glasgow

Featuring a host of exhibitors, including The Vegetarian Society and The Vegan Society, this event is perfect for vegan newbies. There's also a learning theatre and as much vegan food as you can manage to sample. Entry is free. justvshow.co.uk

**BIRMINGHAM VEGAN FESTIVAL**

28th March, Edgbaston Cricket Ground

With all proceeds going to Farplace Animal Rescue, not only will you get to enjoy a whole day of talks, demos and stalls, but you will be helping animals in need too. Tickets cost £3. birminghamveganfestival.com

**Celeb hero vs Unsung hero****CHRIS PACKHAM**

After trying Veganuary 2019, the *Springwatch* and *Blue Planet Live* presenter decided to stay vegan. He has since spoken out on behalf of numerous animal-related causes, including fox hunting, bird shooting and the use of live animals on *I'm a Celebrity*. In December last year, he launched Wildlife Rebellion (wildliferebellion.org), which calls for peaceful action to prevent further biodiversity loss.

JANET TAYLOR

Animal-lover Janet founded The Farm Animal Sanctuary 25 years ago after witnessing the plight of animals at livestock markets. She received an award from Animal Aid for her services to animal welfare and the sanctuary received an award for best sanctuary of its type in the UK. Today there are over 530 animals and birds living out their lives in peace at the Worcestershire-based retreat. To donate, visit thefarmanimalsanctuary.co.uk

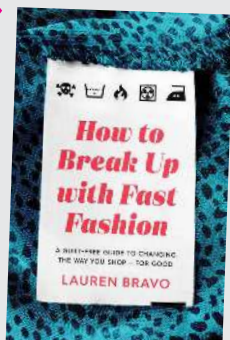
Have an unsung hero you'd like to nominate?



email simplyvegan@anthem-publishing.com

#Trending

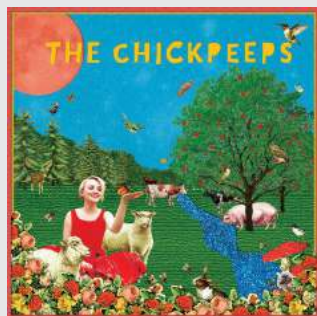
TAKE FIVE



Read

HOW TO BREAK UP WITH FAST FASHION

Following a year-long fast fashion ban in 2019, vegan(ish) journalist Lauren Bravo shares her light-hearted tips for leaving behind your toxic relationship with fast fashion. Find out how to breathe new life into old clothing and more.



THE CHICKPEEPS

Covering all aspects of veganism and co-hosted by Harry Potter's Evanna Lynch, the long-awaited season two of *The Chickpeeps* launched at the end of last year. If you haven't yet discovered this gem, have a listen this month.



Watch

VEGANVILLE

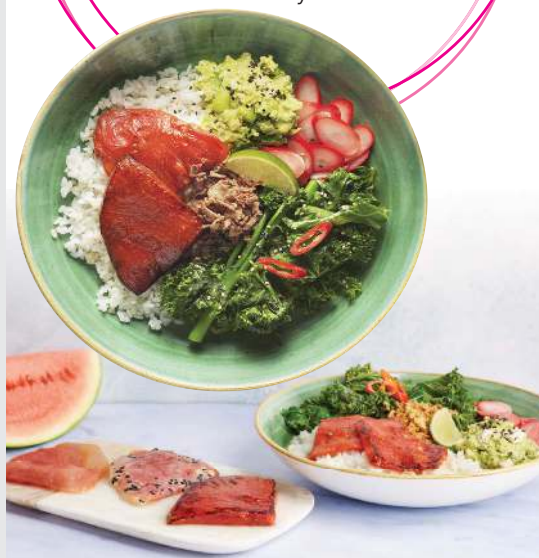
With so many new series launching, it's hard to find time to watch them all, but if *Veganville* – featuring four vegans tasked with turning a Welsh town vegan – isn't yet on your radar, head over to iPlayer now.

HAVE YOU TRIED?

Suika Tuna

£12.95 at Wagamama's

This new vegan dish is made with dehydrated watermelon steak, served with miso sesame kale, Tenderstem broccoli, avocado, edamame guacamole and pickled radish on sticky white rice.



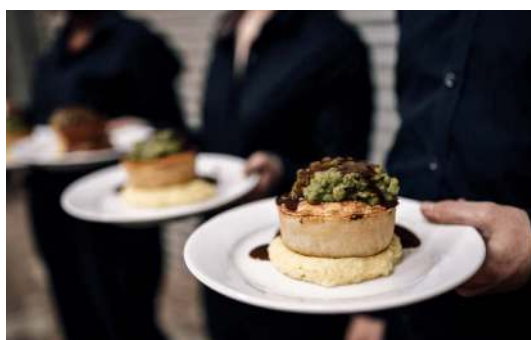
CLUB OF THE MONTH

» Bristol & West Country Vegetarians and Vegans



WHY WE LOVE IT...

With 1,400 Facebook members, this friendly and supportive group is one of the biggest in the UK. They meet regularly for foodie social events, guided walks and even board game evenings! Join in the action at [meetup.com](https://www.meetup.com)



Nice day for a green wedding

Pieminister have been catering for weddings for over 15 years, across the South West, South East and Midlands. And in response to demand from their couples in recent years, they've just launched a full plant-based wedding menu which includes mac and cheese bites, red lentil and sundried tomato vol au vents, vegan Scotch eggs and of course – pies! [pieminister.co.uk](https://www.pieminister.co.uk)



HAVE YOUR SAY!

Help shape the future of SIMPLY vegan



WORTH £185!

Here at **Simply Vegan**, we are constantly striving to improve. We want to make sure we are giving you – our readers – exactly what you want from a vegan lifestyle magazine. Whether you buy the magazine every month or this is your first issue, we want to hear from you! All it takes is five minutes to complete our online survey and you'll be entered into a draw to win fantastic prizes from **Abel & Cole**.

About the prize

We're offering one winner three whole months of organic fruit and veg boxes (worth £185!) from **Abel & Cole** (abelandcole.co.uk). Five lucky runners-up will get their hands on a free box too.

SHARE YOUR FEEDBACK AND ENTER ONLINE
veganfoodandliving.com/simply-vegan-survey

Competition T&Cs To be in with a chance of winning, simply submit your details using the link to the form above. The editor's decision is final. The winners will be picked on 4th March 2020 and will be notified by email. Please check that Abel & Cole cover your area before entering. The full competition T&C's can be found here at anthem-publishing.com/competition-tcs/. Closing date 3rd March 2020. Open to UK entrants only.

SOMETHING BIG IS COMING



AN INVITATION

Become an investor in TheVeganKind

We are the UK's Leading 100% vegan online supermarket and subscription box service and we're giving you the opportunity to invest in our upcoming Equity Crowdfunding campaign. As an investor, you'll share in our future success and get access to some exclusive benefits.

Best of all, you'll be investing on the same terms as professional investors.

What is Equity Crowdfunding?

Equity Crowdfunding is a type of investment, where large groups of people can invest in businesses they support and believe in, in exchange for shares in the business. We would love to welcome you aboard Team TVK.

To register your interest visit:

thevegankind.seeds.com

CAPITAL AT RISK





Made Good

These new organic granola bars are free from honey and nuts and come in three flavours.
£2.90 for six at Asda



Freaks of Nature

Sweet tooth? This creamy and indulgent mousse is made with real Belgian chocolate.
£1.80 at Co-op

NEW FOOD!

Supermarket launches



Chicago Town

Loaded with BBQ jackfruit, topped with dairy-free mozzarella and with a tomato stuffed crust, this is the perfect Friday night treat.
£3.50 at Tesco and Asda

Crussh range

Look out for some tasty new options from Crussh, including a Spicy Chipotle Corn & Avocado healthpot and an Avocado & Red Pepper wrap.
From £2.80 at Sainsbury's



Kettle Chips

Developed with BOSH!, this exciting new launch is made with vegan 'Red Leicester-style' cheese from popular brand, Sheese.
£4.50 at Asda, Tesco and Morrisons



Jake & Nayns'

This naan bread snack is filled with chickpeas and cauliflower in a tikka sauce, with pilau rice and mango chutney.
£2 at Sainsbury's, Spar and Budgens



If you're struggling to find time to cook healthy dinners from scratch, **Holly Johnson** shares her tips for stress-free mealtimes

#1 Blend it!

If, like me, you don't have the patience for chopping things up, make use of your blender instead. If you're making curry, chilli, soup or paella, throw your onion and garlic into the blender first; if you're making slaw, use the grater attachment.



#2 Stock up on staples

Ordering in bulk saves money and packaging and means you always have those essentials on hand to make a meal. Organise your cupboards and keep a track of basics like tinned tomatoes, chickpeas, lentils, kidney beans, quinoa, nuts, seeds and oils. I store mine in Kilner jars and when they're getting low I pop to the whole food shop. I then just have to do weekly orders of fruit and veg, from Riverford or the supermarket.



#3 Batch cook

On a Sunday evening, I'll often make up big batches of food for the week. Chickpea 'tuna' is popular in our household – I use it in sandwiches or on jacket potatoes. I also prep a big bowl of salad, homemade pesto and quinoa which can be used in lunches. Store them in the fridge in Tupperware boxes.

#4 Have a plan

I have to admit, I'm not a huge fan of planning my meals in advance. I like to eat what I fancy that day, but this often involves an extra trip to the supermarket for that one missing ingredient. A good tip is to factor leftovers into your meal planning – a chilli can be made into enchiladas with vegan cheese the next night. Or leftover falafels make a delicious breakfast with guacamole and roasted tomatoes.



THE AUTHOR
Holly Johnson is *Simply Vegan's* editor and juggles her full time job with cooking vegan meals for her family of four, walking her crazy cocker spaniel, early morning strength training and studying vegan nutrition.

#5 Prep breakfast in advance

Overnight oats and chia porridge are favourites of mine because you can add so many different things to them to vary the flavour. Before bed, I throw some oats and/or chia into a bowl and cover with milk ready for the next morning. Then I simply add blueberries, frozen raspberries coconut flakes – whatever I have in stock.

#6 Catering for everyone

Thankfully, we are now at a stage where we don't have meat in the house, but my son (now eight) is not fully vegan – yet! I get round this by making hearty, 'meaty' dishes like spaghetti Bolognese with blitzed walnuts and mushrooms, JusRol wellingtons with gravy and vegan sausages with mash (Richmond have been the most successful!). If I make pizzas or lasagne, I use Waitrose Vegan Creamy Sauce to add that indulgent, cheesy feel.



#7 Make cashews your best friend

Making sauces from cashews was a revelation for me when I first went vegan. If I'm planning to make mac and cheese, I'll pour some cashews into a bowl and cover them in water to soften them up overnight and when it comes to dinner time, all I have to do is boil the macaroni and blitz up the cashews with garlic, a little miso paste, soya milk, nutritional yeast and Dijon mustard. Experiment with the recipe and you can use it for white sauce or a cheesy dip.

#8 Organise your recycling

I don't know about you, but this is a major cause of stress for me! Whilst I refill nuts, seeds, pulses, detergents and shampoo at my local health food shop and use a plastic-free veg box delivery, I still end up with crisp and snack wrappers and empty milk cartons. Try clearing a cupboard to store tubs for each type of waste – Tetrapacks (find your local recycling centre at tetrapakrecycling.co.uk), confectionery wrappers (find out where to recycle them at recyclenow.com), and so on.

#9 Make use of a slow cooker

If you have one of these gathering dust at the back of the cupboard, give it pride of place on your kitchen counter! Slow cookers are great for making soups, stews, curries, chilli, ratatouille and risotto. Jackfruit is also delicious when cooked slowly with herbs and spices – throw it all in before work and come home to a healthy ready meal!



#10 Create a folder of recipes

I have so many favourite recipes that I use regularly, but some are online, some are in cookbooks and some in magazines. This year, I've started storing them in a ringbinder – that way, anyone can access them so that I'm not the only one able to cook 'vegan' and I can easily find them when I need to rustle up a meal in a hurry (which is daily!). **SV**

Illustrations: FIVE STARS/GETTY IMAGES

MEET Matt Pritchard

The star of TV series *Dirty Vegan* gives an insight into his journey from prankster to plant lover

Depending on your age, you may or may not remember Cardiff-born Matt Pritchard's crazy stunts and shocking pranks on *Dirty Sanchez*, which ran from 2003-2008. A party boy whose motto was 'Sleep When You're Dead', no one could have predicted that he would become a vegan chef and endurance athlete. We caught up with him this month to talk about his new book and how he cleaned up his life.

When did you go vegan and why?

Four years ago, I got a dog – Lenny the springer spaniel. He's my best mate and I started to think 'I wouldn't eat my dog, why am I eating all these other animals?'. Then I watched *Cowspiracy*, and that was it. The next morning I went vegan. I guess I just woke up. Cow's milk is for calves!

Tell us about your endurance training...

I started in 2009. I'd been part of *Dirty Sanchez* for years – travelling, touring, drinking, etc and it takes it out of you. I'd run the Cardiff half marathon at 15 and wondered if I could do it again. So I did it, and then I did a full marathon and then I had the bug. I ran the country – 900 miles in 30 days. I did an Ironman, then I did 30 Ironmans in 30 days. All on a vegan diet.

What do you eat to support your training?

I eat whatever – just no animals! Although if I have a big event coming up I'll add tofu to meals for protein and I take Huel protein powder before and after.



Suddenly becoming vegan was bound to attract backlash.

Have you experienced negativity since going vegan?

Well, friends took the piss of course. Coming from *Dirty Sanchez* and then suddenly becoming a vegan runner was bound to attract backlash. People wondered what had happened to me! It's called looking after yourself. I recently advertised my book on Facebook, and that prompted loads of backlash. I wasn't preaching or anything but the Welsh farmers were on my case big time.

What advice would you give to anyone that's new to veganism?

Take it slowly and plan your meals. We're all busy but take time to make meals on a Sunday, such as lunches for work and so on. If you mess up, you don't need to go to the sin box at the Catholic church. It's not the end of the world – keep going.

Favourite 'dirty' dishes?

I love the Spanish sausage from the



come across as aggressive, but they've been to the slaughterhouses and seen the suffering and they're driven by that.

How do you think more men could be encouraged to go vegan?

I think more men are going vegan now, *Gamechangers* has had a real impact. A lot of my male friends are vegan – even the bikers! And if they're not going vegan they're certainly cutting down on their meat intake.

Tell us about your new book...

During my first book, I was training for a triathlon and filming for *Dirty Vegan*, so we enlisted the help of veg king Bob Andrews from Riverford. We did a banquet together at Riverford and I learnt so much from him. So when it came to do the follow up book, I wanted to work with him again. Team effort.

How is series two of *Dirty Vegan* going?

Brilliantly. It's loads of fun to work on. We've done wrestling, ice hockey and ballroom dancing. I've had great feedback, even off the meat eaters. It's about having a laugh with cooking, and making veganism fun. **SV**



Matt loves the vegan Spanish whirls at Waitrose

L-R: Derek Sarno and fellow Cardiff boy Gaz Oakley

Lenny the springer spaniel is Matt's best mate

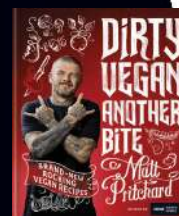
Waitrose range. It's so realistic. Ben & Jerry's ice cream is awesome, as is GU cheesecake.

Who are your favourite vegan celebrities or influencers?

Gaz Oakley's food is brilliant. He's a fellow Cardiff boy too so he gets my vote. I follow Derek Sarno from Wicked Kitchen and I like watching the Bosh! videos on IGTV.

Opinion on activism?

It's not my form, I don't do preaching, but I support it as long it's not too extreme. I take a gentle approach to educating people. Shoving something down someone's throat is not my style. I think if you make it fun, people are more likely to listen. Having said that, there is a place for it. People like Australian activist Joey Carbstrong may



Matt's book, *Dirty Vegan Another Bite*, is published by Mitchell Beazley, £20.

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A vegan weekend in Brighton

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Where possible, the furniture and homeware have been upcycled to minimise waste, and any new items are carefully considered – for example, the limited-edition prints support local artists

and are printed on FSC paper using natural, cruelty-free pigments.

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To see more photos of the apartment, follow @earthkinddesign on Instagram or visit their website at earthkinddesign.co.uk

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HOT TOPIC

Should vegans ride horses?

Vérène Wolff discusses why horse riding isn't a clearcut issue and how we can find better ways to enjoy these beautiful animals



while I bring the saddle up next to them it means 'yes', but if I see their ears going back or they start moving away, it means 'no' and we do something else instead.

ACTING AS EQUALS

Riding doesn't have to be exploitative if the pleasure is a shared experience. Horses are herd animals and by becoming not their leader but their equal, we can enjoy a long hack outside, as they love leaving their field to explore new places. It's in their DNA to be foragers and nomads, so it is my belief that taking them out for a ride is a shared pleasure. I rescued both my horses and treat them with respect, not

as my 'property'. When we are not out riding, we play games in the school at total liberty, or we go on a long walk, walking side by side. The whole experience is about togetherness.

THE EVENTS INDUSTRY

Many horse riders take part in dressage events and show jumping, which I am very much against. During these events, horses are forced into situations which cause them high levels of stress. Horse racing is also, in my opinion, a serious animal welfare issue. According to Animal Aid (animalaid.org.uk), around 200 horses a year die on race courses, and 1,000 are sent to slaughter within the industry. In 2018 alone, 10 horses died at Cheltenham Race Course. The animals experience emotional trauma from being kept in stables all day and from being forced to race at unnaturally high speeds with the use of a whip. Horses should be treated with respect, as should all animals. **SV**

Horse riding is a controversial subject for vegans. If we look at the ideology behind veganism, then we could perhaps all agree that riding a horse is exploiting the animal and therefore not acceptable at all as a pastime for vegans.

