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Vegan Food & LIVING

JANUARY 2021

FREE ESSENTIAL GUIDE TO VEGANUARY

HEALTHY NEW YEAR

Start 2021 with a fresh approach to delicious, nutritious eating

75 PLANT-BASED RECIPES

SEITAN, BEAN & POTATO STEW – P22

30 MINUTE FAKEAWAY FAVOURITES

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- ☑ Gravy three ways

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Vegan friends

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Time for GÜ



Welcome

As a team, we always look forward to January as a time of fresh starts and positive new habits and resolutions (and let's be honest, there probably wasn't a single person who wasn't looking forward to saying goodbye to 2020!) We get together for a big strategy session to decide what we'd like to try over the coming year, and figure out new ways to keep you guys entertained and informed. And, like most of the world, we always start the year with the best intentions to eat more healthily, stop trying all of the new vegan products as soon as they hit the shelves, and eat our 10-a-day every single day. We can't say all of these resolutions last that long, but it's the trying that counts, right?

So this issue we're hoping to inspire you to up the nutritional intake of your cooking with our section dedicated to delicious, nutritious cooking from page 14. We've deliberately not packed the section full of salads and small portions, because we know that what you want most on a dark January evening is something hearty, comforting and that just happens to be packed full of all the goodness vegetables and pulses have to offer. We hope they help to brighten up your culinary repertoire.

For anyone trying to tempt their friends and family to join them on their vegan journey by doing Veganuary this year, we've also got the perfect Sunday lunch for you to whip up from page 90. A mouthwatering main? Check. Yorkshire puddings? Of course! Cauliflower cheese? How could we not? Serve this feast up to any doubting omnivore and we just dare them to still proclaim that vegans are missing out.

We hope you enjoy the issue and that 2021 is filled with wonderful experiences and moments for you. We'll see you again next month!

The Vegan Food & Living Team



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Discover the secrets of delicious and nutritious vegan living





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Competition rules

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

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What's January cooking?

Keep up to date with all the latest happenings in the vegan community



ALPRO LAUNCHES NEW PLANT MILK ALTERNATIVE THAT'S DESIGNED JUST FOR TEA!

There are lots of plant milk alternatives to choose from these days, but there's a new product on the block that has been designed especially for tea drinkers! While coffee addicts have been well catered for, tea lovers have still been left with a sometimes curdled cuppa, which is why Alpro developed My Cuppa – a plant-based product that performs just like semi-skimmed milk in tea. Working hard with tea-lovers and tea-experts alike, Alpro developed My Cuppa specifically for the great British tea drinker, delivering a brilliant brew that is 100% plant-based, low in sugars, and made with sustainably sourced soya.

Alpro My Cuppa ticks all the boxes when it comes to colour, texture and flavour. That tannin tartness you find when mixing plant-based milk alternative with tea? Tackled. Worried about getting your brew just the colour you like it? Worry no more. Alpro My Cuppa lets the flavour of your brew truly shine through, and it's just creamy enough to let the taste linger for longer.

If that wasn't enough, Alpro My Cuppa will be available in smaller, perfectly-portioned-for-tea 750ml cartons containing 25 x 30ml serves – or slightly more if you're a 'just a drop!' kind of tea drinker. Alpro My Cuppa is available from Sainsbury's and Waitrose priced around £1.60.





Eating Out with this vegan city

Emma and Laura from thisvegancity.com bring us news of plant-based eating options across the UK

DOPPLEGANGER

Location: 59 Regent St, Cambridge CB2 1AB
Website: dopplegangerburger.co.uk
Cuisine: Vegan gourmet burgers
Service: Eat in and takeaway

Today we find ourselves in the university city of Cambridge. The idea of students and food might conjure up an image of baked beans on toast being gulped down while working out a difficult maths formula, but outside the university walls is another solution to hunger problems.

Owner Alf has come up with the perfect equation for a burger that looks, smells and tastes like meat, but is made of plants. One-third mushroom, soy and plant fat to be exact (with a little magic thrown in). This is high-quality, full-flavoured fast food that can reduce our impact on the both the Earth and animal suffering.

Initially using a dark kitchen to experiment with plant-based cooking, Alf quickly found himself in demand and took the plunge to open a restaurant of his own. Three years later, he now hires 12 people and hopes to expand into other cities too.

There's a choice of seven burger types ('bunless' and gluten-free options among them), slathered in Korean influenced sauces and garnishes. Add in air-baked fries oozing with melted 'cheeze' and a salted brownie caramel cake shake. Beans on toast this is not.

Doppleganger is an efficient experience, born out of the need to be resourceful in the early days of the business. Installing 'order' screens on every table turned out to be more economical than hiring staff, while the artfully displayed Mason jars, fizzing with fermented ingredients, became a necessity due to the lack of fridge space. Alf's background as a graphic designer is telling from the restaurant's branding and bright, modern decor. To sum it up, the equation of hard work, plus resourcefulness, plus a great quality product, minus the damage to Earth and animals, equals a successful and thriving restaurant called Doppleganger.

Do you have a favourite vegan restaurant in the UK? Let us know by email to: hello@thisvegancity.com

Website: thisvegancity.com
Instagram: @thisvegancity





Sometimes it's fun to be a little bit naughty

Warwickshire-based Naughty Vegan has made its debut on supermarket shelves with an exclusive launch of its range in Morrisons. Created for when you want a naughty treat moment, to indulge in delicious flavours and know that it is totally worth it, the initial pastry range from Naughty Vegan does just that. The range has been designed to deliver no compromise, giving great tasting but affordable options not just to vegans, but anyone looking to reduce their meat and dairy consumption.

Naughty Vegan is launching three products initially: the No Beef Pasty – devilishly delicious plant-based beef and vegetable hand-crimped pasties, the No Piggy in the Middle Rolls – wickedly seasoned plant-based sausage rolls with heavenly puff pastry, and the Cheezy Pasties – scrumptious creamy three cheez pasties with chunky potato and onions. Available in the freezer cabinets, the ready to bake at home pastries deliver a great snack or an indulgent meal, or if you're feeling particularly naughty... both! Naughty Vegan is available for £2 per pack throughout Morrisons stores nationwide as well as online. Visit www.naughty-vegan.co.uk.



SOUPER VEGANUARY!

Glorious! Fresh Soups offers delicious and nutritious vegan global flavours to brighten up your lunchtimes. Take your taste buds on a veggie adventure through fresh flavours, offering a healthy way of comfort eating. Whether it's jetting off to India, Italy, Singapore or Thailand, to name a few, they have your taste buds covered. The Indian Super Soup is definitely one to add to your basket; reminiscent of Indian curries, this spiced sweet potato daal packs in the flavour, combining coconut, ginger, chilli and Indian spices. Not only is it vegan, but it is also high in fibre and counts for twd of your five a day! Sold in Waitrose, Morrisons, Sainsbury's, Ocado and Budgen's, you will find this pot of goodness down the chilled fresh soup aisle.

Browse the full range online at www.gloriousfoods.co.uk and stay updated by following @glorious_foods on Instagram.



BEHIND THE SCENES AT Viva!

Welcome to Siobhan Dolan's column. Each month she'll be giving you the low-down on the latest news and campaigns from Viva!, the UK's leading vegan charity.

