

VegNews

plant-based food + lifestyle

20

Healthy Vegan Recipes

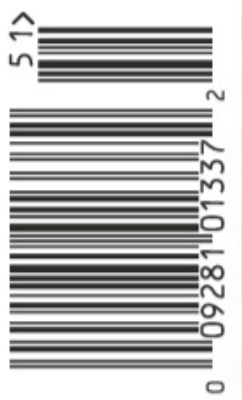
THE Wellness Issue

INSIDE:

THE ULTIMATE
PLANT-BASED
WELLNESS PLAN

Pad Thai Salad
with Peanut Tofu
& Tamarind-Lime
Dressing

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Display until Mar. 31, 2020



NEW YORK CITY'S
BEST BRUNCH
p.73

8 LUXURY
VEGAN HOTELS
p.76

LA'S ZODIAC
SUPPER CLUB
p.96



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The Wellness Issue

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on all-things veg

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With countless trophies, Olympic medals, and world titles between them, these five athletes may dominate different fields, but they all have one thing in common: they run on the power of plants.

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The Wellness Issue



*Tempeh Bacon
Wedge Salad*

p.50

FOOD+TRAVEL

- 50 **SALAD DAYS**
Tempeh Bacon Wedge, Grilled Bok Choy & Blueberry with Lemongrass Tofu, Taco Lentil with Pico de Gallo Dressing, and more. Veteran vegan chef Terry Hope Romero proves why it's time to reimagine the humble salad.
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We're looking at our wellness routine with rose-colored glasses thanks to our latest obsession: roses.

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#WHYNOW

The Art of Slow

NOT THAT LONG AGO, my friends and family would regularly complain that they didn't see me nearly enough. "Can't you just stay for a cup of tea?" my mom would ask as I breezed in and out of her home long enough to give her a kiss and get a quick update on the latest life events. Though I've always cherished those closest to me, for too long I arranged my days around meetings, deadlines, and, well, all-things VegNews.

Sound familiar?

Most of us suffer from this same loop-de-loop—allowing our work to dictate our every waking hour. The tech-dominated world we live in only perpetuates that dynamic, and for those of us lucky enough to love our work, it can be hard to break free.

But as I get older and (hopefully) wiser, I've realized that a work-only life just isn't enough. Life is most rich when our days are filled with love in all forms, be it from friends, family, a relationship, companion animals, hobbies, self-care, and, yes, work. Achieving this balance is not always easy—especially in the world of publishing and 24/7 deadlines—but each day is a new opportunity to slow down and open our hearts to both giving and receiving love in all life's beautiful ways.

One of the best changes I've made is taking the "rush" out of my life, as I was always in a hurry, trying to pack in as much as possible. Now, I relish my slowed-down, early morning routine of walking on the beach, yoga, and a homemade, healthy breakfast. I've learned to say no to opportunities, as I've realized I just can't do it all. I schedule a few less meetings each day so I can breathe and actually enjoy my work.

Life's gifts, I have discovered, are in the simple things, and even for the busiest among us, there is only good to be gained from taking things a little slower.

Here at VegNews, we are bursting with love over this new issue that you're holding in your hands. Not only is it our goodness-packed Wellness Issue, but this special edition marks the start of our 20th year in publishing. I hope you can slow down long enough to fully savor this issue, starting on p.28 for The VegNews Guide to Living Better (wabi-sabi is my latest obsession). If your self-care involves wanderlust, flip to p.76 for some truly transformational travel where you'll be transported to eight vegan hotels around the globe (talk about R&R!). And if the chilly weather is giving you the urge to bake, do yourself a favor and whip up some Lemon Lavender Coconut Scones (p.64). Winter has never tasted so sweet.

As you set off on your own wellness journey, let this gorgeous magazine be your guide. Steep a cup of tea, find a cozy spot, and take in all the tips, ideas, and recipes we've pulled together to help you thrive in the new year. Let's all slow down and be good to ourselves and one another in 2020.



♥ Colleen

Colleen Holland
Publisher + Co-Founder

WE'RE OBSESSED!

Want a peek into what VegNews editors can't get enough of in this issue? Here's the buzz in the office ...

Where don't they get their protein?

Pull up a treadmill, because these five vegan athletes are about to make you sweat. **p.42**

The salad we can't stop eating

Not only is it beautiful enough to grace our cover, we can't get enough of the Pad Thai Salad created just for VegNews by award-winning cookbook author Terry Hope Romero. **p.50**

The city that never sleeps

Once you read about vegan dim sum in Chinatown and plant-based Orchard Grocer on the Lower East Side, you, too, will be booking a trip to the Big Apple. **p.73**

The wise words everyone should read

Regardless of your relationship status, don't miss our VegLove column on how to elegantly cohabitate and stay sane through it all, vegan-style. **p.86**

The little pop-up that could

We're spellbound by the zodiac-themed vegan supper series by Los Angeles' Alchemy Organica. Find out which foods you should be eating for your astrological sign! **p.96**

Bon Anniversaire!

We're celebrating 2020 (and our 20th anniversary) with not one, but TWO trips to Paris! Join VegNews and Vegan Epicure Travel for our **Food Lover's Tour of Paris** in May or October. Flip to p.79 for details!

your SAY

VN READERS SHARE
WHAT'S ON THEIR MINDS



“Hello my beautiful @VegNews! I can’t wait to dive in. It feels like Christmas, I mean, it is the Holiday Issue!
@vegangheaven



“The new issue of @VegNews is here! I’m soaking up the sun, luxuriating in the cool breeze, and getting inspired with some new recipes.”
@vegan_trini_gurl



“Yay! I got my first issue of @VegNews delivered to my door yesterday! There is so much info and good stuff packed in these pages. I’m so happy I subscribed!”
@bakeitveggie

Tag your Instagram pics with #vegnews for a chance to be featured in the magazine!

“Made the Pumpkin Spice Latte Cake that’s in the Holiday Issue of @VegNews, and OH MY GOSH, the birthday girl’s response was, ‘This is the best cake I’ve ever had.’”

@greenerapple

Must-Reads!

VEGNEWS.COM

1. 8 Reasons to Forget Keto and Go Vegan
2. 17 Vegan Matcha Recipes You’ll Lose Your Mind Over
3. This Mother Reversed Her Diabetes Through Veganism
4. We Tried Dozens of Instagram’s Hottest Wellness Products. Here Are the 15 That Work
5. 3 Myths About Protein and Plant-Based Diets



“Always a happy day when @VegNews shows up in my mailbox! It’s the only physical copy magazine I subscribe to ... I save all the issues.”

@healthy.happy.vegan.life



“Thank you @VegNews for naming me among the 20 Most Influential Vegans of 2019 in your Holiday Issue! I am completely honored ... this list is unbelievable!”

—Amy Quichiz, Veggie Mijas
@imsecretlyacat

READER Q+A

HOW DO YOU UNWIND?

Meditation 48%
Yoga 33%
Reading 19%



GET EVEN MORE VEGNEWS by subscribing to our FREE VegNewsletter and VegNews Recipe Club—sign up on VegNews.com!



We’d love to hear from you!

Find us on social media or email us at hello@vegnews.com.

CONTRIBUTORS



TERRY HOPE ROMERO

Salad Days, p.50

Where I live: Queens, NY

Veg for: 30 years

My morning routine in three words:

6am coffee, yoga

My go-to entrée salad: Spicy tofu, red onion, apples, walnuts, avocado, greens, and a flax-balsamic dressing

Favorite wintertime drink:

Mushroom coffee with almond milk

Dream travel destination:

Thru-hiking in any ancient forest

What makes me happy: Finding peace and satisfaction in everyday things



TAYLOR WOLFRAM

Time to Dump the Diet, p.82

Where I live: Chicago, IL

Veg for: 11 years

My morning routine in three words:

Cozy kitty cuddles

My go-to entrée salad: Dino kale, romaine, sautéed tempeh, sourdough croutons, cashew Caesar dressing, and lots of nooch

Favorite wintertime drink: Soy latte

Dream travel destination: Somewhere on the Mediterranean

What makes me happy: Time in nature, rescue animals, and helping people lead healthier lives



CRYSTAL PANG

Big Apple Bites, p.73

Where I live: New York City, NY

Veg for: 12 years

My morning routine in three words:

Staying in bed

My go-to entrée salad:

Sweetgreen's Spicy Thai Salad

Favorite wintertime drink:

Hot chocolate with jumbo vegan marshmallows

Dream travel destination: Bali

What makes me happy:

Pets who sleep on your lap



SARAH MCLAUGHLIN

Wellness 2020, p.28

Where I live: Los Angeles, CA

Veg for: 8 years

My morning routine in three words:

Avocado toast, always

My go-to entrée salad: Marinated kale salad with avocado, beets, and tahini dressing

Favorite wintertime drink:

Peppermint mocha

Dream travel destination:

Amalfi Coast in Italy

What makes me happy: A night in watching *Gilmore Girls* with my cat

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VegNews

Colleen

“Daily yoga, green smoothies, and walking on the beach”

Aruka

“A hot cup of matcha while soaking in the sun and listening to music”

Nick

“Filtered water with apple cider vinegar first thing in the morning”

Heather

“Juicing every morning”

Brian

“Playing the guitar”

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What's your
#1 self-care
tip?

Tanya

“Bouncing on my mini trampoline while watching *The Kitchen*”

Jenny

“Meditating before the kids wake up”

Jasmin

“A solo, two-hour date each week to find creative inspiration”

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Billowing white clouds

S I G N A L

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is brewing.



Nothing awakens the senses like your first cup of coffee with cream. We believe this ritual can also enlighten us to the benevolent role of plants and trees, to absorb rising carbon levels and bring us back into balance. Our milkadamia creamers are deliciously dairy-free for those searching to swirl in a plant-based cream that's made to mingle with smoothies, coffees, and robust conversations. From our support of regenerative farming to your reenergized mornings, we're here to stir things up.



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Charlie was a sinner
Philadelphia, PA

2. Forbidden Fruit Virgin Isles

Mother of Pearl
New York City, NY

3. Nanda Devi

The Sudra
Portland, OR

GOOD FOOD, good music, good friends, and lots of good drinks are the usual components for a great night out. The next morning's hangover, however?

Not so much. That's why a surge of Americans (including a whopping 45 percent of millennials) are cutting out alcohol in favor of better health—and they're not having to give up happy hour to do so. This year, expect to see new restaurants, swanky events, and even fully dedicated alcohol-free botanical bars offer more non-alcoholic cocktails made with exciting, complex flavor profiles and good-for-you boosters like adaptogens, fresh herbs, and vitamins. Add it all up, and you've got the makings for a great night out, no alcohol required.



\$1 MILLION

The amount of money vegan fried chicken company, **ATLAS MONROE**, turned down on an episode of the business reality show *Shark Tank*.

Blown away by the seitan-based chicken, the show’s investors offered the deal to the San Jose, CA-based startup, helmed by wife-and-husband duo Deborah and Jonathan Torres, for 100-percent control of the company with 10 percent royalties for life. The Torres’ turned down the offer, unwilling to turn over the company, estimating their eventual value at \$24 million. Vegan fried chicken for the win!

42 Million

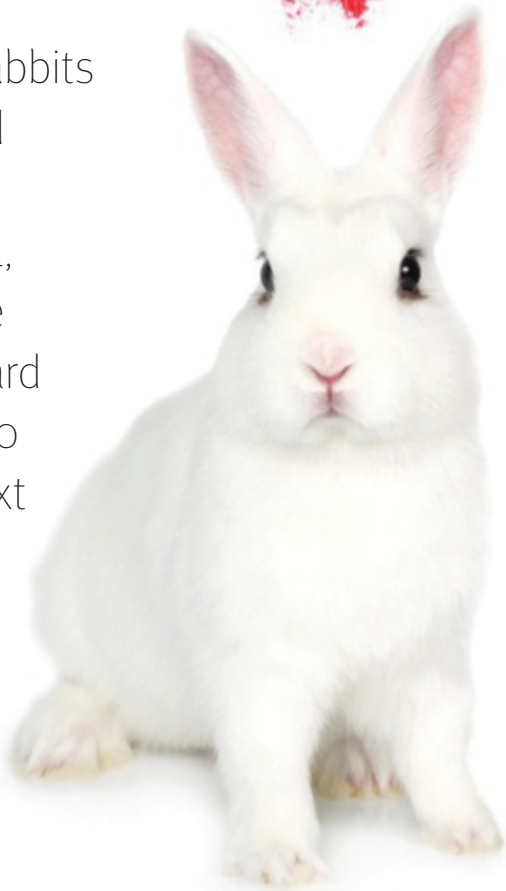
The number of social media followers Oprah Winfrey urged to go vegan.



The media mogul sat down with vegan advocate Suzy Amis Cameron’s to discuss her one-meal-a-day plan, in which participants make one of their daily meals plant-based. This change alone, Amis Cameron explained, saves 200,000 gallons of water—the carbon equivalent of driving from Los Angeles to New York. “This is something we can all do,” Winfrey tweeted. “Wanna join me?” We’ve been vegan for a while, but yes, we’ll join Oprah in anything.

TIME’S UP ON TESTING

The Environmental Protection Agency (EPA) announced it is effectively banning animal experiments on mammals by 2035. The organization will end funding for toxicity experiments such as exposing dogs and rabbits to exhaust fumes and forcing animals to eat lard. To meet the goal, the EPA says it will be slashing funding toward experimentation by 30 percent within the next five years, instead investing \$4.25 million in alternative testing methods.





STELLA MCCARTNEY

HAS UNVEILED THE WORLD'S **first sustainable faux fur made from plant-based ingredients.**

The English designer used a blend of recycled polyester and Sorona fibers [created using plant sugars] to craft her onyx-black Koba Fur-Free Fur coat for her Spring/Summer 2020 line. The luxe, innovative coat can even be recycled—unlike animal fur—at the end of its life. Groundbreaking, fur real!

CALIFORNIA HAS OFFICIALLY BECOME THE FIRST STATE IN THE US TO BAN FUR.

Gov. Gavin Newsom recently signed this and other landmark pieces of legislation into law that will drastically change how animals are treated across the Golden State in the coming years.

2020

Wild animal circuses are banned—protecting animals like elephants, tigers, and bears from being subjected to performances and stunts.

2022

The import and sale of exotic skins from wildlife like lizards, caimans, and hippos will be banned.

2023

The sale and manufacturing of fur will be officially prohibited, with violations resulting in up to six months in jail.

Vegan health organization Physicians Committee for Responsible Medicine recently demanded the American Heart Association (AHA) **withdraw its recommendation for children to drink dairy milk.** The declaration came in response to the AHA's "Healthy Drinks, Healthy Kids" initiative that promotes cow's

milk to children between the ages of zero and five, and discourages plant-based milk. Unsurprising, since the AHA receives annual payments from the National Dairy Council for membership in its Industry Nutrition Forum. Talk about a spoiled rotten deal.



Yogurt giant Yoplait has launched a line of dairy-free French-style yogurts. Made with coconut milk and served in petite glass jars, the new **Oui vegan yogurts** come in vanilla, strawberry, raspberry, and mango flavors and feature real fruit on the bottom. The addition marks Yoplait's first entry into the premium plant-based yogurt market, which it says is a vital move to capture consumers' increasing interest in vegan alternatives.

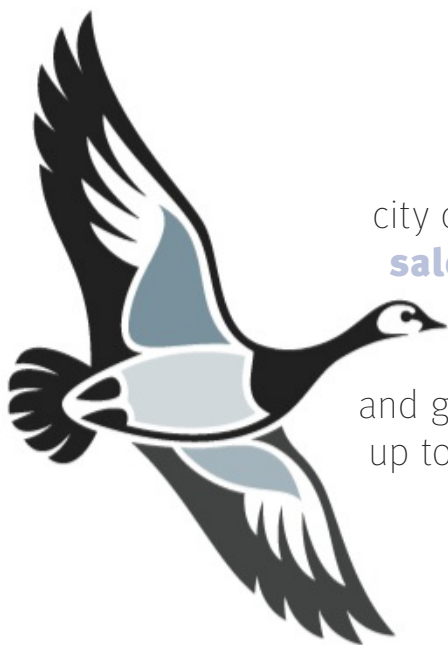
VEGAN BRAND MIYOKO’S CREAMERY

has announced plans to convert a California dairy farm into a plant-based research and development facility. The plant will transition to producing new and existing vegan cheese and butter products—an effort, founder Miyoko Schinner says, to engage the struggling farming community to help transition away from animal agriculture and toward a “compassionate and sustainable food supply.”



Following the success of plant-based options like the Impossible Whopper at Burger King and the Beyond Famous Star at Carl’s Jr., **more fast-food chains are testing and adding plant-based items to their menus.** Here are a few to look out for.

					
Kids' Meal Impossible Burger	Epic Beyond Cali Burrito	Beyond Sausage Sandwich	Beyond Fried Chicken	P.L.T. [available in Canada]	Garden Specialty Pizza
Impossible patty with ketchup, mustard, and pickles on a sesame bun [vegan by default]	Beyond Meat crumbles, crinkle-cut fries, sour cream, guacamole, and pico de gallo [order without sour cream]	Beyond Meat sausage with egg and cheese on an English muffin [order without egg and cheese]	Beyond Meat chicken served with dipping sauce [order with Sweet N Tangy sauce]	Beyond Meat patty, tomato, lettuce, pickles, onions, mayo-style sauce, and cheese on a sesame bun [order without cheese and mayo sauce]	MorningStar Farms Italian sausage, onions, mushrooms, banana peppers, and mozzarella [order without cheese]



42 to 6

The vote count by New York City’s city council that resulted in a **ban of the sale of foie gras**, making it the largest city in the world to do so. Typically made by cruelly force-feeding ducks and geese until their livers have engorged up to 10 times their normal size, foie gras will be outlawed from the roughly 1,000 New York City restaurants currently serving it by 2022.

“Despite our best efforts to make our business more agile and cost-efficient, we continue to be impacted by a challenging operating environment marked by continuing declines in consumer milk consumption.”

—ERIC BERINGAUSE, CEO of Dean Foods, America’s largest milk producer, after announcing the company was filing for bankruptcy. Meanwhile, the plant-based milk industry is expected to surpass \$21 billion by 2024.



CROSSROADS

• LOS ANGELES •

BY CHEF TAL RONNEN

“Tal Ronnen is a plant-based food whisperer.” —Roy Choi, chef and author of L.A. Son

“Chefs Tal Ronnen and Scot Jones are artists of the highest order. The details that separate us. Whether a dish is vegan or not disappears in the hands of a true artist. It’s just great.” —Jay-Z

“Crossroads Kitchen sets itself apart by turning plant-based dining into a white tablecloth affair.” —AFAR Magazine

Actress Mena Suvari will stop short of nothing but animal liberation. A recognizable face at pig vigils, fur protests, and in animal-rights PSAs, this Hollywood A-listers' secret to changing the world is to put down your sign and look within.

by **JASMIN SINGER**

Mena Suvari doesn't want you to give her props for being vegan. The 40-year-old actress—who initially catapulted to fame 20 years ago when she landed a starring role in the five-time Oscar-winning blockbuster *American Beauty*—maintains that her decision to eschew animal products two years ago was based more on aligning her energies than anything else. It's a decision she sees as directly tied to her journey to embrace her truest authentic self, but she doesn't want to be congratulated for it. And that humility tracks, because despite a wildly successful modeling-turned-acting career—which includes starring in three cult-favorite *American Pie* films and last year's *American Woman* alongside fellow vegan Alicia Silverstone—Suvari is refreshingly grounded.

On a crystal clear afternoon in Los Angeles' hip Echo Park neighborhood—at an outside table at the upscale vegan deli Counterpart where dogs are welcomed and celery sodas are back in vogue—VegNews' Jasmin Singer caught up with the actress to explore everything from how she's confronted her shopping habits to where she finds hope these days. For Suvari, veganism is all about energy. And hers is remarkably powerful.

VEGNEWS: Your bag is gorgeous.

MENA SUVARI: Thanks. It's Matt & Nat. I love them.



WHEN IT COMES TO VEGAN LIVING,
MENA SUVARI
Means It



Suvari with
designer Ran Enda
at Los Angeles'
Vegan Fashion Week

VN: Speaking of bags, you have a pretty interesting story about how you came to stop using leather ones.

MS: Yes, it happened literally right after I adopted a plant-based diet. I went to eat brunch at Moby's restaurant, Little Pine, and I had this huge bag with me. It was just, like, an aggressive leather—a massive animal in your face. And I felt like an asshole, basically. So, that was that moment for me. I just thought, "You know what? I have to get rid of everything that I have." So, I was having my lunch—sure that everyone in the restaurant wanted to attack me—and just stared at my bag. I knew I had to get out of there as fast as possible. So I went home and I got everything together and either donated it, sold it, or just threw it out.

VN: That's intense. What led to that revelation?

MS: It was a bunch of different things

that happened at once. The first thing was being introduced to the animal-rights organization Last Chance for Animals (LCA). They needed somebody to do a PSA, and I've always been very open to charity and giving back in any way that I could. So, I thought, "For sure. I'll do it." After shooting, they sent me the video edited together with all of the footage, which was the first time I had seen it. It was footage from a laboratory in Canada they were trying to shut down, showing beagles being tortured right in the labs. And I didn't know what to do with myself.

VN: How did you react?

MS: From the depths of my soul. I was sobbing and aching. I think I'm learning now my limit on how much I can see and how to monitor myself. But seeing that, I felt everything. I felt helpless and angry, but then really motivated and inspired by LCA.

VN: A lot of new vegans can relate to that massive shift, when we learn what happens to animals behind closed doors. Where did you wind up putting those big emotions?

MS: No matter how helpless I feel, I always want to do more. That's ultimately what it came down to; that's the only resource I have. So, I started working with LCA more, and then I watched *What the Health* on Netflix. That documentary switched me overnight to a plant-based diet.

VN: And how did your husband react when you went vegan?

MS: I sent him the documentary and said, "Just watch this because it's fascinating." He was inspired just the same, and went vegan on his own.

VN: Wow. That's not that usual.