Personally, I believe it all depends on the way the animal is ridden and kept. Firstly, because horses are herd animals, they should never be kept alone. Secondly, in the horse world, the use of metal shoes, metal bits, whips and stables is the norm – something many vegans quite rightly disagree with and see as an animal welfare issue. Most people in the horse world will tell you that it is totally OK to kick a horse in order to make it walk, trot or canter and that if you don't do that the horse won't move. They will also tell you that if you don't apply pressure via your feet or reigns, the horse would not understand what is being asked of it. This is called negative reinforcement, which is the biggest misinformation issue.

COMMUNICATION MATTERS

I believe in practising positive reinforcement, such as clicker training – a method of training used to praise everything that the horse does well instead of rewarding the animal for giving in to pressure. For instance, the first thing I taught my two rescued horses was to say 'no' – and believe me they have learned to use it. Everything I do with my horses they have a choice in – if they choose to stand still

Most people in the horse world will tell you that it is totally OK to kick a horse in order to make it walk or trot.



THE AUTHOR

French-born Vérène Wolff moved to the UK seven years ago and now runs Yanley Stables near Bristol (yanleyfarm.co.uk), a place where her two rescued horses are not confined and can run with their herd.





Reduce your food footprint

Going vegan is a step in the right direction when it comes to reducing our impact on the planet, but there's plenty more we can be doing.

Lottie Storey explores how we can make informed choices

So you've watched *Cowspiracy* and are convinced that going vegan is the single biggest way to reduce your impact on the planet. Those of us that avoid meat and dairy are responsible for almost half the carbon emissions of our carnivorous equivalents (currently an average of 1,055 kg of CO₂ a year per UK vegan). Well done us. But while all meat options produce more greenhouse gases than meat-free sources chosen by vegans, our meat-free, dairy-free diet can often mean relying heavily on foods imported from abroad. This brings with it an additional carbon cost in the form of food miles, a term coined in the 1990s as a measure of distance from plant to plate.

For vegans, food miles contribute to a larger portion of our food's carbon footprint because plant-based foods have



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

lower production footprints, so transportation is comparatively more significant. Delve deeper, though, and it's not as simple as mileage alone – the mode of transportation is key, with cargo ships the most efficient, followed by trains, road vehicles, and the least efficient being aeroplanes. Flying one ton of food is around 70 times more carbon intensive than transporting that same weight via a large cargo ship, so it makes sense to eat more perishable foods (the ones that are often flown – like asparagus and berries) when they're in season and locally grown. Those that can be harvested before ripening and stored for longer (such as tomatoes, bananas and pears) are likely to be transported via cargo ship, so although they may come from further afield (on paper, clocking up more food miles), their carbon footprint may be relatively low. It's complicated!

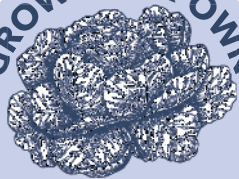
Here are four ways to keep trying when it comes to reducing your food footprint... →

» "Vegans aren't perfect," says vegan poet and musician Benjamin Zephaniah. "We're trying to do the most good and the least harm. And that's the best you can do. So just keep trying."





• GROW YOUR OWN •



Veganuary ambassador Jack Monroe recommends starting small. Even if you have no outdoor space, you can grow strawberries in hanging baskets and salad leaves in loaf tins on the windowsill. Head to Wilko for plant pots that clip to drainpipes and grow herbs or chillies, cleverly watered by the gutter overspill.

If you have a bit more outdoor space then try potatoes (which can be grown in hessian sacks) or courgettes which grow like topsy, giving you plenty of delicious veg in summer.

Got the growing bug? Consider an allotment. Contact your local council to see what plots are available. You can then also trade produce with other growers when glut season comes.

• EAT LOCAL •

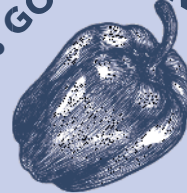


One way to reduce the environmental impact of a vegan diet is buying British veg boxes. Produce is always going to taste its best when it's fresh and in season, plus you're helping reduce food waste. Check if any of the produce is carried by air freight, and buy accordingly.

Local greengrocers and farmers' markets are another good way to shop if you don't like the random element of a veg box. Speak to the sellers about where their produce is grown and how they ship their fruit and veg.



• GO ORGANIC •



Simply put, organic farming practices reduce pollution, conserve water, reduce soil erosion, increase soil fertility, and use less energy. Farming without pesticides is also better for nearby birds and animals as well as people who live close to farms. All of this contributes to a cleaner environment and – many claim – much tastier food, too!

Riverford, Abel & Cole and many others offer organic fruit and veg delivery but if this is beyond your budget, go organic with your staples like apples, tomatoes and cucumber and look for organic options at Tesco, Lidl and Aldi. Find out more at soilassociation.org

• MAKE SIMPLE SWAPS •



Non-dairy milk is a minefield when it comes to environmental impact. An Oxford study revealed that although producing a glass of dairy milk gives out almost three times the greenhouse gas emissions of any non-dairy milks, varieties such as almond require a whopping 74 litres of water to produce. And rice milk is also comparatively thirsty, requiring 54 litres of water per glass. This is more water than it takes to produce soy or oat milk, so if you're looking to lower your impact this is an obvious one to tweak.

The ubiquitous avocado may be a delicious vegan staple but it doesn't come without its issues. Kenya – the world's sixth largest exporter of the fruit – banned the export of avocados because the country's supply is at risk. Last year, Mexico (supplier of around 45 per cent of the world's avocados) was considering importing avocados for their own consumption, because the price per kilo is equivalent to the daily minimum wage, 80 pesos (£3). The country makes more money from exporting them than it does from petroleum, which is

driving illegal deforestation to make way for planting more avocado trees. But it's important not to boycott certain foods that are exported, as farming these foods are lifelines for developing countries. Download the Giki app ('Get Informed. Know Your Impact') which allows you to search and scan foods, which are rated according to sustainability, health and fairness. Opting for organic avocados improves their rating but keep checking; Ocado, for example, sources its organic avocados from different points of origin through the year. Spanish avocados can be left to ripen on the tree for longer which improves their flavour, but if this requires air freighting them to our shops, then cargo-freighted avocados from further away are a better option.

Soya is essential to many vegan diets, used in everyday foods

like soya milk, tofu, flour and meat-free burgers and sausages. But the mass production of soya has been implicated in the deforestation of South America. Soya is Brazil's biggest export by value, and an agreement has been in place since 2006 to boycott any soya that had been grown on deforested land. This agreement has succeeded, but Brazil's new far-right president, Bolsonaro, has openly pledged to plunder the Amazon. *Ethical Consumer* magazine currently advises buying products containing soya from outside Brazil if possible, and pressurising the big companies to do more to counteract the damage that Bolsonaro is likely to do.

Vegan protein sources with less impact include beans and pulses. But, until recently, these crops have not been a viable option for growing locally.

Hodmedod's (hodmedods.co.uk) supplies beans from British farms, searching out less well-known foods like the fava bean and black badger peas. These sustainable foods are good for us, the soil and the bees. **SV**



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Generation V

Should we raise our children as vegans? Vegan parent **Jenny Liddle** looks at the ethics behind it and provides some valuable advice



THE AUTHOR

Jenny Liddle is a former trustee of The Vegan Society and specialises in vegan/natural parenting, vegan lifestyle issues and plastic-free, eco-friendly living.

If you have children or are thinking of starting a family, the question of whether you should raise them on a vegan diet can be met with conflicting views and advice. There is an argument that vegan parents are 'imposing their views' on their child, but it is in fact the opposite. Your child will be growing up with their eyes wide open, aware of exactly what the implications are for animals, the planet and our health when we eat an omnivore diet. You are, in effect, giving your child more choice in their life than if they were brought up unaware that more compassionate ways of living are possible.

If you are weighing up whether you think it's ethical to raise your child vegan, you can be re-assured that as many one in 12 people in the UK are now raising their children on a vegan diet.

Teaching compassion

Teaching children that animals are sentient (and this fact has now been proved in several courts of law), appreciating that, like humans, each one is a beautiful individual with a unique character to be



» Teaching children that animals are sentient is an important part of their moral education.

loved, cherished and respected is an important part of a child's moral education. Learning about the needs of animals teaches the child about respect for their fellow humans too. Everything inter-relates and you will have helped nurture a thoughtful individual that questions everything, that thinks deeply about the consequences of their actions, and cares for everyone and the planet. Your decision will have positive repercussions that will go on to benefit the next generation immensely.

Eating well

Raising a child as a vegan is a healthy choice as long as the child is given a well thought out, balanced diet – a fact that is backed up by the British Dietetic Association, who state that '...well-planned plant-based, vegan-friendly diets can be devised to support healthy living at every age and life-stage.' However this fact is the same for all children, indiscriminate of whether they eat animals or not. All children's meals need to be nutritionally balanced and healthy.

On a vegan diet, your child will eat a wider variety of foods, which means meal times will be a lot more interesting for them, with a rainbow of different foods to enjoy and discover.

A vegan child will also grow up to be less likely to develop heart disease. It's a sad fact that by the age of 10, some children will have fatty deposits in their arteries which is the first sign of atherosclerosis. Vegan infants will also be less likely to develop certain types of cancer, more likely to have lower cholesterol, lower blood pressure and lower rates of type 2 diabetes.

Baby talk

So what makes a balanced, healthy choice for your new baby? Well, we all know that the best way to give your child the healthiest start in life is by breast feeding. But if this isn't possible, there are breast milk banks where you can gain access to a vegan source of breast milk. Unfortunately there isn't a vegan soya-based infant formula available yet. However, it's important to think of vegetarian formula as a vital food for a medical purpose. It's necessary for the survival of the baby due to breast-milk being unavailable. So, as vegans we can only do our best, and a non-vegan soya formula is like any other medicine with animal use involved. Sometimes there's no practical or possible alternative. But taking vital



medicine does not mean you're no longer vegan or that your child is no longer vegan – and charities like The Vegan Society recognise this too.

Once your child is weaning on to solid foods, at around six months, their diet needs to include foods rich in vitamins D, B12, iron and iodine. Many vegan milks and cereals (apart from organic ones) are fortified with these. Ensure that iron-rich foods are eaten together with those containing vitamin C, to optimise absorption. It's also important to have an absorbable version of omegas such as spirulina. Tempeh, miso and sea vegetables are also very nutritious additions to your child's diet.

There are numerous books on infant vegan nutrition to give you detailed

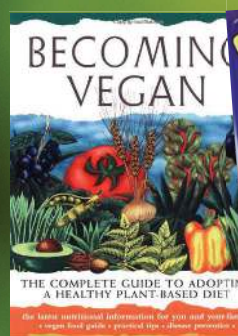
guidance and it's important to check with a state registered dietician or doctor if you are unsure about anything. Your health visitor should also give you support too.

Stick by your beliefs

Raising a vegan child isn't always easy – despite the huge increase in awareness over the past few years, eating meat and dairy is still accepted as 'the norm' by many. But it's something that we should all be very proud of, like the pioneering families that bravely raised their children as vegetarians when it was a rarity, as my own parents did in the early 70s. They gave me the priceless gift of enlightenment and understanding which ultimately led me to veganism and to raise my happy, healthy daughter as vegan from birth. **SV**

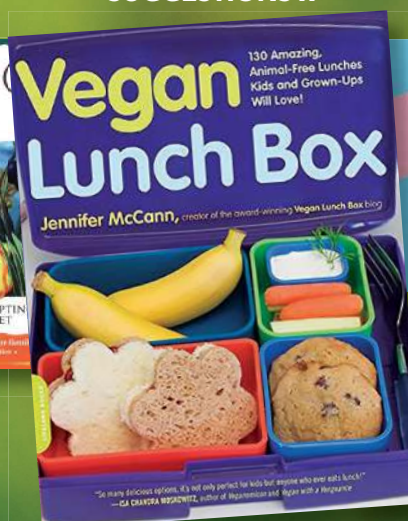
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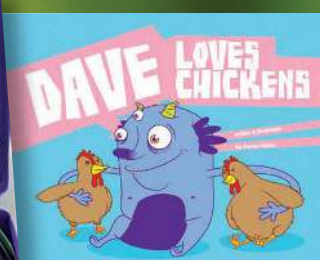


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As the name implies, this award-winning, laid-back eatery serves up fresh, local, seasonal dishes with a twist. Situated in the heart of the city, the exciting menu includes the likes of roasted squash with smoked portobello mushrooms, mulled wine lentils and carrot purée; cauliflower hot wings; 'fish' and chips and even a fully vegan cheese board. Does it get any better than this? We think not!

How much? The £10 lunch deal runs from 12pm-3pm Monday to Friday. The evening à la carte menu is priced at £7 for starters, £15 for mains.

To book allotmentvegan.co.uk



For **pioneering** pizzas

PUREZZA, BRIGHTON AND CAMDEN

Launched in Brighton in 2015 as the UK's first vegan pizzeria, this independent eatery was so popular it expanded to London two years later. Expect unique flavours, gut-friendly sourdough, hemp or gluten-free bases and a choice of mozzarella made from organic brown rice milk, raw cashew cheese, a ricotta-style cheese and a creamy coconut cheese. Our favourite? The Here Comes Truffle, made with a black truffle base, mozzarella, wood smoked tofu, mixed wild forest mushrooms and micro herbs.

How much? Pizzas start at £8.95 and kids eat for free!

To book Visit purezza.co.uk, although bookings are only taken for groups of six-16.





The **contemporary** setting

TWELVE EATERY, BOURNEMOUTH

This stylish restaurant, set in the heart of Dorset's largest coastal town, opened in 2018. The dishes, cocktails and wines are all organic and the food menu includes beer battered tofu and chips, truffle mac and cheese, black bean stew with smoked seitan sausage and salt baked smoked celeriac. The CBD espresso martini is a must-try, or just pop in for a healthy brunch of scrambled tofu on sourdough or avocado with lime.

How much? Brunch and lunch dishes start at £7. Starters are priced from £6, main dishes start at £14.

To book Visit twelveeatery.com



For **special** occasions

ACORN, BATH

This established restaurant, set in one of Bath's oldest buildings, is run by award-winning chef Richard Buckley, whose focus is on sustainable dishes made from the 'purity of plants'. The menu changes with the seasons, but you can expect beautifully-crafted dishes such as Jerusalem artichoke velouté, coffee macerated cauliflower with hazelnut polenta and chocolate mousse with parsnip sorbet.

How much? Lunch is £19.95 for two courses and a six-course dinner is £49.

To book Visit acornrestaurant.co.uk



An **indulgent** treat

ERPINGHAM HOUSE, NORWICH

A plastic-free restaurant set in an historic house close to Norwich's cathedral, Erpingham House is a must-visit if you're in the area. Using locally and responsibly sourced food, they create Instagram-worthy Buddha bowls, burgers, tacos and even a mock lamb dish. It's a dog-friendly setting too (they will even set up a special dining area for you and your pet!), just be sure to let them know in advance.

How much? Lunch from £8; dinner mains from £10.

To book Visit erpinghamhouse.com

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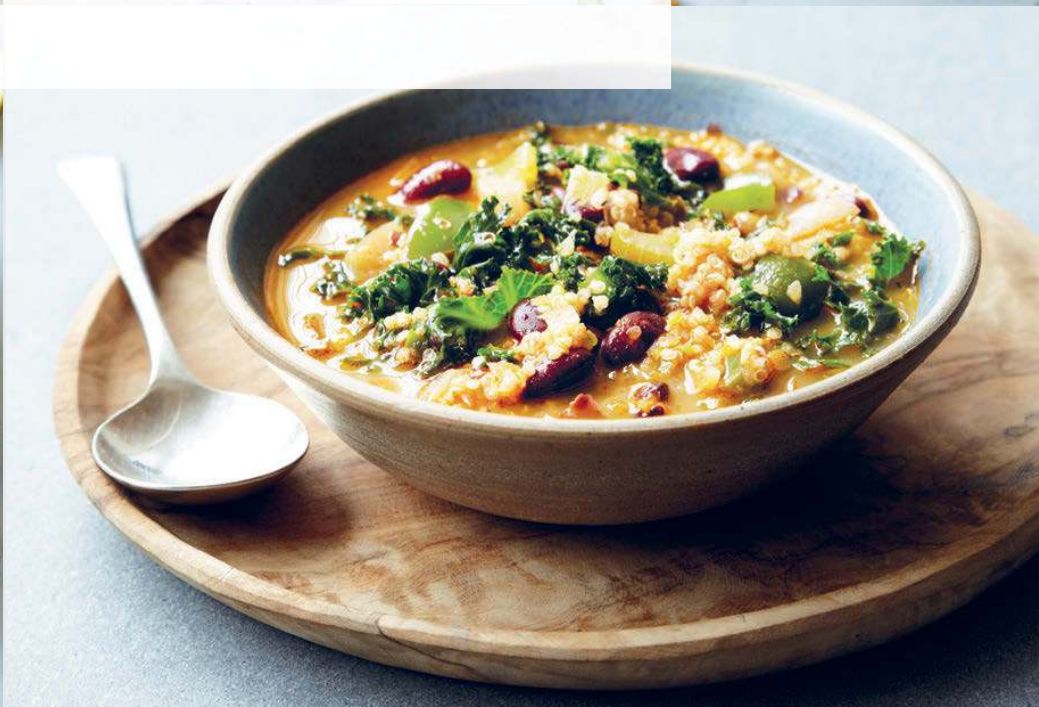
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This unsung superfood is
packed with nutrients, including
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Energy Boosting Meals

Shake off the winter blues with these colourful, nutrient-packed dishes. Who ever said vegan food was boring?



QUICK CHEAT

This kind of dish is great for using up leftovers from your fridge!