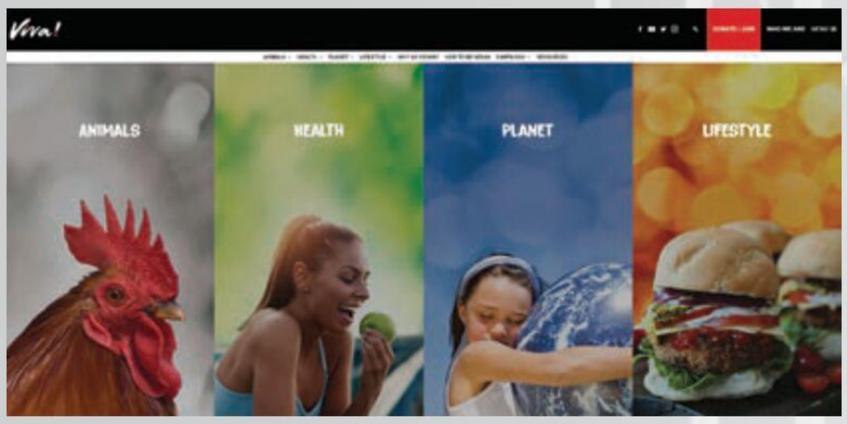
Our latest exposé: Scottish salmon farming


NEWS

'Putrid' salmon farms infested with flesh-eating lice threaten wildlife in oceans

Viva!'s investigation into Scottish salmon farming hit national headlines when The *Mirror* ran the story. The investigation revealed a hidden industry that is damaging the local environment and forcing salmon to live in sea pens where they are being eaten alive by sea lice. Farmed salmon are kept in overcrowded sea pens that provide a breeding ground for sea lice. In severe cases, lice consume the flesh around the fish's head and neck area right down to the bone, causing immense suffering and stress for the fish.

Campaigners have been raising concerns for years, yet this abhorrent industry continues to thrive – generating millions of pounds in revenue annually. Read the full investigation at viva.org.uk/scottish-salmon.



Viva!'s brand new website!

We have been busy working away behind the scenes on a new website and we are so excited for you to see it! Visit our new site and you'll be greeted with a stylish homepage packed with vibrant and beautiful photography. Our new site presents the four key areas of our work; Viva! Animals, Viva! Health, Viva! Planet and Viva! Lifestyle.

Viva! Animals includes a detailed and fully-referenced page for each type of farmed animal, featuring interesting facts about the individuality of the species, before revealing the truth about how the animal is farmed and killed.

In Viva! Health, you will find our A-Z of Nutrients, Diseases and Foods taking centre stage, alongside our compelling and timely health features.

Viva! Planet features the latest research on meat, dairy and environmental destruction.

Viva! Lifestyle addresses everything you need to know about going (and staying!) vegan. From budget recipes, to cosmetics and fashion, to market insights and product guides, we've got it covered. Visit viva.org.uk.

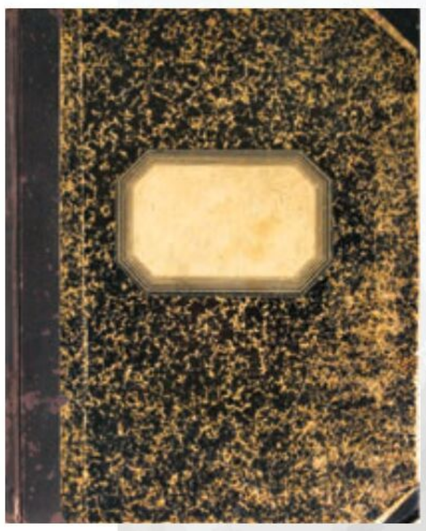
Don't forget to look out for Viva!'s articles in *Vegan Food & Living* each month.

Siobhan Dolan, Viva! **viva.org.uk**

Pressing »PAUSE«

HAPPY NEW YEAR

Happy 2021 to you! I hope you have or had a fabulously festive Christmas (depending when you're reading this), full of cheer, delicious food and some time to rest. 2020 was a testing one to say the least, so it was quite right that we all let our hair down a bit and allow ourselves some time to recalibrate and restore our beautiful bodies and minds!



It's our first Christmas with our baby boy, River, which makes it so special and, of course, I keep dressing him as a Christmas pudding! Having a baby during this time has presented its challenges and to any new parents out there; you *rock*!

With the arrival of a fresh and shiny new year, it can be a good opportunity to cast off the old and set out our new plan of action for the coming months. I always like to have a rough idea of the things I'd like to achieve throughout the year, but I also recognise the importance of not giving ourselves too much to do! We must take time to relax and look after our wellbeing, especially after everything we overcame last year.

Here are a few of the things I do every January to get me in the New Year swing:

- Buy a beautiful notepad. I am an eternal scribbler and list-maker. Noting down our thoughts can be a very cathartic exercise for gaining perspective and making big things become more manageable.
- Get active. Movement is key and getting the blood flowing can increase our mood and our wellbeing.
- Have a clear-out! Out with the old and not necessarily in with the new; it's nice to have more space to allow ourselves to flow.
- Five things. At the end of each day, I write down five things I'm grateful for, things I appreciate or things I've done that I feel really happy about. Try it (if you haven't already), it's a wonderful thing to do.



Wishing you all a gorgeous start to the New Year. We've got this!

Love & Smoothies,
Holly



Holly Johnson joins us every month to share her vegan wellbeing tips. With a love of vibrant flavours and a passion for helping people to achieve optimum wellbeing, Holly's Wholesome Kitchen (hollyswholesomekitchen.com) creates nutrilicious recipes that fortify, revive and restore to promote wellness in mind, body and soul.

Good news for vegan yoghurt fans



Fans of vegan yoghurt as a healthy post-lunch snack will be excited to hear that The Collective Plant is launching in January. The new range of plant-based Greek-style yoghurt alternative is available in four delicious flavours – Natural, Raspberry, Passion Fruit and Fudge. Each flavour is made with a unique blend of oats, coconut and rice to create a thick and creamy base, then layered with low-sugar compotes, which are soy-free, nut-free and vegan friendly.

The yoghurts are packaged in 100% recycled pots that are 100% recyclable. The Collective Plant range will be available from supermarkets nationwide from 3rd January, costing £2.20 for a 400g tub and £1.25 for a 135g tub.

A NEW TYPE OF EGG REPLACEMENT WITH NO AQUAFABA IN SIGHT



Bored of using aquafaba in your baking and tofu to make your scrambled tofu? You can now try Crackd The No-Egg Egg. Made from pea protein, which is cold pressed to retain both flavour and nutrients, Crackd The No-Egg Egg is rich in vitamin B12 and contains no artificial colours or flavourings. It's versatile, so you can use it in sweet or savoury dishes and is certified with the Vegan Society Trademark. It is available from over 200 Marks & Spencer food halls and at www.theveganking.com, priced at £3.99.



RUDY'S OPENS THE UK'S FIRST PERMANENT VEGAN BUTCHER

Rudy's Vegan Diner has been winning people over with its delicious burgers for a while now, but it has decided to branch out by opening the UK's first permanent vegan butcher. Based at 206 Upper Street, London, Rudy's Vegan Butcher stocks vegan pastrami, dirty burger patties and chilli-non-carni as well as rack of jack, chick'n lover pate and shredded BBQ pulled porc. You can even get your baycon, black puddin and soysage patties for a tasty weekend fry-up too. Thankfully, you don't have to live in London to enjoy this fantastic new venture as you can order a selection of products online at rudysvegan.com too.

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Behind the Scenes with Viva La Vegan

Vegan Business Tribe talks to Jay Charlton about how she created a brand that embraces fashion as activism



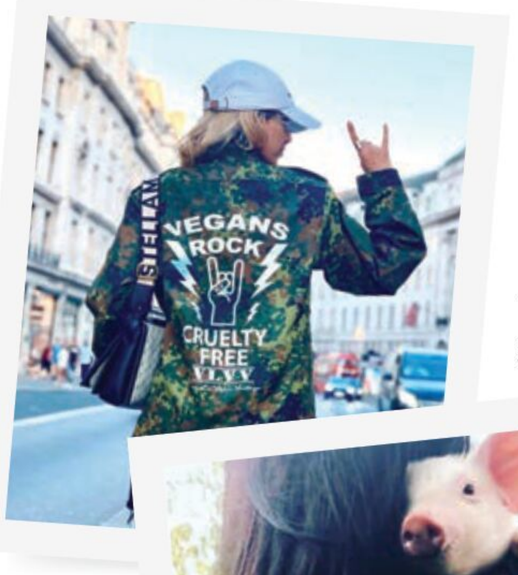
If you have visited a vegan fair, there's a good chance you will have seen a Viva La Vegan clothing stand. Lisa Fox talks to their founder about their mission

What were you doing before you launched Viva La Vegan?