MS: I know. And I do feel really lucky. So, LCA, then the PSA, then *What the Health*,



then I turned plant-based, then there I was at Little Pine—all within a couple of days. I was like, okay, now I'm vegan. And then I did a PSA for PETA, which was about the down industry, so then of course I had to change my whole house. I'm very much all in. And overall, it has been fun for me.

VN: What's been the most fun?

MS: I've always loved fashion, and I like to support and promote designers. I have a friend named Ran Enda—her

line is called ENDA—and she's incredible. She's taught me so much about all of these exceptional fabrics out there now that are completely cruelty-free and vegan.

VN: Do you mean leathers made from fruit?

MS: Yeah, exactly. They are unbelievable! Piñatex, made from pineapples, or even apple leather.

VN: Do you wear these new leathers?

MS: Well, I'm pretty simple. I mostly wear a lot of Matt & Nat because I love their shoes and bags. But I do try to keep really easy pieces from places like & Other Stories and ENDA. Those days when I shopped all the time are gone.

VN: Why is that?

MS: It's funny because I've had this really crazy experience the last couple of days where I've sort of been feeling out of my body. I was thinking about this interview, and I realized I think what I'm experiencing is that I can't necessarily connect with who that person was, who I had been. It's the weirdest thing. I still love fashion, and I love food and cooking. And I'm very happy. But it's sort of like ... wow, I can't believe that was me.

VN: What else changed for you?

MS: I realized I always had this idea about protein. Like, protein is meat; that's just what we're taught. We're not taught that peas have a lot of protein. Becoming vegan and eating plant-based, I realized that so many different vegetables and grains have a huge amount of protein in them, which I didn't know before. I'm still learning, but I feel like if anything, just by default I have a lot more vegetables in my diet, which is really good. And the thing is, you don't feel like shit after you eat. That's the biggest thing. You just feel good all around.

VN: What did you grow up eating?

MS: I ate fish and lamb. That's just what we cooked and barbecued. Not too long ago, I ended up going to Farm Sanctuary and cuddled a bunch of lambs. I told them I was sorry.

VN: That must have been a powerful experience.

MS: It reminded me of this time before I

WHAT MENA EATS IN A DAY

What does a vegan Hollywood star with a passion for fashion and a relentless desire to help animals eat when she's not busy at a protest or a film shoot? We found out.

BREAKFAST

Coffee with oat milk, plus a **green smoothie** with chocolate pea protein powder



LUNCH

Pasta with tempeh, **asparagus**, peas, zucchini, cherry tomatoes, and shallots with a homemade red sauce



went vegan when I was working in Europe. I was driving around Figueres in Spain, and there was a pasture with this flock of sheep. I got out of the car to take a photo, and they all just ran. I thought, well, they just knew that I like to eat them. I was sort of laughing, but it really wasn't funny.

VN: Do you think that kind of reaction is just how we are conditioned to deal with that discomfort that we eat animals?

MS: Probably, but I think it's more, I mean, on the flip side—and this is probably some other thing that makes people think I'm nuts—but I believe that everything is energy, and I have definitely experienced a shift within the energetic space with animals, since being vegan.

VN: How so?

MS: Just the way that they receive me, how they are with me—the energy. That's also why I wanted to bear witness at the pig vigil with the SAVE movement here in LA, or watch the PSA that I took part in, or watch any other footage. I have to see it, because that informs my choices. And I think that's where the disconnect is.

VN: The disconnect regarding how allegedly “normal” it is to eat animals, and how easy it is for the vast majority of people to rationalize it?

MS: Yes, exactly. When I went vegan, I started to see everything differently. Everything opened up, it heightened. I'm much more alive now, more connected. I've always been a very spiritual person, it's just

“I believe that everything is energy, and I have definitely experienced a shift within the energetic space with animals, since being vegan.”

more sensitive now. But at the same time, it feels much steadier. Now if I look at meat, I see that pain and that horror and that anguish. I can feel that, and I don't want it in my body. But I don't want to be aggressive either, or harp at anybody else, because it's everybody's own pathway.

VN: The SAVE movement, which hosts the vigils where you mentioned you volunteer giving water to pigs in transport trucks on their way to slaughter, has got to be heart-wrenching. How do you bear it?

MS: Well, what else am I going to do if I just feel so unbelievably affected by something—like if I get the feeling of being overwhelmingly helpless? What can I do? In the worst moments, it feels like this whole system is never going to change.

VN: Do you think it is?

MS: I think it is.

VN: You have a pendant around your neck that says “hope.”

MS: That's my husband's last name, which is ironic. But when you tell me about some of the things VegNews is covering, or about an all-vegan food court in Rhode Island, then yes, I have hope. I have hope that

people are curious about it. I just hope that it's for all the right reasons. Veganism is not just a trendy word; it's not just a diet. I hope people look more into the spiritual aspect of it—into what it's really about.

VN: What do you do to take care of yourself in those moments when all the suffering feels like it's too much?

MS: I like hiking a lot, and yoga. I love doing as much activism as I can. I've marched with LCA twice for the last couple of years in Beverly Hills on Black Friday for the Fur-Free Friday protest, which was incredible. I'd never done anything like that. I felt very empowered there. I didn't feel as helpless.

VN: And we won. Fur is now banned in California.

MS: Yes, we made a good change, you know? Things like that, they feel good. It's like a little step; you know? Like, at least I'm contributing in some way. **VN**

VegNews' **Jasmin Singer**

(@jasminsingerauthor) is the author of the memoir *Always Too Much and Never Enough* and the co-host of the *Our Hen House* podcast.

DINNER

Beyond Sausage brats with sauerkraut and a side of boiled potatoes



DESSERT

A simple, rich chocolate bar like **Hu Chocolate**



WELLNESS

2020

The VegNews Guide
to Living Better





IN AN EVER-CONNECTED

world dominated by social media, smartphones, and the 24-hour news cycle, people are feeling burnt out, worn down, and stressed like never before. But luckily, a movement aiming to put wellness at the forefront is growing and evolving—and it's going beyond just exercising and eating your vegetables. In 2020, wellness means taking care of your mental health, digital detoxes, restful sleep, and, yes, even cauliflower pizza. So we're breaking down the biggest trends in wellness helping people all over the world to destress, thrive, and lead better lives. Are you looking to feel your best this year? You've come to the right place. *by* **SARAH MCLAUGHLIN**

1 SLEEP AIDS



Vitruvi
Sleep Mist

THERE MAY BE NO MORE IMPORTANT COMPONENT TO ONE'S WELL-BEING THAN SLEEP.

And the world of wellness is connecting the dots between how we snooze—or why we don't—and our mental, emotional, and physical state. With constant exposure to screens, achieving enough deep rest is more difficult than ever before, but fortunately, a whole realm of products designed to help you catch some ZZZs has emerged.



Charlotte's Web
hemp-infused
gummies

TRY THESE!

Sleep mists: Vitruvi, This Works, and Scentuals all make specialized essential oil blends to mist over pillows and sheets to relax the mind and aid sleep.

Supplements: Gummies containing ingredients like melatonin, sleep-inducing herbs, and CBD give users a restful night, all in a fun, sweet chew. We like SugarBear, Hello Bello, CBDfx, and Charlotte's Web for gelatin-free, vegan-friendly varieties.

Weighted blankets: Utilizing deep-pressure stimulation to ease the physical symptoms of anxiety and restlessness, companies like Gravity Blanket, YnM, and BUZIO craft wool-free versions of these comforting blankets in varying weights and styles.



YnM Cooling
Weighted Blanket

2

MCT OIL

You may have noticed this high-fat ingredient popping up in everything from coffee and protein powders to energy bars and nut butters. But what is it and why are people so obsessed? Most commonly extracted from coconut oil, MCT (medium-chain triglyceride) oil has been connected to a number of potential health benefits ...



FOR YOUR BRAIN

Supports the ability to make ketones, an energy source that aids in brain health

FOR YOUR GUT

Improves digestive health by promoting the growth of good bacteria and strengthens the gut lining

FOR YOUR METABOLISM

Boosts metabolism due to a higher burn rate, meaning bodies are able to more quickly metabolize fat

FOR YOUR WEIGHT

Aids in weight loss by increasing the release of peptide YY and leptin — two hormones that promote a feeling of fullness in the body



FOR YOUR MUSCLES

Helps to lower lactate levels in athletes and fitness junkies, leading to better post-workout recovery





Low-Intensity Interval Workouts

HIIT (high-intensity interval training) is hugely popular among fitness lovers for its ability to ignite your metabolism. But its slowed-down counterpart is beginning to climb the ranks, too. The LIIT (low-intensity interval training) approach to exercise has resulted in a boom in classes that recognize the importance of proper rest and recuperation. Added bonus: using extended poses and weighted exercises still promotes fitness, but without the injury-risk of higher intensity workouts.



3

THREE CLASSES WE LOVE

UK-based KX Gym offers a Yoga Sleep class based on yoga nidra, a yoga practice revolving around a deeply relaxed mental state.

Virgin Active's Calm by Candlelight class incorporates holding tension-releasing postures for extended periods of time.

FLY LDN's Low Impact intimate class boasts only six people in each workout and focuses on improving both strength and mobility through slow, trained weight and suspension movements.

4

FEMININE HYGIENE

A revolution is finally coming to feminine care in an organic, safe, and comfortable form. The feminine hygiene products market is predicted to reach nearly \$43 billion by 2022, up from \$35 billion in 2016. With an ever-expanding variety of menstrual products and a focus on natural and cruelty-free alternatives, period care is finally getting the attention it's long been lacking. Looking to join the period revolution? Try these.

DIVACUP: One of the original companies to offer an alternative to standard pads and tampons, this eco-friendly menstrual cup has a firm commitment to being free of latex, plastic, dye, and BPA. Plus, they never test on animals.

PEACH PACK: This women-run company has a monthly subscription box that delivers organic, environmentally friendly pads, tampons, and other self-care items, curated to users' needs each month. And with every purchase, a donation is made to The Pad Project, which supplies menstrual products to those in need.

THINX: These washable, reusable underwear products absorb users' menstrual blood and provide a sustainable solution to single-use disposable products. With a variety of fits and absorbencies, Thinx offers a lightweight, comfortable alternative to pads and tampons with a giveback program that supports reproductive rights.





5

CAULIFLOWER-BASED EVERYTHING

Who knew that the vegetable you hated as a kid would become the cult food of 2020? Cauliflower has found its way into everything from snacks, frozen meals, and even smoothies, and we're trying them all to get our 'flower fix.

ARK FOODS CAULI MAC + CHEESE

VN HACK: Add sautéed spinach, top with vegan parm-infused breadcrumbs, and bake for a comforting-yet-healthy dinner

CALI'FLOUR FOODS CAULIFLOWER PIZZA CRUSTS

VN HACK: Bake, top with melted vegan butter, garlic, cheese, and parsley, then broil for cheesy low-carb breadsticks

FULL GREEN CAULI RICE

VN HACK: Stir-fry with bell peppers, baby corn, peas, and Just Egg for a quick, grain-free fried rice

ROLLINGREENS CRISPY CAULIFLOWER WINGS

VN HACK: Serve on toothpicks with plenty of vegan blue cheese dressing for a veganized game-day app

TRADER JOE'S CAULIFLOWER GNOCCHI

VN HACK: Air fry and toss in coconut oil and cinnamon sugar for a sneaky vegetable-infused churro-flavored dessert



6

HYDRATING IV THERAPY DRIPS

Long vouched for by celebs such as **ADELE, RIHANNA,** and **CHRISSY TEIGEN**, intravenous (IV) treatments are a quick and effective way to boost mood, slay stress, and stay hydrated. Once hailed as a hangover cure, these drips available at specialized clinics and spas now offer a concentrated way of boosting vitamins, nutrients, and amino acids—all of which can help ...

- maximize athletic performance and recovery
- boost energy and immunity
- bring vibrance and shine to hair, skin, and nails
- reduce jet lag
- improve sexual function
- lower stress
- promote weight loss



BLUE-LIGHT BLOCKING

WE CAN'T SEEM TO STOP staring at our screens these days, but it may be costing us more than we think. Our phones, computers, and tablets all emit blue light, which the human eye can not sufficiently filter, increasing the risk of macular degeneration, eye strain, and vision loss. And if you're the type to enjoy some late-night scrolling before bed, you could be disrupting your natural circadian rhythm and contributing to premature aging of your skin. While cutting back on screen time, especially before sleeping, is certainly recommended, there are ways to have your screen and stay healthy, too.

FOR YOUR DEVICES, TRY:

*Tech Armor Retina
ShieldScreen Protector*

Doubles as a screen protector and blue-light blocker to help restore your sleep cycle

FOR YOUR SKIN, TRY:

Alpha-H Daily Essential Vitamin Mist
Helps protect skin from blue-light radiation while boosting antioxidants and hydration

FOR YOUR EYES, TRY:

*EyeBuyDirect Blue Light
Blocking Glasses*
Reduces headaches, sore eyes, and stiff necks associated with digital eye strain



Google

8 Workplace Wellness

Employers are beginning to recognize the role holistic well-being plays in retaining workers. Enter the **\$8 BILLION WORKPLACE WELLNESS INDUSTRY**. Creating beneficial healthy living programs and fun perks that motivate, incentivize, and help employees have fun is now a top priority for many organizations across the country. And it should be—for every dollar that companies spend on wellness programs, they save \$3.27 in reduced healthcare costs. So what does wellness look like at some of the world's biggest companies?

APPLE

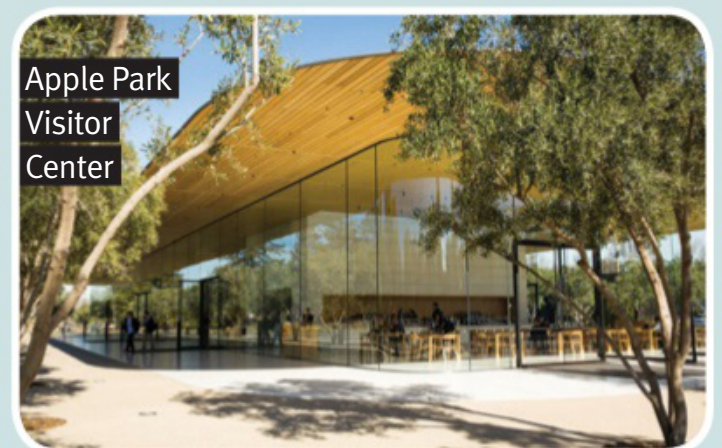
Free music concerts, medical expense coverage for procedures such as egg freezing, and on-site subsidized healthy meals and snacks

GOOGLE

At-work gyms and massage therapists, paid maternity leave, and nap pods

MICROSOFT

Complimentary Zumba classes, on-site walking and running tracks, and free personal and family counseling



Apple Park
Visitor
Center



Nap
pod



BRAIN-BOOSTING SUPPLEMENTS

AT FIRST, NOOTROPICS may sound like something to do with a far-flung island getaway, but it's actually a term for any natural or synthetic substance that works to enhance cognitive performance and productivity while reducing mental fatigue and stress. There are dozens of known nootropics, ranging from plants to synthetic drugs, but which ones are right for you and what do they do?

HERE'S WHERE TO START ➔



Magnolia

NOOTROPIC	WHAT IT DOES
Artichoke Extract	Lowers cholesterol and improves liver health
Caffeine	Boosts energy and provides antioxidants
Ginseng	Decreases stress and strengthens immune system
Magnolia	Encourages relaxation and stress relief
Passionflower	Promotes calmness and reduces anxiety
Pine Bark Extract	Sharpens focus and possesses anti-inflammatory properties
Rosemary	Improves memory and protects neurons
St. John's Wort	Combats depression, nervousness, and poor appetite
Turmeric	Supports heart health and boasts anti-cancer properties
Vitamin B12	Boosts mood and protects against memory loss



10

Ashwagandha

AYURVEDIC HERBS

This 5,000-year-old holistic health system focuses on the mind-body connection and the concept that every body is different and changes over time—as do our dietary, activity, and mental needs. Healing herbs and spices are the cornerstone of this practice, and each has its own unique use and properties. Want to start reaping the benefits? Here's how.

ASHWAGANDHA

Increases vitality, balances stress hormones, helps with adrenal fatigue, and increases energy

How to incorporate: In grab-and-go drinks—many elixirs, smoothies, and coffee drinks are adding the energizing herb to the mix

CARDAMOM

Aids digestion, improves oral health, and fights inflammation

How to incorporate: In baked goods—add the ground spice into lemony, citrusy recipes for a complementary floral finish

MANJISTHA

Helps clear acne, regulates liver and kidney function, and purifies blood

How to incorporate: In fruit juices or your morning glass of water—add it in powdered form for a taste that's a bit sweet, a bit bitter, but with big rewards

NEEM

Eases eczema and psoriasis, as well as joint and muscle pain

How to incorporate: In your skincare routine—mix neem powder with water

and a few drops of grapeseed oil for a potent moisturizer

TURMERIC

Anti-inflammatory, helps improve symptoms of depression and arthritis

How to incorporate: In golden milk lattes—add a bit of black pepper to boost turmeric's effectiveness



Turmeric latte

11 Gummy Supplements

Taking your vitamins just got a lot more fun. **Gelatin-free gummy vitamins** are quickly taking over the supplement market, predicted to be valued at more than \$4 billion by 2025. From digestion-aiding, apple cider vinegar-infused bites to watermelon-flavored collagen boosters to strawberry-CBD polar bears, good-for-you gummies are officially the sweetest way to feel your best.



12

INTERACTIVE HOME GYMS

Who hasn't skipped a day at the gym in favor of just staying home? Now you don't have to choose! An effort to make fitness more convenient and intuitive has brought about the interactive home gym. We're talking smart bikes with access to live-streamed studio classes and HIIT heart rate monitors that connect you with other participants around the world. But there's one product that beats all the rest.



THE WELLNESS GADGET WE'RE OBSESSED WITH

MIRROR, the aptly named fitness interface that doubles as a sleek wall mirror when switched off, combines tech, social media, and fitness when switched on. Its reflective surface brings you face-to-face with digital personal trainers, live sessions, and quick-guided exercises ranging from stretching to Pilates to boxing.

The price: \$1,495 plus \$39 monthly subscription

The bonuses: Apple Watch and bluetooth heart rate monitor compatibility, Spotify playlist integration, and a digital community of users (complete with post-workout group selfies)

13

Wabi-Sabi

Described as a cozier, gentler version of famed organizing expert Marie Kondo's philosophy, this Japanese decluttering lifestyle focuses on accepting imperfections to create a space that benefits emotional and mental health. The Wabi-Sabi ideology teaches people to value what they have and only add things that bring joy to their space, while avoiding physical clutter that often becomes mental clutter. Here are some ways you can get started.



Accept imperfections

Don't stress about being as perfectly minimal as possible—things will happen. Worrying about them only leads to stress, so let it go!

Bring nature into your home

Flowers are a huge part of this practice and are valued even when they begin to wilt and no longer look perfect.

Make everyday things beautiful

Transform necessary-but-overlooked items like storage and cleaning tools into objects of décor in order to reduce the need to pay for new items.



14

OAT MILK

In case you hadn't noticed, **OAT-BASED DAIRY ALTERNATIVES** have completely exploded onto the scene this year. From yogurt and ice cream to nitro lattes and butter, oat milk—everything is all the rage, and is lauded for its creamy texture, low environmental impact, and nutritional profile (hello, protein, fiber, and calcium). Taste what everyone's talking about with this simple recipe you can make at home.

SUPER EASY OAT MILK

Makes 4 cups

- 1 cup rolled oats
- 4 cups filtered water
- 1 teaspoon vanilla
- 1 date
- $\frac{1}{8}$ teaspoon salt

1. Into a high-speed blender, add all ingredients and blend for one minute. Be careful not to over process, as oats can become slimy in texture.
2. Strain mixture through a very thin, clean kitchen towel into a pitcher. Transfer to a sealed container and refrigerate for up to 5 days.

SKINCARE 2.0

15

Face masks, serums, and oils? Been there, done that. In 2020, skincare is getting more advanced—and more vegan—and we're looking all the better for it. Here are the three hottest new beauty musts our skin is loving.

BAKUCHIOL

Retinol has long been popular among skincare devotees, but it's almost always animal-derived. So cruelty-free shoppers are turning to bakuchiol—a plant extract from the Indian babchi plant—a gentler option that offers the same wrinkle-reducing, skin-plumping benefits. Find it in serums, facial wipes, and night oils.

CBD SKINCARE

With anti-inflammatory properties, along with soothing vitamins A, D, and E, CBD has become a no-brainer addition to give a serious boost to everything from night creams and moisturizers to face masks and oils.

MICRONEEDLE PATCHES

Pimple patches are getting a major upgrade with microdart technology, which uses tiny spikes to drive active ingredients like moisturizing hyaluronic acid into the skin to fight and dissolve early-stage acne.



FOR TRUE WELLNESS,

you have to go deep within ... and the vagus nerve may be where you find your answer. The longest cranial nerve in the body—extending from the brain to the gut—the vagus does an extraordinary amount of work, regulating everything from stress and rest to digestion and heart rate. New studies and innovative products are opening the conversation around this mysterious nerve and just how it could help us achieve a better overall state of wellness.



The VAGUS NERVE

- Head into your local acupuncture office for an ear acupuncture procedure that helps target and stimulate the function of the vagus nerve.
- Ethical skincare brand OSEA developed a specially formulated **Vagus Nerve Oil** that activates the calming effects of the vagus nerve when massaged into the neck.
- Parasym, a medical tech company, has developed an ear clip electrode device that delivers micropulses of electrical current to deploy the beneficial properties of the vagus nerve.

16



17

ENHANCED WATERS

The average human needs about 12 to 16 cups of water each day

to stay adequately hydrated and healthy. And in response, countless wellness waters have begun infiltrating grocery store shelves. But are they actually any better for you than plain, old-fashioned H₂O? The jury is still out, but what is clear is that for consumers struggling to stay quenched, fun and innovative waters can help keep ever-important hydration goals within reach.

Wondering if there's a specialty water out there for you? Try ...