Spicy Chickpea Salad Bowl with Lime-Infused Onions

By Claire Swift & Sarah Biagetti from Healthy Twists, [healthy-twists.com](https://www.healthy-twists.com)

SERVES 2

prep 30 mins | cook 10 mins

- 10 new potatoes, roasted or boiled and halved
- 4 generous spoonfuls of guacamole
- 2 good handfuls of mixed salad leaves
- small handful of sun-blushed tomatoes

- 10 cherry tomatoes
- handful of cucumber slices
- sprinkle of grated vegan cheese
- 2 slices of lime

For the spiced chickpeas

- 1 x 400g (14oz) tin of chickpeas
- 1 tbsp maple syrup
- 1 tsp sweet smoked paprika
- 1 tsp ground cumin

- ½ tsp ground allspice
- ½ tbsp olive oil

For the lime-infused red onions

- 1 red onion
- juice of 2 limes

1 Place a large frying pan on the hob over a medium heat and add the oil. Rinse and drain the chickpeas then add to the pan with all the spices and maple syrup. Stir, so that the chickpeas are coated with the spices, and then gently cook for 10 minutes, regularly moving the chickpeas around the pan.

2 Cut the onion in half and then slice each half into paper thin slices. Add the onion slices to

a bowl with the lime juice and stir. Leave to marinate for 30 minutes. The longer you leave the onions, the softer they will become.

3 Divide all the ingredients between two bowls and finish with some grated vegan cheese and a slice of fresh lime.

PER SERVING

cal 336 | protein 10.7g | carbs 52.1g

fat 10.9g | saturate 1.3g | salt 0.40g | sugar 11.8g

Walnut, Aubergine & Pomegranate Salad

By **Rachel Demuth** from Demuths Cookery School, demuths.co.uk
Photo by **Rob Wick** at Eat Pictures

SERVES 4

prep 15 mins | cook 45 mins

- 2 medium aubergines
- 50g (1¾oz) walnuts
- 4 spring onions, finely chopped
- 1 garlic clove, chopped
- 1-2 tbsp lemon juice
- 3 tbsp olive oil
- handful of coriander leaves, chopped
- handful of parsley leaves, chopped
- ½ a pomegranate, seeds removed
- 1 tbsp pomegranate molasses
- salt and pepper to taste

1 Chargrill the aubergines over a gas flame until the skin is blistered black and the flesh feels soft. Alternatively, place the aubergines on a baking tray and roast whole in a hot oven for 45 minutes or until soft.

2 Place the aubergines on a plate to cool, then peel away and discard the charred skin and chop the flesh. Place the chopped aubergine in a colander sitting on a plate to allow any juice to drain out.

3 Roast the walnuts in the oven at 180°C/ Gas Mark 4 for 5-8 minutes until they are just lightly golden and smell aromatic. Allow to cool, then chop roughly.

4 Place the finely chopped spring onions and garlic in a mixing bowl.

5 Stir in the chopped aubergine, lemon juice and olive oil, walnuts and 2 tbsp pomegranate seeds.

6 Add the chopped herbs to the aubergine mix.

7 Season well with salt and pepper, then spoon onto a serving plate or dish. Scatter over the remaining pomegranate seeds and drizzle with the pomegranate molasses.

8 Serve with toasted pitta.

PER SERVING

cals 234 | protein 4.5g | carbs 16.6g



TIME SAVER

Use frozen pomegranate seeds rather than fresh ones.

Mezze feast

Turn this salad into a feast by serving with cubes of vegan feta cheese (we like Violife Greek White Block), Moroccan cous cous, hummus and pitta bread.





Quinoa Soup with Kidney Beans & Kale

by The Plant Kitchen

SERVES 4-6

prep 15 mins | cook 30 mins

- 400g (14oz) can of red kidney beans
- 1 onion, chopped
- 1 green pepper, chopped
- 2 celery stalks, chopped
- 2 tbsp olive oil
- 2 garlic cloves, finely chopped
- 300ml (10½fl oz) vegetable stock
- 750ml (26fl oz) water
- 160g (5½oz) quinoa
- 2 tsp dried oregano
- pinch of cayenne pepper
- 2 tsp paprika
- 1 large bunch of kale
- sea salt and freshly ground black pepper

1 In a large saucepan or pot, heat the onion, green pepper and celery in oil over a medium heat. Cook for about 3 minutes or until the onion is translucent. Then add the

garlic, stir, and cook for another minute. Put the drained red kidney beans into the pan with the vegetable stock and water. Bring the liquid to a boil then reduce the heat, cover and simmer.

2 Remove 500ml (17½fl oz) of the stock and 2 tsp beans and purée in a food processor. Then return the thickened purée to the pan.

3 Now add the quinoa, herbs and spices. Return to the boil, then reduce the heat, cover and simmer for 15 minutes. Meanwhile, prepare the kale.

4 Wash the kale in cold water. Then trim the stems and roughly chop the leaves. Add the kale. Cover and continue to cook for another 8 minutes, until the quinoa is fully cooked.

5 Add salt and pepper to taste and serve immediately.

PER SERVING OF SIX
cals 383 | protein 19.6g | carbs 63.7g

fat 6.6g | saturate 0.9g | salt 0.47g | sugar 3.2g

Super soup

The quinoa in this dish is rich in vitamin B2, which helps your cells to produce energy. Nutrient-dense kale will also keep you alert with its amino acids and antioxidants.



Crushed Butter Bean, Tomato & Avocado Bake

by The Plant Kitchen

SERVES 4

prep 10 mins | cook 25 mins

- 600g (21oz) cherry tomatoes
- 4 tbsp olive oil
- 3-4 leeks, trimmed and sliced
- 1 garlic clove, finely chopped
- 1 x 400g (14oz) can of butter beans, drained and rinsed
- bunch of parsley, coarsely chopped
- 2 ripe but firm avocados
- chilli oil (optional)
- paprika, to sprinkle
- parsley leaves, to garnish

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

2 Scatter the cherry tomatoes over a large sheet pan and drizzle the olive oil over. Add the leeks and garlic and toss everything together.

3 Roast for 20 minutes. Remove the sheet pan from the oven and scatter the butter beans evenly over the tomatoes. Crush the beans lightly using the tines of a fork.

4 Scatter over the chopped parsley. Return to the oven for a further 5 minutes.

5 Remove from the oven. Cut the avocados in half, remove the stones/pits and scoop out the flesh. Arrange evenly over the beans and tomatoes. Drizzle with chilli oil

Bean benefits

Not only are butter beans a good source of iron, they keep you feeling full for longer whilst stabilising blood sugar—making them the perfect energy food.

(if using), add a light sprinkling of paprika and garnish with parsley leaves.

PER SERVING

cals 398 | protein 8.5g | carbs 33g

fat 28.5g | saturate 4.1g | salt 0.29g | sugar 2.9g

READ MORE...

The recipes on this page are taken from *The Plant Kitchen*, Ryland Peters & Small (£14.99).



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



Hearty, Herby Stew

by Henry Firth and Ian Theasby from *Bosh! Healthy Vegan*
photo by Lizzie Mayson

MAKES 2

prep 20 mins | cook 30 mins

- 3 eschalion (banana) shallots, finely diced
- 2 large garlic cloves, grated
- 2 carrots, finely chopped
- 1 celery stick, thinly sliced
- 8 sprigs of fresh thyme, finely chopped
- 2 sprigs of fresh rosemary, finely chopped
- 4 fresh sage leaves, thinly sliced
- 250g (8¾oz) new potatoes
- 1 x 400g (14oz) tin of green lentils in water
- 1 x 400g (14oz) tin of cannellini beans in water
- 200g (7oz) cavolo nero, tough stems removed and chopped
- 15g (½oz) fresh parsley leaves, roughly chopped
- 1 lemon, halved
- 1½ tbsp olive oil
- 50ml (1¾fl oz) vegan white wine
- 250ml (8¾fl oz) vegetable stock
- 500ml (17½fl oz) water
- 1 bay leaf
- 2 tsp Dijon mustard
- 1 tsp yeast extract, such as Marmite
- 2 tbsp nutritional yeast
- salt and black pepper
- crusty wholemeal bread, to serve

1 Heat the olive oil in a stock pot over a medium heat. Add the shallots, carrots and celery

and a pinch of salt to the pan and cook, stirring, for 4–5 minutes. Add the garlic and stir for 1 minute, then the thyme and rosemary and stir for a further minute

2 Add the wine and simmer for 1 minute, then add the vegetable stock, water, bay leaf and mustard and bring to a gentle simmer.

3 Add the new potatoes and cook for 12–15 minutes until tender, then taste and season with salt and pepper.

4 Add the lentils and cannellini beans to the stew, along with the juice of half the lemon, and simmer for 3–4 minutes. Next, add the cavolo nero, sage, yeast extract, and 10g (¼oz) of the parsley and stir for 2 minutes. Taste the stew, check the tenderness of the potatoes and season again with salt and pepper, if desired.

5 Ladle the stew into bowls, squeeze over lemon juice to taste, and season with salt and pepper if needed. Sprinkle with the nutritional yeast and the remaining parsley and serve immediately with crusty wholemeal bread.

PER SERVING

cal 576 | protein 28.2g | carbs 80.1g



Sunny Sri Lankan Curry

by Henry Firth and Ian Theasby from *Bosh! Healthy Vegan*
photo by Lizzie Mayson

SERVES 4

prep 20 mins | cook 50 mins

- 1 small butternut squash, cut into cubes
- 20g (¾oz) cashews
- 1 tsp vegetable oil
- 2 large shallots, finely diced
- 3 large garlic cloves, grated
- 5cm (2in) piece of fresh ginger
- 1 fresh green bird's-eye chilli, seeds removed and diced
- 1 red pepper, diced
- 1 orange pepper, diced
- 1 tsp coconut oil
- 1 tsp ground turmeric
- 1 tbsp curry powder
- 1 tbsp black mustard seeds
- 1 tbsp tomato purée
- 15 curry leaves (optional)
- 200ml (7fl oz) reduced-fat coconut milk
- 200ml (7fl oz) water
- 10g (¼oz) desiccated coconut
- 100g (3½oz) fresh baby spinach leaves
- ½ a lime, juiced
- salt and black pepper
- 10g (¼oz) fresh coriander leaves (optional)

1 Preheat the oven to 180°C/ Gas Mark 4. Spread the squash over a lined baking tray, drizzle with vegetable oil, season with salt and pepper and place in the oven for 30 minutes.

2 Toast the cashews in the oven on a small baking tray for the last 5–8 minutes until golden, then roughly chop.

3 Heat the coconut oil in a

large saucepan or wok over a medium heat, then add the shallots and a pinch of salt and cook, stirring, for 5–6 minutes. **4** Add the garlic, ginger and chilli and stir for 1 minute. Then add the turmeric, curry powder, mustard seeds, tomato purée and curry leaves (if using). Stir.

5 Add the peppers and stir for 1 minute, then pour the coconut milk, water and half the desiccated coconut into the pan (reserve the rest to sprinkle over the curry at the end). Stir, turn up the heat and simmer for 4–5 minutes.

6 Add the spinach, fold in the squash, then add the lime juice.

5 To serve, sprinkle with cashews, coriander leaves (if using) and the remaining desiccated coconut.

PER SERVING

cal 213 | protein 6.9g | carbs 18.9g



READ MORE...

The recipes on this page are taken from *BOSH! Healthy Vegan* by Henry Firth and Ian Theasby. (HQ, HarperCollins).



Asian Cucumber & Tenderstem Broccoli Salad

by Tenderstem Broccoli, tenderstem.co.uk

SERVES 2

prep 10 mins | cook 4 mins

For the salad

- 1 large cucumber
- 1 tsp sea salt
- 1 red onion, thinly sliced
- 2 spring onions, thinly sliced
- small handful of coriander, chopped
- 200g (7oz) Tenderstem broccoli, cut in half lengthways

For the dressing

- 3 tbsp mirin
- 3 tbsp rice wine
- 1 tbsp sugar
- 1 tbsp sesame oil
- 1 tbsp chilli flakes
- sea salt and pepper
- 3 tbsp toasted sesame seeds

1 Either with a mandolin or using a vegetable knife, thinly slice the cucumber. Season with sea salt and leave in a sieve to draw some of the liquid out of the cucumber. Pat dry after 5 minutes.

2 Steam the Tenderstem broccoli for 3-4 minutes.

3 Mix all the dressing ingredients together, then combine with the cucumber and Tenderstem broccoli and serve.

PER SERVING

cals 322 | protein 8.7g | carbs 46.3g



Eat green

Tenderstem broccoli is high in fibre, protein, folate and vitamins A and C. Steaming – rather than boiling – will retain more of its impressive health benefits.

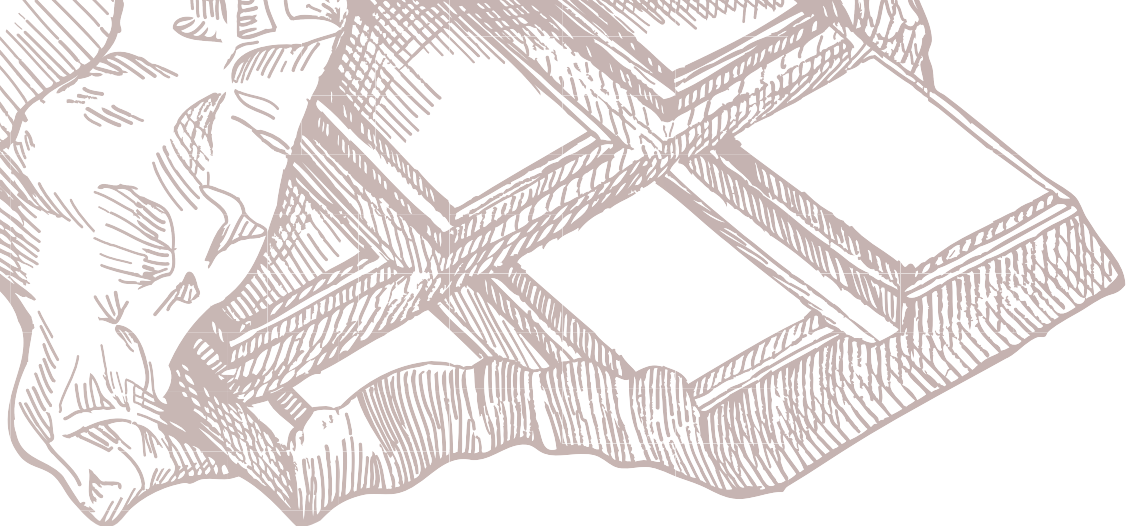


SERVE IT WITH...

This nutritious dish can be eaten alone or paired with brown rice.



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We engaged our sweet tooth this month to find out which are the best vegan chocolates on the market – we know, it's a tough job! From old favourites to brand new products, find out which went down well with our vegan team

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.



Enjoy!

Available from thevegankind
Box of 8, £4.99; box of 16, £9.99

The rich, intense flavour of these caramel chocolates is very bitter due to the 70 per cent dark chocolate and the texture is slightly grainy, possibly due to the coconut sugar. However, none of us could taste the coconut. We did note a slight coffee undertone from the raw cacao, however. The bitterness of the chocolate is balanced well by the fillings, which include salted caramel, vanilla and orange. This would make a nice gift for a loved one.

VERDICT



Play in Choc

Available from playingchoc.com
50g £2.95; 100g £5.95

This kid-friendly chocolate brand has created a cute product that would make a great gift. The coconut flavour is very strong but the chocolate is so soft and pleasant, it melts in your mouth. The creamy flavour is very rich and slightly sickly. The price is very expensive for this product but it would make a nice treat, especially as the smaller boxes come with an adorable toy. The cute packaging, compostable wrap and ethically produced chocolate also help this to stand out as a well-made product.

VERDICT



Moo Free

Available from online store and selected Waitrose stores
80g £2.19



Moo Free is a staple among vegan chocolate lovers and its original bar is a great all-rounder that will please kids and adults alike. The flavour is immediately quite sweet but the consistency slightly waxy. Without any bitter taste, this bar is perfect for anyone who isn't a fan of dark chocolate and if you don't like coconut. The texture is a little grainy but the creaminess adds a pleasant flavour. This bar is a great everyday chocolate that is comforting, reasonably priced and ideal for sharing with the whole family.

VERDICT



Raw Halo Mylk Pink Salt

Available from rawhalo.com, Holland & Barrett, Ocado, Planet Organic, Whole Foods Market
35g £1.99, 70g £2.99



This beautifully packaged chocolate bar has an intense flavour. The taste of salt hits you straight away without being overpowering whilst the slight hint of caramel gives the chocolate a sweet edge. The milkiness comes through well, along with notes of coconut. There is just a slight bitterness due to the raw cacao, but overall this bar doesn't immediately feel like vegan chocolate, and the blend of flavours creates an all-round great product.

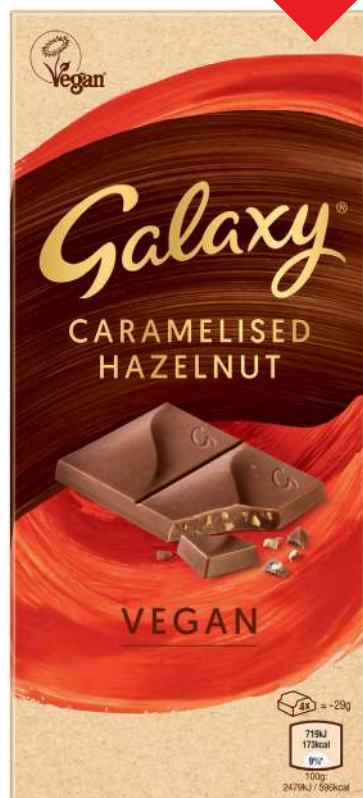
VERDICT



Galaxy

Available from Tesco
£3.

SIMPLY
vegan
EDITOR'S
CHOICE



This hotly anticipated chocolate bar has impressed even non-vegans. The rich and creamy flavour gives the chocolate a convincingly 'milk' chocolate taste. The small, caramelised nut chunks are sprinkled throughout the bar evenly and add texture. The major negative is how thin the bar is compared to its price – at £3 it's a little steep, but because it's so good we all agreed we would buy it again. This price point does reflect the quality of the product, which is made from hazelnut paste with recyclable packaging and a compostable film. It's clear a lot of thought has gone into this chocolate.