I designed clothes for many of the main UK high-street brands for over 15 years. The environmental impact of this and social justice concerns about the true cost of the fashion industry led me to leave the mainstream fashion industry in search of something better, kinder and greener. It was my passion for veganism that gave my business focus, from which Viva La Vegan was born.

How hard have you found it to source vegan materials to work with?

There are many amazing plant-based alternatives, from leathers made from pineapple, mushrooms, fruit skins and wine, to luxurious silks made out of lotus flowers and everything in between, so it's easy to ensure our materials are vegan, as well as our dyes and inks. What is harder is being environmentally minded. This is why our apparel is made from either organic or recycled fibres, cotton, bamboo, Tencel, and even recycled water bottles.





Viva La Vegan is an unapologetically vegan brand. When you created the brand, were you consciously trying to create clothing that campaigns?

'Unapologetically vegan' – I love that! Our designs have grown in strength as my veganism has. In my first collection, I tried to appeal to the widest possible audience with something for environmentalists, veggies, vegans, and animal activists. In hindsight this may have watered down the message, but it was great for showing me where my passion lay: fashion as activism.

You launched a new line where a percentage of sales goes to Beneath the Wood sanctuary. Is it important to give back to the cause?

Veganism is such a compassionate way of being. From very early on we always did certain charity designs to raise money for animal and vegan causes, from animal sanctuaries to ocean clear-up charities, hunt sabs and wounded badger patrol. The Pembrokeshire #53pigs at Beneath the Wood got under our skin and into our hearts and we just had to help. They currently urgently need to raise a whopping £25k for groundwork and supplies.

> *"It was my passion for veganism that gave my business focus"*

How have you created brand ambassadors for Viva La Vegan?

Everyone that chooses to wear our apparel we see as our ambassadors, spreading the vegan message. Our 'official' brand ambassador is the fabulous John Awen. John is an accomplished author and travels the country giving talks on veganism and being a voice for the animals. He wore one of our T-shirts for a LADbible interview that has already been seen by over 1.5 million people. Our 'Compassion without action is just observation' T-shirt has become his signature look.

As a clothing brand you still do a lot of grassroots marketing. How important has it been to keep face-to-face contact with your customers?

We are still very much a festival-fronted business. My happy place is being on the stall chatting veganism and helping to nudge the vegan curious into giving it a try. This is where we meet the people that wear our designs and understand the causes and messages that are important to them.

What advice would you give to someone launching a vegan business?

Research your market thoroughly, know your customer and competitors and make sure you've got something different about your offering. Make sure it's something you love, because it will likely consume your life.

Learn more about Viva La Vegan at www.viva-la-vegan.com



LISA FOX

You can read more interviews with vegan businesses at www.veganbusinesstribe.com. Join Vegan Business Tribe to get support from our vegan business experts and a wide vegan business community to help your business grow.

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EAT Healthy

Start the new year with healthy and nutritious meals to help you feel great. No need for any resolutions, just cook your way to a better life



PAD THAI PROTEIN SALAD

By Ashley Madden

Serves **4-6** | *Prep* **30 mins** | *Cook* **10 mins** | *Calories* **378** *(per serving)*

FOR THE SALAD

120g (1 cup) frozen shelled edamame

1 small sweet potato, peel on, chopped into 1.25cm (½in) cubes

75g (1 cup) bite-size broccoli florets

250g (1½ cups) cooked or tinned chickpeas, rinsed and drained (1x425g tin)

185g (1 cup) cooked and cooled quinoa

150g (1 cup) diced red bell pepper

40g (½ cup) finely shredded red cabbage

55g (½ cup) grated or julienned carrot

50g (½ cup) diced cucumber

3 spring onions (scallions), thinly sliced

35g (¼ cup) almonds or hemp seeds

4 tbsp chopped coriander (cilantro)

FOR THE SAUCE

60g (¼ cup) well-stirred almond butter

1½ tsp finely grated ginger

2 tbsp low-sodium tamari

1 tbsp rice wine vinegar

2 tbsp lime juice

2 tsp maple syrup (optional)

1 tsp vinegar-based hot sauce (more if you like it spicy)

1 tbsp water

1 Steam the edamame and sweet potato in a steamer basket for 6-8 minutes or until the sweet potato is just about tender.

2 Add the broccoli to the steamer basket and steam for an additional 2 minutes until the broccoli is bright green.

3 Remove the steamer from the pot and let the edamame and veggies cool for 10-15 minutes.

FOR THE PAD THAI SAUCE

4 Meanwhile, make the sauce by adding all the sauce ingredients to a small bowl and whisking together using a fork or small whisk until the mixture is smooth. Add more water, 1 tsp at time, to thin the sauce as needed. Set aside.

TO SERVE

5 Place the cooled edamame, sweet potatoes, and broccoli in a large salad bowl along with the remaining salad ingredients and mix together. Add the pad Thai sauce and toss until well combined. Garnish with additional coriander (cilantro), almonds/hemp seeds, or spring onions (scallions) if desired and serve with extra lime wedges.



The recipes on pages 14-17 are taken from *The Plant-Based Cookbook* by Ashley Madden, published by Skyhorse. (RRP £18.99.)

11.3g *Total fat* | **0.9g** *Saturates* | **0.34g** *Salt* | **12.1g** *Sugar* | **18.7g** *Protein*





SWEET AND SOUR CHICKPEA STUFFED SWEET POTATOES

By Ashley Madden

Serves **4** | *Prep* **25 mins** | *Cook* **1 hr** | *Calories* **571** *(per serving)*

FOR THE POTATOES

4 medium sweet potatoes, scrubbed

2 garlic cloves, minced

1 tsp finely grated ginger

60ml (¼ cup) low-sodium tamari

60ml (¼ cup) brown rice vinegar

3 tbsp tomato purée (paste)

2 tsp vinegar-based hot sauce

2 tbsp coconut sugar

2 tsp arrowroot starch

1 medium red onion, diced

500g (3 cups) cooked or tinned chickpeas, drained and rinsed

300g (4 cups) bite-size broccoli florets

30g (1 cup) finely chopped baby spinach

FOR THE GARNISH

fresh parsley, sesame seeds

FOR THE DILL SAUCE

60g (¼ cup) well-stirred tahini

3 tbsp freshly squeezed lemon juice

1 garlic clove, minced

1½ tsp dried dill

1 tsp tamari

1. Preheat the oven to 230°C/Gas Mark 8 and line a baking sheet with parchment paper.
2. Scrub the sweet potatoes under running water and pierce each a few times with a paring knife. Bake the sweet potatoes for 45-60 minutes or until they're easily pierced with a fork and cooked throughout. Once the sweet potatoes are cooked, remove them from the oven and let them cool while you make the sweet and sour filling.
3. In a medium size bowl, mix together the garlic, ginger, tamari, rice vinegar, tomato purée, hot sauce and coconut sugar. Place the arrowroot starch in a separate bowl and set aside.
4. In a large sauté pan, sauté the red onions with a few tbsp water for 5-7 minutes or until the onions become translucent. Add the chickpeas and garlic/tamari mix and bring to a simmer. Now whisk together the arrowroot starch with 120ml (½ cup) cold water until dissolved. Add this to the pan and simmer over low heat for 3-5 minutes, uncovered, or until the mixture begins to thicken.
5. Add the broccoli florets, cover, and continue to cook for another few minutes until the broccoli is bright green and tender. Finally, add the spinach, mix and turn the heat off.
6. While the filling cooks, make the tahini dill sauce. Whisk all the ingredients together in a small bowl. Add water, 1 tbsp at a time, and mix to reach a pourable consistency.
7. The sweet potatoes should be cool enough to handle now. Cut each potato in half and fluff the insides with a fork. Spoon the sweet and sour chickpea mix over the potato halves, drizzle with sauce and garnish with parsley and sesame seeds.