Activated charcoal water to aid digestive health

Caffeine water to increase alertness

CBD water to promote calm

Electrolyte water to boost hydration

Fiber-enhanced water to meet your daily requirements

Melatonin water to get a better night's sleep

Oxygenated water to increase athletic performance

Protein water to pump up muscle growth

Water with
activated charcoal

Sound Baths

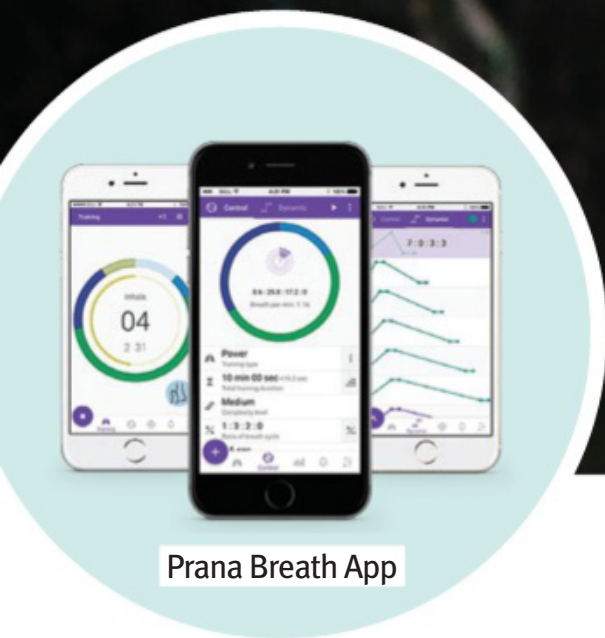
Bubble baths may be the old favorite for relaxation, but the ancient practice of sound bathing has been providing healing for thousands of years, and it's now become more popular than ever. The water-free technique with origins in Tibetan, Chinese, and Indian cultures involves “bathing” wellness seekers in therapeutic sound waves from instruments like metal gongs and crystal bowls to help stimulate brain waves to ease pain, promote emotional well-being, and even decrease blood pressure. *Sounds pretty amazing to us.*



Rose quartz bowl
from Sound Sebastien



18



Prana Breath App

BREATHWORK

19

This deeply beneficial practice focuses on intentional, deep breathing that's proven to help ease anxiety, emotional exhaustion, panic attacks, and even provide stress relief during labor. Learning to master breathing techniques can be challenging on your own, but luckily, a number of apps have emerged to help us all take a moment and catch our breath.

BREATHE2RELAX

In addition to guiding you through scientifically backed breathing exercises, this app includes a graphing function that can help determine what's causing the highest levels of stress throughout the day.

PRANA BREATH

With a promise of results in seven to 15 minutes a day, this app gives users access to ancient, time-tested breathing techniques and the ability to set a schedule and reminders to fully commit to a breathing routine.

BREATHING ZONE

This app guides users to match their breathing with simple, beautiful animations for a sure-fire way to induce calm. It also can analyze how you normally breathe in order to suggest the best breathing routine for you.

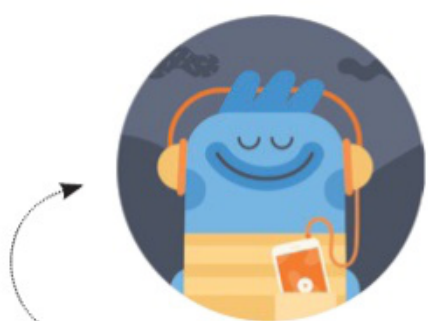


Watch: Apple

20

MENTAL WELLNESS IN THE DIGITAL AGE

Social media personas built on the illusion of perfect lives are so over. In 2020, it's all about being our authentic selves and opening up about our struggles, anxieties, and personal growth to find and build community through modern technology. From depression to eating disorders, professionals and everyday people are doing the important work to break down prevalent stigmas around mental health and create spaces for people to feel heard and supported. Here are a few of our favorite resources to help us keep our mental health in check.



► APP

Headspace: Meditation is made simple with this app that counts stars such as Gwyneth Paltrow and Emma Watson as fans. Narrated in a soothing tone by former Buddhist monk Andy Puddicombe, the platform uses cartoons, challenge-specific courses and techniques, and hourly group meditations to encourage users to listen in and clear their minds.

Good for: People who

struggle with anxiety and mental clarity

► PODCAST

Food Psych: Hosted by registered dietitian Christy Harrison, this weekly series features psychology professionals, anti-diet activists, and leaders in the body-positive movement to help listeners embrace intuitive eating and reach body liberation.

Good for: People who struggle with eating disorders and body dysmorphia

► BOOK

Heart Talk: Poetic Wisdom for a Better Life by Cleo Wade is a collection of original poems, mantras, and

affirmations that help readers take a deep breath, slow down, and navigate complex emotions through calm and reassuring words.

Good for: People who struggle with anxiety and insecurity

► INSTAGRAM

@lisaoliveratherapy: Run by a licensed marriage and family therapist, this IG profile offers daily reminders that healing is a process, boundaries are important, feeling sad is normal, and, most importantly, we are never alone.

Good for: People who struggle with loneliness, self-forgiveness, and self-love

► YOUTUBE

Lavendaire: Aileen Xu, the mastermind behind this beautiful channel, focuses on helping viewers achieve mental wellness for a more content life. Xu's series on journaling, overcoming fears, and healthy habits are carefully curated and offer well-researched, helpful tips.

Good for: People who struggle with anxiety, motivation, insecurity, and self-love

VegNews editor

Sarah McLaughlin (@sarahmclaughlin) is on a constant mission to get the best night's sleep, reduce her stress, and find the ultimate skincare routine.



THE GREATEST **PLANT-POWERED** **PLAYERS**

To make it big as an athlete, one needs a competitive edge. For some, it's a deadly fast pitch; for others, quick and nimble footwork. But recently, the biggest names in sports have been turning to a new secret weapon: plant-based eating. These elite human specimens have found they can train harder, go longer, and recover faster after switching to an animal-free diet, pushing them to perform at their best. VegNews' **Tanya Flink** explored the lives of five of today's brightest sports superstars who are competing, winning, and thriving, thanks to the power of plants.

Left: Nike; Right: Getty Images

SERENA WILLIAMS

THE GREATEST OF ALL TIME

When an athlete crosses over from celebrated player to cultural icon, people pay attention. That's why all eyes are always on Serena Williams. The 38-year-old champion's accolades date back nearly 25 years to her first professional match at 14 years old, and in the decades since, she's secured an impressive number of international tennis titles and number one rankings—four Olympic gold medals, 39 Grand Slam titles, and 319 weeks at number one, to be exact. Williams first discovered the secret weapon of a plant-based diet in 2012 when she adopted raw veganism in solidarity with her sister, Venus, who found that eating raw helped to combat her autoimmune disease. “I did it when I was at the French Open in 2013,” Williams told the Women’s Tennis Association. “It was good, really good ... I was able to see a lot of benefits in my game and my body in general from that.” So she kept it up. And while she admits to consuming some non-vegan foods during the off-season, plant-based eating would go on to play a much more critical role for her off-court. After suffering medical complications including hemorrhaging and life-threatening blood clots following the emergency C-section birth of her first child, it was a vegan diet that helped her recover. In 2016, Nike debuted an ad campaign boldly naming Williams “the greatest athlete ever,” a title she’s retained ever since. Today, she shows no signs of slowing down, and the fact that the woman regarded by so many as the best sportsperson of all time fuels her performance with plants is proof-positive that veganism is a grand slam.



AGE: 38

SPORT: Tennis

WINS: Four-time Olympic gold medalist, 39 Grand Slam titles

PLANT-BASED SINCE:

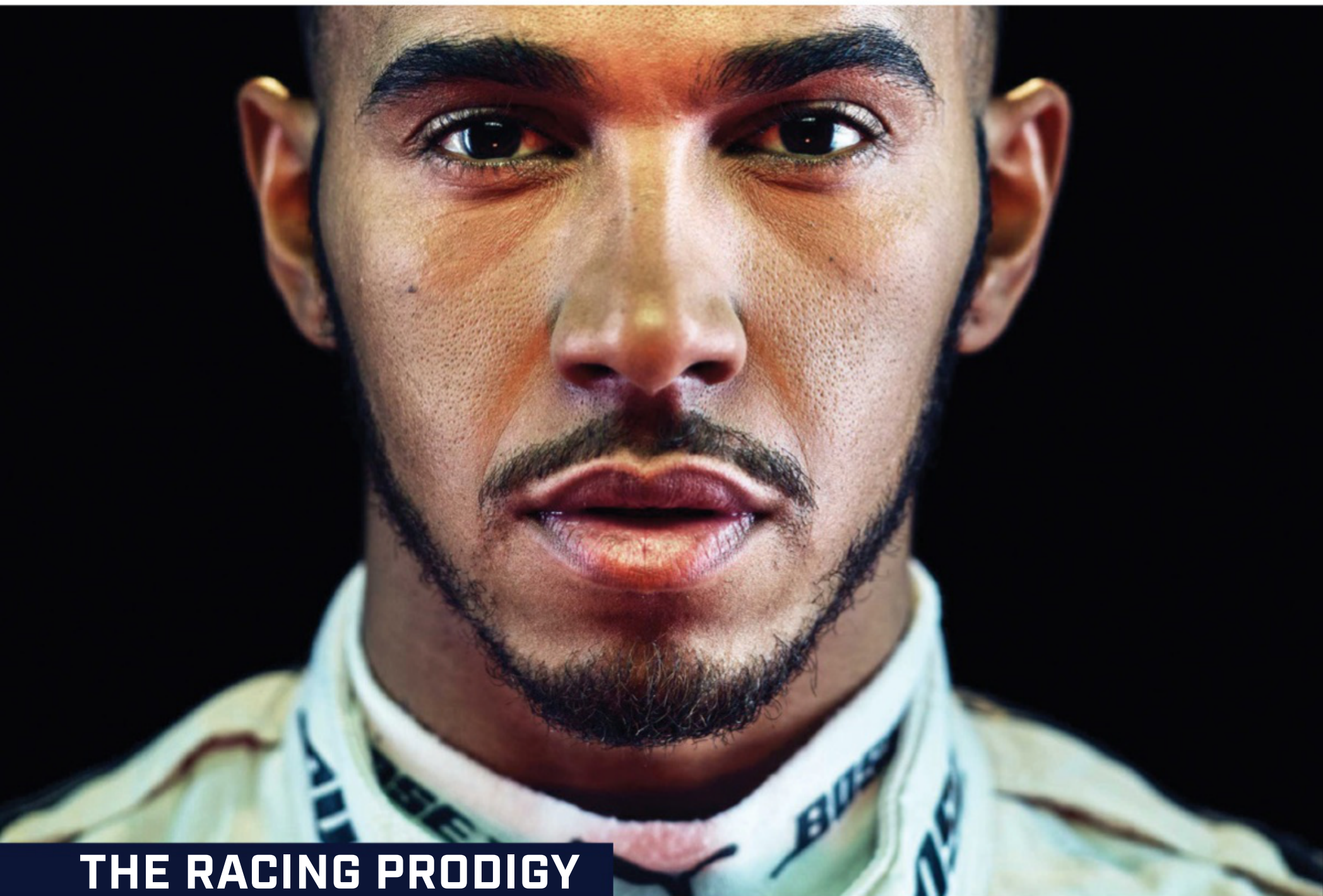
On and off since 2012

MOST FAMOUS FOR:

Securing the #1 rank for 319 weeks throughout her 24-year career, and being a tennis fashion icon

POWER MEAL:

Plant-based tacos



THE RACING PRODIGY

LEWIS HAMILTON

No one can catch Lewis Hamilton. From becoming the youngest Formula One World Champion in 2008 to securing a sixth World Championship in 2019, Hamilton has cemented his place in history as the most successful British race car driver that's ever lived—and it's a vegan diet that fuels it all. This 35-year-old powerhouse's track record proves that once he commits to something, he's all-in, and that can be said of his dedication to plant-powered living, too. The Mercedes Benz-sponsored athlete went plant-based after watching *What the Health*—a transformative documentary revolving around the health and environmental

implications of animal agriculture. "When you watch this documentary and you see meat clogging up your arteries, you see all the stuff they put in the meat, there is no way I am going to disregard that," he says. Inspired by his new lifestyle, the Londoner has also taken his influence off the track to help bring London a new, entirely vegan fast-food restaurant, Neat Burger, expected to make its way stateside later this year. Hamilton currently holds the record for most Formula One Grand Prix wins—82 as of his September 2019 victory in Sochi. And with 22 Grand Prix scheduled for 2020, he may just have to add another shelf to his trophy case.

AGE: 35

SPORT:

Formula One Racing

WINS:

Formula One World Champion [2019, 2018, 2017, 2015, 2014, 2008]

PLANT-BASED SINCE:
2017

MOST FAMOUS FOR:
Winning six Formula One World Championship titles

POWER MEAL:

Pancakes and victory champagne

Lewis Hamilton: Thomas Prior/TIME; Alex Morgan: Ben Grieme/Nike

ALEX MORGAN



THE CAPTAIN

It all started with a homework assignment: write a letter to your parents about what you want to be when you grow up. “Hi mommy! My name is Alex, and when I grow up I’m going to be a professional athlete for soccer.” While Alex Morgan’s childhood was a blur of different sports and activities—she didn’t start playing club soccer until high school—today, that childhood prophecy has become reality. In 2009, Morgan was called to join the US Women’s National Team and eventually went on to earn Olympic gold in 2012. In 2018, she went vegan,

citing her love for her dog, Blue, and the hypocrisy she felt when eating meat. The switch not only helped to align her ethics, but it made an impact professionally, too. “I never thought it was possible I could be playing at an elite level as a professional athlete with a plant-based diet,” she says. “[But] if anything, it makes me stronger and helps with fatigue and recovery.” Since then, her star continues to rise: she’s gone on to become team co-captain of the US Women’s National Soccer team and a FIFA Women’s World Cup champion in 2019. Her next achievement? Becoming a new vegan mom. The jubilant Morgan is set to give birth to a daughter this April.

AGE: 30

SPORT: Soccer, Forward

WINS: Team co-captain of the US Women’s National Soccer Team, 2019 and 2015 FIFA World Cup Champion, 2012 Olympic gold medalist

PLANT-BASED SINCE: 2018

MOST FAMOUS FOR:

Her unstoppable prowess as a striker and goal record

POWER MEAL:

Oatmeal with berries and nut butter



CHRIS SMALLING

THE SOCCER PHENOM

He's set a world record, not once, but twice in a single game; been named the nation's best defender; and now, soccer star Chris Smalling has his sights set on saving the animals. The 30-year-old rose to global prominence with top-tier team Manchester United, clinching two Premier League titles, five national cups, and a UEFA Europa League win. So when he started experimenting with cutting meat from his diet, maintaining his performance was a concern. But as it turns out, going fully plant-based was the key to helping him perform better than ever. Before long, the tendinitis in his knee began to fade, his recovery time grew shorter, he was less winded at

the end of games, and was sustaining fewer injuries. "I'm feeling a lot of physical benefits from it," he says. "I'm constantly getting stronger and getting better results." And after reaping these personal rewards, ethics soon came into play, too. "I realized how brutal [factoryfarming] is to animals, how unnecessary it is to us, and how damaging it is to the environment," he says in his starring role in a PETA campaign. Now a defender on and off the field, Smalling is being named by headline after headline as the man-of-the-match with his current team Roma. And by the end of 2020, his newly plant-powered regimen may be what helps him earn him the title of man-of-the-season.

AGE: 30

SPORT: Soccer, Defender

WINS: EFL Cup [2017], UEFA Europa League victory [2017], FA Cup [2016], Two Premier League titles [2013, 2011]

PLANT-BASED SINCE: 2018

MOST FAMOUS FOR:

Setting the Guinness World Records for Fastest Goal in the Premier League by a Substitute from Kick-Off and Most Goals in the Premier League Scored by a Substitute in the First Half

POWER MEAL:

Vegan spaghetti bolognese

MEAGAN DUHAMEL



THE GOLD MEDALIST

When an athlete has been vegan for over a decade, it shows. Meagan Duhamel first captured the world's attention during the 2018 Winter Olympics, displaying power and grace on the ice and securing a gold and a bronze medal with her long-time skating partner, Eric Radford. The Canadian-born athlete earned these victories—along with her other accolades as a seven-time Canadian National Champion and two-time World Champion—on a vegan diet. Duhamel transitioned to plant-based eating in 2008 after reading the book *Skinny Bitch*, which motivated her to make changes in her diet to improve

both her health and performance on the ice. Nearly 12 years later, she finds herself as an ardent vegan, a certified holistic nutritionist (she shares her wisdom on her wellness blog *Lutz of Greens*), and a new mother—and even after all the major victories, going vegan shares center stage in her life. “One of my proudest achievements in my life is deciding to follow a plant-based diet,” Duhamel says. Now, her focus is on being the best vegan mom she can be, which comes with its own influence. She doesn't need a podium to make an impact, as raising a beautiful, healthy vegan child can speak volumes for families everywhere.

AGE: 34

SPORT: Pairs Figure Skating

WINS: 2018 Olympic gold and bronze medalist, seven-time Canadian National Champion, 2016 and 2015 World Champion

PLANT-BASED SINCE: 2008

MOST FAMOUS FOR: Winning streak with skating partner Eric Radford

POWER MEAL: Overnight oats

VegNews Digital Editor **Tanya Flink** is a writer and former personal trainer with a constant craving for opinionated conversation, steamed kale, and vegan cake.

SALAD DAYS

by **TERRY HOPE ROMERO**

photos by Andria Lo

styling by Christian Reynoso



Tempeh Bacon
Wedge Salad

SALADS ARE HAVING A MOMENT.

From top-tier restaurants giving them renewed focus to high-style fast-casuals dedicated solely to the leafy meals—big hearty salads brimming with savory proteins, hearty greens, and roasted vegetables are now as cool as they are filling. So we tasked veteran chef and cookbook author Terry Hope Romero with creating four stick-to-your-ribs entrée salads with a slew of mix-and-match dressings, sprinkles, and protein-packed toppers, all guaranteed to make any salad showstopping.

Want to make our salads the star of your meal? Each recipe makes either two supersized entrées for hungry salad eaters or four smaller portions for supporting roles [that'll steal the spotlight anyway].

Tempeh Bacon Wedge Salad

How to redeem iceberg lettuce? Make it fun to eat and top with creamy sunflower ranch dressing, homemade croutons, and smoky tempeh bacon.

Serves 4

For the Tempeh Bacon:

- 1 (8-ounce) package tempeh
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon maple syrup
- 1 tablespoon tomato paste
- 1 teaspoon soy sauce
- 1 teaspoon liquid smoke
- 1 teaspoon smoked sweet paprika or chipotle pepper powder

For the Sunflower Dill Ranch Dressing:

- $\frac{1}{2}$ cup raw sunflower seeds, soaked overnight, drained, and rinsed
- $\frac{1}{2}$ cup unsweetened plain vegan milk
- 3 tablespoons lemon juice



Pad Thai Salad with Peanut Tofu

- 1 tablespoon rice or white wine vinegar
- 1 large garlic clove, peeled
- 2 tablespoons chopped fresh dill
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ cup grapeseed oil

For the Sourdough Croutons:

- 4 cloves garlic, peeled
- $1\frac{1}{2}$ teaspoons salt
- 2 tablespoons red wine vinegar
- 1 tablespoon Italian herb blend
- $\frac{1}{2}$ cup olive oil
- 6 cups cubed day-old sourdough bread

For the wedge salad:

- 1 head iceberg lettuce
- 2 cups seeded, finely diced ripe tomato
- 1 cup diced red onion
- 1 ripe avocado, diced
- $\frac{1}{2}$ cup minced chives
- Black pepper, to taste

1. For the bacon, slice tempeh lengthwise into $\frac{1}{4}$ -inch-thick strips. In a shallow baking dish,

CHEF'S TIP

Experiment with making different dressings using this creamy sunflower seed base by swapping out the garlic and dill with chipotle powder, curry powder, za'atar, or barbecue seasoning.

whisk remaining ingredients. Add tempeh strips and flip to coat in marinade. Cover and chill for 10 minutes, or up to overnight.

2. In a cast-iron grill pan over medium-high heat, brush or spray with cooking oil. Add tempeh strips in a single layer and grill 1 minute per side, or until dark grill marks appear, being careful not to overcook. Transfer grilled tempeh to a dish and serve warm or keep chilled until ready to use.

3. For the dressing, into a blender, add sunflower seeds, milk, lemon juice, vinegar, garlic clove, dill, salt, garlic powder, and black pepper. Blend for 2 to 3 minutes into

GRILLED BOK CHOY & BLUEBERRY SALAD

with Lemongrass Tofu



QUICK MIX!

Super Crunch Salad with Tempeh Bacon

Start with a mix of finely chopped greens like romaine, iceberg, greenleaf, or napa cabbage. Next, add shredded carrots, chopped celery, finely chopped raw broccoli, diced red onion, and chopped scallion. Add Sunflower Dill Ranch Dressing and toss to coat. Plate and top with crumbled Tempeh Bacon and Seedy Herb Crunch.

a smooth, creamy mixture. Scrape down the sides several times with a rubber spatula.

4. Drizzle in oil a little at a time, pulsing until the mixture is smooth and emulsified. If dressing is too thick, pulse in a tablespoon of water at a time for a thinner consistency. Cover and chill until ready to use.

5. For the Sourdough Croutons, preheat oven to 350 degrees and line a large baking sheet with parchment paper. Using a mortar and pestle, or the back of a spoon and a small bowl, mash garlic and salt into a paste. Scoop paste into large mixing bowl and add vinegar and herb blend. Slowly whisk in oil. Add bread cubes to bowl and gently fold to coat.

6. Spread cubes in a single layer onto baking sheet. Bake for 30 minutes, flipping occasionally, until golden brown and crisp. Cool completely before using.

7. To serve, remove core from lettuce head and cut into quarters. Transfer to serving dishes, slightly breaking up each piece to add height and texture. Liberally spoon dressing on center and sides of wedge. Sprinkle with tomatoes, onion, avocado, chives, diced tempeh bacon, and sourdough croutons. Top each serving with black pepper and serve immediately.