VERDICT



Ombar Coco Mylk

Available from Waitrose
70g £3.29, 35g £1.99



The strong organic cacao in this chocolate creates quite a bitter taste, although this is balanced well by the creaminess of the coconut. The texture is slightly oily but the chocolate itself is nice and soft. The combination of rich flavour and the high cost gives this bar a luxury feel, making Ombar a great choice for a weekend treat. The lack of sugar makes it a fairly healthy option, and the bitterness would definitely stop you eating it all in one sitting.

VERDICT





Food on the go

Easy lunches and snacks to take out and about

Miso Hummus

by WW, Weight Watchers Reimagined

SERVES 8
prep 15 mins

- 400g (14oz) tin of chickpeas, drained and rinsed
- 80g (2¾oz) white miso paste
- 60ml (2fl oz) freshly squeezed lemon juice
- 1 tbsp olive oil

- 1 garlic clove, chopped
- 1 tsp toasted sesame oil
- 1 tsp fresh ginger, grated
- 1 small handful of coriander, chopped
- 2 spring onions, trimmed and thinly sliced
- 1 tsp sesame seeds
- mixed vegetable crudité's,

breadsticks or crackers, to serve (optional)

- 1 Put the chickpeas into a food processor along with the miso paste, lemon juice, olive oil, garlic, sesame oil and ginger. Blitz until smooth, then scrape the hummus into a serving bowl and stir in the coriander and half the spring onions.
- 2 Meanwhile, toast the sesame seeds in a dry frying pan for 3 minutes over a medium heat, shaking the pan occasionally,

until the seeds turn golden.

3 Scatter the remaining spring onions and the toasted sesame seeds over the hummus and serve with the crudité's, breadsticks or crackers.

PER SERVING
cals 60 | protein 1.1g | carbs 6.8g

fat 2.7g | saturate 3.1g | salt 0.30g | sugar 0.3g

Tahini Choc Chip Cookies

by **Melissa Hemsley** from *Eat Green*
photo by **Philippa Langley**

MAKES 16

prep 10 mins | cook 15 mins

- 1 large ripe banana, mashed
- 2 tsp baking powder
- 4 tbsp maple syrup
- 2 tsp vanilla extract
- 150g (5¼oz) light tahini
- 110g (3¾oz) smooth nut butter
- 100g (3½oz) good quality vegan dark chocolate, broken up into small squares (or use vegan chocolate chips)
- 30g (1oz) sesame seeds
- pinch of salt

1 Preheat the oven to 170°C/Gas Mark 5. Line a large baking tray with reusable baking paper.

2 In a large bowl, combine the mashed banana, baking powder, maple syrup and vanilla extract. Add the tahini and nut butter and mix well until combined.

3 Fold the chocolate pieces/chips through the batter and add the sesame seeds.

4 Measure out 16 balls of the mixture, roughly a tablespoon each, and bake for 10-15 minutes. Leave space between each one on the baking tray. Remove from the oven, sprinkle with salt and leave to cool.

PER SERVING

cal 134 | protein 4.2g | carbs 6.7g

fat	saturate	salt	sugar
10.3g	1.2g	0.03g	4.5g

Plan ahead

You can store the cookies for up to five days in the fridge. The dough freezes well too if you want to double up the mixture.

READ MORE...

This recipe is taken from *Eat Green* by Melissa Hemsley, published by Ebury Press (£22).



QUICK CHEAT
Try using Waitrose
Cakes' Ingredients
Dark Chocolate Chips.

Low-cost, quick & easy **ON-THE-GO** recipes



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Black Rice Salad with Smoked Tofu

by WW, Weight Watchers Reimagined

SERVES 6

prep 20 mins | cook 30 mins

- 240g (8½oz) black rice
- calorie controlled cooking spray or olive oil
- 500g (17½oz) butternut squash, cut into small cubes
- 1 tsp fresh thyme, chopped
- 200g (7oz) cavolo nero, stems removed and leaves thinly sliced
- 225g (8oz) pack of smoked tofu, diced
- seeds of ½ a pomegranate (or use frozen seeds)

For the dressing

- 2 tbsp olive oil
- 1½ tbsp red wine vinegar
- 1½ tsp agave syrup
- 1 small shallot, finely diced

1 Cook the rice to the pack instructions, then transfer to a large bowl and set aside.

1 Meanwhile, preheat the oven to 220°C/Gas Mark 7 and line a large baking tray with kitchen foil. Mist the foil with cooking spray/oil then add the squash and scatter over the thyme. Season well, then mist the squash with cooking spray/oil and roast for 25 minutes, turning once, until tender and golden brown.

3 Meanwhile, mist a large non-stick frying pan with cooking spray/oil and cook the cavolo nero, stirring constantly, for 5-8

minutes or until just starting to soften. You'll need to do this in batches.

4 To make the dressing, whisk together the oil, vinegar and agave syrup in a small bowl, then season to taste and stir in the shallot.

5 In a large bowl, toss together the roasted squash, cavolo nero and rice, drizzle over the dressing and toss again to coat. Gently stir in the smoked tofu, then transfer to a serving platter. Scatter over the pomegranate seeds and serve.

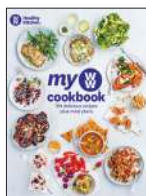
PER SERVING

cals 213 | protein 7.2g | carbs 26.2g

fat 10g | saturate 1.6g | salt 0.24g | sugar 2.9g

READ MORE...

This recipe and the recipe on page 40 are taken from My WW Cookbook, £14.95 (weightwatchersshop.co.uk).



Broccoli, Ginger & Quinoa Soup

by Annie Bell from Plant Power

photo by Con Poulos

SERVES 6

prep 15 mins | cook 20 mins

- 600g (1lb 5oz) broccoli heads, stalks trimmed
- 1 heaped tbsp coconut oil
- 1 large onion, peeled, halved and sliced
- 1 celery heart, trimmed and sliced
- 1 heaped tsp fresh ginger, grated
- 2 heaped tsp fresh turmeric root, grated
- 1 litre (1¼ pints) vegetable stock
- 90g (3¼oz) cooked quinoa or 30g (1oz) uncooked weight
- 1 tbsp lime juice
- sea salt

1 Finely slice the broccoli stalks, then cut up the florets. Heat the coconut oil in a large saucepan over a medium heat, add the onion, celery and broccoli stalks and fry for 10 minutes, stirring occasionally, until softened and lightly coloured, adding the ginger and grated turmeric a couple of minutes before the end.

Meanwhile, bring the stock to the boil in a small saucepan. 2 Add the broccoli florets to the other vegetables and stir for a moment until they darken, then pour over the stock, which should come back

Health boost

This super green soup is great for fighting off colds this winter and the ginger and turmeric also act as powerful anti-inflammatories.

to the boil almost instantly. Cover and simmer for around 5 minutes.

3 Purée the soup in a food processor. It should retain a slight texture, speckled with the green of the broccoli. Return it to the pan, stir in the cooked quinoa and lime juice, and season with salt. Serve hot in warm bowls with a generous teaspoon of coconut yoghurt in the centre of each bowl, dusted with ground turmeric.

PER SERVING

cals 128 | protein 5.5g | carbs 20.6g

fat 3.7g | saturate 2.1g | salt 0.08g | sugar 3.4g

READ

MORE...

This recipe is taken from *Plant Power* by Annie Bell. Published by Kyle Books, (£17.99).



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Rowntree's Jelly Tots

These classic sweets are great for sharing with the family and are made with vegan-friendly ingredients.
£1 from Sainsbury's

Covent Garden Tomato & Basil soup

This soup is simple yet packed full of flavour – a tasty option for lunch at home or on the go.
£2 from Tesco



Accidentally vegan

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

Askey's Chocolate Flavour Topping

Create imaginative and fun sweet treats any time with this topping. You can add it to drinks, desserts and snacks!
£1.30 from Tesco

Tesco Instant Noodles Chow Mein Flavoured

These noodles are full of flavour and make a cheap and easy option for a quick lunch.
30p from Tesco

SlimCook Mediterranean Butternut Squash Risotto

This ready meal includes cooked risotto rice and butternut squash in a spiced tomato sauce with cherry tomatoes, courgettes and spinach.
£2 from Tesco

Asda Bourbon Cream Biscuits

These creamy chocolate biscuits are perfect for an afternoon snack with a cup of tea.
36p from Asda



Get your 10-a-day!

Pack in the goodness with **Rob Hobson's** nutrient-rich meal plan to take you through the week



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

Loaded yoghurt bowl

150g (5¼oz) soya yoghurt topped with 4 walnuts (crushed), orange segments and cinnamon. Plus a 150ml (5¼fl oz) glass of juice or smoothie.



LUNCH

Zesty lentil salad

Arrange 80g (2¾oz) blanched green beans (cooled), ½ a can of lentils, ½ a celery stick (finely diced), ¼ of a red onion (thinly sliced), 50g (1¾oz) roasted red peppers from a jar (sliced), 30g (1oz) rocket and chopped coriander in a bowl. Squeeze over a little lemon juice. Serve with a dressing of 2 tbsp fortified soya yoghurt, chopped chives and lemon zest.

DINNER

Cauliflower cous cous

Preheat the oven to 200°C/Gas Mark 6. Remove the leaves from ½ a small cauliflower, place the florets in a food processor then blitz to a coarse, crumbly texture. Transfer the cauliflower to a lined baking tray, season with salt and pepper then roast in the oven for about 15 minutes until golden but still tender. Allow the cauliflower cous cous to cool then place in a bowl with 1 tbsp olive oil, ½ a lemon (juiced), 2 tbsp pomegranate seeds, 1 handful of spinach (sliced), 1 tbsp pistachio kernels (chopped) and 1 tbsp each of chopped parsley, mint and coriander. Serve with 2 slices of grilled, spiced tofu.

SNACK

1 small pear (sliced) with 1 tbsp nut butter.

Tuesday

BREAKFAST

Nut butter porridge

Porridge made with 4 tbsp oats and 275ml (9½fl oz) fortified plant milk. Top with ½ a banana (sliced), 1 tbsp sultanas and 1 tbsp nut butter. Plus a 150ml (5¼fl oz) glass of juice or smoothie.

LUNCH

Spelt salad with lemon dressing

Combine 125g (4¼oz) cooked spelt, 25g (¾oz) baby spinach (chopped), 50g (1¾oz) red cabbage (finely shredded), ½ a celery stick (finely sliced) and 80g (2¾oz) mange tout (shredded) in a bowl. Add ½ a lemon (juiced), 1 tsp olive oil and ½ a small garlic clove (crushed) and combine well.

DINNER

Spanish peppers with rice

Preheat the oven to 180°C/Gas Mark 5. Slice 1 side of a long red Romano pepper to create a pouch. In a bowl, combine 125g (4¼oz) cooked Spanish-style rice (try Merchant Gourmet) with ½ a red chilli (finely diced) and ¼ of a red onion (finely diced). Place rice mixture in the pepper. Now combine 1 tsp olive oil with 1 tsp harissa and drizzle over the pepper. Place on a baking sheet and roast for 20 minutes. Once cooked, top with coconut milk yoghurt, ¼ of an avocado (chopped) and a squeeze of lime juice. Serve with salad.

SNACK

2 dates stuffed with almond nut butter.



Wednesday

BREAKFAST

Creamy berry smoothie

Blend ½ an avocado, ½ a banana, 250ml (8¾fl oz) fortified plant milk, 80g (2¾oz) frozen berries, 2 tbsp oats and a small handful of spinach to make a smoothie.

LUNCH

Roasted chickpea pittas

Preheat the oven to 180°C/Gas Mark 5. Place ½ a can of chickpeas and 2 large



carrots (scrubbed, trimmed and quartered lengthways) on a baking tray. Scatter over ½ a red onion (finely sliced), ½ tsp mixed herbs, 1 tbsp olive oil and salt. Roast for 25 minutes. Serve with a dressing of 1 tbsp coconut milk yoghurt, pinch each of za'atar and cumin and the grated zest and juice of ½ a lemon. Serve with 1 wholemeal pitta.

DINNER

Butternut squash gnocchi

Preheat the oven to 200°C/Gas Mark 6. Place ½ a butternut squash on a baking tray and roast for 45 minutes. Once cooked, scoop out the flesh and place in a bowl with 5 tbsp of flour, 1 tbsp olive oil, a pinch of nutmeg, salt and pepper. Mash together and form into 4 even sized balls. Chill for 30 minutes before rolling each ball into a log shape on a floured surface. Cut each log into thumb-sized pieces. Bring a pan of water to the boil and add the 'gnocchi', cooking for 2 minutes. Now heat 1 tbsp of olive oil in a pan and add the gnocchi. Fry until browned then add 100g (3½oz) frozen peas and sage leaves. Fry for another minute before serving.

SNACK

A handful of sultanas.

Thursday

BREAKFAST

Cereal with fruit

50g (1¾oz) high-fibre breakfast cereal with 200ml (7fl oz) fortified plant milk, 4 dried apricots (chopped) and grated apple. Plus a 150ml (5¼fl oz) glass of juice or smoothie.



LUNCH

Lentil soup with toasted seeds

1 pot of ready made soup with lentils or pulses. Stir in 1 small handful of baby spinach leaves and sprinkle over 1 tbsp mixed toasted seeds. Serve with 1 slice of dark rye bread. Plus 1 kiwi fruit.

DINNER

Sweet potato curry

Heat 1 tsp sesame oil in a small saucepan. Add ¼ of a red onion (chopped) and cook to soften. Add ½ a garlic clove (crushed), a 1cm piece of ginger (grated), ½ a red chilli (chopped), ½ tsp turmeric, ½ tsp cumin and cook for 1 minute. Add ½ a sweet potato (chopped) and 60g (2oz) red lentils and stir then add 200ml (7fl oz) vegetable stock. Simmer for 20 minutes. Season then stir through a handful of spinach and coriander. Serve with wholemeal pitta bread.

SNACK

80g (2¾oz) berries.

Friday

BREAKFAST

Guacamole on toast

1 slice of wholegrain toast topped with ½ a mashed avocado combined with ½ a yellow pepper (diced), chopped coriander and a squeeze of lime juice. Plus a 150ml (5¼fl oz) glass of juice or smoothie.

LUNCH

Bean and vegetable soup

Heat 1 tsp olive oil in a pan. Add ½ a red onion (sliced), 1 tbsp grated ginger and 1 garlic clove (crushed) then fry. Add 200ml (7fl oz) vegetable stock, 1 celery stick

(chopped) and 1 carrot (diced) and boil for 12 minutes. Add ½ a can of aduki beans, ½ a diced courgette, grated lemon zest and fresh coriander and boil for 5 minutes. Serve with 1 slice of rye bread.

DINNER

Mushroom noodles

Add 1 tsp light olive oil to a wok then stir-fry 75g (2½oz) shiitake mushrooms. Add 50g (1¾oz) marinated tofu pieces and a handful of shredded cabbage. Cook for 3 minutes. Add 150g (5¼oz) cooked noodles, ½ a chilli (sliced), 1 tsp soy sauce, 2 tsp mirin and cook for 1 minute. Garnish with spring onions.

SNACK

80g (2¾oz) blanched Tenderstem broccoli with 1 tbsp tahini.

Saturday

BREAKFAST

Tarragon mushrooms on toast

Heat 1 tbsp olive oil in a frying pan then add 100g (3½oz) mushrooms, 1 handful of spinach (sliced) and chopped tarragon. Sauté for 5 minutes then season. Serve on 1 slice of wholegrain toast. Plus a 150ml (5¼fl oz) glass of juice or smoothie.

LUNCH

'Chicken' and avocado wraps

In a bowl, combine 100g (3½oz) frozen vegan Quorn pieces (defrosted) with lime juice, ¼ tsp chilli powder and ½ a garlic clove (crushed). Fry the Quorn pieces for a few minutes. While cooking, heat the wraps then spread with ½ an avocado. Add 1 roasted, jarred red pepper (sliced), Quorn, 2 tsp pumpkin seeds, coriander and 1 tbsp fortified soya yoghurt. Plus 1 apple.

DINNER

Stuffed aubergine

Preheat the oven to 180°C/Gas Mark 5. Cut one small aubergine in half then score the flesh and season with salt and smoked paprika. Place on a baking sheet and cook for 20 minutes. Scoop out the flesh and place in a bowl. Add 125g (4½oz) ready-cooked quinoa, 5 cherry tomatoes (halved), 4 dried apricots (chopped), 5 black olives



(chopped), 1 tbsp olive oil, ½ a lemon (juiced) and salt. Place the mixture back into the skins and top with pumpkin seeds.

SNACK

50g (1¾oz) guacamole with 1 red pepper.

Sunday

BREAKFAST

Scrambled tofu on toast

Heat 1 tsp olive oil, add ½ a small onion (finely chopped) and cook for 8 minutes. Stir in ½ a garlic clove (crushed), ¼ tsp ground turmeric, ½ tsp ground cumin and ¼ tsp smoked paprika. Mash 140g (5oz) firm tofu in a bowl then add to the pan and fry for 3 minutes. Add 7 cherry tomatoes then cook on high for 5 minutes. Stir in chopped parsley and serve with 1 slice of dark rye bread.

LUNCH

Lentil and coconut curry

Heat 1 tbsp light olive oil in a pan. Add 1 small garlic clove (crushed), ½ tsp grated



ginger and 1 small spring onion (sliced) and sauté for 3 minutes. Add 50g (1¾oz) red lentils, 1 small sweet potato (peeled and chopped), 7 cherry tomatoes, 3 cardamom pods, 3 cloves, ½ tsp turmeric and 1 bay leaf. Cook for 2 minutes. Add 100ml (3½fl oz) vegetable stock to the pan and simmer for 15 minutes. Add 100ml (3½fl oz) coconut milk. Season with salt then simmer for another 15 minutes. Garnish with coriander.