12.1g	1.6g	0.66g	16.5g	20g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



VEGETABLE JAMBALAYA

By Ashley Madden

Serves **4-6** | *Prep* **15 mins** | *Cook* **1 hr 10 mins**

Calories **469** *(per serving)*

1 large yellow onion, diced

2 large celery stalks, thinly sliced

2 medium carrots, diced

4 garlic cloves, minced

1 red bell pepper, deseeded and diced

1½ tsp dried oregano

1½ tsp smoked paprika

1 tsp dried thyme

1 tsp onion powder

1 tsp garlic powder

¼ tsp red pepper flakes

2 bay leaves

410g tin (1⅔ cups) of chopped tomatoes

720ml (3 cups) low-sodium vegetable stock (broth)

240g (1¼ cups) long grain brown rice

135g (1 cup) frozen peas

1 tbsp tamari

30g (1 cup) chopped kale or baby spinach

salt and pepper, to taste

parsley (optional)

1. In a large pot, sauté the onion, celery and carrots with 60ml (¼ cup) water for 7-10 minutes, or until the onions are translucent and the carrots have softened. Add water as needed to prevent burning.
2. Add the garlic, bell pepper, and all the herbs and spices and continue to cook on medium heat for another 2 minutes, stirring often.
3. Add the bay leaves, tomatoes, stock and rice. Cover the pot, bring to a boil, then reduce to a simmer and cover for 55 minutes. Check the rice around the 40 minute mark. If there's no stock remaining, stir in another 60-120ml (¼-½ cup) stock, cover and continue to cook. When the rice is tender and all the liquid is absorbed, remove from the heat and let sit, covered, for 5 minutes.
4. Remove the bay leaves and finish the jambalaya by adding the green peas, tamari, and spinach or kale. Stir and leave covered for a few minutes until the greens wilt.

13.7g	0.4g	0.74g	9.5g	9.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

ONE-POT BROCCOLI HOUMOUS MAC 'N' CHEEZE

By Ashley Madden

Serves **4** | *Prep* **10 mins** | *Cook* **15 mins**
Calories **568** *(per serving)*

FOR THE CHEEZY HOUMOUS SAUCE

160g (1 cup) diced yellow onion

4 garlic cloves, minced

250g (1½ cups) cooked or tinned chickpeas, rinsed and drained

2 tbsp nutritional yeast

2 tbsp freshly squeezed lemon juice

1 tbsp tamari

1 tbsp Dijon mustard

½ tsp ground turmeric

¼ tsp red pepper flakes (or to taste)

120-180ml (½–¾ cup) unsweetened almond or organic soy milk

FOR THE PASTA

340g (3¼ cups) brown rice elbow macaroni (or wholewheat)

400g (5 heaping cups) bite-size broccoli florets

135g (1 cup) frozen green peas

50g (½ cup) vegan Parmesan

1. First make the sauce. Add the onions and garlic to a small sauté pan with 2-3 tbsp water and sauté for 5-7 minutes until the onions are soft and translucent. Add water, 1 tbsp at a time, to prevent burning.
2. Add the cooked onion/garlic mix to a blender along with the chickpeas, nutritional yeast, lemon juice, tamari, Dijon mustard, turmeric, red pepper flakes and 120ml (½ cup) milk. Blend until completely smooth. Add more milk, 1 tbsp at a time, until you get a smooth, pourable but thick sauce. Set aside.
3. Bring a large pot of salted water to a boil. Once boiling, add the pasta and cook according to the packet instructions for al dente. When there's 3 minutes left of cooking time for the pasta, add the broccoli to the pot. When the cooking time is up, turn the heat off and add the peas as well. Let sit for
1 minute, then drain the pasta, broccoli, and green peas well in a colander and then return to the pot.
4. Add the cheesy houmous sauce and 25g (¼ cup) Parmesan (if using) and mix together. Divide the pasta among bowls and garnish each with a sprinkle of additional Parmesan, if desired.

5.4g	0.4g	0.53g	8.6g	26.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



The recipes on pages 18-21 are taken from *Eat Nourish Flourish: 12 Steps to Healthier Family Food* by Carey Davis-Munro, published by Meze Publishing. (RRP £18.) This book contains non-vegan recipes.

AUBERGINE ROGAN JOSH, BUTTERNUT SQUASH ALOO

By Carey Davis-Munro

Serves **4-6** | *Prep* **15 mins** | *Cook* **40-45 mins**

Calories **406** *(per serving)*

FOR THE ROGAN JOSH

1 large aubergine (eggplant), diced into 3cm (1¼in) cubes

1 medium red onion

2 garlic cloves

1 level tsp each of fenugreek seeds, paprika and garam masala

½ tsp each of cumin seeds and ground turmeric

a couple of cardamom pods

½ a red or green chilli or ¼ tsp dried chilli flakes

1 tin of chopped tomatoes

a splash of lemon juice

a dash of tamari

FOR THE ALOO

½ a butternut squash

3 white potatoes

1 large onion

2 garlic cloves

2cm (¾in) fresh ginger

1cm (½in) fresh turmeric or 1 tsp ground turmeric

1 red chilli

2 tbsp coconut oil

1 heaped tbsp curry paste

1 tsp nigella seeds

1 green pepper

200ml (scant 1 cup) passata

a good handful of cashews

2 large handfuls of spinach

a bunch of coriander (cilantro)

1. Peel the butternut and potatoes for the aloo, then chop them both into 2cm (¾in) cubes. Steam the cubes until still firm but softening slightly. Meanwhile, finely chop the onion, garlic, ginger, fresh turmeric and chilli for the aloo, then preheat the oven to 170°C/Gas Mark 3.
2. In a large pan on a medium heat, add a good glug of olive oil and the aubergine for the rogan josh. While it softens, finely chop the onion and garlic, then add them to the aubergine after about 8 minutes. When they are translucent, add the spices and chilli. Cook for another minute or so until well mixed, then add the tinned tomatoes, lemon juice and tamari. Taste and season with rock salt and black pepper if necessary. Stir well and then transfer the rogan josh to an ovenproof dish. Pop this into the oven while you continue making the aloo.
3. In the same pan you were using for the rogan josh, add the coconut oil, onion, garlic, ginger, turmeric and chilli for the aloo. Keep stirring to prevent the garlic from sticking or burning. Add the curry paste, any other spices you're using and the nigella seeds. Deseed and chop up the green pepper, add it to the pan and keep stirring. Stir the passata into the aloo to create a sauce.
4. Season with salt and pepper, then taste and add lemon juice for tartness or tamari for richness, if needed. You might also want to add a little water. When you are happy with the sauce, add the butternut squash, potatoes and cashews. Cook for about 15 minutes on very low heat. Finally, chop the spinach and coriander, then stir them through until just wilted.
5. Just before the curries are ready, make a quick raita. Combine 4 tbsp vegan yoghurt with about half a grated cucumber, a grated garlic clove, a dozen chopped mint leaves, a splash of lemon juice and a pinch of salt. Taste and adjust the seasoning, then serve alongside the rogan josh and butternut aloo.