Grilled Bok Choy and Blueberry Salad with Lemongrass Tofu

Grilling bok choy gives the mellow, leafy green a warm smokiness that plays beautifully with the sweetness of the blueberries while remaining fresh and crisp.



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Serves 4

For the Lemongrass Tofu:

- 2 tablespoons maple syrup
- 4 teaspoons tamari
- 1 heaping tablespoon finely chopped lemongrass
- 1 teaspoon minced garlic
- 2 teaspoons peanut or olive oil
- 1 (12-ounce) block extra-firm tofu, sliced into $\frac{1}{4}$ -inch strips

For the tamari dressing:

- 3 tablespoons tamari
- 1 tablespoon maple syrup
- 3 tablespoons toasted sesame oil
- 1 tablespoon toasted sesame seeds
- 1 teaspoon grated fresh ginger
- $\frac{1}{2}$ teaspoon red pepper flakes

For the salad:

- 2 cups blueberries
- 3 Persian cucumbers, diced into $\frac{1}{2}$ -inch cubes
- 2 whole heads mature bok choy
- 2 tablespoons peanut or olive oil
- 2 tablespoons tamari
- 2 scallions, green parts only, thinly sliced
- $\frac{1}{2}$ cup toasted slivered almonds

1. For the tofu, preheat oven to 400 degrees.

Into a 9 x 13-inch baking dish coated with cooking spray, whisk maple syrup, tamari, lemongrass, garlic, and oil. Arrange tofu slices in marinade, flipping once to coat, and set aside for 15 minutes. Bake for 20 minutes, flip tofu, and bake an additional 20 minutes, or until golden and marinade is absorbed.

2. For the Tamari Dressing, in a small bowl whisk all ingredients. Set aside.

3. For the salad, in a large bowl, add blueberries, cucumber, and tamari dressing. Toss to coat and set aside.

4. In a small bowl, whisk oil and tamari. Slice each head of bok choy in half and brush cut sides with mixture. On a grill pan over high heat, place bok choy cut side down and grill 3 minutes, or until white parts have grill marks and greens are wilted.

5. To serve, place bok choy grilled side up on salad plates. Top each with an equal amount of baked Lemongrass Tofu. Spoon blueberry and cucumber mixture liberally on

6 STEPS TO BUILDING THE PERFECT SALAD

Making a salad seems simple—and it can be—but there is a tried-and-true method to doing it right. Resident salad expert **Terry Hope Romero** breaks down the building blocks for creating a memorable salad.

1

LEAFY GREENS AND GRAINS

Start with a good base—consider chopped kale, chard, and spinach for hefty salads, or arugula, watercress, and baby spring greens for tender salads. Add grains like wild rice, farro, quinoa, or couscous.

2

HEARTY VEGETABLES

Next, add all of your fortifying, nutrient-dense vegetables like broccoli, beets, carrots, and cabbage.

3

SOFT & JUICY ADD-INS

Layer your salads with your tasty morsels such as avocados, berries, and tomatoes.

4

MEATY PROTEINS

Give your salad some heft with legumes, blackened tempeh, roasted tofu, or vegan meats.

5

HOMEMADE DRESSINGS

Store-bought dressings are often laden with sugar and cheap oils. Instead, take the time to whisk up your own healthy, customizable blend.

6

FINISHING TOUCHES

Now's the time to load up on flavor and texture. Finish with a flurry of fresh herbs, nuts and seeds, crunchy croutons, crispy wonton strips—the sky's the limit.

top. Sprinkle with scallions and almonds, and serve immediately.

Seedy Herb Crunch

Switch up the flavor profiles in this versatile recipe by swapping the Italian herb blend with lemon pepper, herbs de Provence, or any of your favorite dried herb blends.

Makes 2 cups

- 1 cup unsweetened coconut flakes
- 1 cup mix of pepitas, sunflower, whole flax, and sesame seeds
- 2 tablespoons maple syrup
- 1 tablespoon lemon juice
- 1 heaping tablespoon Italian herb blend
- 1 teaspoon salt

1. Preheat oven to 325 degrees and line a large baking sheet with parchment paper. In a mixing bowl, toss all ingredients together, gently rubbing the seasonings into flakes to ensure each is coated.

2. Spread mixture in a thin layer on baking sheet and roast 20 to 25 minutes, stirring occasionally and watching carefully to prevent burning, until light golden brown and fragrant. Remove from oven and set on wire rack to cool; the coconut flakes will continue to brown while still hot, so it is critical to cool them promptly to avoid burning. Cool completely before storing in an airtight container. Use within 2 days.

Avocado Caesar Dressing

The key to this dressing is creating a creamy base with hemp seeds and almond milk, then building in classic Caesar flavors before incorporating luscious avocado.

Makes $\frac{3}{4}$ cup

- 3 tablespoons shelled hemp seeds
- $\frac{1}{4}$ cup unsweetened plain almond milk
- $\frac{1}{2}$ cup olive oil
- 2 tablespoons drained capers
- 2 teaspoons caper brine

QUICK MIX!

Avocado Kale Caesar Salad with Sourdough Croutons

Start with a bed of kale massaged until tender with a bit of prepared dressing. Add romaine, diced cucumber, avocado, and halved cherry tomatoes. Drizzle with Avocado Caesar Dressing and toss. Top with crumbled Tempeh Bacon, Sourdough Croutons, a squeeze of lemon juice, and a twist of cracked black pepper.

2 tablespoons nutritional yeast

1/2 ripe avocado

3 garlic cloves, peeled

1 tablespoon white wine vinegar

1 tablespoon lime juice

2 teaspoons Dijon mustard

1 teaspoon salt

1. Into a blender, add hemp seeds and almond milk, and blend for 30 seconds. Slowly drizzle in oil, and pulse until thick and creamy.

2. Add capers, brine, nutritional yeast, avocado, garlic, vinegar, lemon juice, mustard, and salt. Blend until smooth, and chill for 30 minutes before serving.

Roasted Creole Chickpeas

Creole seasoning can include any combination of onion, garlic, paprika, cayenne, and herbs such as basil and oregano for a signature kick of Louisiana heat and flavor.

Makes 1 1/4 cups

1 1/2 cups canned chickpeas, drained and rinsed

2 tablespoons olive oil

1 tablespoon lemon juice

2 teaspoons Creole seasoning blend

1. Preheat oven to 375 degrees. Place chickpeas onto a kitchen towel. Roll up towel and gently shake to help remove any excess liquid, then transfer to a baking sheet. Pour oil, lemon juice, and Creole seasoning over chickpeas and stir well to coat.

2. Bake for 35 to 40 minutes, stirring occasionally, until chickpeas are completely dry and toasted. Turn off oven and let rest in oven for 15 minutes. Let cool completely

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Taco Lentil Salad

before storing in an airtight container. Use within 2 days.

Taco Lentil Salad with Pico de Gallo Dressing

Don't skimp on the chips! Choose a high-quality tortilla chip as the base for this hearty, spicy, and surprisingly healthful salad.

Serves 4

For the Pico de Gallo Dressing:

- 1 (14-ounce) can fire-roasted tomatoes
- 2 tablespoons lime juice
- 1 tablespoon red wine vinegar
- $\frac{1}{2}$ cup lightly packed chopped cilantro
- 1 small jalapeño or serrano chili, chopped
- $\frac{1}{2}$ cup diced white onion
- 2 scallions, chopped
- 1 teaspoon salt
- $\frac{1}{3}$ cup olive oil

For the taco lentils:

- 1 cup French or black lentils, rinsed
- 3 cups water
- $1\frac{1}{2}$ teaspoons salt, divided
- 1 bay leaf
- 1 tablespoon olive oil
- $\frac{1}{2}$ cup minced yellow onion

- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon smoked sweet or hot paprika
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon ground cumin
- 1 tablespoon lime juice

For the salad:

- 4 cups high-quality tortilla chips
- 4 cups thinly chopped romaine lettuce
- 2 cups thinly chopped red cabbage
- 2 ripe avocados, diced
- 1 pint cherry tomatoes, sliced in half
- 1 cup thinly sliced red onions
- 1 cup sliced black olives
- 1 cup roughly chopped cilantro
- $\frac{1}{2}$ cup thinly sliced pickled jalapeños

1. For the dressing, into a blender, pulse all ingredients into a thick consistency. Chill until ready to use.

2. For the taco lentils, in a large saucepan, combine lentils with water, $\frac{1}{2}$ teaspoon salt, and bay leaf and bring to a boil. Cover, reduce heat to low, and simmer for 25 to 30 minutes, or until lentils are tender but firm. Reserve $\frac{1}{2}$ cup of cooking liquid and drain lentils.

3. In the same saucepan, over medium heat,

warm olive oil. Add onion and garlic and cook for 30 seconds. Add drained lentils, chili powder, paprika, oregano, cumin, remaining 1 teaspoon salt, and reserved cooking liquid. Stir and simmer until lentils have absorbed most of the liquid.

4. To serve, arrange a few tortilla chips on serving dishes. Drizzle dressing on chips, then top with a layer of lettuce, cabbage, avocado, tomatoes, lentils, onions, and olives. Repeat with one or two more layers of chips, vegetables, lentils, and dressing, and then top with cilantro and jalapeños. Serve immediately.

Pad Thai Salad with Peanut Tofu

Nix the rice noodles and substitute fresh spiralized zucchini or gently blanched butternut squash ribbons for a more vegetable-forward salad brimming with flavor.

Serves 4

For the peanut tofu:

- 1 (12-ounce) block extra-firm tofu, drained, pressed, and cut into $\frac{1}{4}$ -inch cubes
- 2 tablespoons peanut oil
- $\frac{1}{4}$ cup peanuts
- 1 medium shallot, chopped
- 2 tablespoons lime juice
- 2 tablespoons tamari
- 1 tablespoon coconut sugar
- $\frac{1}{8}$ teaspoon red pepper flakes

For the salad:

- 4 ounces Pad Thai rice noodles
- 2 cups sunflower or similar hearty green sprouts
- 1 cup julienned carrot or daikon
- 1 cup lightly packed Thai or sweet basil leaves, shredded
- 1 cup roughly chopped cilantro
- 4 scallions, thinly sliced

For the tamarind-lime dressing:

- 1 heaping tablespoon tamarind paste
- 2 tablespoons lime juice
- 2 tablespoons coconut sugar
- 2 tablespoons tamari
- 1 shallot, minced
- $\frac{1}{2}$ teaspoon grated fresh ginger

QUICK MIX!

Sweet & Spicy Cauliflower Salad with Roasted Creole Chickpeas

Start with a base of chopped hearts of romaine. Layer with chopped and roasted broccoli and cauliflower.

Sprinkle with dried cranberries or apricots. Drizzle liberally with Sunflower Seed Dill Ranch (mixed with a pinch each of paprika, cayenne pepper, and red pepper flakes), then top with Roasted Creole Chickpeas and a sprinkle of chopped cilantro for garnish.

1 teaspoon sriracha sauce,
plus more for garnish

$\frac{1}{8}$ teaspoon salt, or more to taste

1 cup chopped cilantro, for garnish

$\frac{1}{2}$ cup chopped roasted peanuts
or cashews

1. For the peanut tofu, preheat oven to 400 degrees. In a 9 x 11-inch baking dish, toss together tofu cubes and peanut oil. Using a mortar and pestle, grind peanuts and shallot until crumbly (alternatively, grind in a blender or food processor). Add lime juice, tamari, coconut sugar, and red pepper flakes, and mash into a wet paste. Add to tofu and stir thoroughly to coat. Bake for 30 to 35 minutes, stirring occasionally, until tofu has absorbed most of the marinade and is golden brown. Remove from oven and cool.

2. For the salad, cook rice noodles according to package directions until al dente. Drain and rinse with cold water. Transfer to a large mixing bowl and add sprouts, carrots, basil, cilantro, and scallions. Toss to mix.

3. For the dressing, in a small mixing bowl, whisk tamarind paste, lime juice, coconut sugar, tamari, shallot, ginger, sriracha, and salt. Pour dressing over noodles and toss to coat. Use tongs to mound salad onto serving plates and top with peanut tofu. Garnish with cilantro, chopped nuts, and sriracha. **VN**

*When not foraging for mushrooms or planning her next Dungeons and Dragons campaign, cookbook author of Show Up for Salad **Terry Hope Romero** (veganlatina.com) is dreaming of the salad she'll bring to work for lunch the next day.*

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by **BRIAN L. PATTON**
photo by **JACKIE SOBON**



Fillet-No-Fish Sandwich

Chia seeds, nori, and chickpea flour boost the nutritional profile of this nostalgic fave, while a homemade avocado-infused tartar sauce makes it something special.

Makes 4 sandwiches

For the sandwiches:

- 2** teaspoons chia seeds
- 3/4** cup water, divided, plus additional for brushing
- 1** (3-inch) piece of heart of palm, shredded then roughly chopped (about **1/4** cup)
- 4** ounces extra-firm tofu, thinly sliced (about **1** cup)
- 1** tablespoon lemon juice
- 3/4** teaspoons salt, divided
- 4** sheets nori seaweed
- 1** cup chickpea flour, divided
- 1** cup plain breadcrumbs
- 4** hamburger buns
- 4** slices vegan American-style cheese
- Oil** for frying

For the Avocado Tartar Sauce:

- 1/4** cup vegan mayonnaise
- 1/4** cup mashed avocado
- 1/4** cup chopped cornichon pickles
- 2** tablespoons minced onion
- 2** teaspoons chopped capers
- 2** teaspoons lemon juice
- 1/4** teaspoon salt
- 1/8** teaspoon black pepper

1. In a small bowl, whisk chia seeds and 2 tablespoons water and set aside for 10 minutes until mixture is thickened.

CHEF'S TIP

For a healthier preparation, spray each breaded fillet with cooking spray, and bake on a parchment-lined baking sheet at 400 degrees for 30 minutes, flipping halfway through. Alternatively, air fry at 400 degrees for 8 minutes.

2. In a mixing bowl, add heart of palm, tofu, lemon juice, $\frac{1}{2}$ teaspoon salt, and chia mixture. Using your hands, mash together until a fine, flaky texture is achieved.

3. On a cutting board, place one sheet of nori shiny side up. Lightly brush with water to make more pliable. Place $\frac{1}{4}$ of tofu mixture in center, forming into a 3 x 3-inch square. Fold the outer edges of the nori over the mixture, so that the tofu is completely covered. Brush a little more water over seam to help it stick, and repeat with remaining 3 portions. Place seam side down on a plate and refrigerate for at least 20 minutes.

4. For the Avocado Tartar Sauce, in a mixing bowl, add all ingredients and mix thoroughly. Cover and refrigerate until ready to use.

5. In a deep skillet over medium-high heat, warm $\frac{1}{2}$ -inch oil. When a pinch of flour dropped into oil immediately sizzles, oil is ready.

6. To a shallow dish, add $\frac{1}{2}$ cup chickpea flour, and spread out evenly. In a small bowl, add $\frac{1}{2}$ cup chickpea flour and $\frac{1}{2}$ cup plus 2 tablespoons water and whisk until smooth. In a separate shallow dish, add breadcrumbs and $\frac{1}{4}$ teaspoon salt. Mix together.

7. Dredge each fillet in flour until evenly coated. Dip fillets into wet batter, shake off excess, then dredge back into dry chickpea flour. Dip into wet batter again, then into breadcrumbs, and place in the hot oil. Fry 1 to 2 minutes per side until golden. Drain briefly on a paper towel-lined plate.

8. To assemble, add a slice of cheese to bottom half of each bun, then add hot fillet. Spread 2 tablespoons tartar sauce on top half of bun and top sandwich. Serve immediately. **V**

Brian L. Patton (thesexyvegan.com)
is a chef, multimedia personality,
and author of *Sexy's Best*, Vol 8:
The Vegan Philly Cheesesteak.

The advertisement is divided into several sections. At the top, there is a logo for "ROOTERVILLE A SANCTUARY INC." featuring a heart shape with silhouettes of a deer, a cow, a pig, and a chicken, with the tagline "Compassion For All Animals". To the left of the logo is a small illustration of a white angel figure. To the right is a heart-shaped necklace with a gold-colored pendant. Below the logo is a photograph of a young boy in a purple shirt and blue jeans petting a large black pig. The bottom section features a collection of animal-themed jewelry: a ring with a pig face design priced at \$29.95, a blue and white polka-dot scarf, a heart-shaped pendant, and a brown leather handbag with a floral pattern. In the center of this section is the logo for "the pink pigs A Compassionate Boutique". Below the logo, it states "100% of your purchase will go to help animals at Rooterville Animal Sanctuary." At the bottom of the advertisement, a black banner reads "Hundreds of unique, affordable gifts just in time for the holidays." and a pink banner at the very bottom displays the website "thepinkpigs.com".

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Tomato Soup for the SOUL

Cold weather calls for soup. But the new year has us yearning for the warming flavors of the sun, and this just-spicy-enough soup is teeming with the bright, herbaceous flavors we're craving.

by **HEATHER BELL & JENNY ENGEL**

photo by **JACKIE SOBON**

Spicy Tomato, White Bean & Herb Soup

The use of both dried and fresh herbs in this soup adds immense flavor that makes it taste like you spent hours in the kitchen.

Serves 4

- 2** tablespoons neutral-tasting vegetable oil, such as safflower or grapeseed
- 1** medium brown onion, diced
- 2** cloves garlic, finely chopped
- 1/2** cup short-grain brown rice
- 1** teaspoon dried basil
- 1** teaspoon dried oregano
- 1/2** teaspoon cayenne pepper
- 1/2** teaspoon smoked paprika
- 1** teaspoon salt, plus more to taste
- 1/2** teaspoon black pepper, plus more to taste
- 1 1/2** cups canned whole tomatoes, diced
- 2** tablespoons fresh lemon juice
- 1** tablespoon coconut nectar
- 6** cups vegan chicken broth
- 1** (15-ounce) can cannellini beans, drained and rinsed
- 2** tablespoons finely chopped fresh basil, plus more for garnish
- 2** tablespoons finely chopped fresh chives, plus more for garnish
- 1** tablespoon finely chopped fresh oregano, plus more for garnish

1. In a large stock pot over medium heat, warm oil. Sauté onion and garlic for 5



BIG TOMATO FLAVOR DURING WINTER? YES, YOU CAN.

While perfectly ripe and juicy tomatoes may not be available during the winter months, canned tomatoes make it easy to get bright, summery flavors all year round. When choosing a can of tomatoes, here's what to look for.

- Seek out San Marzano plum tomatoes for the best flavor, especially in Italian dishes
- Choose whole, peeled tomatoes, as canned diced tomatoes often have added preservatives to help the tomatoes keep their shape and prevent them from breaking down when cooking
- Look for no-salt-added tomatoes so you have complete control over the flavor of your finished dish
- For added flavor, try fire-roasted tomatoes

minutes to soften. Add rice and sauté for 3 more minutes, or until rice is coated in oil and slightly browned.

2. Add basil, oregano, cayenne, paprika, salt, pepper, and tomatoes, and stir. Add lemon juice, coconut nectar, and broth to pot. Reduce to a simmer. Cover and cook for 35 minutes.

3. Add beans, basil, chives, and oregano. Cook 10 more minutes, or until rice is thoroughly cooked and tender. Season to taste with additional salt and pepper. Garnish with fresh herbs and serve hot. **WN**

Heather Bell and Jenny Engel

(sporkfoods.com) are sisters, authors of *Spork-Fed* and *Vegan 101*, and co-owners of *Spork Foods*, a Los Angeles-based gourmet vegan food company.

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Mexican Hero

Fresh vegetables are marinated in a complex, cinnamon and chili-spiked sauce, and then chargrilled and piled into these irresistible Mexican street-style sandwiches.

by **EDDIE GARZA**
photo by **JACKIE SOBON**



Grilled Vegetable Tortas

For an extra boost of protein and flavor, add a layer of refried beans before piling on the vegetables.

Makes 4 sandwiches

- 2** tablespoons olive oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{4}$ teaspoon chipotle chili powder
- $\frac{1}{4}$ teaspoon ancho chili powder
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon dried thyme
- 1** medium zucchini, thinly cut on the bias
- 1** medium yellow squash, thinly cut on the bias
- $\frac{1}{2}$ medium white onion, julienned
- 1** red bell pepper, seeded and julienned
- 4** bolillo rolls, sliced open and toasted (see “Chef’s Tip”)
- $\frac{1}{4}$ cup vegan mayonnaise, divided
- $\frac{1}{2}$ cup Classic Guacamole, divided (see recipe)
- 2** Roma tomatoes, thinly sliced
- $\frac{1}{2}$ cup chopped cilantro

CHEF'S TIP

A *bolillo* (sometimes called *pan francés*) is a traditional Mexican bread similar to a French baguette, but shorter, wider, and with a softer crust. If you can't find *bolillos* in your area, opt for a soft French sandwich roll.

1. In a large bowl, whisk olive oil, salt, garlic powder, cumin, chipotle chili powder, ancho chili powder, black pepper, cinnamon, oregano, and thyme. Add zucchini and squash, and toss to coat.
2. In a cast-iron grill pan over high heat, add squash slices and cook for 3 to 4 minutes on each side, being careful not to overcook. The high heat will ensure they will be charred, but still crisp. Remove from grill pan and transfer to a bowl or plate.
3. Add onion and red bell pepper to the same hot pan and cook for 3 to 5 minutes, stirring occasionally. Add cooked squash back to the pan, remove from heat, and toss to combine.
4. To assemble, spread 1 tablespoon vegan mayonnaise on bottom half of each bolillo. Spread 2 tablespoons guacamole on top half. Fill each torta with equal amounts of squash mixture, add tomato slices and cilantro, top with top half of bolillo, and serve.

Classic Guacamole

Makes 2 cups

- 3 large, ripe Hass avocados, peeled and pitted
- $\frac{1}{2}$ medium white onion, finely diced
- 1 small jalapeño, seeded and finely diced
- 1 large Roma tomato, seeded and diced
- 2 tablespoons chopped cilantro
- Juice of 1 lime
- $\frac{1}{2}$ teaspoon salt

In a large mixing bowl or *molcajete*, mash avocados until mostly creamy, leaving some chunks. Add remaining ingredients and mix well. Serve fresh. 