DINNER

Tofu and pak choi

Add 1 tbsp grated ginger, 1 garlic clove (sliced), 2 tsp maple syrup, 1½ tsp soy sauce, 1 tsp sesame oil and chilli flakes to a bowl. Add 150g (5¼oz) firm tofu (cubed) and 2 small pak choi (quartered through the stalk). Marinate for 20 minutes. Heat a frying pan then cook the tofu until crisp and pak choi until wilted. Place the tofu and pak choi on a plate and pour over remaining marinade. Serve with brown rice, coriander and lime.

SNACK

2 tbsp reduced-fat hummus with 1 carrot.



What is tempeh?

Made from fermented soya beans, tempeh has a firm texture and slightly nutty taste. Find it in Tesco.

£2.90

COST PER SERVING

Budget meals

Delicious dinners that won't break the bank

Pineapple Tempeh Curry

by Sarah Jansala and Renoo Jansala from *Vegan Thai Kitchen*
photo by Toni Zernik

SERVES 4

prep 10 mins | cook 20 mins

- 3 tbsp vegetable oil
- 342g (12oz) tempeh, cut into small squares
- 1 tbsp coconut oil
- 120g (4¼oz) vegan Thai red curry paste
- 600ml (20¼fl oz) coconut milk
- 500g (18oz) pineapple, cut into

small chunks

- 15 cherry tomatoes
- 240ml (8fl oz) vegetable stock
- 110g (3¾oz) brown sugar
- 60ml (2fl oz) tamari
- 2 handfuls of Thai basil
- steamed jasmine or brown rice, for serving

1 Heat the vegetable oil in a pan over medium heat, add

the tempeh and fry for about 3 minutes on each side until all the sides are lightly brown. Remove from the pan and drain well.

2 Heat the coconut oil in a large saucepan over a medium heat, add the red curry paste and cook, stirring, for about 1 minute, then add the coconut milk and stir until well combined. Heat the mixture for a few more minutes or until the oil begins to separate. Add the pineapple, cherry tomatoes and vegetable stock, increase

the heat to high and bring to a boil. Once it's boiling, continue cooking for 5 more minutes, then add the sugar, tamari, Thai basil and tempeh, reduce to a simmer and cook for 6 more minutes.

3 Serve with steamed white jasmine or brown rice.

PER SERVING

cal 912 | protein 22.7g | carbs 68.1g

fat 65.8g | saturate 41.2g | salt 2.2g | sugar 46.2g



£1.45
COST PER
SERVING

Yellow Curry Fried Rice

by Sarah Jansala and Renoo Jansala from *Vegan Thai Kitchen*
photo by Toni Zernik

SERVES 4

prep 15 mins | cook 20 mins

- 2½ tbsp tamari
- 2½ tbsp mushroom stir-fry sauce
- 2½ tbsp brown sugar
- 8 tbsp vegetable oil, divided
- 170g (6oz) firm tofu, cut into squares
- 1 tsp minced garlic
- ½ a yellow onion, chopped
- 435g (15oz) steamed rice
- 1½ tsp curry powder
- 10 cherry tomatoes
- 64g (2¼oz) sliced carrot
- 8 white mushrooms, halved
- 170g (6oz) sliced pineapple
- 3 tbsp (24 g) roasted cashews, peanuts or almonds
- 1 cucumber, sliced, for serving
- 1 lime, cut into wedges, for serving

1 To make the sauce, combine the tamari, mushroom stir-fry sauce and brown sugar in a small bowl and mix until well combined and the sugar has fully dissolved.

2 Heat 6 tbsp oil in a pan over a medium heat, add the tofu and fry for about 3 minutes on each side until all the sides are lightly browned. Remove from the pan and drain well.

3 Add the remaining 2 tbsp oil to a non-stick pan over a medium heat, then add the garlic and onion and fry

until golden brown. Add the steamed rice, curry powder, tomatoes, carrot, mushrooms and pineapple and cook, stirring, until well combined and the vegetables have softened. Season with the sauce mixture and stir to make sure the rice is not getting lumpy. Stir for 2 minutes until the sauce soaks into the rice. Garnish with the cashews and serve with the sliced cucumber and lime wedges on the side.

PER SERVING

cals 676 | protein 16.95g | carbs 78.7g

fat 35g | saturate 6.5g | salt 3.3g | sugar 39.1g

READ MORE...

This recipe and the recipe on p47 are taken from *Vegan Thai Kitchen* by Sarah Jansala and Renoo Jansala, £16.99. (Page Street Publishing Co. 2019).



£1.40
COST PER
SERVING

Meaty Mushroom Pie

by Henry Firth and Ian Theasby from *Bosh! Healthy Vegan*
photo by Lizzie Mayson

SERVES 4

prep 15 mins | cook 40 mins

- 1 onion, diced
- 1 carrot, diced
- 2 celery sticks, thinly sliced
- 400g (14oz) mixed mushrooms, chopped
- 10 sprigs of fresh thyme, chopped
- 1 sprig of fresh rosemary, chopped
- 20g (¾oz) fresh parsley, chopped
- 400g (14oz) vegan meat
- 1½ tbsp olive oil
- 1 bay leaf
- 1 tbsp tomato purée
- 50ml (1¾fl oz) vegan red wine
- 250ml (2¾fl oz) vegetable stock
- 4 sheets of filo pastry
- low-fat cooking oil spray

1 Preheat the oven to 190°C/ Gas Mark 5.

2 Warm ½ tbsp olive oil in a large frying pan over a medium heat. Add half the vegan meat and cook, stirring, for 3–4 minutes until browning. Transfer the browned chunks

to a plate and repeat with another ½ tbsp olive oil and the remaining vegan meat.

3 Make the pie filling. Heat ½ tbsp olive oil in a frying pan over a medium heat. Add the onion and a pinch of salt and cook, stirring, for 3–4 minutes.

Next add the carrot and celery and stir for 2 minutes, then the mushrooms and stir for 3–4 minutes. Add the thyme, rosemary and bay leaf and stir for 1 minute until aromatic.

4 Add the tomato purée and stir for a further minute. Add the browned vegan meat and stir for 1 minute. Add the wine and stir for 1 minute. Add the stock, increase the heat and simmer for about 10 minutes. Add the parsley leaves, taste and season with salt and pepper. Tip into a baking dish, smooth out with the back of a spoon and leave to cool.

5 Crumple the filo pastry sheets into loose balls and cover the dish. Spray with cooking spray and bake in the oven for 20 minutes, until the pastry is crispy and browning.

PER SERVING

cals 457 | protein 22g | carbs 39g

fat 22.4g | saturate 3.3g | salt 0.06g | sugar 6.2g

READ MORE...

This recipe is taken from *BOSH! Healthy Vegan* by Henry Firth and Ian Theasby, £16.99 (HQ, HarperCollins).



Spiced Falafel Tagine

By Gosh!, goshfood.com

SERVES 4

prep 10 mins | cook 30 mins

- 1 packet of Gosh! Moroccan Spiced Falafel
- 3 courgettes halved lengthways and sliced
- 1 red pepper, cut into chunks
- 3 tbsp olive oil
- 1 medium red onion, sliced.
- 4 garlic cloves, thinly sliced
- 1 tsp coriander
- 1 tsp cumin
- 400g (14oz) tin of chopped tomatoes
- 1 tbsp of harissa paste
- 2 tbsp maple syrup
- 100g (3½oz) dried apricots, chopped
- handful of cherry tomatoes
- handful of chopped coriander
- salt and pepper
- 250g (8¾oz) cooked quinoa, to serve

1 Preheat the oven to 170°C/Gas Mark 3.

2 Mix together the courgette and red pepper in a large bowl. Drizzle over 2 tbsp oil and mix to coat. Season generously with salt and pepper.

3 Heat a large, non-stick frying pan over a high heat. When the pan is hot, add the vegetables and fry, stirring and turning regularly, for 3-4 minutes or until lightly browned.

4 Heat the remaining oil in a lidded casserole pot over a medium heat. Add the onions and fry for 3-5 minutes, stirring regularly, until softened. Add the garlic, coriander and cumin and fry for 1-2 minutes, stirring frequently.

5 Stir in the chopped tomatoes, harissa paste, maple syrup and apricots until well combined. Add the vegetables and cook for 2-3 minutes.

6 Cover and transfer to the oven. Cook for 15 minutes, then stir in 100ml (3½fl oz) cold water until well combined and add the Gosh! Moroccan Spiced Falafel. Return to the oven, covered, for a further 15 minutes.

7 Sprinkle the tagine with the chopped coriander and serve with quinoa.

PER SERVING

cal 636 | protein 27g | carbs 86.9g



COOK'S SECRET

Try sprinkling with flaked almonds to add a little crunch.



£1.85

COST PER
SERVING



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

HIGH STREET VEGAN EATING

Fast food

Love it or hate it, fast food can be a good option when you're on the go! Find out what's on offer



Subway

subway.com



Locations Across the UK

What's on the menu? Following on from the launch of its vegan sub last year and after huge demand and successful trials, Subway has turned its most iconic offering, the meatball marinara, into a vegan-friendly option... hooray! The meatless meatball marinara is packed with all the delicious flavour of the original, and comes smothered in a mouth-watering, rich tomato sauce. You won't miss out on the cheese either, as it's topped with slices of melted vegan cheese. If you don't fancy that, why not try the vegan salad – made with a vegetable

patty and garlic aioli – or the crispy hash browns?

» Subway has turned its most iconic offering, the meatball marinara, into a vegan-friendly option... hooray!

Look out for... You can customise your sandwich with Subway's best-selling vegan sauces, including garlic aioli, sriracha hot chilli or sweet onion.

VERDICT



Greggs

greggs.co.uk



Locations: Across the UK

What's on the menu? Greggs is one of the nation's favourite spots to grab a quick lunch on the high street, whether you are rushing back to work or out and about shopping. As we all know, Greggs now has some tasty vegan-friendly products. The vegan sausage roll (£1) launched last year to much hype, becoming one of the company's fastest-selling products of all time. Greggs also also stocks a delicious Mexican bean wrap (£2.75) which includes mixed beans in spicy tomato and jalapeño sauces, sweet potato falafel, mixed peppers, chipotle sauce and fresh salad leaves. The brand new vegan steak bake has proved to be a crowd pleaser, too – made with Quorn, it puts a tasty vegan spin on one of its best-selling slices.

» The brand new vegan steak bake has proved to be a crowd pleaser.

Look out for... The glazed ring doughnut is now officially vegan! Perfect for a sweet treat or as a dessert.

VERDICT



LEON

leon.co

♥ **Locations:** Across the UK

What's on the menu? Leon's brand new chipotle and avocado burger – launched just in time for Veganuary this year – is made with smoky chipotle mayo and freshly smashed guacamole. Other vegan dishes on the LEON menu include the 'love' burger – a vegan patty topped with burger sauce, Carolina mustard mayo, tomatoes, pickles and a slice of smoked gouda-style vegan cheese; the Brazilian black beans; and the lentil masala – a rich coconut curry spiced with cumin, ginger and mustard seeds. Breakfast options include the ruby red porridge with organic cashew milk and the banana and cinnamon porridge, which can be made vegan by specifying cashew milk.

» Leon's brand new chipotle and avocado burger launched just in time for in January.

Look out for... LEON's tasty vegan treats include a Jaffa Cake and a raspberry and rose baked doughnut.

VERDICT    



McDonalds

mcdonalds.com

♥ **Locations:** Across the UK

What's on the menu? Companies like McDonalds can be a divisive subject for vegans, but if you find yourself hungry on the go or you're with meat-eating friends, it can be a convenient option. The New Year saw the launch of McDonald's first ever vegan meal with the introduction of its veggie dippers. They are made with red pepper, rice, sun-dried tomato pesto and split peas in a light and crispy breadcrumb coating, and they are accredited as vegan by The Vegetarian Society. The dippers are paired with vegan-friendly fries and any soft drink and sauces, and will also be available as part of the Happy Meal. The veggie dippers meal is priced at £4.99, and the Happy Meal is £2.99, or you can purchase four veggie dippers for £3.29.

» The New Year saw the launch of McDonald's first ever vegan meal – the veggie dippers.

Look out for... Although not certified, the apple pie is accidentally vegan.

VERDICT  

NEW OPENINGS



GOT NO BEEF

Cardiff

This family-run business began as a street food stall. Having been a hit at over 150 events, they have now opened a vegan restaurant in the heart of their home city. Tuck into classics like burgers, hot dogs and sundaes. gotnobeefuk.com



@JAMES MCDONALD PHOTOGRAPHY

LINNAEAN

Nine Elms, London

With a focus on seasonality, sustainability and nutrition, this predominately plant-based restaurant is a stylish, contemporary space where you can enjoy innovative dishes inspired by world flavours. linnaean.co.uk



SUTTON & SONS

Hackney, London

Vegan fish & chips? Surely this is impossible, we hear you cry! Well, this all-vegan chip shop has cracked it with their banana blossom 'fish', battered sausages and even plant-based prawns and scampi. Delish... suttonandsons.co.uk



Sweet things

Easy snacks and tempting desserts to try

Healthy option

The dark colour of the rice indicates that it is full of powerful, natural antioxidants called anthocyanins. The rice is also a great source of digestion-boosting fibre.



Black Rice Coconut Pudding

by **Caroline Artiss** from *Beauty Foods*
photo by **Ed Anderson**

SERVES 4

prep 5 mins + soaking time
| cook 40 mins

- 140g (5oz) Thai black rice, soaked in water for 30 minutes or overnight
- 1 tsp vanilla extract
- 90g (3oz) raw brown sugar
- 125ml (4¼fl oz) coconut milk
- toasted desiccated/shredded and flaked coconut, to serve

- 1 Drain the soaked rice and transfer to a saucepan. Pour over 1¼ litres (42fl oz) water and bring to the boil. Add the vanilla extract and cover with a lid. Turn down the heat and simmer for about 40 minutes, giving it a stir every now and then to make sure nothing is sticking.
- 2 Once the rice has cooked down, is soft and nearly all the water has evaporated, it is done!

You can add more water if you prefer it runnier.

- 3 Stir in the sugar and serve with the coconut milk and toasted coconut flakes.

PER SERVING

cals 162 | protein 0.8g | carbs 24g



Chocolate & Avocado Truffles

by **Caroline Artiss** from *Beauty Foods*
photo by **Ed Anderson**

MAKES 20 TRUFFLES

prep 10 mins + setting time | cook 5 mins

- 280g (10oz) vegan dark chocolate (70 per cent cocoa solids)
- 1 ripe avocado
- a pinch of sea salt
- ½ tsp vanilla extract
- 1 tbsp agave syrup

Coatings

- desiccated/shredded coconut
- chopped pistachios
- chopped flaked/slivered almonds
- chopped hazelnuts
- cocoa powder

1 Break the chocolate into small pieces and pop into a heatproof bowl. Set the bowl over a pan of barely simmering water and stir to melt. Once melted, stir in the agave syrup or sugar. Set aside to cool slightly.

2 Scoop the avocado flesh into a large mixing bowl, discarding the stone. Add the salt and mash it to a very fine pulp.

3 Add the avocado to the cooled, melted chocolate with the vanilla and gently fold together. Pop the mixture in the fridge to set for 30 minutes, or until much more firm. Meanwhile, put the coatings in shallow bowls.

4 Next, roll the chocolate mixture into balls. Scoop a small tablespoon into the palms of your hands and quickly roll it into a ball, then immediately roll it in whichever coating you want.

5 Continue until you have used up all the chocolate mixture. Put the truffles in an airtight container and chill for at least 30 minutes before serving. Store in the fridge and eat within two days.

PER TRUFFLE

cal 94 | protein 1.2g | carbs 8.4g

fat

6.5g

saturate

3.4g

salt

0.1g

sugar

4g

Skin food

Combined with the high levels of vitamin E and oleic acid in avocado, these truffles give the skin a beauty boost. Oleic acid helps keep the skin moist, soft and hydrated.



QUICK CHEAT

Buy pre-chopped nuts or crush them in a pestle and mortar to save time.



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

Super Fruit & Nut Chocolate Brittle

by Caroline Artiss from *Beauty Foods*
photo by Ed Anderson

SERVES 6-8

prep 10 mins + setting time | cook 5 mins

- 200g (7oz) mixed nuts, chopped
- 75g (2½oz) desiccated, shredded or flaked coconut
- 200g (7oz) dark chocolate (70 per cent cocoa solids)
- 3 tbsp agave syrup
- 75g (2½oz) mixed dried super berries such as goji, Inca/golden, cranberries, blueberries and tart cherries

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Spread the nuts onto an unlined baking sheet along with the coconut. Pop into the preheated oven to toast for 5 minutes, until you can see the coconut turning golden – it will smell amazing! Remove from the oven and set aside to cool.
- 3 Break the chocolate into small pieces and pop into a heatproof bowl with the agave syrup. Set the bowl over a pan of barely simmering water and stir to melt.
- 4 Transfer the cooled nuts to a large mixing bowl, add the super berries and pour in the melted chocolate. Mix together well, then spread the mixture onto the prepared baking sheet. Spread the mixture quite thinly as you want the consistency to be like chocolate brittle rather than a chocolate bar.
- 5 Put the baking sheet in the fridge to harden the chocolate for 1 hour. After this time, you can take it out and break it up or cut it into bite-size pieces. Store in an airtight container in the fridge for up to two weeks.

PER SERVING OF SIX

cal 455 | protein 8.1g | carbs 33.6g

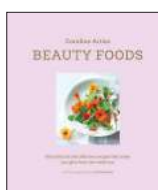


Saving face

Dark chocolate with a high cocoa solids content of at least 70 per cent contains flavonoids that protect the skin from harmful UV rays. Coconut also contains cytokinins, which are anti-ageing.

READ MORE...