14.8g	7g	0.05g	14.2g	10g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



FAMILY NACHOS OR FAJITAS

By Carey Davis-Munro

Serves **4-5** | *Prep* **20 mins** | *Cook* **20 mins** | *Calories* **497** *(per serving)*

FOR THE TORTILLA CHIPS

1 large sweet potato

2 parsnips

2 large beetroot

3 tbsp olive oil

seasoning of your choice – try salt, pepper, paprika, onion salt or nutritional yeast

FOR THE SALSA

2 tins of organic chopped tomatoes

3 tbsp extra-virgin olive oil

2 tbsp lemon juice

3 spring onions (scallions), finely chopped

1 large red onion, finely chopped

2 large garlic cloves, finely grated

½ a medium hot chilli, finely chopped

a large handful of fresh coriander (cilantro), finely chopped

FOR THE GUACAMOLE

2 large ripe avocados

1 tbsp olive oil

1 garlic clove, finely grated

½ a chilli, chopped

juice of 1 lemon

4 cherry tomatoes, finely chopped

a small handful of fresh coriander (cilantro), finely chopped

FOR THE FAJITAS

tortilla wraps

chilli

1. For the tortilla chips, preheat the oven to 165°C/Gas Mark 3. Peel and very thinly slice the sweet potato, parsnip and beetroot with a large sharp knife or a mandoline. Lay them out in a single layer on a baking tray sheet lined with greaseproof paper, drizzle with oil, season with your choice of flavourings and pop the tray into the oven to bake for about 20 minutes, at which point they should be ready for turning over. You should only need to do this once, but check the chips regularly for colour while you make the accompaniments.
2. For the salsa, simply empty the tinned tomatoes into a large bowl, add the olive oil and lemon juice, then stir through the onions, garlic, chilli and coriander. For a smoother consistency, whizz the salsa with a hand blender for about 30 seconds.
3. For the guacamole, scoop out the avocado flesh, roughly chop it and then mash the pieces together with a fork to your preferred consistency – I like to leave a few chunks. Add the olive oil, grated garlic, chilli and lemon juice to the avocado. Season and mix well. Lastly, stir through the chopped tomato and coriander. Taste and adjust the seasoning as needed.
4. When the tortilla chips are done, allow them to cool and then top generously with the homemade salsa and guacamole. Cheese is a great addition and I use a lovely plant-based pre-grated version from Violife. I've also used jalapeños, fresh coriander, olives and red onion. I love marinated jackfruit on my nachos, so flex it both ways.
5. For fajitas, pile some of the chilli into soft tortilla wraps, top with the salsa and guacamole, then roll up and serve with homemade tortilla chips on the side. As with the nachos, you could add grated cheese of your choice, fresh coriander, sliced red onion, jalapeños and vegan sour cream to the fajitas before rolling, or whatever you and your family fancy!



MUSHROOM, BUTTERNUT AND TARRAGON RISOTTO

By Carey Davis-Munro

Serves **6** | *Prep* **10 mins** | *Cook* **25 mins** | *Calories* **411** *(per serving)*

8 dried porcini mushrooms

200g (1⅓ cups) butternut squash, peeled and cubed

1 head of broccoli, broken into florets then quartered

olive oil

1 large red onion, finely chopped

6 large chestnut mushrooms, quartered

500g (2½ cups) organic arborio risotto rice

1 heaped tbsp organic bouillon

4 tbsp lemon juice

2 heaped tsp dried or fresh tarragon

1 litre (4 cups) boiling water

50ml (scant ¼ cup) Oatly cream or 1 large tbsp vegan crème fraîche

a handful of vegan Parmesan, grated (you can use a vegan hard cheese with a tbsp of vegan cream cheese instead)

rock salt and black pepper

1. First, soak the porcini mushrooms in a bowl of boiling water for 15 minutes to rehydrate them. Keep the stock this makes for later.
2. Steam the cubed butternut squash for just a few minutes to soften it slightly, then do the same with the broccoli, testing after just a couple of minutes. Set aside for later.
3. Put a good glug of olive oil in a large pan. Add the onion and cook on low-medium heat until translucent. Add the chestnut mushrooms and cook for a couple of minutes, ensuring there is enough oil in the pan. Add the rice and stir well to cover the grains evenly with the oil. Do this for 3-4 minutes until the rice is translucent.
4. Make a litre of stock by adding the bouillon, lemon juice and tarragon to the boiling water. Stir it well. You will probably need more water, but start with this and the porcini stock. Slowly add them to the pan bit by bit and keep stirring. This is when you cannot leave the pan and must keep turning over the contents. Keep adding liquid until the rice is cooked, but not stodgy. Al dente is perfect at this point.
5. Gently fold in the porcini mushrooms, steamed broccoli, butternut squash, crème fraîche or Oatly cream, and vegan Parmesan or alternative. Taste the risotto; if you need a little more lemon juice or tarragon, add it now. Season well with plenty of black pepper.
6. Serve the risotto with a sprinkle of vegan Parmesan or hard cheese. I often leave the butternut out and make a mushroom risotto, on top of which I place tomatoes roasted in balsamic vinegar: an alternative for you to try.

2.2g	0.6g	0.16g	3g	11.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



CRISPY CHICKPEAS

By Carey Davis-Munro

Serves **4-5** | *Prep* **5 mins** | *Cook* **40-45 mins**

Calories **289** *(per serving)*

3 tins of organic chickpeas

a drizzle of extra-virgin olive oil

rock salt

black pepper

seasoning of your choice – try garlic granules, paprika, curry powder, dried chilli flakes, mixed herbs, grated lemon zest, nutritional yeast

1. Preheat the oven to 220°C/Gas Mark 7 (if you have an oven with a bottom-heated plate, even better).
2. Empty the tins of chickpeas into a sieve and rinse with cold water. Let them drain a little, then tip the chickpeas onto a baking tray lined with kitchen roll. Dry the chickpeas with more kitchen roll or a clean tea towel by patting and rolling them. Some of the skins will come away here, and this is fine, but leave them in the tray as they will turn deliciously crispy, absorbing the oil and flavouring, and will be the best bit.
3. Remove the kitchen roll, then drizzle the chickpeas with a thin covering of olive oil. Give the tray a shake to ensure they are all completely covered.
4. You could simply season with salt and black pepper and put them in the oven, but I like to add extra flavour and nutrients by smothering the chickpeas with nutritional yeast and some dried chilli flakes. You could add herbs, lemon zest, paprika or anything else that you fancy!
5. Put the tray in the oven and bake for 40-50 minutes. It will vary according to how dry the chickpeas were and how hot your oven gets. Intermittently throughout the baking time, give them a shake. Turn the oven down to 200°C/Gas Mark 6 after about 30 minutes as you see them crisping up. Keep moving them around and bringing those around the edges into the centre.
6. Chickpeas won't go rock hard, but you will see their colour and texture change. It's up to you to decide whether they should be on the softer side or much more crispy.
7. These crispy chickpeas make a great base for a tart or a salad topper, but as a snack – perhaps mixed with a bit of chopped red onion and tomato – I can promise you they are not going to hang around your kitchen long!

8.2g	1.1g	0.89g	0g	9.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*





BEAN STEW WITH SEITAN AND POTATOES

By Stockfood, The Food Media Agency (www.stockfood.co.uk)
Serves **4** | *Prep* **15 mins** | *Cook* **45 mins**
Calories **487** *(per serving)*

3 tbsp olive oil, divided

300g (2 cups) seitan, patted dry and diced

2 garlic cloves, finely chopped

400g (1¾ cups) tinned chopped tomatoes

400g (1¾ cups) tinned cannellini beans, drained

400g (1¾ cups) tinned kidney beans, drained

250ml (1 cup) vegetable stock (broth)

1 tsp dried thyme

2 bay leaves

750g (5 cups) baby potatoes, peeled and cut in half

a handful of flat-leaf parsley, chopped

salt

freshly ground black pepper

1. Heat 2 tbsp olive oil in a casserole dish set over a medium heat. Add the seitan and a pinch of salt, sautéing for 3 minutes. Remove to a plate.
2. Reduce the heat to medium and add the remaining olive oil. Stir in the garlic, cooking and stirring for 1 minute before stirring in the tomatoes, beans, stock, thyme, and bay leaves.
3. Return the seitan to the dish and bring the stew to a rapid simmer. Reduce to a gentle simmer, cover, and cook until the beans are very tender, about 30-40 minutes; stir from time to time.
4. When ready, season to taste with salt and pepper. Cover and keep warm over a very low heat.
5. Place the potatoes in a saucepan and cover with cold water. Bring to the boil and then reduce to a steady simmer, cooking until the potatoes are tender to the tip of a knife, about 12-15 minutes.
6. Drain well and transfer to a serving dish. Garnish with chopped parsley and serve the potatoes alongside the stew.