Eddie Garza (eddiegarza.net) is a vegan chef, author of *iSalud! Vegan Mexican Cookbook*, and a leading figure in the movement to reform food systems in Latinx communities.



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Morning Glory

Cozy up with a hot cup of tea and enjoy the lavender, lemon, and coconut flavors that make these scones an irresistible addition to your morning ritual.

recipes & photo by **JACKIE SOBON**



Lemon Lavender Coconut Scones

It's important to use very cold butter and a pastry cutter or fork to prevent the butter from melting when mixing this dough. This will help the little pearls of butter to create steam pockets, resulting in nice, flaky layers.

Makes 8 scones

For the scones:

- 1 cup plus 2 tablespoons full-fat coconut milk, divided
- 1 tablespoon ground flax seeds
- 1 teaspoon lemon zest
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon lemon extract
- $2\frac{1}{4}$ cups unbleached all-purpose flour
- $\frac{1}{3}$ cup sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup very cold vegan butter
- 1 teaspoon dried lavender flowers, plus more for garnish

For the glaze:

- $1\frac{1}{2}$ cups powdered sugar, sifted
- 3 tablespoons full-fat coconut milk
- 1 tablespoon agave nectar
- 1 teaspoon lemon zest

1. Preheat oven to 400 degrees, and line a baking sheet with parchment paper.
2. In a measuring cup, whisk 1 cup coconut milk, ground flax seeds, lemon zest, vanilla extract, and lemon extract. Set aside.



SCONE SWAPS

This versatile recipe is perfect for customizing with a number of flavor combinations, so don't hesitate to get creative. Here are some ideas.

LEMON BERRY BURST SCONES

Fold 1 cup fresh raspberries into dough before baking

CHOCOLATY BLISS SCONES

Instead of icing, opt for a rich, chocolaty drizzle by melting 1 cup chocolate chips with 1 to 2 tablespoons coconut milk

ORANGE DREAM SCONES

Swap the lemon zest and extract for orange, the lavender flowers for basil chiffonade, and the icing for orange marmalade

3. In a mixing bowl, whisk flour, sugar, baking powder, and salt until combined. Cut cold butter into flour mixture using a pastry cutter or fork until crumbly. Add lavender to mixture and combine. Add liquid mixture and fold together until there are no dry pockets. Dough will be somewhat sticky. Set aside for 5 minutes.
4. Transfer dough to a heavily floured counter or flat surface. Gently knead for 2 minutes. If dough is still very sticky, add more flour, 1 tablespoon at a time, while kneading. Roll dough out into a circle roughly $1\frac{1}{4}$ -inch thick.
5. Slice dough into 8 triangular pieces and transfer to baking sheet. Brush tops with remaining coconut milk. Bake for 21 to 23 minutes, or until lightly golden on top.
6. Once baked, cool on a rack for 15 minutes, and prepare glaze. In a mixing bowl, whisk powdered sugar, coconut milk, agave nectar, and lemon zest until very smooth. Once scones have cooled, drizzle with icing and garnish with lavender flowers. **W**

Jackie Sobon (veganyackattack.com) is author of Vegan Yack Attack's Plant-Based Meal Prep, a blogger, and professional food photographer who has an insatiable sweet tooth.

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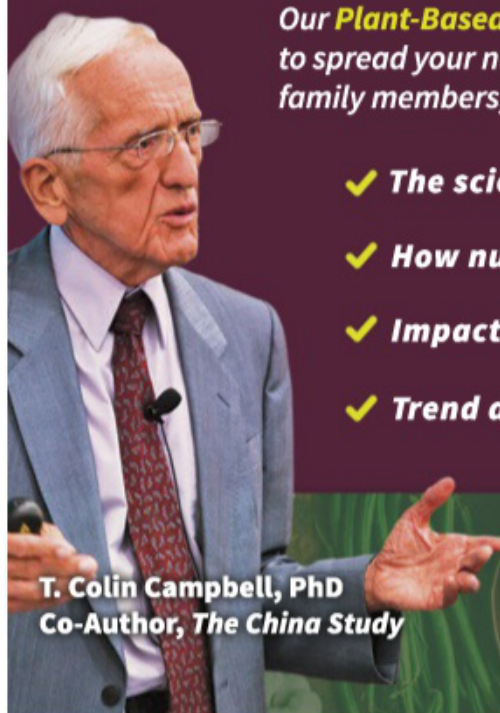
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LIME HIBISCUS SPARKLING TEA

Minna

Unsweetened means this lightly brewed rooibos tea gets its delicate sweetness from the floral-berry-sweet flavors of hibiscus and rosehips, and is accentuated with a tart twist of juicy lime. Caffeine-free means we're sipping without an afternoon crash, while bubbles mean we're getting our sparkling water fix, plus benefits.

MOCHA JAVA COFFEE KOMBUCHA

Revive Kombucha

Skeptical about the combination of coffee and kombucha? This five-ingredient bottle of organic 'booch, cane sugar, mocha coffee, and vanilla and almond extracts is all the convincing you'll need. Deep, roasty coffee beans lend delicious chocolate, floral, and fruity notes that'll have you actually looking forward to your mid-afternoon slump.

SPARKLING BLACKBERRY MINT YERBA MATE

Guayakí

Bright, sweet flavors of blackberry, lime, mint, and huckleberry meld and mingle with earthy-complex-bitter notes of yerba mate. Suspend it all in sparkling water, and you've got a lip-smacking tonic that imparts all the strength of coffee with the benefits of tea for a more balanced buzz.

GINGER + LIME + ROSEHIPS HIGH ALCOHOL KOMBUCHA

Boochcraft

Get the party started (while still feeling good) with this boozy raw kombucha imbued with fresh-pressed ginger, zippy lime juice, and delicate rosehips. But don't be swayed by its seven-percent alcohol content, as this fizzy fermented drink still packs a wallop of probiotics that'll have your gut thanking you.

TOASTED COCONUT ALMONDMILK CHAI

Bhakti

A good iced chai is hard to come by, but this spicy-sweet combination of organic black tea, fiery ginger juice, fragrant spices, and almond and toasted coconut creams does just the trick. Perfectly balanced and expertly spiced, this tropical South Asian blend gets its sweetness from zero-sugar monk fruit, meaning it's our new go-to sugar-free bev of choice.



Earthy matcha, frothy nitro lattes, fruity brewed teas, and boozy kombuchas are transforming the grab-and-go beverage section at grocery stores into a place to find wellness, a boost of natural energy, and even good-for-your-gut elixirs. VegNews editors tested dozens of brewed concoctions to find the best of the best, and these are the 10 we can't stop sipping.

photo by **JACKIE SOBON**

MATCHA

Cha Cha Matcha

Looking for a natural caffeine kick without the jittery coffee crash? We've found it in this straight-up high-quality matcha.

The naturally occurring L-theanine in brewed green tea offers a slower, smoother buzz, while a touch of Pacific sea salt adds electrolytes and heightens the fresh flavors of the tea.

SALTED CARAMEL NITRO DRAFT OATMILK LATTE

Califia Farms

The vegan milk masters at Califia have succeeded in condensing the full experience of a coffeehouse into a can. Creamy oat milk, strong-brewed coffee, and vegan caramel syrup are a good enough trio, but once you crack open this can, specialized nitro widgets are activated that instantly foam and froth your latte to perfection.

COLD-BREW MEXICAN COFFEE

Chameleon Cold-Brew

Rich, bold coffee slow-brewed without heat makes for a markedly smoother, less acidic java experience. So we're doubly obsessed with this bottle of cold brew, upgraded with aromatic flavors like cinnamon, almond, and vanilla.

Staff
fave

ICE-STEEPED COLD BREW RASPBERRY BLACK TEA

Teas' Tea

Stave off the winter blues with one summery sip of this fruity, mellow iced tea. Made simply from whole organic tea leaves and raspberries steeped in ice, this lightly caffeinated, antioxidant-rich beverage has its subtle sweetness boosted with a touch of organic cane sugar.

COCONUT MOCHA DRAFT LATTE

La Colombe Coffee Roasters

A canned version of the coffeehouse's foamy, poured-from-tap beverage, this chocolate mocha-infused coconut milk latte is supremely smooth and boasts silky microfoam in every sip. Enjoy it more thanks to an ingenious lip guard that helps aerate the drink while keeping contact with metal at bay.

IN SNOWY TORONTO,
**A Vegan Mexican
Oasis**

BLOOMS

Breakfast
Tacos



by **NICOLE AXWORTHY**

ROSALINDA, a hidden, high-style hot spot, serves elevated Mexican-inspired entrées in its distinctly modern greenhouse, allowing Torontonians to hang on to the summer vibe all year round.

TORONTO HAS LONG been a well-known hub for fantastic vegan food, boasting everything from authentic Neapolitan-style pizza to next-level Canadian maple doughnuts to even an entire plant-based neighborhood. But the city's bustling Financial District has never really been on the vegan foodie's radar. That is, until premier plant-based Mexican restaurant Rosalinda came along.

From the outside, it's an unassuming eatery on the bottom floor of an office building that could just as easily be a small coffee shop or dentist's office. But once you walk through the front doors, you'll immediately discover an airy, light-filled space that feels like a chic industrial garden—a striking contrast to the concrete jungle of skyscrapers and steakhouses outside. Sun splashes through antique overhead windows sitting atop a vaulted ceiling and a veritable greenhouse of lush plants offer an earthy feel against the sleek teal velvet banquettes and polished concrete floors. The fresh vibe makes it one of the most magical restaurants in



**Kale
Salad**

used to divide the room. Beside them, an Instagram-worthy dining space is furnished with a communal wooden table for hosting large parties. An antique chandelier floats above, complemented by rose-colored steel garden chairs with velvet padded seats and a lush paisley area rug underfoot. More vintage tables and mossy green banquettes sit off to the side to create the full 136-seat space. Diners who fill the seats range from tattooed millennials to business folks on their weekday lunch break, plus the

DIVERSITY DAZZLES

An idea more than eight years in the making, Rosalinda brings together three of Toronto's top restaurateurs—Jaime Cook, Max Rimaldi, and Grant van Gameren—in what is their first all-vegan space. Cook, who initially came up with the concept, transitioned to a plant-based diet after his wife opened his eyes to the reality of the meat industry, and since then, he's been imagining an accessible, feel-good space that would fill a much-needed gap in the city's vegan scene. "It was something I wanted to do, and I wanted it to not be in a political or pushy way," Cook says. "A lot of our clients follow a plant-based diet and a lot of them don't, so we wanted it to be very accessible to everyone." He had several conversations about the concept with Rimaldi, his partner in local restaurant Pizzeria Libretto, and four years ago realized he had to dive in and just do it.

The menu, a celebration of the best of Mexico, features big and bold flavors in veg-focused dishes such as tostadas, jackfruit tacos, and tofu bowls with Mexican flair, punctuated with sauces like *salsa macha* (a spicy, nutty Veracruz condiment), *sikil pak* (a Mayan pumpkin

The fresh vibe makes it one of the most magical restaurants in Toronto.

Toronto—where you feel like you're dining al fresco even in the depths of winter.

As you make your way inside, past a long row of tables and a dark bar area where the liquor display is lit from behind, you'll come across eight-foot-tall vintage stained glass church windows

odd celebrity who's in town filming. Take another look around, and you'll discover rose-colored shelves filled with vintage faux floral arrangements, old window frames that act as privacy walls, and hand-painted murals, which add a subtle eclectic quality that brings the space to life.

2



2



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seed dip), and chimichurri (an herb-heavy sauce originating from Argentina). It also incorporates many of Mexico's native foods such as corn, beans, avocado, sweet potatoes, tomatoes, cactus, and chili peppers—all beautifully prepared and loaded with zesty flavors and aromatic spices.

Most dishes are fit for sharing, which is the best way to try out the diverse menu. Rosalinda's take on ceviche is built around sizable slivers of soft young coconut with diced celery, apple, and pickled shallots dressed in a citrusy herb *leche de tigre*, which provides a fresh note. For a dish that's pleasantly playful, the chilaquiles verdes can't be beat. Served in a shallow bowl with a spoon so you can mix the layers of flavors, it features crispy housemade tortilla chips bathed in a green salsa and topped with avocado, jalapeño, spicy tofu chorizo rojo, cashew crema, and queso. In addition to being offered at dinner, it's a brunch option that Rosalinda chef de cuisine Matthew Ravenscroft says "is made by hungover people for hungover people," and is guaranteed to cure any morning-after blues.

While Mexico's post-colonial cuisine is now known for its meat-heavy dishes, Rosalinda's menu doesn't try and replicate meat. In fact, it might even make meat-eaters fall out of love with *carne* all together. For lunch or dinner, the already-famous Rosaburger features a thin black

bean patty with a crispy exterior, providing a classic, just-from-the-grill burger experience. Topped with smoked eggplant chips, cool iceberg lettuce, avocado salsa, and a thick smear of chipotle mayonnaise—all sandwiched in a fluffy white bun—the burger is not for eaters with small appetites. In between bites, dive into the pile of thick-cut, lightly salted French fries that take up the majority of the plate. Feeling extra indulgent? Upgrade the burger with melty vegan mozzarella and a drizzle of cashew crema, poblano salsa, pea tenders, and scallions on the fries.

Another perennial favorite is the roasted Japanese eggplant. Embracing the impression of a plate-sized steak while still honoring the vegetable, the eggplant's thick, tender slices are artfully arranged on a base of bright orange *salsa macha*. A drizzle of crema offers a cool and creamy element while the scattering of pomegranate seeds lends crunch and sweetness.

A visit to Rosalinda wouldn't be complete without churros—a popular cinnamon-sugar-coated, fried-dough pastry that has the eatery churning out over 300 sticks a day (they've made more than 68,000 to date and have gone through four churro presses since opening). The ridged sticks delight diners with a tempting crispiness on the outside while still staying doughy on the inside, and are served with an accompanying

The Let Me Have It



chocolate-banana-caramel sauce that is thick and sweet, with a chocolate undertone that you don't discover until after you're in for a few bites. Even if dessert isn't your thing, this particular dinner finale can change lives.

MIRACULOUS MIXERS

Rosalinda's spectacular drink menu is yet another reason to spend an evening here. Health aficionados will have their pick of Village Juicery juice—a Toronto favorite for fresh, cold-pressed concoctions and a perfect complement to the elegant menu. Cocktails include the soft and subtle Grandma's Boy, made with Beefeater gin, Cocchi rosso, jasmine-cantaloupe syrup, lemon, and mint, topped with a thin layer of foam you'd initially think is made from aquafaba—but the bar secret is actually a mixture of alcohol, cane sugar, and botanical extracts. Dream up the most refreshing tequila-based drink and that's the Pepinón. Made with Altos blanco tequila, cucumber, ginger beer, pineapple, and lime, the refreshing beverage makes you think you're drinking a nourishing green juice that was secretly spiked. The punchy heat of ginger contrasts with the cool cucumber slice adornment making for a sip as aromatic as it is delicious.

The creatively interpreted bar menu doesn't discriminate against lighter drinkers, with an offering of low-alcohol and virgin "placebo" cocktails that look just as sophisticated as the stronger ones.

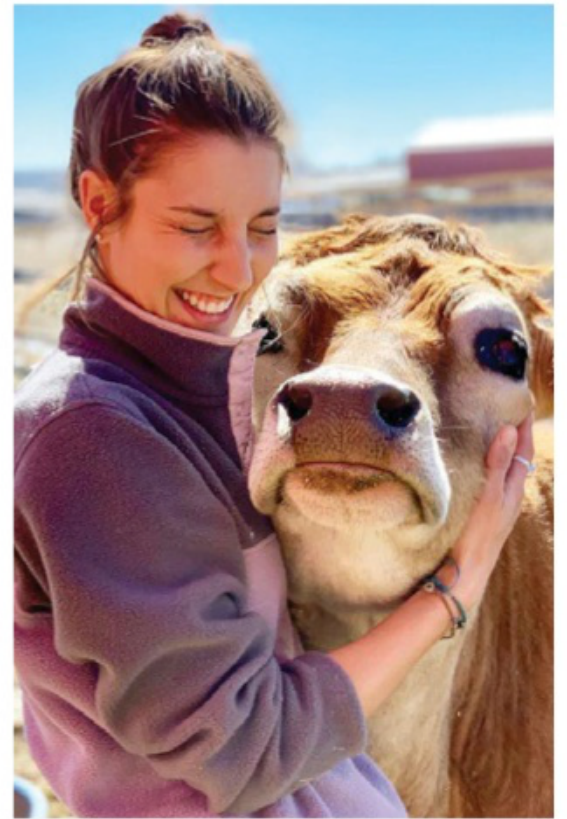
French Toast



Many are made with Seedlip, a nifty non-alcoholic distilled spirit. The bar menu goes on to include beer, cider, wine, kombucha, and coffee, so it might take a while to choose a drink (or two).

It's clear that the creators of Rosalinda have poured their love and attention into every last detail, including the high-style ambiance, top-notch hospitality, and impressive food and drink, which sets them apart from the rest of Toronto's diverse vegan restaurant scene. The result is a space that welcomes patrons of all dietary leanings, allowing visitors to come together to celebrate all-things plants in an outdoor-meets-indoor dinner party they won't forget. **VN**

VegNews News Editor **Nicole Axworthy** (@adashofvegan) fulfilled her love of all-things cinnamon after consuming Rosalinda's cinnamon-spiced churros.



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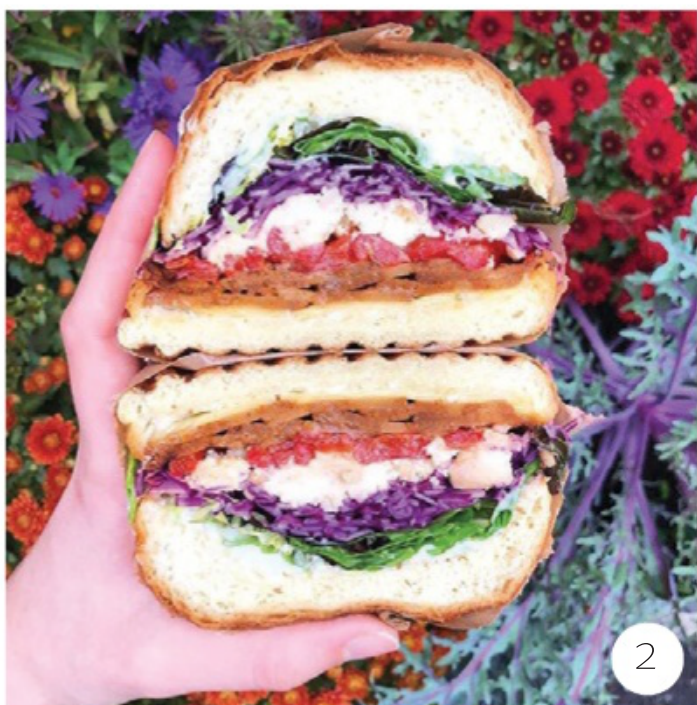
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Big Apple Bites

In the city that never sleeps, start your day with dim sum in Chinatown, munch your way through Brooklyn's epic vegan junk-food scene for lunch, and swill fancy cocktails in the East Village late into the night.

by **CRYSTAL PANG**



2



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4



5



6

New York City has everything a food-loving, culture-hungry vegan could want, including iconic landmarks, unparalleled shopping, and a top-tier plant-based food scene. With so many choices, it's easy to be overwhelmed, but our curated list reflects the city's best and most creative global influences. So come hungry and pack comfy shoes—because when it comes to finding incredible vegan food, New York City's a walk in the park.

DAY 1

1/Breakfast

Bodhi Kosher Vegetarian Restaurant

Nothing says “melting pot” more than a dim sum breakfast in Chinatown. At Bodhi, the Chinese influences are everywhere, from the lucky red décor and lazy Susans to the ubiquitous silver tea pots. Order the Soup Dumplings—plump pouches stuffed with meaty minced soy—and save room for the warm, perfectly baked buns filled with plant-based barbecue pork.

2/Retail Therapy

Orchard Grocer

Always leave room in your stomach—and your suitcase—for a trip to Orchard Grocer on the Lower East Side. At this vegan deli, shelves are stacked with vegan bacon chips, mushroom jerkies, carrot lox, and other hard-to-find items (a tip: the buttery, flaky croissants are to die for). And even though it's cold out, a cup of the cashew-olive oil soft-serve is a must. Try the

seasonal blueberry-vanilla swirls topped with caramel sauce or rainbow sprinkles. Bonus: Orchard Grocer's vegan roommate is MooShoes, legendary for fashion-forward, leather-free footwear.

3/Instagram Photo Op

Brooklyn Bridge

Even in winter, walking to Brooklyn across this iconic bridge is an epic experience. First, there's those quintessential Manhattan cityscape views (the perfect selfie backdrop). Then there's the people-watching—great for fashion trend-spotting. Once you work up an appetite, grab a spicy vegan chorizo taco from Taco Dumbo a few blocks from the finish to reward yourself for walking the mile.

4/Lunch

P.S. Kitchen

In the hustle and bustle of the Theater District and Times Square, you'll see a glowing neon sign that signals your arrival at P.S. Kitchen. All profits go to charity at this Asian-influenced vegan restaurant, so



you won't feel bad about ordering both the glazed maitake steamed bao and the tender hen-of-the-woods Buffalo wings. The classy and ultra-Instagrammable white-washed brick walls and pink-tinted lights will have you eating and drinking in style; for the latter, the seasonal "A Matcha Made in Heaven" cocktail is recommended to celebrate the joys of day-drinking on your vacation.

5/Shopping + Dinner

Chelsea Market & Beyond Sushi

This covered retail bazaar is perpetually packed with people looking for the latest designer clothing sample sale, vegan crêpes, and chewy hand-pulled noodles. Here, you'll find Beyond Sushi, a 100-percent vegan sushi chain that even impressed Mr. Wonderful on *Shark Tank*. The four-grain rice blend, baked tofu, braised vegetables, and drops of shiitake-truffle sauce prove that fish-free sushi is definitely the future.