The recipes on pages 52-54 are taken from *Beauty Foods* by Caroline Artiss, published by Ryland Peters & Small (£14.99).





Simple Pear & Walnut Tarte Tatin

By Viva!, veganrecipeclub.org.uk

SERVES 6-8

prep 15 mins | setting 30 mins

- 1 pack of ready-rolled puff pastry, such as Jus-Rol
- 2 pears, sliced and cored
- 30g (1oz) caster sugar
- 2 tbsp golden syrup
- 65g (2¼oz) vegan butter, such as Naturli
- 1 tbsp brandy (optional)
- 1 tsp vanilla extract or paste (optional)
- pinch of salt
- 80g (2¾oz) walnuts or pecans
- cinnamon, for dusting

1 Preheat the oven to 190°C/ Gas Mark 5.

2 On a floured surface, roll out the pastry so that it's around ½cm thick.

3 Using an oven-proof frying pan, cut the pastry to fit the pan, leaving 1cm extra around the edge.

4 In a frying pan, combine the sugar, golden syrup, vegan butter, salt and vanilla extract.

5 Heat on a medium heat for a few minutes until the sauce starts to thicken and turn slightly brown.

6 Remove from the heat, stir in the brandy (if using) and then coat the pears and nuts in the caramel sauce until thoroughly covered.

7 They will be very hot at this point so using tongs (or similar), arrange the pear slices in a pretty pattern on the bottom of the frying pan. Once you have the pattern you like, scatter the nuts over and around the pear slices.

8 Place the sheet of pastry over the top of the frying pan, tucking in the edges around the filling.

9 Brush the pastry with a little rapeseed oil and place in the oven for 20 minutes or until crisp and evenly golden.

10 Remove the pan from the oven (be careful, the handle will be hot!) and place a large plate over the top. Flip the pan over so that the tart displays fruit side up on the plate.

11 Sprinkle with cinnamon, add a little more golden syrup if necessary and serve with vegan ice cream.

PER SERVING OF SIX

cal 428 | protein 6.4g | carbs 39.3g



Scones with Jam & Cream

By Viva!, veganrecipeclub.org.uk

SERVES 10

prep 20 mins | cook 12 mins

Dry ingredients

- 350g (12¼oz) self-raising flour
- 60g (2oz) caster sugar
- 1½ tsp baking powder
- 75g (2½oz) sultanas
- pinch of salt

Wet ingredients

- 60g (2oz) vegan spread
- 170ml (5¾fl oz) dairy-free milk
- 1 tsp vanilla extract or paste (optional)
- 1 tbsp lemon juice

For the filling

- vegan butter, such as Naturli (optional)
- 10 tbsp raspberry jam (1 tbsp per scone)
- 10 tbsp vegan crème fraîche, coconut cream, dairy-free squirty cream or make your own cashew cream!

5 Pour the wet ingredients into the dry ingredients and stir through thoroughly. Use your hands to work in the vegan spread and form into a ball of smooth, soft dough.

6 Divide the dough into 10 equal sized balls and place onto the lined baking tray.

7 Squish each ball down and create a round shape around 2cm thick or use a 5cm cutter to stamp them out.

8 Place in the oven for 12 minutes until lightly golden.

9 Cool on a wire rack and spread with butter, cream and jam of your choice.

PER SERVING

cal 354 | protein 5g | carbs 56.9g



1 Preheat the oven to 200°C/ Gas Mark 6.

2 Line a large baking tray with greaseproof paper.

3 In a large bowl, stir together all of the dry ingredients. Set to one side.

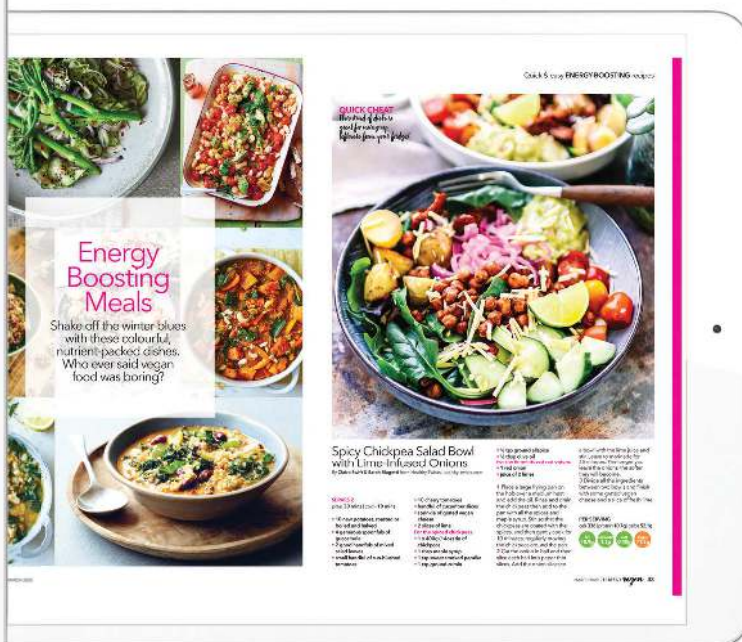
4 In another large bowl, mix together all of the wet ingredients (don't worry at this stage about smoothing out the vegan spread as you will do this later).



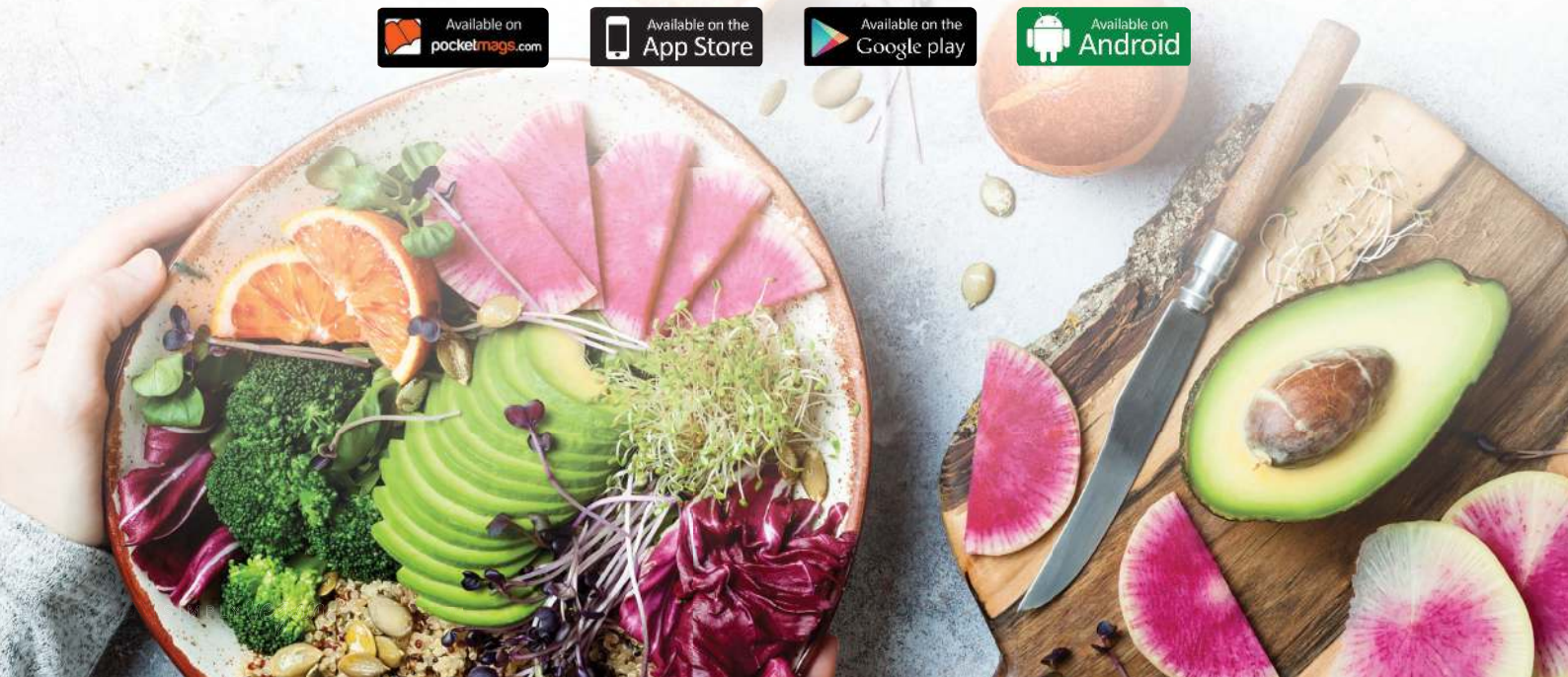
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Nutrition news

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



BEAT THE SLUMP

If you find that standard sliced bread zaps your energy or causes stomach pain, switch to a gut-friendly alternative like Everfresh Sprouted breads (from £2.30). They're low GI, yet high in fibre and protein. Toast them and top with hummus, avocado or scrambled tofu for the ultimate brunch!

CHECK
YOUR
LEVELS



If you're new to veganism and concerned about your levels of B12, check out the Superdrug testing service at [onlinedoctor.superdrug.com](https://www.onlinedoctor.superdrug.com) or see your doctor. Vitamin D levels are also at their lowest at this time of year, so consider a supplement or eat more fortified foods like nutritional yeast, plant milks and Marmite.

4-40 times

The increase in nutrients found in plant shoots compared to their fully grown counterparts. Find out more: [draxe.com](https://www.draxe.com)



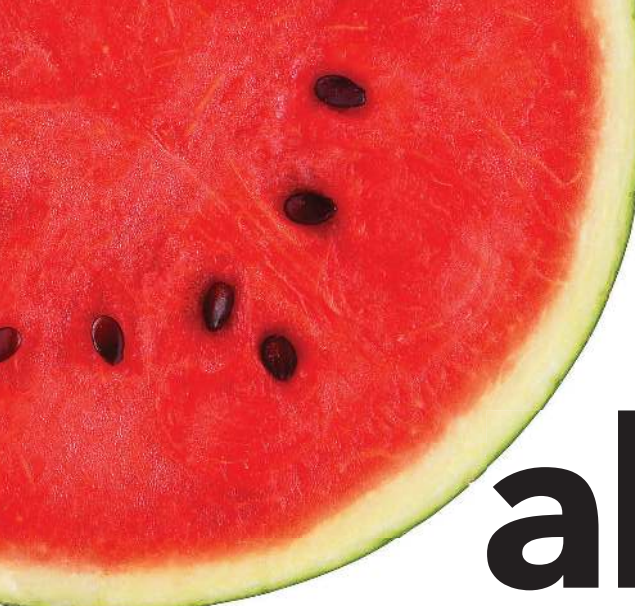
ALL HAIL THE HASKAP

These wonderberries are bursting with up to three times more antioxidants and eight times more anthocyanins than blueberries, fighting against free radicals to help maintain heart and cognitive health, as well as providing a youthful glow. Try the new, sustainably produced freeze-dried Haskapa, £19.99 at [haskapa.com](https://www.haskapa.com)



SIMPLY
vegan
EDITOR'S
CHOICE





All about vitamin A

Also known as retinol, vitamin A plays an essential part in our health. **Dr Justine Butler** explains why

Chemists have always been interested in the bright colours found in nature. In 1831, German chemist Heinrich Wackenroder used carrots to isolate the yellow/orange pigment beta-carotene that gives them, and other similarly coloured fruit and vegetables, their rich colours. He came up with the name from the Greek 'beta' and Latin 'carota', meaning carrot.

Beta-carotene is the most common form of carotene in plants. It is also known as 'provitamin A' as our bodies convert it into vitamin A (retinol). Carotenes are found in green leafy vegetables and yellow and orange fruit and vegetables – such as kale, sweet potatoes and cantaloupe melons. Generally, the greater the intensity of the colour, the more beta-carotene they contain. We convert it according to how much we need, so you can't have too much.

Retinol, or preformed vitamin A, is found in animal foods such as eggs and dairy products. Your body can't control how much it absorbs and too much can be harmful. Because of this, beta-carotene is a safer source of vitamin A than retinol.

Looking good

We need vitamin A for healthy skin and mucus membranes – the thin skin that lines parts of the body, such as inside the nose and mouth, and which produce mucus to protect them. It also supports our immune system, eye health and vision and beta-carotene is an antioxidant – protecting our cells and DNA from damaging free radicals. Diets rich in carotenes are linked to a lower risk of some cancers, heart



Viva!
HEALTH
THE EXPERT
Dr Justine Butler is Senior Researcher & Writer at Viva! Health, which is part of vegan charity Viva! vivahealth.org.uk

disease, stroke, age-related macular degeneration and cataracts. Research suggests that you need the whole food rather than a supplement, to obtain these benefits.

How much do we need?

Men need around 0.7 milligrams a day and women, 0.6 milligrams of per day – only a very small amount but that small amount is vital. Signs of deficiency include frequent and persistent skin infections, mouth ulcers, thrush or cystitis, dandruff and dry hair, dry eyes, sore eyelids and, in very extreme cases, night blindness.

During the Second World War, rumours circulated that British RAF pilots were good at night-flying because the carrots they ate helped them to see in the dark. A classic example of how propaganda helped to keep the RAF's

new radar technology a secret! Vitamin A is required for your body to make rhodopsin, the pigment in your eyes that operates in low-light conditions. If you have a vitamin A deficiency, you may develop nyctalopia, or night blindness. Eating carrots could correct this but only to the same level as a normal healthy person – eating carrots won't equip you with military-style night-vision!

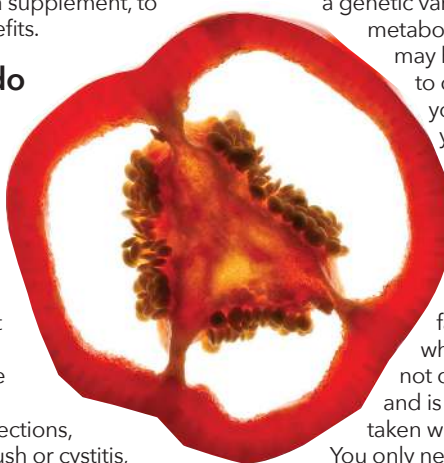
The impact of genetics

Some research suggests that people with more body fat are less able to convert carotenes into vitamin A. There is also a genetic variability in carotene

metabolism where certain genes may help or hinder your ability to convert it. There's nothing you can do about this but you can change your diet to include more green leafy and yellow-coloured vegetables along with plenty of orange-coloured fruit.

Vitamin A is a fat-soluble vitamin, which means it does not dissolve in water and is absorbed best when taken with fat-containing foods.

You only need a small amount – one study suggests including 2.4 to 5 grams of fat per meal with cooked vegetables to help optimise conversion. Another study found that eating fat-containing avocados with tomatoes or carrots enhanced absorption. Try sprinkling a little flaxseed or olive oil on cooked vegetables, add a dash of salad dressing to your green salad and eat a handful of



nuts with your daily fruit to help improve absorption and conversion.

Can you have too much?

High intakes of vitamin A from animal foods, such as oily fish, liver or supplements, can be toxic and has been linked to birth defects – hence it can be dangerous if eaten in pregnancy. Excess vitamin A from animal sources may also cause weaker bones, which is of particular concern to middle-aged and older people. Adverse side effects have been observed with vitamin A intakes over 1.5 milligrams – easy to reach when you eat liver or liver pâté more than once a week or take a fish liver oil supplement.

Large doses of beta-carotene from supplements (not from food) may increase the risk of lung cancer in smokers, in

people who have been heavily exposed to asbestos at work and possibly in other people, too. The official advice is: if you take supplements containing vitamin A, make sure your combined intake from both food and supplements doesn't exceed 1.5 milligrams a day.

However, you can't have too much beta-carotene from plant food so there is no limit on how much you eat of foods which contain it. Your body simply stops converting it into vitamin A when it has enough. The only side-effect you may experience if you eat large amounts of beta-carotene-rich foods such as carrots is a slight orange colouration of your skin – called carotenodermia. It's not harmful and disappears when your intake drops.

A varied, vegan diet rich in colourful fruit and vegetables provides a safe supply of all the vitamin A you need. **SV**

FOODS RICH IN VIT A

CARROTS
(per 60g)

0.67mg

BUTTERNUT SQUASH
(per 205g)

0.56mg

SPINACH
(per 90g, boiled)

0.50mg

SWEET POTATO
(per 130g)

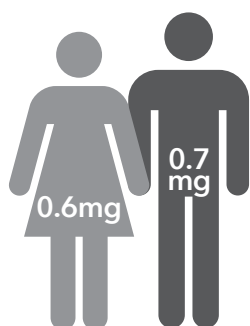
0.43mg

KALE
(per 95g)

0.27mg

RED PEPPER
(per 80g)

0.26mg



Vitamin A recommended daily intake

CANTALOUPE MELON
(per 150g)

0.22mg

PAPAYA
(per 140g)

0.09mg

MANGO
(per 150g)

0.09mg

WATERCRESS
(per 40g)

0.08mg

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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



A STEP IN THE RIGHT DIRECTION

Priced at £200, the new Mercer Amsterdam Racer is not your average trainer. Made without any animal-derived ingredients, the upper and lining are made with OnSteam vegan 'leather'. OnSteam is a 100 per cent breathable microfibre, which is capable of absorbing eight times its own weight in water. merceramsterdam.com



20 minutes

The recommended duration of high intensity exercise sessions we should be doing three times a week, according to Physical Activity Guidelines.

SPREAD THE WORD

If, like us, you're passionate about encouraging others to go vegan, why not wear your activism next time you're at the gym? We love the selection of tank tops at Vegan Outfitters (from £23) and every purchase helps feed a rescued farm animal. veganoutfitters.com



GYM BUDDIES

Skin in Motion is a brand new selection of skincare and make-up designed specifically for the gym. Vegan and cruelty-free, it's breathable and sweatproof as well as hydrating and nourishing. Choose from tinted moisturiser, a cooling mist, cleansing wipes and waterproof mascara. The range starts at £16 and is available at skininmotion.com





Get STRONG!