13.1g	2.1g	0.68g	7.1g	30.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



SPICED SMOKEY TOMATOES, GRIDDLED AUBERGINE AND HERBY TAHINI

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves **2** | *Prep* **15 mins** | *Cook* **35 mins**

Calories **747** *(per serving)*

FOR THE AUBERGINES

2 aubergines (eggplants), sliced lengthwise into strips

2 tbsp olive oil

½ tsp sea salt

FOR THE TOMATO SAUCE

1 large red onion, chopped

2 tbsp olive oil

2 peppers, diced – yellow, red or orange

4 garlic cloves, sliced

1 tbsp cumin seeds

1 tbsp smoked paprika

1 tbsp tomato purée (paste)

1 tbsp rose harissa paste or 1 tsp harissa paste

400g (2⅔ cups) cherry tomatoes, sliced

250ml (1 cup) water

½ tsp sea salt

a bunch of mint, shredded

FOR THE TAHINI SAUCE

3 tbsp tahini

juice of ½ a lemon

a pinch of sea salt

a small bunch of coriander (cilantro)

a small bunch of fresh mint

75ml (⅓ cup) water

3 tbsp extra-virgin olive oil

FOR THE TOPPINGS

3 tbsp pine nuts

fresh mint

FOR THE AUBERGINE

1 Firstly, bake or griddle the aubergine. Add the slices to a large griddle pan with a little oil. Turn frequently until they are cooked through and slightly charred. Alternatively, bake following the instructions in the next two steps.

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

3 Add the aubergine slices to a large baking tray with some oil and season well. Bake for about 30 minutes or until the aubergine is soft and a little charred. Set aside.

FOR THE TOMATO SAUCE

4 Fry the onion in a large pan with the olive oil for 8-10 minutes until soft and caramelised.

5 Add the pepper and garlic and fry for a further 3-4 minutes.

6 Add the spices and stir to combine.

7 Add the harissa and tomato purée and cook for a further 1 minute.

8 Add the chopped cherry tomatoes and water, cover the pan and simmer for 15 minutes. Stirring occasionally.

9 Uncover, then simmer for 10 minutes.

10 Finally, add the salt, pepper and shredded mint. Stir to combine.

FOR THE TAHINI SAUCE

11 Add the ingredients to a food processor or mini chopper and blitz to combine.

TO SERVE

12 Serve the griddled aubergine with the tomato sauce and drizzle over the tahini dressing. Add pine nuts and mint to finish.

54.1g	7.2g	1.02g	29.5g	18.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



LOADED INDIAN SPICED SWEET POTATOES

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves **2** | *Prep* **15 mins** | *Cook* **40 mins** | *Calories* **411** *(per serving)*

2 large sweet potatoes

FOR THE FILLING

1 red onion, sliced roughly

1 tbsp olive oil

1 tsp ground turmeric

1 tsp cumin seeds

1 tsp black mustard seeds

1 tsp ground coriander

1 tsp smoked paprika

3 garlic cloves

1 tomato, chopped

2 tbsp coconut cream, or plant-based yoghurt

200g (1½ cups) frozen peas

a handful of coriander (cilantro)

½ tsp sea salt

black pepper

FOR THE TOPPING

coconut or plant-based yoghurt

fresh coriander (cilantro)

fresh mint

11.5g	4.1g	0.61g	26.1g	9.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

1. For the sweet potatoes, preheat the oven to 180°C/Gas Mark 4.
2. Place the sweet potatoes in the oven. Bake for 25-40 minutes or until cooked. Set aside to cool.
3. Slice in half, then scoop out the middle (leave a layer of flesh). Set the flesh aside in a bowl.
4. For the filling, add the oil to a large pan and heat to a low-medium heat. Add in the spices until they pop. Stir for a few seconds, then add in the onion. Fry for about 8-10 minutes until soft and browning.
5. Add in the garlic and stir for another few minutes, then add the tomato.
6. Turn up the heat to medium and cook for a further 1-2 minutes.
7. Now add the coconut yoghurt/cream, frozen peas and sweet potato flesh. Stir to combine and allow the peas to warm through.
8. Heat for a further minute, then season well and stir in the coriander.
9. To serve, load the filling into the sweet potato skins. Top with the yoghurt and herbs.



CHUNKY ROAST PEPPER, AUBERGINE, BUTTER BEAN, CAPER AND PESTO SALAD

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves **2-4** | *Prep* **15 mins** | *Cook* **30 mins** | *Calories* **603** *(per serving)*

3 red, yellow or orange peppers, sliced in half and deseeded

2 aubergines (eggplants) cut into long strips

2 tbsp olive oil

a big pinch of sea salt

FOR THE PESTO

30g (1 cup) basil

50g (⅓ cup) pine nuts

3 tbsp extra-virgin olive oil

juice of ½ a lemon

a pinch of sea salt

3 tbsp nutritional yeast

50g (¼ cup) water

FOR THE SALAD

1 tin of butter beans, drained

2 tbsp toasted pine nuts

2 tbsp capers – I used large

a handful of pea shoots or rocket (arugula) leaves

fresh herbs – mint, thyme, basil

a pinch of sea salt flakes

1. Preheat the oven to 180°C/Gas Mark 4.
2. Firstly, roast the peppers and aubergine by adding to a baking tray with the oil and salt. Bake for about 30-35 minutes until soft and a little charred. Set aside.
3. For the pesto, add all the ingredients to a mini chopper or food processor and blitz to a chunky paste.
4. To serve, add the roast veg and beans to a large bowl, add a few tbsp pesto and toss to combine. Top with handfuls of leaves and fresh herbs. Sprinkle some capers and toasted pine nuts over the top. Add more pesto and a sprinkle sea salt flakes if you want to.

39.4g	4.5g	0.62g	12.3g	19g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



SQUASH STUFFED HERBY FENNEL RICE AND PESTO

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves **2** | *Prep* **15 mins** | *Cook* **1 hr**

Calories **891** *(per serving)*

FOR THE RICE

1 medium squash/pumpkin

2 tbsp olive oil

1 large red onion, chopped

2 tbsp olive oil

4 garlic cloves, sliced

1 small fennel bulb, sliced finely

125g (¾ cup) cooked rice of choice

juice of ½ a lemon, plus grated zest

½ tsp fennel seeds

a pinch of chilli flakes

3 tbsp fresh thyme, chopped

1 tsp sea salt flakes

black pepper

50g (⅓ cup) hazelnuts

FOR THE PESTO

30g (1 cup) basil

50g (⅓ cup) pine nuts

3 tbsp extra-virgin olive oil

juice of ½ a lemon

a pinch of sea salt

3 tbsp nutritional yeast

50g (¼ cup) water – more if you'd like it looser

FOR THE TOPPING

fresh thyme

extra-virgin olive oil

sea salt flakes

1. Preheat the oven to 180°C/Gas Mark 4.
2. Cut of the top off the squash, then slice in half lengthwise. Scoop out the seeds and score the flesh.
3. Pop on a baking tray and drizzle with olive oil. Roast for 45-50 minutes or until tender.
4. Remove from the oven and allow to cool before scooping out the inner flesh, but make sure you leave a layer around the outside. Add the flesh to a bowl.
5. Meanwhile, add the onion and olive oil to a pan and fry gently for 8-10 minutes until soft and caramelised.
6. Add the garlic and fennel and cook for a 5-6 minutes until soft.
7. Add the remaining ingredients apart from the hazelnuts, plus the squash flesh and stir to combine.
8. Dry toast the hazelnuts in a small pan, crush a little, then add half into the squash and rice mix. Cook for a further minute or so, then turn off the heat.
9. For the pesto, add all the ingredients to a food processor and blitz to combine.
10. To serve, add the filling mix back into the squash outers. Top with pesto, more toasted hazelnuts and fresh thyme.