DAY 2

6/Sunday Brunch

Champs Diner

Champs is famous for its tall stacks of fluffy cinnamon bun pancakes, cookie dough milkshakes, gooey mozzarella sticks, and tofu scramble breakfast plates. The black-and-white checkered floors, old-school diner booths, and the smell of piping hot fried-

chicken sandwiches paint a picture of a mid-century diner, only here, it's reimagined as an animal-free dining destination. Come early, come hungry, and always pick something savory and sweet to balance your palate.

7/Art Excursion

Artists & Fleas in Williamsburg

Visiting New York used to mean coming home with "I ♥ NY" t-shirts, but the growing local artisan community proves that souvenirs are better when bought from small Brooklyn businesses. Explore something old, something repurposed, or something new, from crafty handmade jewelry and tote bags with attitude to vegan beauty products and wall art made from vintage city maps. Treat yourself with a vegan strudel apple muffin from nearby bake shop Ovenly.

8/NYC-Style Snack

Screamer's Pizzeria

You can't go to New York without eating a nice slice of greasy pizza. This no-frills, plant-based hot spot beckons all who pass by with its glass case full of delectable pies, including the popular "Grandma" Sicilian-style slice with a fluffy crust and a heavy dose of garlicky tomato sauce topped with a thick layer of vegan cheese. Order more than you can handle, let that oil pool up on your paper plate, and consider yourself a true New Yorker.

9/Dinner

Superiority Burger

This hole-in-the-wall vegetarian burger shop is small but mighty in both its reputation and flavor. Grab extra napkins when you order the New Creation burger because it's a (literal) hot mess made with savory griddled yuba, pickles, and a cheesy sauce stuffed between two soft buns. Do yourself a huge favor and order the burnt broccoli side and homemade two-layer ice cream dessert made with seasonal flavors including apricot sorbet and tahini gelato.

10/Late-Night Cocktails

Ladybird

The East Village is heaven for vegan options and bars, but if you could only choose one, make it Ladybird. At this self-proclaimed "vegetable bar," you can sip a sophisticated beverage in a space inspired by nature and elegance, featuring gilt mirrors, crystal chandeliers, and a green velvet banquette. Have a seat at a cozy candlelit table and order the warm cheese fondue with roasted vegetables with your cocktail, because drinking and snacking is the ultimate cap on a perfect vacation. **WN**

Crystal Pang (@veganeatsnyc) is the stomach and mind behind *Vegan Eats NYC* (a guide dedicated to eating out in *The Big Apple*), has been vegan half her life, and loves sharing indulgent food.



Agrivilla i Pini
in Italy

TRAVEL & TRANSFORM

Vegan travel is no longer niche. It's a fast-expanding market with massive consumer appeal, and these plant-based hotels with five-star food and life-enhancing amenities are putting the category on the map.

by **AURELIA D'ANDREA** with **JASMIN SINGER**

FOR MANY OF US, vacations only roll around once a year, and that means we've got to make every moment count. Whether ensconced in a luxe Italian *agriturismo* or relaxing in a rural, secluded inn, today's vegan traveler needs more than just a feather-free pillow on which to rest their head; they need a faraway home base to support them

on a quest to relax, reboot, and rejuvenate. For some, that means an on-site spa, and for others, it's a tranquil place to completely unplug. Whatever it is you crave, a growing cadre of boutique hotels is there to greet you with extra-special perks created with your values in mind. Get ready, this global tour will completely transform you.



Hotel
Plantación
in Colombia



A GARDEN OF EDEN

HOTEL PLANTACIÓN

Jardin, Colombia

Rolling into the small coffee town of Jardin, past the colorful colonial-era houses framed against a backdrop of verdant mountains, you can't help but exhale and sink into relaxation mode. Though undiscovered by most of the world, this small city of 14,000 in the country's northwestern Antioquia province has long been a weekend destination for urbanites in the regional capital of Medellin, who come to experience the healing power of the area's waterfalls, forests, and wildlife.

Once you reach Hotel Plantación, you'll first be captivated by its contemporary elegance and stylish use of

color, with rich yellows and blues offset by vivid pops of green foliage. The theme continues as you enter the courtyard and visually explore the chic inner sanctum. Dotted around the common areas are artistic elements—textiles, framed prints, custom furniture—created by local artists, lending each space a highly curated, intentional feel.

Owners Verónica Arango and Daniel Hernández worked in design before trading in their big-city lives to fulfill a dream of creating an eco-friendly boutique hotel, and their aesthetic vision is the perfect complement to the natural beauty that abounds here. Inside, the rooms are simple yet comfortable, with French doors that swing open to allow you to be serenaded by a chorus of frogs and birdsong. The mini decks and private

balconies give front-row-center views of the hotel's private orchards and the mountains beyond.

Environmental sustainability is a driving force for Hernández and Arango, who understand the reality of travel's carbon footprint and strive to prove that comfort, style, and sustainability are not mutually exclusive concepts. Recycled rainwater feeds the garden, food is composted, and guests are offered reusable bags for shopping excursions. The on-site vegan restaurant, Consulado Vegetal, is open to guests as well as to the public, and each dish, from the granola bowls and pancakes to the Colombian mezze platter—brimming with cacao butter-refried beans, sweet plantain hummus, barley-beet croquettes, and homemade guacamole—is prepared



with locally sourced ingredients, much of which is grown right on the hotel grounds.

Hotel Plantación's on-site spa is a wellness haven, offering reflexology and massage to help guests make the most of their down time. The Energy Ritual in the River is a fast track to whole-body healing, beginning with a 30-minute hike to a nearby waterfall, followed by a dip in the river. Next comes an external herbal-smoke "cleansing" and a sugar-and-coffee scrub, ending with a super-relaxing cranial-sacral massage with local *miel de purga*, a type of "honey" that comes from a plant.

While Jardin isn't on most Americans' radar yet, it's only a matter of time before word gets out about this South America gem and Hotel Plantación becomes the best-kept secret everyone knows about. Our advice: get in while you can—and treat yourself to the cure that heals all ailments: Mother Nature.

UNDER THE TUSCAN SUN

AGRIVILLA I PINI

San Gimignano, Italy

The term "la dolce vita" wasn't coined by Franziska and Benjamin Posch, the owners of Agrivilla i Pini, but they've certainly captured the essence of the sweet life at their 11-room *agriturismo*—Italian, loosely, for farmstay—nestled in the undulating Tuscan countryside in the historic town of San Gimignano, Italy.

Surrounded by 15 acres of grapevines and olive groves, the stunning abode is a feast for the senses. Lush gardens brim with plants grown from heirloom seeds, while figs, cherries, and apricots drip like jewels from the trees. If you spot a beehive, there's no need to sound the vegan alarm; these are safe spaces for the bees to live and work, a thank-you of sorts for pollinating the many plants that will be transformed into food served to guests at

the hotel's farm-to-table restaurant.

Fresh food, organic wine, good company—these are the things that matter at Agrivilla i Pini, not Facebook, Instagram, and YouTube. Each minimalist room in this renovated 15th century farmstead is delightfully free of distractions: no television, telephones, or internet. If the thought of a temporary device divorce has you panicking, fear not. While the hotel was designed as a chic retreat from the digital world, wifi is available in common areas, although resisting temptation is encouraged here to allow you to experience each moment fully, in real time.

On warm days, meals are served on the outdoor patio, treating guests to sweeping views across the ancient landscape dotted with medieval towers and church spires. Tuning into the sights and smells, you'll pick up the aroma of freshly brewed coffee wafting out of the kitchen each morning, before tucking in to

a veritable “slow buffet” of freshly baked cakes and breads, colorful fruit salads, luscious spreads and dips, and wholesome muesli with homemade almond milk. Dinner is a four-course affair dedicated to the region’s plant-based bounty; think focaccia, bruschetta, and house-fermented vegetable appetizers; vine-ripened gazpacho soup and rustic salads for the first course; eggplant parmigiana and handmade pasta for the main dish; and decadent raw cheesecakes and a seductive caramel slice—featuring layers of shortbread, caramel, and chocolate—for dessert.

The icing on the cake might be the outdoor saltwater pool, the ultimate spot for relishing downtime. Guests can settle into a chaise lounge made from sustainably produced wood, sip a drink from the hotel’s wellness bar, and soak up the experience with nothing to distract them besides epic views and the call of the sun-warmed water.

Agrivilla i Pini operates within the philosophy of “Biotique,” their personal approach to life that blends quality and beauty with a goal of working toward the common good of humanity. The pillars of their philosophy—vegan, organic, sustainability, seasonal, and handmade—are visible at every turn here. For anyone who’s dreamed of a truly relaxing getaway free from the distractions of modern life, la dolce vita awaits them here, under the Tuscan sun.

SCOTTISH SENSATION

SAORSA 1875

Pitlochry, Scotland

At the gateway of the Scottish Highlands, two hours north of Edinburgh, lies the Victorian town of Pitlochry: a charming village known for its theater festival, hikes to picturesque lochs, and endless whisky distilleries. And about a 15-minute walk from the quaint town center—right where your train will leave you, should you follow the rite of European rail travel—is Saorsa 1875, a luxury hotel featuring upscale plant-based dining, feather-free bedding, and a couple of flirtatious resident dogs, Roxy and Lizzie. Founded by Sandra and John McLaren-Stewart and their three kids, Saorsa



VegNews Food Lover's Tour of Paris

with Vegan Epicure travel

May 9–15, 2020
October 3–9, 2020

Join VegNews Magazine and Vegan Epicure Travel for an unforgettable week of decadence in The City of Light! Relish the luxe side of the French capital while dining on elegant plant-based cuisine, exploring neighborhoods brimming with historic charm, and savoring the cultural extravagances this captivating metropolis offers.

Trip highlights...

- Dine at Paris’ top vegan restaurants
- Indulge in chocolate, cheese, and wine tastings
- Take cooking classes with celebrated chefs
- Experience vegan high tea at a five-star hotel
- Brunch at Paris’ hottest café
- Enjoy a French picnic at the Eiffel Tower
- Bicycle through hidden backstreets
- Tour a neighborhood vegan *fromagerie*
- Explore open-air Parisian markets
- Relish sumptuous French pastries
- Sip champagne at an authentic *cave à vin*
- Cruise the Seine by moonlight
- Experience the theater in true Parisian style
- Take a private tour of Versailles
- And so much more!



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\$4,595
per person

VegNews.com/paris

More is More

When it comes to vegan hotels, no two are alike. These five—from a rustic Central American lakeside retreat to a cozy inn on the rugged Northern California coast—range from simple to simply luxurious.

APOYO LODGE

This eight-room boutique hotel perched on the edge of a scenic lagoon in western Nicaragua promises to nourish guests with healthy plant-based food and a full menu of wellness options including yoga and massage.

THE FARM AT SAN BENITO

Sunshine, warm air, Instagram-worthy cuisine, and understated luxury are the key ingredients to a restful stay at this health resort in the Philippines. If you need a wellness reboot and crave relaxation, make this your next vacation destination.

HOTEL NICOLAY 1881

This 34-room hotel in the verdant rolling hills of southern Germany might be the country's best-kept vegan secret. Each room costs less than 100 euros a night, the on-site dining options are fresh and healthy, and the surrounding countryside promises hours of outdoor fun.

THE STANFORD INN BY THE SEA

This beloved favorite of the VegNews staff boasts pet-friendly rooms and suites complete with fireplaces, private decks with Pacific Ocean views, an award-winning vegan restaurant, and an indoor spa with a swimming pool, sauna, and hot tub.

LA VIMEA BIOTIQUE HOTEL

Tucked into the foothills of northern Italy's Tyrolean mountains, La Vimea—brought to you by the owners of Agrivilla i Pini in Tuscany—offers pared-down luxury set against a stunningly beautiful alpine backdrop.



(pronounced “sore-sa”) is named after the Gaelic word for freedom.

Driving that message home, and the reason to book a stay at this 19th-century storybook castle, are the five-course dinners. Each evening, guests step into the dining room for a communal experience that turns hungry strangers

into sated old chaps in two hours flat. Night after night, head chef Luca Sordi outdoes himself; be prepared to swoon over his culinary creations, each their own work of art.

Sordi's inspiration for his rotating menu stems from the ingredients he sources by foraging (such as wild fennel, mushrooms, and nasturtium); supporting local companies (the bread is fresh from the woodfire oven at nearby bakery Wild Hearth); and chemistry (he's known for creating an impeccable vegan egg using reverse spherification that creates a “yolk” from apple, carrot, and seaweed). You'll never know ahead of time what dinner entails, but after your first bite, you'll completely trust in his vision; his recent concoctions range from spelt seitan with sesame *pane*



and curry mayonnaise, almond butter with fermented spruce tips and lemon thyme, and smoked purple cabbage with pleurotus and golden beetroot. Complementing your meal is a full bar featuring whisky cocktails (get the Negroni and sleep extra well) and organic wines expertly paired with your supper.

After you sleep it off in your pared-down room designed as a cozy hideaway, head back downstairs where fresh croissants, hand-squeezed orange juice, and hot, foamy lattes await. If this level of pampering feels like a dream, that's because in many ways, it is. An experience like this—complete with next-level dining and a refreshing mom-and-pop feel, set amidst an awe-inspiring mountainous backdrop—is something that, for many of us, has existed solely in our fantasies. But at the foot of the Scottish highlands, Saorsa 1875 is a beautiful reality. **VN**

Travel Editor and wellness seeker

Aurelia d'Andrea is plotting her next transformational getaway to Tuscany.

VegNews' Jasmin Singer (jasminsinger.com) has permanent wanderlust and recently spent part of her honeymoon at Saorsa 1875.



VegNews

Food Lover's Tour of Thailand

with VegVoyages

October 16–27, 2020

If you love food and adventure, don't miss this extraordinary journey to Thailand with VegNews.

An intimate group of readers will experience sumptuous vegan cuisine, the famous Phuket Vegetarian Festival, and the vibrant culture of this enchanting Asian country.

Trip highlights...

- Meander through bustling bazaars
- Explore the backstreets of Bangkok
- Take vegan Thai cooking classes
- Wander through an all-vegetarian market
- Savor a vegan BBQ on the Maeklong River
- Visit a woman's monastery
- Travel by gondola through peaceful canals
- Explore palaces, temples, and gardens
- Learn Thai history and culture
- Visit a wildlife rehabilitation center
- Island hop and snorkel in the Andaman Sea
- Enjoy a Thai feast with a local family
- Sip fresh coconuts on the beach
- Relax with a traditional Thai massage
- And so much more!



VegNews.com/thailand



Time to Dump the Diet

Forget fad diets this year. Here's how to improve your relationship with food for good.



EXPERT TIP

Make sure you actually like what you're eating! Incorporate flavorful foods throughout the day, experiment with new ways of cooking and seasoning vegetables to make them super tasty, and eat mindfully so you can savor every bite.



Q.

I'm ready to better my health and have been considering going plant-based. But I've also heard a lot of talk about keto, paleo, and intermittent fasting—and that some can be done vegan, too. Should I be looking into these diets?

A.

Dieting isn't a new trend—fad diets come, go, and resurface with new names all the time. According to *Market Research*, the US weight-loss market was worth an estimated \$72 billion in 2018. From diet foods and meal replacement shakes to weight loss drugs and surgeries, there is plenty of money to gain from Americans' desire to lose weight.

The twisted truth about dieting, though, is that not only does it fail to deliver on its promise of sustained weight loss, it increases both physical and mental health risks. Research shows that most people who lose weight often gain it all back, and then some. And people who hop from one diet to another and experience significant fluctuations in their weight (called weight cycling) are at increased risk for osteoporosis, depression, and even death. So why do people keep falling for the false promises of diets? **The internalized weight stigma we experience in a culture that says thin is good and fat is bad is a powerful force that leads even the most educated consumer into a den of diet lies.** So the fact that fads like keto, paleo, and intermittent fasting are becoming increasingly popular isn't surprising.

Three Ways to Improve Your Relationship with Food

When it comes to dieting, the risks simply outweigh the benefits. The good news is there are ways to improve your health without dieting or trying to lose weight.

Understand that dieting doesn't fix anything. It's important to understand that long-term health improvements come from realistic and sustainable habits that are personally meaningful. Let go of judgment, shame, and control surrounding food.

Appreciate all that food does. Food is more than just a collection of nutrients. It's cultural, social, and political. It's linked to many of our most special memories and experiences. Food can be emotional, and that's okay.

Cope with emotions healthfully. While food is a perfectly fine tool for self-soothing, it shouldn't be your only one. If you're constantly reaching for food, even when you're not hungry, it's time to build up your self-care toolbox with non-food strategies.

Diets, Demystified ...

KETO

1. WHAT IS IT?

The ketogenic diet is a high-fat, moderate-protein, low-carb diet (originally designed to help manage epilepsy) that has exploded in popularity over the last few years. The goal is to put the body into a state of ketosis, in which it uses fat as fuel, rather than glucose broken down from carbs.

2. HOW IS IT DONE?

To achieve ketosis, one needs to consume no more than 60 grams of carbohydrates per day (for reference, one medium banana contains 27 grams of carbohydrates). At least 80 percent of calories should come from fat on this diet.

3. CAN IT BE DONE VEGAN?

It's difficult for both vegans and non-vegans to achieve ketosis and get all the nutrients needed. Any eating style that limits the intake of fruit, vegetables, whole grains, beans, nuts, and seeds is problematic. There is not enough research to recommend the ketogenic diet to the general public.

PALEO

1. WHAT IS IT?

The paleo diet seeks to imitate the way early humans ate during the Paleolithic Period 2.6 million years ago. One issue, though, is that these humans ate vastly different diets from one another, depending on where and when they lived. And, of course, the world has changed a lot since then.

2. HOW IS IT DONE?

The paleo diet is comprised of non-starchy fruits and vegetables (beans, peas, potatoes, and corn are starchy vegetables and are therefore excluded), meat, eggs, and seafood.

3. CAN IT BE DONE VEGAN?

While it would be easier to follow a paleo diet as a vegan than a ketogenic diet, it would still be difficult. There's simply no evidence warranting the exclusion of whole grains and other nutritious plant foods. Plus, recent archaeological discoveries have proven that humans living during the Paleolithic Period did, in fact, consume bread.

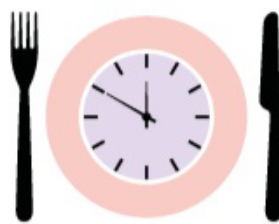
INTERMITTENT FASTING

1. WHAT IS IT?

There are a few different kinds of intermittent fasting but each calls for limiting food intake to specific days or times of day.

2. HOW IS IT DONE?

This diet is unique in that it doesn't prescribe what to eat, but when to eat. So, theoretically, you can do this diet on any eating pattern. Some people alternate eating days with fasting days, while others limit their food intake to a small time window during the day.



3. CAN IT BE DONE VEGAN?

Research doesn't show any benefits compared to traditional caloric restriction, and the risks are the same, if not heightened. Researchers have found fasting can lead to disordered eating behaviors, and is often associated with other side effects including chills, irritability, and trouble focusing.

Taylor Wolfram, MS, RDN, LDN (taylorwolfram.com), is a vegan nutritionist focusing on intuitive eating, size-inclusive health care, and social justice.

DELICIOUS PLANT-BASED BEVERAGE & CREAMER

No Refrigeration Needed!



Go Go Gadgets

The latest beauty gadgets promise to tighten pores, eliminate puffiness, and bring an ethereal glow to your complexion, but do they deliver? VegNews Beauty Editor **AURELIA D'ANDREA** put these cruelty-free contraptions to the test.

3



Pacifica Rose
Quartz Facial Roller

1



StackedSkincare
Dermaplaning Tool



Foreo Luna Mini

2

FORGET THE QUEST for eternal youth; healthy skin is where it's at in 2020, making right now the opportune time to dip your toes into the weird and wonderful world of skincare gadgets. From prickly rollers to vibrating wands, there's no shortage of vegan-friendly tools that promise to plump, tone, and impart luminosity—and these cruelty-free grooming gadgets made the cut.

1. Just Scraping By

True fact: facial hair is not the exclusive domain of the male species. If you've

experienced the phenomenon known as “peach fuzz” and want to banish it temporarily, this is your tool. Gliding this tiny straight razor (with refillable blades) across your face removes the fuzz and the top layer of dead skin, leaving you looking like you just treated yourself to a fancy facial.

➤ **StackedSkincare Dermaplaning Tool, \$75**

2. Buzz-worthy

Here's something we can probably all agree on: clogged pores are not cute, but thankfully, the Swedish company behind this handy cleansing device has figured out the secret to getting skin looking spic and span. You just dampen this waterproof silicone disk, hit the power button, and massage it around your nose, chin, and

forehead until it pulsates three times to signal you're done. Now: look in the mirror. Do you look amazing, or what?!

➤ **Foreo Luna Mini 2, \$118**

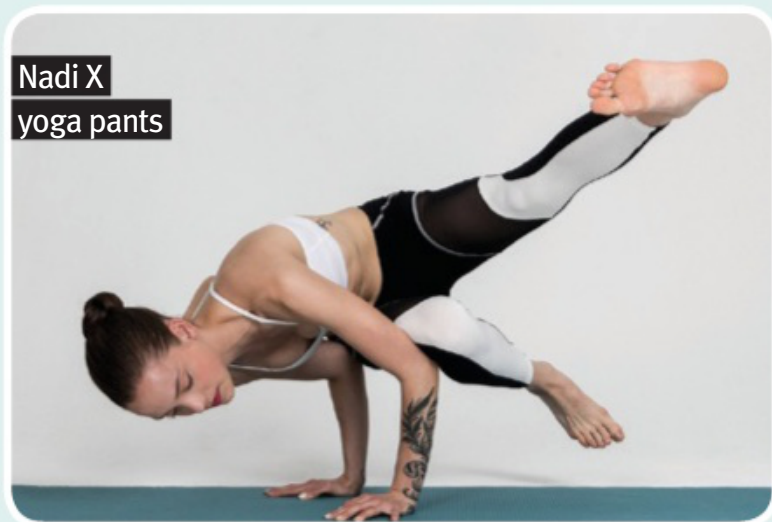
3. On a Roll

Even if this natural quartz roller didn't reduce puffiness and relax facial muscles as promised (it does), I'd still use it. Why? It feels good! The small roller smooths the furrows between your brows and perks up tired under-eye circles, while the bigger end gives you that home-spa feeling when rolled around your cheeks, jaws, and forehead. Both stones are naturally cool, but for extra de-puffing results, store yours in the fridge before using.