Want to build strength, gain definition or just tone up? Vegan nutritionist and YouTuber **Derek Simnett** tells us how it's done

When I transitioned into veganism, I was in my mid 20s and, at the time, was an avid runner. As I found my stride with plant-based eating, I started to notice my recovery times were quicker and my ankles and knees seemed to hurt a lot less. I was stoked and believed so strongly in the benefits of plant-based eating that I decided to pursue a career in nutrition.

After graduating, I started to take on clients and quickly realised that many people didn't want to have the physique of a runner. What they wanted was a more muscular physique – but when I told them about veganism, I was often met with, "I'm sure it's a healthy way to eat, but I want to put on some muscle!"

I knew that building muscle on a plant-based diet could be done, but I wanted proof. I knew I had to increase my calories and start focusing on eating more protein rich foods, so that's exactly what I did.

While the protein needs of the average person is 0.8g per



THE AUTHOR
Vegan nutritionist Derek Simnett has over 446k YouTube subscribers. Head to his channel – Simnett Nutrition – for recipe videos and fitness tips.

kg of bodyweight, for those looking to put on muscle it can double or go even higher – anywhere from 1.6 all the way up to 2.2g per kg for serious lifters. There is definitely a point of diminishing returns though, so more is not necessarily better – it depends on individual needs. Of course, when looking at these numbers, it is important to note that I am talking about lean bodyweight, not total bodyweight. Fat doesn't have the same metabolic needs as muscle does, therefore if you are overweight it's best to calculate protein needs based on your ideal or lean bodyweight, not your current weight.

I generally get around 1.6g per kg of my bodyweight and have made considerable gains from that amount.

DISPELLING THE MYTHS

One myth that I often see perpetuated is that vegans have to combine amino acids at each meal. People believe this has to be done in order to get a complete protein as they believe many plants are 'incomplete', lacking one or more of the necessary essential amino acids. This is false. While some plant



foods may be low in a few amino acids, all plant foods contain all nine essential amino acids and our bodies are constantly breaking down and recycling protein. Focusing on properly combining at each meal is not necessary... eating a variety of foods every day is!

TRACKING YOUR INTAKES

The most important thing for muscle growth, other than resistance training, is total calorie and protein intake. To build muscle you need to eat in a slight surplus. I am not a fan of the bulk and cut mentality as our bodies can only put on so much muscle at a time which can easily be kept up by a slight surplus of a couple hundred calories extra a day. Tracking your food in the beginning can be helpful to get an idea of how many calories, protein and nutrients you are getting.

I never track my food or macros, and don't think most of us need to. My focus is total calories and consuming a few higher protein foods throughout the day. It seems simple but it works.

A few of my favourite protein rich sources are: lentils, beans, tempeh, tofu, hemp seeds and quinoa. A scoop of plant based protein powder can be helpful but definitely isn't necessary. Mock meats can be a rich source of protein but shouldn't be the mainstay of your diet. Processed foods lack many of the nutrients that are important for building muscle. After all, it isn't just protein that builds muscle.



» I knew that building muscle on a plant-based diet could be done, but I wanted proof for myself.

CARB LOADING

Carbohydrates are super important too. Our bodies turn carbs into glucose which is our body's primary fuel source. Carbohydrates are the best for helping our muscles recover more quickly. I always have a carbohydrate-rich meal after my workouts. I will have a large fruit smoothie or a bowl of oatmeal and find my recovery couldn't be better.

Fat is also important as healthy fats help your body absorb more nutrients from the foods you eat. My favourite sources are ground flax seeds, hemp seeds, avocados and nuts. I love adding tahini to my salad dressings, too.

Other nutrients like iron, zinc, calcium, magnesium and selenium all have a specific role in keeping the body healthy and supporting muscle growth. These nutrients are all provided by whole, plant foods, along with the three macronutrients that our bodies obtain energy from.

One nutrient that needs to be supplemented is B12. Although it is found in fortified foods, it is also a good idea to take a supplement a few times a week. The same goes for vitamin D. Unless you spend a lot of time outdoors and live in an area that has eternal summer, low vitamin D status can lead to reduced strength, weak bones and even reduced immune health.

In the end, gaining muscle on a plant-based diet is no different than gaining muscle on any other type of diet. It takes patience, adequate nutrition and most importantly, resistance training. The biggest mistake I see people make with building muscle isn't a lack of protein, it's not a lack of supplements, it's lack of consistency and intensity in the gym. **SV**





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-publishing.com

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



Glen John-Jones

Glen is a personal trainer and author of *Think and Grow Vegan* (thinkandgrowvegan.com).



Dominika Piasecka

Dominika is Media & PR Officer at The Vegan Society (vegansociety.com) and is dedicated to bringing veganism to new audiences.



A weighty subject

I have always been overweight and hoped my new vegan diet might be beneficial, but I'm still much heavier than I should be. Any advice?

Glen One of the first things to address when adopting a vegan diet is that although it can be hugely beneficial and positively impactful in many senses, it is not the answer to everything. And by that I mean, just because something is vegan that doesn't necessarily mean it's healthy, as there is a lot of junk food which is 'vegan-friendly'.

Weight loss is driven by a calorie deficit. This means burning more than you consume. If you haven't lost weight since adopting a vegan diet this could be because you are still consuming the same total amount of calories as you were prior to adopting the diet.

Unless you have been diagnosed with a genetic or hormonal condition which prevents weight loss through a calorie deficit (thought to apply to a very small percentage of the population), this should work for you!

First of all, you need to establish how many calories you are eating versus how much you are burning. So how do we track your calories in, versus calories out in the most convenient way? Simply download and use a fitness tracker such as MyFitnessPal or Cronometer.

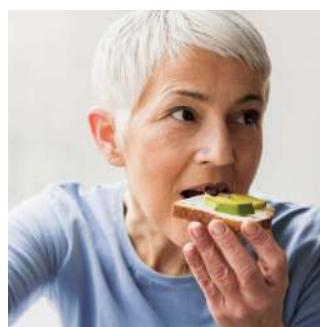
Once you have honestly tracked your intake and established your total daily calories over the course of the week, you need to look at ways in which you could create a calorie-deficit to reach your goal of weight loss. In short, eat less and exercise more is the blanket answer.

So a good start is to get outdoors for a walk, run, cycle or hit the gym for a class or workout with a friend. It can take a while for these habits to become the norm, so be patient with yourself in the beginning.

Opt for whole food, plant-based options such as vegetables, fruits, leafy greens, beans, grains, nuts and seeds. These are generally higher in fibre than processed options, meaning they fill you up for longer and they also are generally more nutritious.

If you can prep your food in advance to avoid reaching for processed options on-the-go, this can also be a massive help in controlling your calorie intake.

Just because something is vegan, that doesn't necessarily mean it's healthy.



Plant power

Can a plant-based diet help with arthritis?

Lisa There is evidence that a whole food, plant-based diet can help with rheumatoid arthritis. Results of a study by Dr Kjeldsen Kragh showed that after one year of following a vegan diet, 50 per cent of

participants had reduced pain, joint swelling, and morning stiffness and about one third had identified specific dietary triggers. After two years the participants were invited back. Interestingly, even though they thought the study had finished, all of them had continued the diet and had ongoing improvement of symptoms and blood tests. This may be linked

to the anti-inflammatory nature of the diet.

From a personal perspective, I advised my mum, who suffers with osteoarthritis, to try a plant-based diet. The evidence is not there currently for this type of arthritis but interestingly, after only five weeks, she reported significantly reduced joint stiffness and pain. She is now a convert to a plant-based diet!

Energy boost

I am constantly tired. What foods should I be eating to improve my energy levels?

Lisa The first thing I would recommend to anyone experiencing chronic fatigue would be to see their GP to have their iron and vitamin B12 levels checked. If these are normal, and also in the meantime, I would recommend increasing non-haem iron intake by eating a variety of vegetables, beans, lentils, oats, fortified breakfast cereals, dried fruits and seeds. Dark chocolate is also a good source of iron. As non-haem iron is not as easily absorbed by the body, it is important to have a source of vitamin C alongside the foods and this is easily done with a diet rich in fruit and vegetables. Other considerations are to avoid tea and coffee with meals as these inhibit iron absorption, as do red wine and calcium supplements. So if you are taking these for a pre-existing condition, you should take them at least two hours before or after eating.

A diet low in B12 can also cause fatigue, therefore I would advise ensuring your non-dairy milks and breakfast cereals are fortified with B12 and ideally you should be taking a daily supplement. Nutritional yeast which has been fortified with B12 is an excellent source, as well as being high in protein and a good source of fibre. This can be sprinkled on top of food, mixed into mashed potato, mashed into avocado and used in place of cheese in a white sauce (add at the end of cooking once off the heat so that the nutrients are

not reduced).

Additional advice

would include ensuring a regular meal pattern, so three meals daily with healthy snacks in-between, such as hummus with vegetable sticks or spread on oat cakes, homemade energy balls or a chopped banana with 1 tbsp peanut butter/nut butter of choice. Also, fluids are really important, particularly with a high fibre vegan diet so you should aim for 1.5-2L daily, preferably water but non-caffeinated drinks such as herbal teas and decaffeinated coffee can also contribute.



Soy you later?

Should I avoid eating soy? People keep telling me it's bad for the environment... is that true?

Dominika Over 90 per cent of the world's soya is fed to farmed animals whose bodies or products are then eaten. If we ate soya directly, we would only need a tiny percentage of the space currently used to farm it, and that wouldn't cause any deforestation! The best thing you can do for the planet is eating a plant-based diet (according to the experts at Oxford University in their 2018 study), so you can make the most significant difference there. If you want to take it a step further, try making your own plant milk out of locally-grown oats.



Food for fuel

I'm training for a half marathon. What foods should I be eating before and after my runs?

Glen Some runners prefer a higher carb/ lower fat option, such as pasta, rice cakes or fruit. Some prefer a higher fat/ lower carb option, such as nuts, seeds and/ or fruit. Then some prefer to run fasted. So, it really is dependent on the individual as people note differences dependant on how their body takes to either carbohydrate or fats as an energy source.

A few things are more common across most runners to avoid gastrointestinal discomfort though:

- Not eating too close to a run – allow around two-three hours after a meal and one hour after a snack.
- Not eating big meals on the same day that you're going for a run – be more mindful about quantities until you have completed your run.
- Not drinking too much water too

close to a run – take on what you need but don't go crazy.

Regarding foods afterwards, you can be a little more relaxed. Your immediate nutrition post-run should include electrolytes, carbohydrates and protein. This is where some people will find a recovery shake useful and convenient. Otherwise, just look to get these in the form of whole foods.



Oh, crumbs!

Why isn't some bread vegan? It's a minefield!

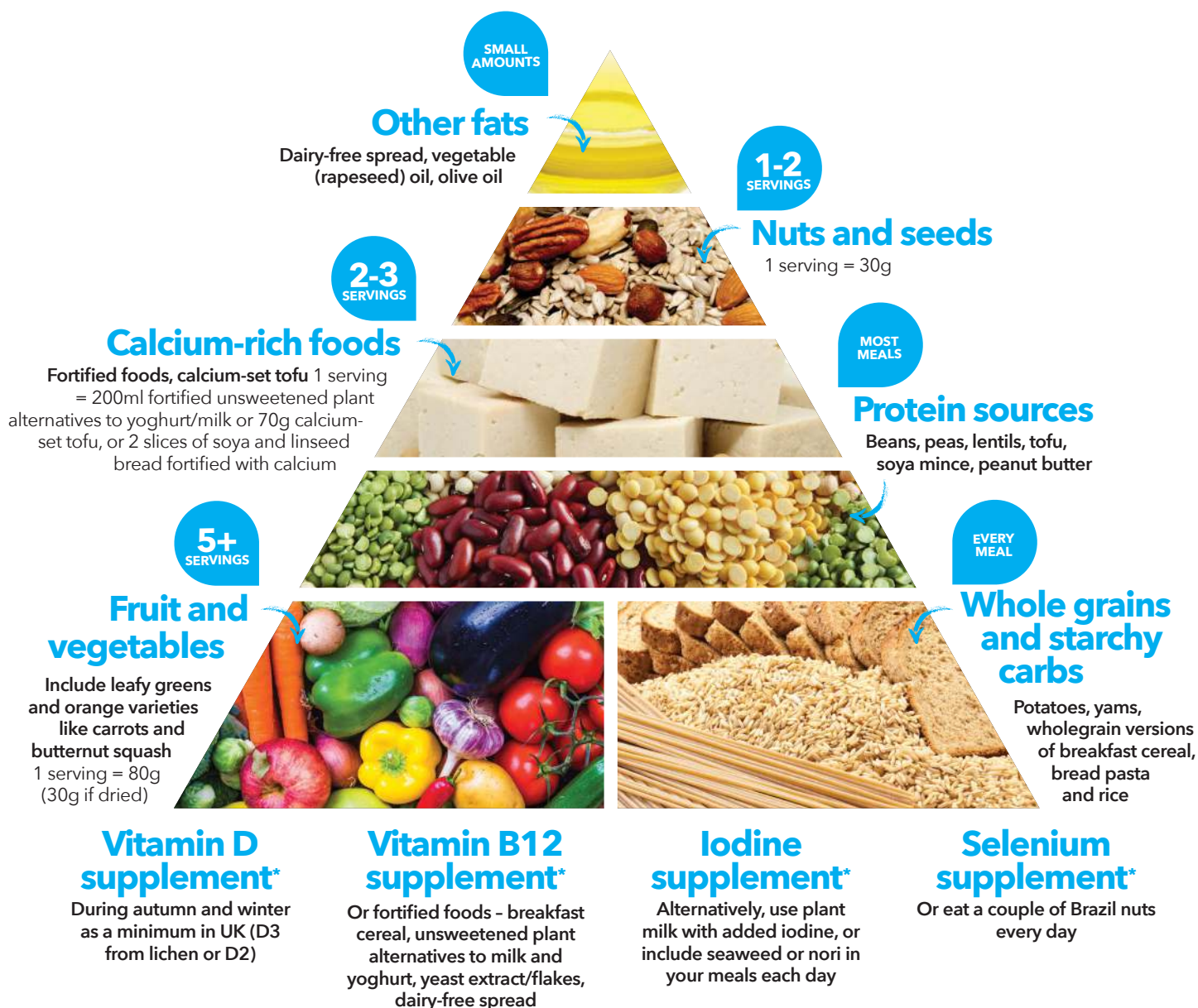
Dominika Oh, please don't listen to Piers Morgan! The Vegan Society can confirm that most bread is vegan... What Piers was referring to during his recent *Good Morning Britain* rant are the insects or small animals who may be harmed during crop harvest.

However, it is impossible to completely avoid this as all farming has an impact. But by eating animal products, you would be killing many more insects and small animals, because farmed animals eat many more crops that humans do if we ate them directly. Veganism wins again!



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



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inspiring people to try
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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**

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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



Happy skin

Winter takes its toll on skin so treat yourself to Drunk Elephant's Lala Retro Whipped Cream, £50 at cultbeauty.co.uk



SIMPLY

fashion + beauty

Fashion news

Keep up to date with the latest happenings in the world of vegan and cruelty-free fashion



Fashion news

**BEST
FOOT
FORWARD**
»



Handmade in the UK, Friendship Shoes are crafted from Italian vegan leather by an independent brand run by ethical vegans, who struggled to find hard-wearing, environmentally shoes and accessories. The range for men and women starts at £24 for a belt and £155 for shoes. Shop online at friendship.shoes



Main image Cloud Nine organic cotton shirt, £49.95 **Above** Organic cotton scarf, £22.50, and Sketch organic card, £39.95; all White Stuff



COTTONING ON

Choosing organic cotton saves water and helps the planet by avoiding harsh chemicals that affect local ecosystems. White Stuff's SS20 has a nice selection of pieces, including dresses, cardigans, shirts and scarves. whitestuff.com

41%

The percentage decline in women's fur arrivals to the UK market during 2018.



FASHION FINDER

If you're struggling to find sustainable fashion brands, check out lonedesignclub.com. Not only can you shop ethical independents on their website, they also run workshops and events in London.



HIGH STREET VEGAN FASHION

Handbags

Need a new bag? Check out these ethical options from independent stores and high street brands



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



Right De Pijp bucket bag, £270 approx

Left Nieuw backpack, £280 approx
Both Osier



Left Miley backback in Bordeaux, £79

This image Allegro red clutch bag, £79.90
Both LaBante London



Osier

Crossing the pond to the Netherlands, Dutch company Osier is a luxury, independent brand with the aim to create super sustainable, timeless and ethical designs. Two years ago, the founder Theresa noticed the gap in the market for truly luxury, quality accessories within ethical fashion. All of the Osier products are designed and hand manufactured in Europe with the finest vegan materials. By caring for both the animals and our planet, Osier has a stunning collection of bags and accessories that go with everything thanks to their minimalistic design. They are also a PETA-approved brand. Find them online at osier.studio



Ashoka Paris

Having won the PETA award for best vegan bag company in 2019 and 2018, accessory brand Ashoka is the epitome of French chic – with a vegan twist. Interested in the meaning of the brand? Well Ashoka was the greatest emperor of Ancient India and the first vegetarian emperor. As a result of the horrors experienced in his warrior conquests, he became aware of the value of life. So this French brand is committed to continuing this mindset by offering elegant and high quality vegan handbags that are made of eco-friendly materials such as apple leather (derived from apple peel), high quality polyurethane and recycled plastic bottles. Ashoka has a range both for men and women and they are ethically made. Shop online at ashokaparis.com



Left Croco apple skin bag, £240 approx **This image** Paname apple skin bag, £140
Both Ashoka





LaBante London

LaBante started out from a desire to offer leather-free handbags that were both beautiful and sustainable. Founder Vanita set herself the challenge back in 2009 to launch a fashion brand that would prove that the future was about ethics and sustainability. LaBante only uses recycled materials in its handbags, and has so far saved 10 million bottles from hitting landfill. By using recycled polyester for the interior of the bags, dust bags and paper swing tags, they prevent more plastic from being dumped into landfills or our oceans. The company also has a zero waste packaging system and the cardboard boxes are also eco-friendly! You will find amazing tote, cross-body, bags and backpacks that will fit both your ethics and style. Find them at labante.co.uk



Above Harriet backpack, £37.50
Right Taylor double zip crossbody bag, £25
Both Accessorize



Above Maroon crossbody bag, £40
Right Pink backpack, £50
Both ThreeSixFive



Vegan fashion



New Look

For a more affordable option, New Look has been spoiling us this year with all of its incredible vegan accessories. It is now super easy to simply click on the 'vegan bags' category on its website, facilitating your cruelty-free shopping experience and ensuring no leather is in sight. Whether you are looking for a party bag, something for your laptop and water bottle, or simply just a cross-body bag for the weekend, New Look has you covered. Shop online at newlook.co.uk or in-store.