62.5g	6.9g	1.03g	10.5g	21.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

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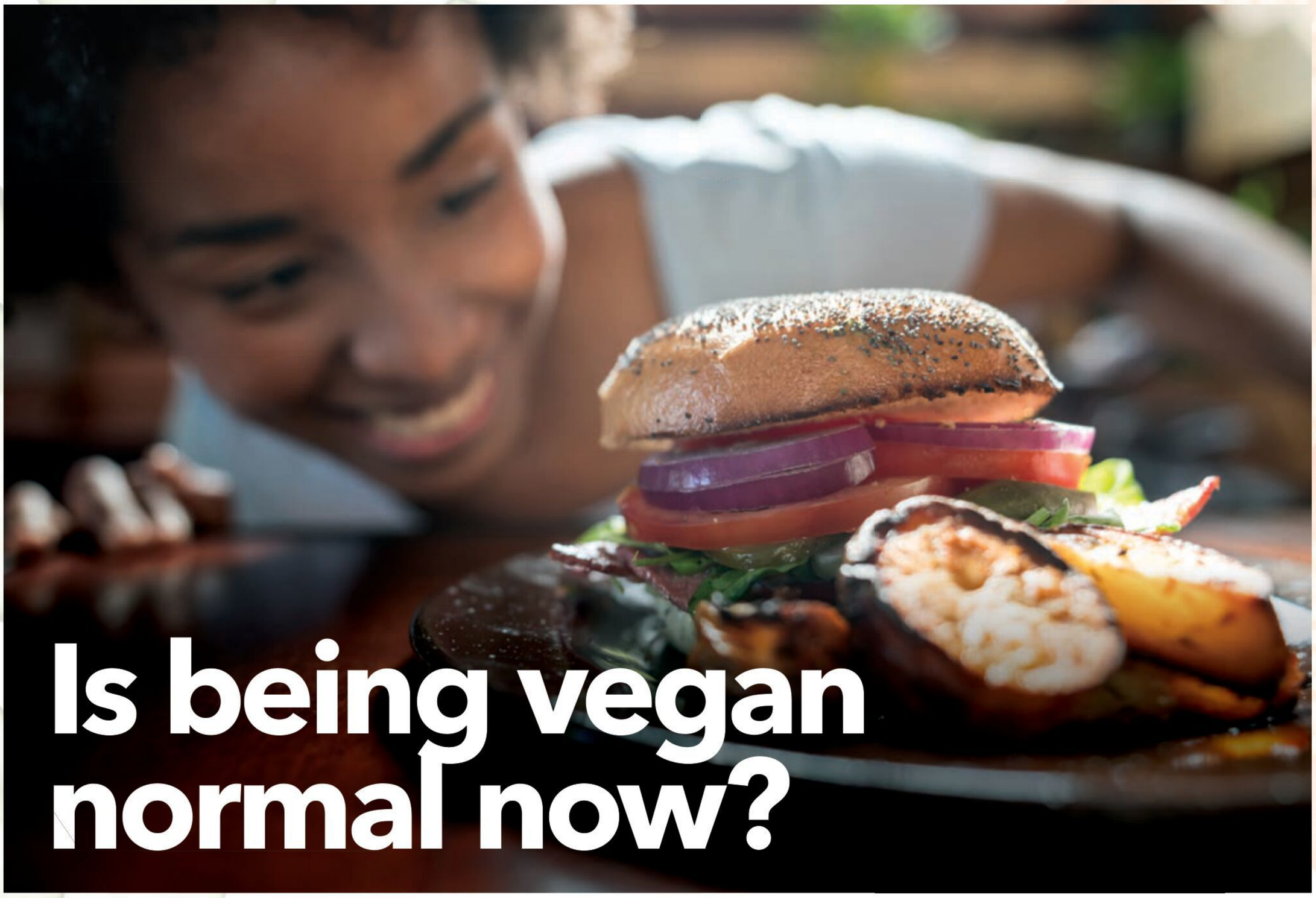


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OPPOSITE



Is being vegan normal now?

Clea Grady charts the progress of veganism, looking at how far we've come and how far there still is to go

When I went vegan in 2014, it felt a little like I'd stepped back into the twilight zone of 1993 when I became vegetarian. It wasn't as though it was completely weird – back in the '90s, veggie restaurants like Cranks and Food for Thought were synonymous with underground cool – but it definitely wasn't normal. Don't get me wrong, both times had their trailblazers and long-stayers, but it's crazy to think that not quite seven years feels like a lifetime ago in terms of veganism.

How's that then? Well let's do a little comparison... In 2014, being vegan couldn't be called impossible, but it certainly wasn't easy either. There wasn't much in the way of convenience food, so you had to have a plan! I used to leave home with a peanut butter sandwich stuffed in my bag as emergency back-up, and I regularly joked whether it was possible to overdose on Nakd bars (often the only option if out and about). If lunch was provided at a work conference, mine would be the forlorn little plate in the far corner of a table; 'vegan' written in rushed handwriting on the sticker on the side, limp lettuce and a smattering of houmous sandwiched between quarters of dry bread that was curling at the edges (why so little houmous, sandwich chef, why?). This magnificent feast was usually accompanied by pitying looks from fellow attendees, who enquired about my protein levels while munching on kebabs and mini quiche. I'm usually an upbeat herbivore, but even I have to admit that back then there were some dark days.



Fast-forward to today, and I can't remember the last time I stopped to think where I'll get food from and I regularly forget to buy peanut butter. The world is altogether different and vegan food is virtually everywhere. From plant-based supermarket lines and pre-packed sandwiches, to several vegan options on menus and ever-increasing numbers of sausage rolls, these are heady days to choose to eat plants. What's more, most people now know one of us! It wasn't that long ago when I could easily be the first vegan that someone had met ("But you don't look like a vegan!"), but that happens less and less. In fact, 50% of the British population now say they know one of us*. Our novelty is wearing off and we're no longer a secret club – that must make us normal right? Well, that's where we need to check out the stats...

GROOVY STATISTICS*

- Interest in veganism increased seven-fold in the five years between 2014 and 2019.
- The number of vegans in the UK increased by 62% in the last 12 months (November 2019-November 2020).
- 10% of UK children aged 8-16 are now vegan or vegetarian.
- KFC has sold one million of its vegan burgers since January 2020 – that's the equivalent of one burger every three seconds.
- Almost one in four food products launched in the UK last year was labelled vegan.

*Thanks to The Vegan Society, Google trends and finder.com

SCARY STATISTICS**

- Every year, we breed to kill 70 billion farmed animals worldwide – and more than six million animals are killed for food every hour.
- Globally, we consume about 350 million tonnes of meat per year. At the time of writing, theworldcounts.com recorded it at 293,245,678 tonnes (and rising by the second).
- Meat production doubled in the 30 years between 1988 and 2018, and has increased four-fold since the mid-1960s. And it's not slowing down. By 2050, our global meat consumption is projected to reach between 460-570 million tonnes. (570 million would be a consumption of meat twice as high as in 2008.)
- Emissions from animal agriculture are projected to increase 80% by 2050.



Sobering reading isn't it? While veganism is definitely on the rise, and we legitimately have cause for fist bumps, it's obvious that we're not keeping up with the pace of meat. Being reminded of stats like these, it's difficult to view the popularity of a vegan sausage roll as any sort of victory. But this reality check is a good thing – we can't afford to get complacent.

STEP OUTSIDE THE BUBBLE

Living in a bubble was a thing long before Covid-19, and when you're vegan it can be easy to wrap yourself right up in one. We see ourselves reflected back through our social media, the publications we read and the people we choose to spend our time with. It's normal and understandable, and everyone does it to a greater or lesser extent. But we need to step outside of our bubble from time to time in order to know what we're dealing with – and we need to know what we're dealing with if we want to make any kind of difference at all. It's tough to do, because we don't usually like what we see. Like in this instance, where we can see that a hell of a lot of people still think it's completely normal to eat meat.