➤ **Pacifica Crystal Wand Secret Weapon Rose Quartz Facial Roller, \$19**

FUTURE FASHION

If “work smarter, not harder” isn’t the motto for your 2020 wardrobe, it should be. These staples merge technology and functionality to give you a great return on your sartorial investment.



EVERYONE’S DONE IT once in their life: used the new year as a defining moment to wipe the slate clean and pledge to get fit, shed unwanted weight, and restore health and vitality. With the help of wearable tech, you don’t have to go it alone. These accoutrements offer support, feedback, and protection from some of the biggest impediments to getting in shape and upping your wellness game. If you’re looking for that kind of a boost, try these on for size.

WEARABLE WELLNESS

Wearable X Nadi X in Mesh

With these leggings, their app, and your phone, you can transform the world into your own private yoga studio. Sensors attached to strategic spots on each leg buzz and pulse as they guide you through your asanas, and the optional voice-guided workout acts like a gentle teacher. And when they need a good cleaning, you can safely toss these leggings right into the washing machine.

SMART SOCKS

Sensoria Smart Sock V2.0

Working toward that 10,000-steps-a-day

goal? These wool-free, breathable synthetic socks are ultra accurate not only with logging your steps, but also clocking your speed and the number of calories you’ve burned. Attach the sensor to one sock and activate the app before you go out walking, running, or prancercising, and get the feedback you need to maximize your workouts.

FIT FUTURE

Ambiotex Starterset Tanktop

Have you noticed a theme here? Yes, stylish sensors are the new black, and the ones attached to this second-skin microfiber tank monitor your movements and deliver data that includes your heart rate, anaerobic threshold (so you don’t overdo it), and overall fitness levels to help you optimize your workouts, avoid injury, and chart your goals and progress.

SURF + PROTECT

Spinali Design Neviano

A swimsuit that gives you a little nudge when it’s time to reapply your sunscreen? Genius. These suits, which come in men’s, women’s, and children’s sizes and styles, were engineered in the Silicon Valley of France and made with Italian fabrics, but surprisingly, they cost about the same as a regular department store swimsuit. **VN**

VegNews Beauty Editor and reluctant gadget geek Aurelia d’Andrea can’t imagine life without her quartz roller.

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MY PARTNER AND I RECENTLY MOVED

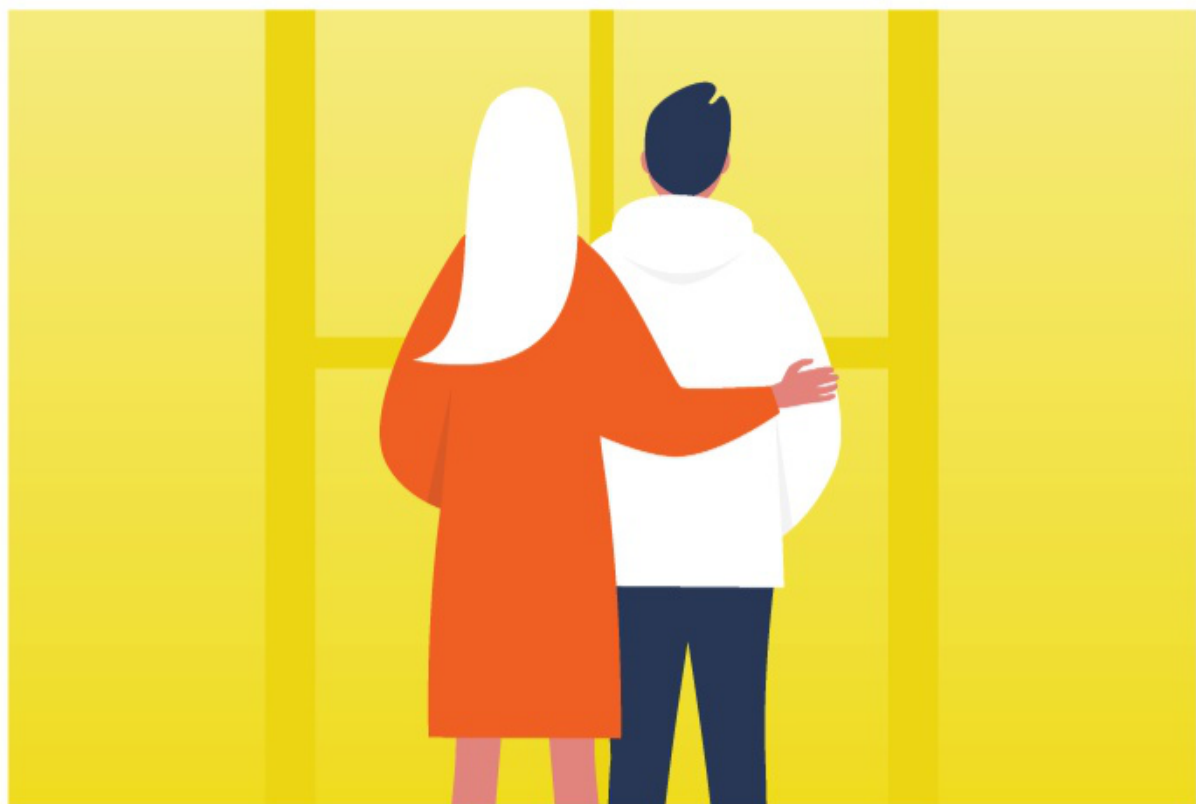
from her well-worn shoebox apartment where I had managed to squeeze in for the past year—finding nooks and crannies to stuff my most important belongings like my collections of cruelty-free eyeliner and pleather Oxfords—to a slightly larger shoebox in a much more desirable gayborhood ... I mean neighborhood. Though she had lived in the previous spot for over a decade, our new flat was ours together from the get-go, allowing us to collectively make decisions about everything from faux suede throw pillows (necessary or a nuisance?) to how to most efficiently organize our vegan fridge (best to put the non-dairy Ben & Jerry's in the very back of the freezer so that it requires just a little more effort to find). Moving is, no doubt, stress-inducing and expensive, but it can also offer a rich layer of bonding, excitement, and—dare I say—romance. If moving is in your plans for this year, here's how to navigate your way through some of the tough parts so that you, too, can build the perfect nest with your lovebird.

VEGAN VALUES

Let me just say right now that this is a conversation you should probably have way before you decide to move in together. If one of you is vegan and the other one isn't, deciding ahead of time what your rules are going to be when it comes to how vegan (or not) your house is should be paramount. For some mixed omnivore-herbivore couples, deciding that all food in the house should be vegan—but food consumed while dining out is fair-game—works just fine. For others, deciding on a specifically non-vegan shelf in the fridge, or a particular pot or pan that's only used for animal products, is a solid compromise. There is no one right answer here, except for this caveat: whatever you and your significant other decide, make sure your communication around the subject of veganism is healthy

Moving On In

From deciding on décor to mapping morning routines, navigating the ins and outs of a shiny new shared space can be either a big relationship boost or a big headache. Here's how to make sure your settling-in phase requires no settling for subpar.



and not wrought. Remember that your vegan values are among the best parts of you, and being with someone who gets that—even if they aren't yet fully veg themselves—should be an important bottom line.

PRO TIP: JL Fields' *Fast & Easy Vegan Cookbook* offers the perfect menu for mixed relationships, where one person is veg and the other one isn't (added incentive: Fields has first-hand experience with a mixed dietary household, but basically *plotzed* when her longtime partner who was a longtime meat-eater decided one day to go vegan).

MAPPING MINDMELD

Now that you've had the vegan conversation, it's time to decide where

you're going to move. This is an exciting part of the process, so be prepared to have popular moving sites such as Zillow or Craigslist bookmarked, and get ready to become obsessed. For those of you who aren't tied down to a particular neighborhood, city, or even state, then you can go in the direction of moving to the most wildly vegan-friendly cities (NYC or LA? VegNews editors are split down the middle!); a smaller city with a nonetheless prominent vegan scene (Kansas City and Spokane, we're looking at you!); or a rural town with a few solid plant-based options, cheap rent, and a strong need for a passionate vegan like you to rent the artsy loft on Main Street and bring truth to the old adage that supply is driven by demand (in other words, veganize that town with your fierce self!). In the more common case where

work priorities or kids tie you down to a general location, be sure you are both happy in the neighborhood where you decide to reside; if you hate hustle but are signing on to build roots in a busy city, make sure you know what you're getting into, and choose a house further away from the thoroughfare.

PRO TIP: Scope out potential new neighborhoods on Yelp and HappyCow to get a feel for the vegan scene and check out #vegan[insert your city here] on Instagram for even more insight.

DECIDING DÉCOR

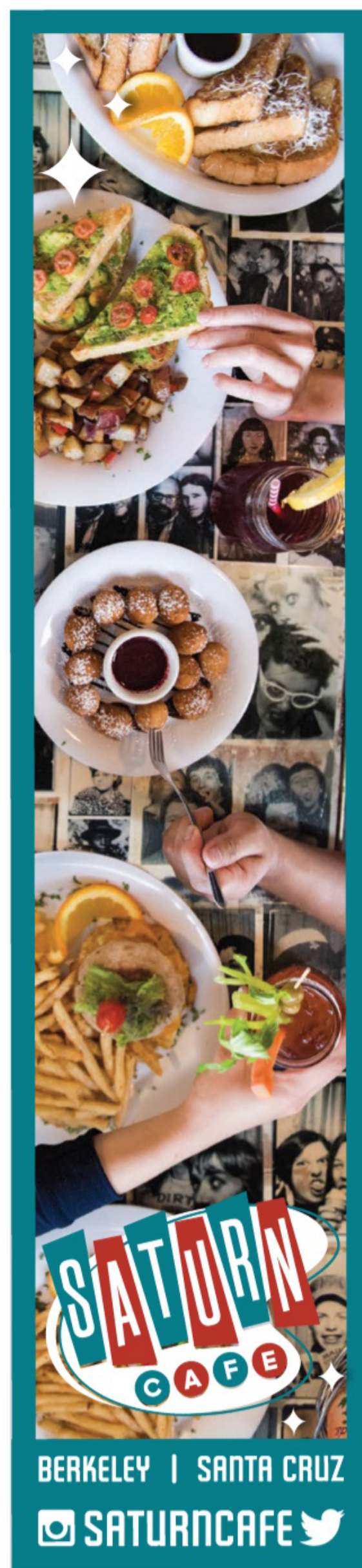
It's not uncommon for new vegans to have a leather item that they can't, for whatever reason, replace with the vegan version just yet. I can't tell you how many times people have profusely apologized to me for their leather couch, explaining that they don't have the funds to replace it just yet, and they know it makes them a horrible person. Um, no: it doesn't make you a bad person if you still have that leather couch or belt from your pre-vegan days; it can sometimes take years to change everything over to cruelty-free, which just goes to show how utterly embedded animal exploitation is in our culture. Moving locations can provide an excellent opportunity to start anew, if you have the means. You might take this opportunity to purchase a new leather-free sofa (mainstream companies such as West Elm and Wayfair offer ample and adorable selections); a feather-free pillow (try Sable's Down Alternative pillows or the non-toxic Avocado Green Pillow from Avocado Mattress—which also makes comfy eco-friendly and vegan mattresses); or an animal-free fuzzy throw blanket (check out QBedding, or, if you need something warmer, Buffy offers a cruelty-free plush blanket made out of eucalyptus fabric and extra-fluffy recycled filling). However, if you're on a budget or have embraced the "stop-shop" philosophy—which environmental activist and vegan teen Greta Thunberg defines as choosing to not purchase anything new—your nearby thrift store will likely have some animal-free options,

and you can frequently find something chic and vintage. Find style compromises with your partner by thinking outside the box; modern design mixes well with mid-century, for example, and if you have an outlying piece that doesn't go (I happen to own a giant, bright-yellow armchair), the trick is to very intentionally highlight it instead of hiding it.

PRO TIP: When it comes to trendy faux-fur rugs, check out vegandesign.org or Etsy for one-of-a-kind, cruelty-free finds. Now that you've decided on the location and figured out the vegan rules for your new shared household, I have one last piece of advice: Just because you're sharing space now doesn't mean you are giving up your own. Any healthy relationship is built on autonomy (as well as intact ethics), and a nest is best when it's something special to come back to after a busy, purposeful day. You and your partner have entered a truly beautiful part of your romance, and that should indeed be savored. Your home—just like your relationship—should be a safe place you love and cherish, but don't make it your everything. So kiss your sweetheart goodbye for the day and have your own adventure sometimes: find vegan meet-ups, climate-related protests, fancy art and theater openings, or whatever interests you—then fill your honey in on the highlights later that evening as you canoodle on your second-hand chaise lounge. Your shared space will seem new and exciting long after you move in, providing you both lay the foundation for time apart, too. Enjoy your nest, lovebirds. **WN**

xo,
jasmin

Jasmin Singer (jasminsinger.com) is *VegNews*' Senior Online Features Editor, the author of *Always Too Much* and *Never Enough*, and the cohost of the *Our Hen House* podcast.



VEG MEDIA



Chickpea & Pepper
Curry Bake



The Plant Kitchen

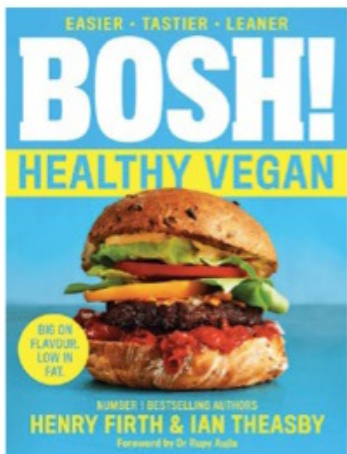
When a revered 21-year-old publishing house focusing on food, health, mindfulness, and spirituality creates its own all-vegan cookbook, we take notice. Created for the plant-curious, this 157-page book by Ryland Peters & Small showcases the basics for all-things vegan a home cook could need. From making your own cheeses and nut milks to recipes for hearty soups, zucchini noodles, and even decadent fudge, **The Plant Kitchen** will become a vegan bible for those looking to lean into a more plant-based lifestyle. Whether you're making quick-and-easy meals for one or preparing your first meat-free feast to impress the family, each dish has a vegetable centerpoint so you'll know health is always at the forefront. Tie on your apron and roll up your sleeves, as vegan cooking just got easier.

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LET'S COOK

Our top picks!

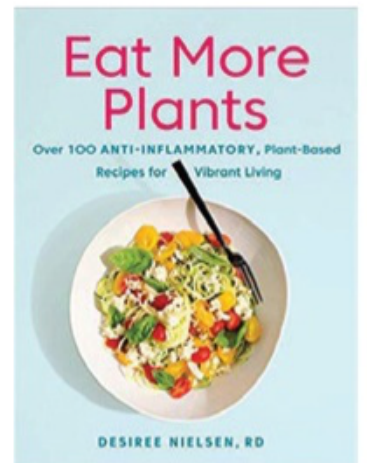
DON'T MISS TODAY'S LATEST AND GREATEST COOKBOOKS THAT MAKE PLANT-BASED EATING A BREEZE.



1 BOSH!: HEALTHY VEGAN
The minds behind viral vegan platform BOSH!, famous for its top-down recipe videos that have garnered over one billion views, prove they're not stopping anytime soon. In their fourth vegan book, Henry Firth and Ian Theasby's message is loud and clear: health is wealth. Filled with

nutrition hacks, lifestyle tips, and meal plans, this comprehensive vegan guide is a must for anyone wanting to step up their health game for the new year. **Must-make:** Green Shakshuka, Super Sushi Salad, and Banana & Chocolate Mousse

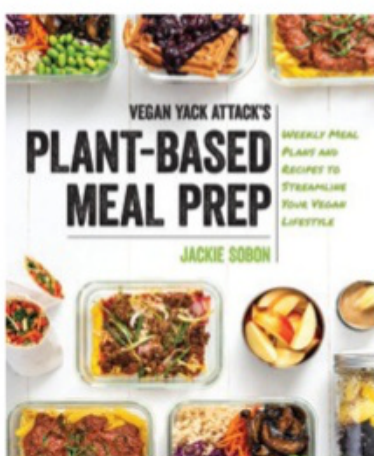
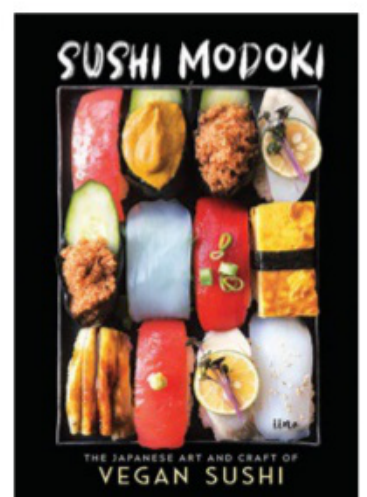
4 EAT MORE PLANTS
Registered dietitian Desiree Nielsen knows health, and she's sharing her expert secrets to building an airtight immune system and balanced gut health by way of powerful anti-inflammatory recipes that are completely plant-based. More than 100 gluten-free dishes in this colorful and informative collection showcase ways to fight disease, reduce stress, and restore nutrients. The key? Eat more plants! **Must-make:** Edamame Hula Bowl with Almond Miso Sauce, Pineapple Ginger Cream Tart, and Cocoa Cherry Brownies



2 MORE PLANTS LESS WASTE
Zero-waste chef Max La Manna's debut cookbook guides us to find purpose in our daily routines, from regrowing herbs from clippings to breathing new life into leftovers. Breakfasts such as Banana Bread Granola will fuel long days, while Squash and Sage Pasta make for a cozy, no-waste dinner. Plus, the

30-year-old sustainability advocate is ensuring he walks the talk, down to the 100-percent recycled materials and eco-friendly inks used in this inspiring book. **Must-make:** Leftover Veggie Nachos, Sweet Potato Lentil Curry, and Banana Coconut Nice Cream

5 SUSHI MODOKI: THE JAPANESE ART AND CRAFT OF VEGAN SUSHI
Tokyo-based vegan chef and culinary school teacher mononymously known as iina is sharing her inventive methods for transforming carrots into salmon, tomatoes into tuna, and mushrooms into scallops, all in an effort to create the best, most authentic vegan sushi without fish. Say goodbye to boring cucumber rolls and hello to inventive plant-based eel, abalone, and uni nigiri. **Must-make:** Kimbap Modoki Roll, Surf and Turf Miso Soup, and Flying Fish Roe

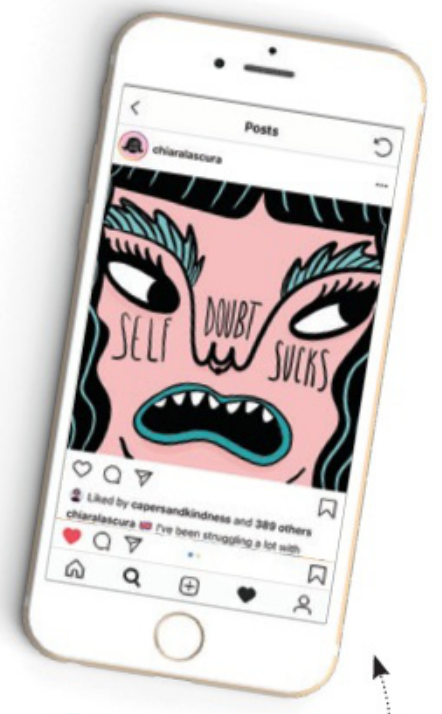
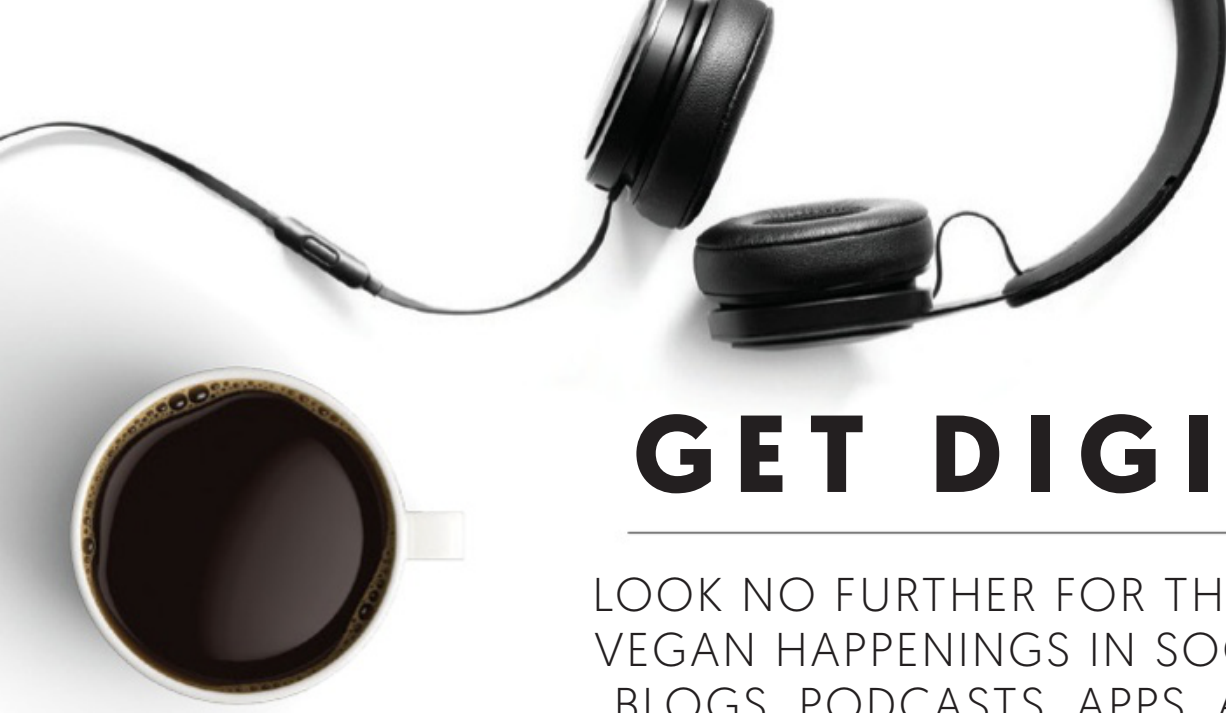


3 VEGAN YACK ATTACK'S PLANT-BASED MEAL PREP
VegNews food columnist Jackie Sobon is back with her third cookbook on one of today's hottest trends: meal planning. With tips on stocking your kitchen, five-day meal plans based on cooking experience, shopping lists, and

nutrition analyses, this book is everything you need to meet your 2020 wellness goals with full flavor and no stress. **Must-make:** Mushroom Omelet, Fajita Pita Pockets, and Kimchi Mac and Cheese

6 VEGETABLE KINGDOM
Dive into food-justice activist Bryant Terry's latest cookbook inspired by his two daughters and a mission to shape their Black-Chinese identities with nourishing food. Through 175 recipes, the James Beard Award-winning chef creates dishes bursting with Afro-Asian flavors. And each recipe is even paired with a suggested song to help get you moving in the kitchen! **Must-make:** Scallion-Teff Biscuits, Blistered Shishito Pepper Salad, and Roasted Sweet Potato and Asparagus Po'boy





GET DIGITAL

LOOK NO FURTHER FOR THE VERY BEST VEGAN HAPPENINGS IN SOCIAL MEDIA, BLOGS, PODCASTS, APPS, AND MORE.