Above Tan grab-handle duffel, £22.99
Below Red suedette tote bag, £17.99
Both New Look



ThreeSixFive

ThreeSixFive all began when its owners felt the need to offer more vegan alternatives to luxury leather items. Proving that we do not have to miss out on having beautiful accessories, ThreeSixFive is an online store that offers bags, stationery and personalised goods without any leather or animal derivatives. Founder Tiffany Watson said, "My dream growing up was to create something beautiful but that also helped others. Since going vegan three years ago, I wanted to create something that was luxury, personal but also didn't harm the environment." ThreeSixFive's products are all vegan, made using sustainably sourced fabrics and materials and they come packaged in recycled paper. Shop online at three-six-five.co.uk

SIMPLY
vegan

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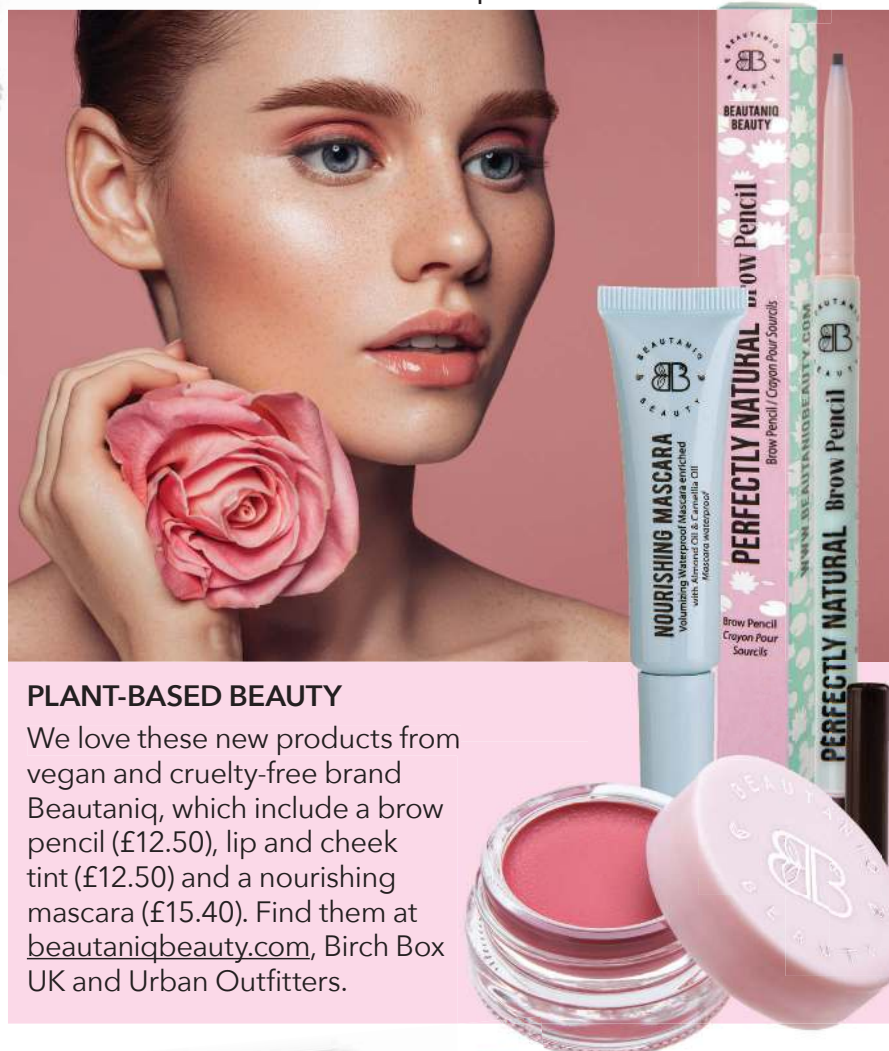


Order your Simply Vegan back issues today for just £4.49 (including P+P)

ORDER TODAY FROM anthem.co.uk/simply

Beauty news

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



PLANT-BASED BEAUTY

We love these new products from vegan and cruelty-free brand Beautaniq, which include a brow pencil (£12.50), lip and cheek tint (£12.50) and a nourishing mascara (£15.40). Find them at beautaniqbeauty.com, Birch Box UK and Urban Outfitters.



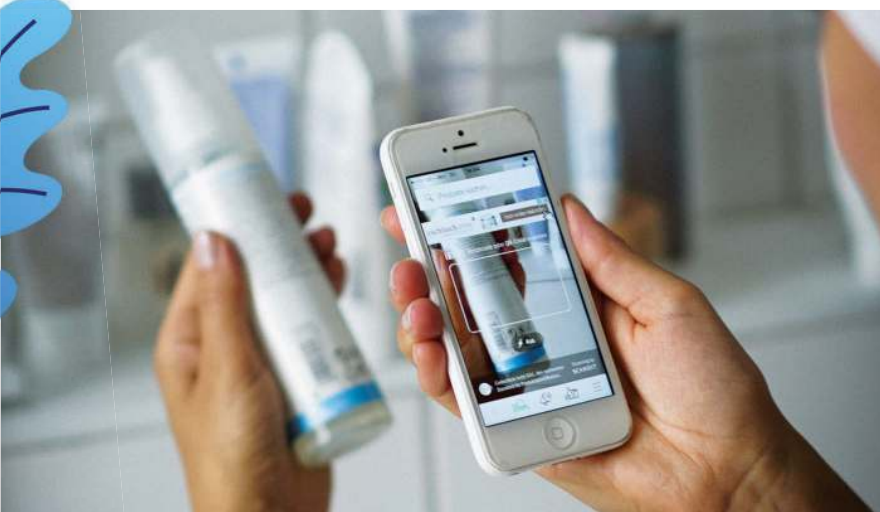
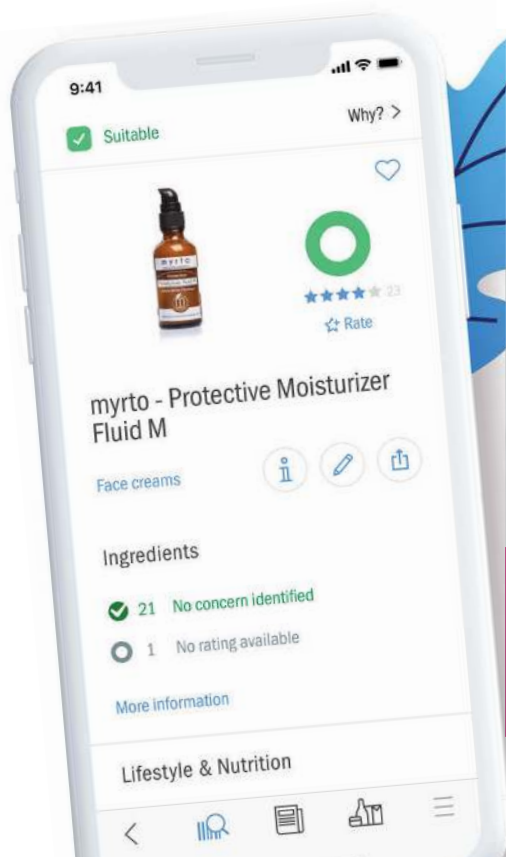
SENSITIVE SCENTS

Finding an eco-friendly, vegan perfume can be a minefield, which is why ethical brand Lovorica London is doing things differently. These dry oil perfums are 100 percent natural and toxin free – unlike many mainstream perfumes which can sometimes contain carcinogens, respiratory irritants, hormone disruptors, allergens and environmental pollutants. Return your bottle to be recycled and reused and receive 10 per cent off your next purchase. From £50, lovorika.com

4 tonnes

JOHN LEWIS & PARTNERS

The amount of plastic packaging expected to be saved per year by John Lewis's new 'BeautyCycle' scheme. Find out more at johnlewis.com/our-services/beautycycle



WHAT'S IN YOUR PRODUCTS?

A new study by CodeCheck, Ocean Now and Friends of the Earth, has found that problematic substances such as polymers are hidden in 29 percent of beauty products. This means that there is a danger to the environment and our health in one in three cosmetic products. Download the CodeCheck app at codecheck-app.com



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Beauty Alchemy

Cut down on packaging and save money too by making your own skincare or deodorant. **Nicole Whittle** shows us how to get DIYing

There may be more vegan beauty products hitting the shelves than ever before, but it's still hard to know what's really in your skincare.

Beyond animal-derived ingredients, there are plenty of nasties you might be trying to avoid, such as non-sustainable palm oil, irritating fragrances or microplastics. Many of these products will throw you off with long scientific words like 'Sodium lauryl lactylate', which is one of the many names palm oil can hide behind.

So how can you be 100 per cent sure that your products don't contain any of the ingredients you don't want? Have a go at making them yourself. DIY skincare can be both fun and effective. Most recipes are made up of ingredients that you're likely to already have in your kitchen – making it easy to start experimenting. But the best part is, you can formulate your dream product by combining your favourite scents and oils.

You'll also save money, reduce packaging (beauty waste is a real issue!) and get to know your skin better. If there are ingredients you need or want to try, that aren't already in your pantry, then try to buy organic and Fairtrade where possible. Turn the page to get started...



THE EXPERT

Nicole Whittle, better known as Vegan Beauty Girl, works hard to make living ethically as easy as possible. She's been vegan for over 12 years and loves to share tips on veganising beauty products.
@veganbeautygirl

Try one of Nicole's zero waste skincare



Hydrating Guac Mask

If there's one thing that you won't find on the high street, it's a face mask that's delicious on toast! With avocado to hydrate and oats to soothe, this mask will leave your skin feeling super soft.

Ingredients

- ½ an avocado
- a lemon wedge
- 1 tbsp oat cream

Instructions

- 1 Mash up your avocado with a fork.
- 2 Stir in the oat cream (try Oatly).
- 3 Squeeze in a wedge of lemon.
- 4 Apply mask onto a freshly cleansed face.
- 5 Leave on for 10-15 minutes before washing off with warm water.



Sweet Oat Scrub

This simple oat scrub is made using agave nectar – a great vegan alternative for honey both in cooking and skincare. Like honey, agave syrup is soothing, helps skin's moisture retention and improves elasticity and strength.

Ingredients

- 2 tbsp oats
- 1 tbsp brown sugar
- 1 tbsp agave nectar
- 2 tbsp olive oil

Instructions

- 1 Mix together the dry ingredients.
- 2 Add in the olive oil and stir.
- 3 Add in the agave nectar and stir.
- 4 Smooth gently over your face.
- 5 Wash off with warm water.



recipes, made from 100% natural ingredients...



Homemade Deodorant

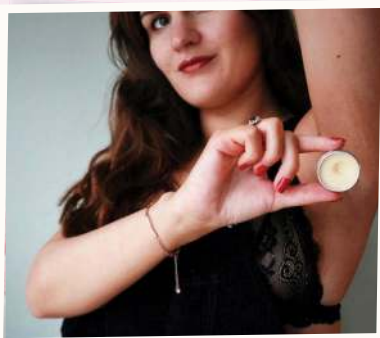
After much trial and error, I've found nothing beats a buttery deodorant formula. It's easy to store and is gentle on sensitive armpits. Your body might need time to adapt to natural deodorant – but persevere.

Ingredients

- 3 tbsp shea butter
- 3 tbsp baking soda
- 2 tbsp coconut oil
- 2 tbsp arrowroot powder
- 4 drops lemongrass oil

Instructions

- 1 Melt the shea butter and coconut oil together gently in a small pan.
- 2 Remove from heat and mix in the baking soda and arrowroot powder.
- 3 Add 4 drops of lemongrass oil for an uplifting scent.
- 4 Stir until combined.
- 5 Decant into a spare container (old jars or small tins work well). To use, scoop out a generous amount and rub gently into your armpits.



Sensitive Skin Cleansing Balm

This simple skin cleanser uses a cocktail of gentle but effective ingredients. This balm is perfect for cleansing, hydrating dry areas (such as elbows) and is also a great make-up remover.

Ingredients

- 1 tbsp jojoba oil
- 1 tsp hemp oil
- 3 tbsp shea butter
- 1 tsp agave nectar

Instructions

- 1 Melt the shea butter in a saucepan.
- 2 Remove from the heat and stir in the oils and agave nectar.
- 3 Decant into a pot and allow to cool. Use morning and evening by massaging into your skin and removing with a damp cloth.



Coming up...

Next month in

SIMPLY vegan



On sale
4th March

*contents subject to change

Things **you** can
do to make a
difference

**HOW TO PLAN
YOUR EASTER
CELEBRATION!**
EASY TREATS
& LUNCH IDEAS

Plus

30-minute meal plan

**DOES ANIMAL
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RETHINK YOUR
SHOPPING HABITS





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Toothpaste

GEORGANICS

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£6.90 at georganics.com

Deodorant

YOUR NATURE

Rather than blocking your sweat glands, this zero waste deodorant allows your body to release toxins as nature intended.

£7.95 at wearthlondon.com



BEAUTY COUNTER

Cruelty-free Zero plastic

Ditch the dirty stuff and go clean with your skincare with these plastic-free products

Bath bombs

BEAUTY KITCHEN

These aromatherapy treats come in a compostable wrap made from wood pulp.

£10 at Holland & Barrett



Lipstick

LUSH

Made with broccoli seed oil – yes really! – this hydrating lipstick refill can be slotted into an empty container. £10 at uk.lush.com



Cleansing bars

ETHIQUE

These pH balanced bars contain salt and orange oil for those who struggle with delicate skin. £14.99 at Holland & Barrett

LAST BITE

Selene Nelson

Author of new book, *Yes Ve-gan!*, tells us about her journey from meat eater to vegan activist



W

riter and journalist Selene Nelson shot to fame in 2018 after pitching a vegan

cookery article to *Waitrose* magazine editor William Sitwell. His scathing response went viral and led to his resignation. Since then she has appeared on various news programmes and has now published a book on veganism.

When did you go vegan and why?

I went vegan in August 2017. I'd just spent 16 months travelling the world and had seen a lot of animal exploitation that made me question my belief system. I knew I was against animal cruelty, so why was I turning a blind eye just because I enjoyed the taste of something? I knew I had to align my values with my actions, so I spent one night watching vegan videos (Gary Yourofsky's speech and Earthling Ed's street activism) and that was it: I became vegan on the spot.

How has this impacted your life?

It's changed the way I view the world. I was a writer before I was vegan, but I wrote about food, travel and crime. As soon as I went vegan my priorities changed, and I began working to shed light on the horrors of the meat, dairy and egg industries. I wanted people to know the truth of what went on in farms so they could make informed decisions about what they bought. I also wanted people to know how delicious vegan food was, so I relaunched my food writing – but now it's all plant-based!

I like Lush's vegan range and Charlotte Tilbury does great high-end make-up



Did you experience negative reactions to your pitches, other than William Sitwell's?

No, not at all. I've never received a negative response to any of my pitches so that's why it shocked me. A lot of editors who've commissioned my work have told me they're not vegan – and even said they don't think they ever would be – but they recognise the growing interest in plant-based food.

What prompted you to write your new book?

When I first went vegan, I was surprised by how much I loved the process. Initially, I made the change because I felt I had to – because I loved animals and had learned the truth about animal agriculture – but I thought it would be a chore, a sacrifice. If I had known how easy it

would be, and how happy it would make me, I would have done it years ago!

I wanted my book, *Yes Ve-gan!*, to convey what a positive, empowering, and fun decision going vegan is. I also wanted people to know the reality of farming, and to understand that 'humane' or 'ethical' labels are just marketing taglines. And I also wanted to help people want to make the change... not to do it out of guilt.

What advice would you give to new vegans?

Going – and staying! – vegan is much easier when you have knowledge and conviction. Motivation is key, so make sure you do your research into the health, environmental and animal rights sides to veganism. When you realise there are three different reasons for going vegan, it's easier to stay dedicated. *Yes Ve-gan!* covers all these points, and also gives guidance on talking to non-vegans, and what to say when people question you or give you a hard time. There is no meaningful argument against veganism in 2020, but learning how to talk about it is a learning curve.

Where do you shop for fashion and beauty?

For my hair, I like to use products from Lush's vegan range, particularly because they're made with natural ingredients and packaged sustainably too. Charlotte Tilbury does great high-end vegan make-up, and on the cheaper side, Superdrug has a great vegan range too. For shoes, you can't beat V.GAN's amazing vegan leather shoes. I love to go to vegan festivals and buy clothes from the stalls there – it's great to support smaller companies.

What measures do you take to live more sustainably?

Being vegan is the biggest step, but I try to minimise plastic as much as possible. There's a great refill shop in Bristol called Smaller Footprints, so we go there to stock up on things like soap, washing up liquid, pasta, beans etc. We take our jars and containers and fill them up again. Simple but effective! **SV**

FIND OUT MORE...

 *Yes Ve-gan!* by Selene Nelson is available now, published by Gaia (£10).



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