Stump Kitchen

With more than 200 videos tackling everything from cooking as a congenital amputee (meaning one born without a limb or a portion of a limb) to delicious, gluten-free vegan recipes to discussions on mental health and education on limb differences, Alexis Hillyard has created **a unique space that celebrates body diversity and plant-based food**. Don't miss her hilarious recipe video for rich Instant Pot Vegan Butter Chicken for lots of laughs and fantastic plant-based eats.



@lowimpactmovement

Founded by millennial environmental activist Immy Lucas, this London-based platform **helps individuals reduce their waste** through a plant-based lens by offering helpful tips on everything from farmers' market shopping to international travel. Plus, with posts that break down the different types of plastic, how to properly recycle, and eco-friendly clothing materials, followers are armed with practical knowledge to make green changes in their everyday lives.



@chiaralascura

Body-positive activist, feminist, and vegan artist Chiara Meloni is the creative force behind this illustration-driven account, which aims to celebrate the idea that "vegans come in all shapes and sizes." By creating artistic renderings of various vegans with different body types throughout the community, this supportive, inclusive feed approaches veganism as a social justice movement and challenges stereotypical, fat-phobic views on bodies and food.



Man.Eat.Plant

Noticing that plant-based lifestyles were more readily embraced by their female friends, chefs Lisette Kreischer and Maartje Borst created a **food blog to dispel the myth that veganism is a woman's thing**. Proving the adage that the fastest way to a man's heart is through his stomach, the Netherlands-based duo crafts flavor-bomb recipes like Bloody Vegsteak and Jalapeño Beer Bread for the heartiest of appetites. Vegan food: it's meaty, manly, and made for everyone.



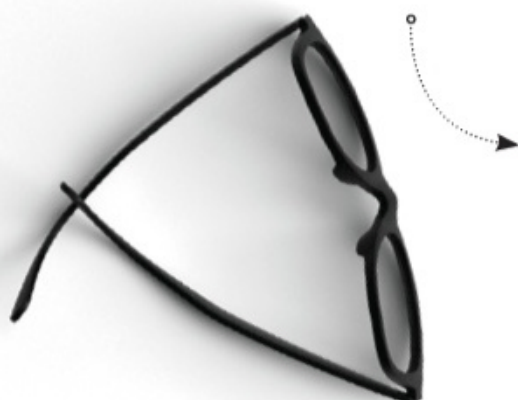
SÜPRMARKT: SÜPR Simple

Olympia Auset—founder of SÜPRMARKT, a grocery store bringing affordable organic produce to the underserved in South Central Los Angeles—is taking her mission to the web. **Aiming to make nutritious food more accessible and approachable**, the 29-year-old shares tips on everything from the simple (how to crack open a coconut) to the advanced (creating fettuccine alfredo from kelp noodles and cashews).



Good On You

This app is a game changer **for those serious about shopping for ethical and sustainable clothes**. In an age where fast fashion is rampant, Good On You rates thousands of brands for the impact they have on people (such as providing fair living wages), the planet (avoiding harmful chemicals), and animals (whether fur, down, or exotic animal skin is used). Plus, with news, tips, and style edits, there's no better shopping buddy in your quest for sustainability.

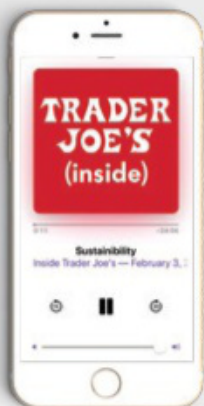


HIT LIST

EVER WONDER WHAT VEGNEWS EDITORS ARE OBSESSED WITH? HERE'S A LOOK AT THE MEDIA WE CAN'T GET ENOUGH OF.

"I've been recommending *The Game Changers* on Netflix to everyone! The documentary, produced by celebs such as James Cameron and Jackie Chan, follows the story of James Wilks, an elite Special Forces trainer and an Ultimate Fighter winner, as he meets with top-performing plant-based athletes and cultural icons to show once and for all that a vegan diet is the best for overall well-being."

—Sarah McLaughlin, New Products Editor

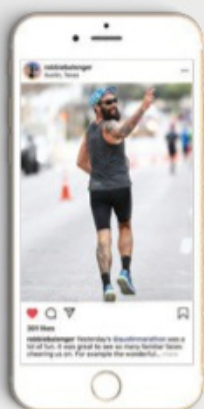
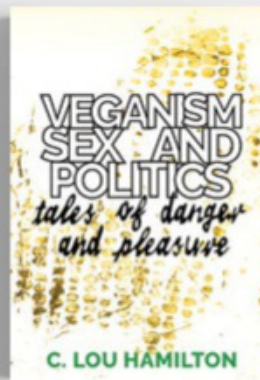


"Did you know Trader Joe's has its own podcast? I'm obsessed. Each bite-sized, 20-minute episode of *Inside Trader Joe's* gives a ton of insight into my all-time favorite grocery store, including how new products are discovered, a deep dive into different sections of the store (like the spice aisle or the produce department), and a sneak peek at the vegan goodies to come."

—Richard Bowie, Senior Editor

"Part of my self-care routine is reading beautiful prose that both inspires and challenges. *Veganism, Sex and Politics: Tales of Danger and Pleasure* by C. Lou Hamilton is doing just that with a refreshing perspective on how veganism is about more than just food—spilling over into areas of social justice including anti-racism and LGBTQ liberation. As an intersectional feminist who is vegan for the animals, this book is my jam—and it should be yours, too."

—Jasmin Singer, Senior Online Features Editor



"I love following vegan runner *@RobbieBalenger* on Instagram—he ran across America in 2019, inspiring me to get out the door and log a few miles every day. His love for running is infectious, and he posts regularly to help keep the inspo up. If he can run 35 miles in a day, I can definitely do my routine seven!"

—Tanya Flink, Online Features Editor

"I've been watching the first season of *Batwoman* on repeat ever since I found out vegan actress and activist Ruby Rose plays the titular superhero. Not only is she a badass female superhero, she even convinced producers to make her character vegan and the first openly lesbian superhero. Here's to more diverse representation in Hollywood!"

—Aruka Sanchir, Assistant Editor



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VEG PICKS

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illustrations by RUBY ROTH



Macadamia Nut Butter

Macadamia nuts are known for their irresistibly creamy texture and buttery flavor. So it was only a matter of time before the beloved nut was transformed into über-smooth vegan butter. Dreamt up by plant-based milk makers **MILKADAMIA**, this artisanal, palm oil-free spread is perfect for melting over weekend waffles, baking into your favorite desserts, and crafting luscious creamy sauces.



Chocolaty Protein Cookies

Next time someone asks you where you get your protein, tell them “cookies!” **LENNY & LARRY’S**, our 2018 Veggie Award-winner for Best Vegan Cookie, is entering the sandwich cookie ring with these classic cream-filled treats in chocolate and vanilla. Plus, with an infusion of six grams of plant-based protein and a healthy dose of fiber, you can feel good about dunking to your heart’s content.



Crispy Cauliflower Bites

From wings to pizza crusts to gnocchi, cauliflower is seemingly everywhere these days—including the snack aisle. Organic snack company **RHYTHM SUPERFOODS** takes cauliflower florets, crisps them up at a low heat, then coats them in tempting flavors like Buffalo Ranch and dairy-free White Cheddar. Addictive snacking with a dose of cruciferous goodness? We’re in.



Miyoko's Shreds, Blocks & Slices

First, **MIYOKO'S CREAMERY** changed the cheese game with their tangy, aged cheese wheels. Now, they're doing it again with the company's first-ever nut-free slices, blocks, and shreds. Made with faba beans, chickpeas, and cultures, these cheeses meld (and melt) seamlessly into our favorite nacho, grilled cheese, and pizza recipes.



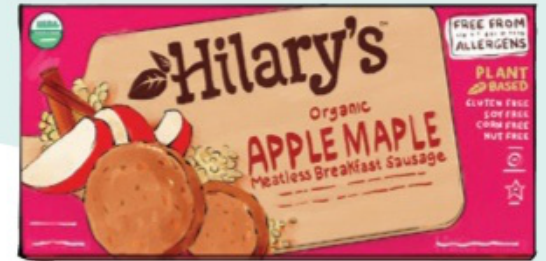
Avocado Ice Cream Bars

Yeah, it's winter, but we're already dreaming about summer, and these crave-worthy bars are just the thing to tide us over. Created by Laguna Beach-based **THE MODERN POP**, these just-sweet-enough bars in flavors like cookies and cream, chocolate fudge, and mint chip provide classic ice cream nostalgia, but with a twist—they're made from avocados! Coupled with the fact that each has 10 grams of sugar or less means our freezer is stocked and loaded, anytime of year.



Sparkling Adaptogen Energy Drinks

Energy drinks that are actually good for you? Yes, they exist, thanks to **TEMPLE TURMERIC**. Sparkling water and fruit juice make up the base, then good-for-you adaptogenic herbs and energy-boosting yerba mate are added to deliver a powerful, stress-fighting drink. And with unique flavors like Watermelon Ginseng, Blood Orange Mate, and Tamarind Tulsí, they're downright refreshing, too.



Apple Maple Breakfast Sausages

Breakfast: it's the most important meal of the day, so we're kicking it off right with these wholesome, deliciously meaty sausages from **HILARY'S**. Each tender patty is made with lentils, millet, and a dash of ground fennel seed and sage, then sweetened with apples, maple syrup, and dates. Use to layer up a bagel with avocado, vegan cream cheese, and chipotle aioli for a savory-sweet breakfast sandwich to keep you happy all winter long.



Sunflower Spreads

Step aside hummus, there's a new vegan spread in town! Portland-based **LILLY'S** organic small-batch dips are made from sunflower seeds and are available in fun, inventive flavors like seedy Everything Bagel, spicy Kimchee, and dessert-ready Chocolate for all of your dipping cravings.

Our favorite use? A hearty dollop of Kimchee to a grain bowl for extra protein and an explosion of flavor.



Oat Milk Lattes

Oat milk is quickly taking over coffee shops around the nation. But the vegan milk experts at **ELMHURST MILKED** are ready to make oat lattes a household staple with their new shelf-stable drinks. Each bottle is made simply with hemp cream, whole grain oats, and a touch of cane sugar—and infused with flavors like golden milk, matcha, espresso, and cacao. Oat yeah, we're obsessed.



Dark Chocolate-Covered Wafers

If you're anything like us, **HUNCH SNACKS'** new dark chocolate-covered gluten-free wafer cookies—layered with peanut butter, almond, hazelnut, or chocolate cream—will quickly become your newest sweet-crunchy craving. Stock up on a bag (or two!), and add to ice cream sundaes, sprinkle over smoothie bowls, or do like we do and stash them away desk-side for a quick treat.

Veg Marketplace

The where-to-get-it section.

Veg products and services to meet your every need.

Enjoy!

FOOD



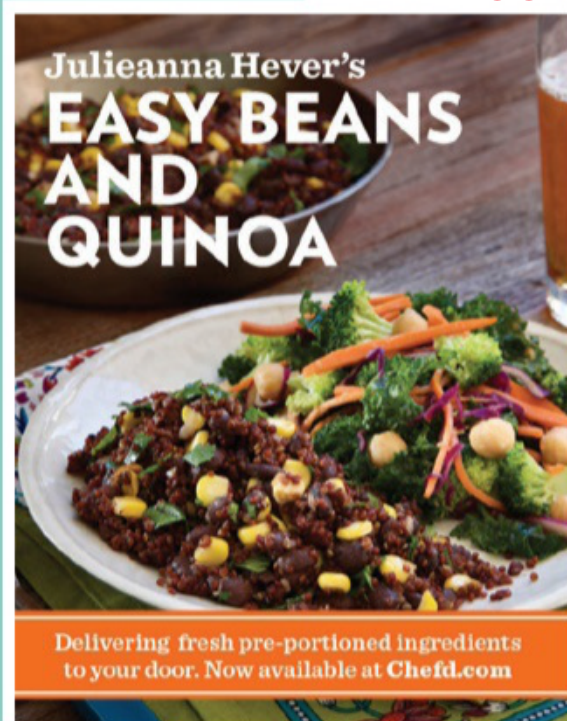
FOOD



FOOD



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TRAVEL



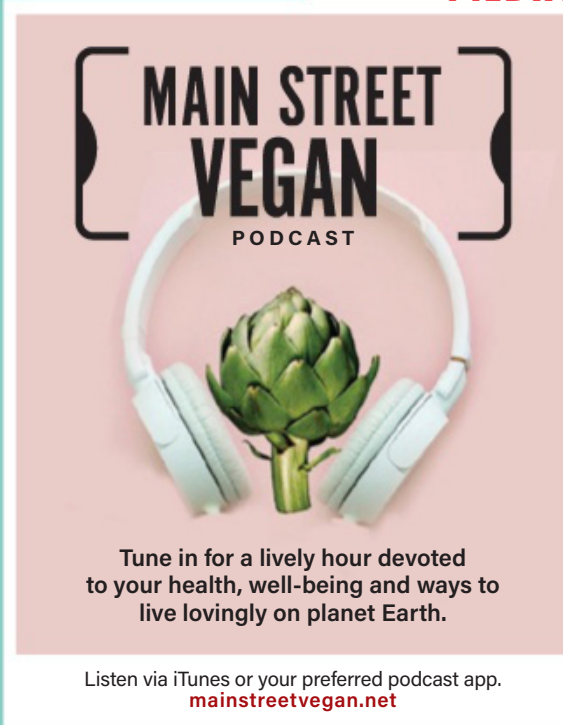
RESTAURANT



MEDIA



MEDIA



MEDIA



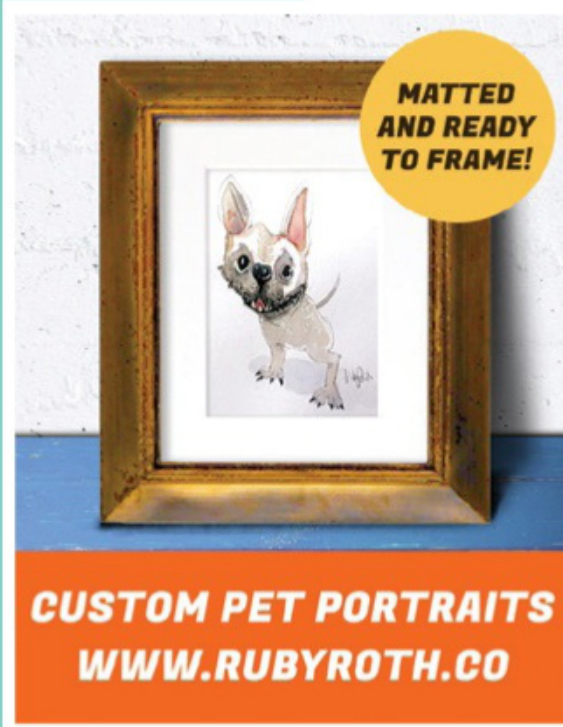
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"I believe in the healing power of plants, and so there's no separation between my cooking and my magical practices."

Tamal de Camote
en Nogada

Plants, Power & Pozole

What do you do with your passion for witchcraft, a gift for cooking, and a calling to heal your community? If you're Chef Denise Vallejo, you create gastronomical magic and bring a bit of vegan *brujería* to the people of Southern California. *by* **ARUKA SANCHIR**

SHE'S A CANCER SUN, Virgo rising, and Leo moon, and she's looking to the stars to help start a food revolution here on earth. Each week, Denise Vallejo takes to the streets of her largely Latinx barrio of Los Angeles' Koreatown with her four-year-old taco pop-up Alchemy Organica, slinging vegan tacos de asada, quesadillas made with her own Oaxacan-style cashew *quesillo*, and traditional Mexican dishes like *pozoli*, *mulitas*, and *huaraches*. Each, she says, imbued with healing ingredients, her own magic spells, and the "sacred power of ancient Mesoamerican gastronomy." All this while smack-dab in the middle of a new wildly popular venture—a series of intimate astrological-themed, fine-dining suppers inspired by the signs of the zodiac. We caught up with the rising culinary star to talk about what it takes to bring these dinners to life, why decolonization of food is so close to her heart, and how she plans to heal people once and for all.

On why Vallejo launched an all-vegan, astro-gastronomic dinner series

The zodiac dinners are magical—a ritual and ceremony where we are invoking a whole mood for the sign being honored. When I first did one in 2018, people didn't really get it, but they loved the food. Now, thanks to pop culture catching up, people get really excited about experiencing food connected to their signs. At my previous fine-dining events, and to a lesser degree, at the restaurants I worked at, I would often plate dishes with esoteric symbols hidden, and sometimes in plain sight. It was something I was already doing, but covertly. I finally wanted to put it all out there.

On how the signs influence each meal

To pull off a zodiac dinner, I'll study the key ingredients, plants, and foods of each sign. Sometimes you get a really great ingredient (such as fresh summer corn for Leo) that can express itself in so many different ways. Other times, it can be a literal translation, such as crab cakes for Cancer the Crab. And sometimes it can just be the whole tone of the meal. Like for Virgo, I wanted everything to be very wholesome and healing, so I highlighted superfoods and probiotics. And the zodiac theme goes beyond the food—I also like to use

Savoring the Signs

There's more to the zodiac than horoscopes. Find out how you can start eating according the stars.

ARIES

Craves: Spicy, bold flavors

Eat: Radishes, chili, garlic

TAURUS

Craves: Creamy and comforting

Eat: Potatoes, avocados, dark chocolate

GEMINI

Craves: Versatile, shareable

Eat: Tangerines, carrots, beans

CANCER

Craves: Simple, homemade

Eat: Coconut, cabbage, cashew cheese

LEO

Craves: Luxurious, big portions

Eat: Corn, dandelion greens, sunflower seeds

VIRGO

Craves: Nourishing, small portions

Eat: Almonds, beets, quinoa

LIBRA

Craves: Balanced flavors

Eat: Apples, pumpkin, grapes

SCORPIO

Craves: Pure, strong flavors

Eat: Asparagus, leeks, ginger

SAGITTARIUS

Craves: Good for you, exotic

Eat: Squash, passion fruit, pecans

CAPRICORN

Craves: Familiar, reliable

Eat: Spinach, tempeh, lentils

AQUARIUS

Craves: Inventive, sustainable

Eat: Brussels sprouts, pomegranates, soy yogurt

PISCES

Craves: Delicate, simple

Eat: Watercress, seaweed, peaches

corresponding flowers, colors, metals, and crystals. Every sign is different and calls for a unique approach. Everything is intentional.

On the popularity of astrology

I feel like I've been waiting my entire life for the modern world to catch on to this knowledge of astrology. I can't tell you how many times my friends would roll their eyes at me as soon as I started talking about it (all my best friends are Virgos—an earth sign notoriously hard to convince). Astrology has been weaving in and out of pop culture for decades. And now you see astrology meme accounts on Instagram and references to the zodiac signs everywhere.

On the importance of decolonizing food

Imagine the effects of eating all the foods your ancestors ate and all the foods that your body is designed to eat. Through decolonizing our diets—abstaining from foods introduced by colonizers and opting for indigenous ingredients like squash, avocados, mushrooms, vanilla, cacao, and chili peppers instead—we empower and heal ourselves. I get excited about seeing more and more brown and Black folks eating plant-based, especially in the hood. Veganism is seen as a lifestyle that only white people can afford, but the reality is that ancestral food ways are far more plant-based than we think. We are returning back to our roots.

On the healing power of magic

I've studied, practically my whole life, various branches of the occult sciences such as tarot and divination, *curanderismo*, and shamanism. I believe in the healing power of plants, and so there's no separation between my cooking and my magical practices. Alchemy Organica was created as a platform to integrate all of this esoteric knowledge with ancestral foods—every dish becomes an intention or spell. And if you were wondering at all, the answer is yes, I am doing *brujería* to your food. **VN**

Aruka Sanchir is the Assistant Editor at VegNews and a fiery Sagittarius who dreams about seitan asada tacos.

Chef Denise Vallejo



coming up roses



WHO KNEW TAKING CARE of ourselves could be so sweet? Revered for its elegance and intoxicating aroma, roses are sweeping the world of wellness and popping up in our favorite skincare products, cosmetics, drinks, and food—and for good reason. The flower’s two powerful components, rose oil and rose water, are said to do everything from reduce anxiety and boost sex drive to calm inflammation and treat infection. And with its surge in popularity, you can now get your floral fix in a myriad of sweet-smelling ways. **VN**

IN BAKING

Use rose water in place of vanilla for cakes, cookies, and pastries

IN BEAUTY CARE

Combine rose water and coconut oil for a hydrating makeup remover

IN A HOT BATH

Add rose petals and rose oil-infused bath salts to your soaking tub

IN FIRST AID

Use rose oil to help the skin heal from scars

IN A LATTE

Infuse your morning latte with two teaspoons of rose water

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