I know I'm guilty of getting complacent. It's so much easier for me now, and without the struggle it's easy to feel like we've won the war. Everyone around me knows I'm vegan and accepts it. That's my normal now – it's just one part of who I am. Plus there are people like Chris Evans talking about being plant-based on the radio, so I don't need to bang my gong as well. Or do I? Cognitive dissonance is real. We all know people who love certain animals and happily chow down on others. I used to be one of them and, most likely, so did you. What made us change? I think that comes down to two things: other people and knowledge.

Knowledge is power and our knowledge about animal agriculture, and the havoc it is wreaking on our world, is growing all the time. We have a duty of care to our planet and to each other to keep sharing our knowledge. Because with knowledge comes decisions, and with decisions comes change. And the human race urgently needs to change. Do you remember feeling hoodwinked when you discovered the truth about dairy? I certainly did – I'd been vegetarian for more of my life than not, and had no idea that my cheese addiction was causing misery to cows. I felt lied to, cheated; like my ability to make my own decisions had been stolen away from me without me realising. "If I'd known sooner, I would have done something." Do you also remember if you felt annoyed at the person who helped you to make that discovery, or did you feel liberated? Even if it hurts, I think most of us are genuinely grateful for any information that enables us to make our own decisions in this life. I know I was.

"Be the vegan you wish you'd met before you were vegan"

People are influenced by other people. Just look at Twitter: its success is founded on the fact that millions of people will endlessly share and retweet their own opinions and those of others. We each have the power to make change happen – whether good or bad – by being ourselves. However unfair it can feel at times, as the 'vegan in the room' (even if there are two of you now!) we need to bear in mind our power to influence and create change.



Human minds make a judgement call on another person in just seven seconds, and that makes us walking embodiments of veganism. Perhaps it's time to stop talking about first impressions, when it's actually our vegan impression that we want to win friends and influence people with. I'm aware that this could all sound terribly onerous (who wants to live like they're on duty 24/7?), so here's my top tip for living your advocacy easily: be the vegan you wish you'd met before you were vegan. Simple as that.

Back to my original question: is vegan normal now? Truthfully, I think that's up to each of us to answer, because we'll all have different ideas of what normal is. For me, normal will be when the scales tip, and more people are vegan than are not. And if that's my measure, then we've still got a lot of work to do. But if we all help each other, I reckon we'll get there.



CLEA GRADY

Clea is a writer, marketer and activist who has been vegan since 2014, and vegetarian since she was 12. She is passionate about inspiring others to go vegan, and believes that good food, empathy and kindness are the best forms of activism.

**Thanks to Cowspiracy and theworldcounts.com


1
2
3

DAY ONE OF BEING VEGAN

Start your vegan adventure with these tasty and nutritious three recipes

1

BREAKFAST

QUINOA BANANA PORRIDGE

By Lisa Butterworth and Amelia Wasiliev

Serves **1** | *Prep* **5 mins**
Cook **5 mins** | *Calories* **343** *(per serving)*

- 40g (⅓ cup) quinoa flakes
- 125ml (½ cup) almond milk or other plant-based milk
- 1 banana, mashed
- 1 tbsp ground hemp seeds

1. Add the quinoa flakes to a small pan with the milk and 100ml (scant ½ cup) water.
2. Heat over low heat for 5 minutes, stirring occasionally as the flakes cook and mixture thickens. Add more liquid if you prefer it less thick.
3. Stir through the mashed banana, then sprinkle with the ground hemp seeds to serve.

7.5g	0.6g	0.1g	16.8g	9.1g
Total fat	Saturates	Salt	Sugar	Protein

2

LUNCH

TOFU AND SPINACH SAAG

By Lisa Butterworth and Amelia Wasiliev

Serves **1** | *Prep* **5 mins** | *Cook* **15 mins** | *Calories* **413** *(per serving)*

- ½ tbsp coconut oil
- 75g (⅓ cup) firm tofu, pressed and cubed
- ½ a small onion, diced
- 2 garlic cloves, finely diced
- ½ tsp garam masala
- ¼ tsp ground cumin
- ¼ tsp ground turmeric
- 100ml (scant ½ cup) coconut milk
- 80g (4 cups) frozen spinach
- sea salt and pepper

1. Heat the oil in a pan and pan-fry the tofu cubes until golden on all sides.
2. Remove the tofu from the pan, add the onion and garlic and fry for 2 minutes until translucent.
3. Add the spices, stir to combine, then add the coconut milk, spinach and tofu.
4. Season and simmer for 10 minutes before serving.

35.3g	28.1g	0.33g	5.8g	16.8g
Total fat	Saturates	Salt	Sugar	Protein

3

DINNER

LENTIL PILAF WITH FLAKED ALMONDS AND HERBS

By Lisa Butterworth and Amelia Wasiliev

Serves **2** | *Prep* **5 mins** | *Cook* **35 mins** | *Calories* **297** *(per serving)*

- 1 tbsp olive oil
- 3 spring onions (scallions), chopped
- 1 garlic clove, finely chopped
- 65g (⅓ cup) puy lentils, rinsed
- 50g (¼ cup) brown rice, rinsed
- 25g (⅛ cup) wild rice, rinsed
- 2 thyme sprigs, leaves picked
- 375ml (1½ cups) vegan stock (broth)
- 2 tbsp flaked almonds
- 2 tbsp chopped flat-leaf parsley
- 2 tbsp pomegranate seeds

1. Heat the oil in a large pan and fry the onions, garlic, lentils and rices for 4-5 minutes.
2. Add the thyme and vegetable stock and bring to the boil.
3. Reduce the heat, cover and simmer for 30 minutes, or until the liquid is absorbed and the rice and lentils are tender.
4. Add the flaked almonds and parsley in the last 5 minutes of cooking. Sprinkle with pomegranate seeds.
5. Store leftovers in the fridge for another time.

9.2g	1.7g	0.01g	3.7g	7.5g
Total fat	Saturates	Salt	Sugar	Protein



The extract on pages 32-33 is taken from *28 Days Vegan: A Complete Guide For Beginners* by Lisa Butterworth and Amelia Wasiliev, photography by Lisa Linder, published by Smith Street Books. (RRP £14.99.)

SQUEAKY BEAN

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VEGAN



TUCK INTO TASTY AT TESCO

Wakey wakey!

Breakfast RECIPES

Start the day raring to go with these tasty, energy-packed meals!



Sweet Sunday rolls

By Peggy Brusseau

Serves **4** | *Prep* **25 mins** | *Cook* **15 mins** | *Calories* **844** *(per serving)*

40g (½ cup) desiccated (shredded) coconut

100g (½ cup, lightly packed) soft light brown sugar

1 tsp ground cinnamon

300g (2½ cups) plain (all-purpose) or wholemeal flour, plus extra for dusting

2 tsp bicarbonate of (baking) soda

1 tsp cream of tartar

80g (⅓ cup) coconut oil, plus a little extra for greasing

150ml (⅔ cup) plant milk

100g (⅔ cup) raisins

2 tbsp extra-virgin olive oil

90ml (⅜ cup) maple or barley malt syrup

1 Preheat the oven to 220°C/Gas Mark 7, and grease a 28cm (11¼in) round baking dish or similar ovenproof dish with a generous coating of coconut oil. Sprinkle the desiccated coconut over the greased dish, jostling it a little to distribute evenly.

2 Combine the sugar and cinnamon in a small bowl. Sprinkle half the cinnamon sugar over the coconut-coated dish.

3 In a separate bowl, mix the flour, bicarbonate of soda and cream of tartar. Add the coconut oil and use a table knife to 'cut' it into the dry ingredients until the mixture resembles fine breadcrumbs. Add the plant milk and stir well, then knead to a firm dough using your hands.

4 Lightly flour a work surface. Turn out the dough and shape it into a rough rectangle. Use a rolling pin (or simply press with your hands) to flatten it into a bigger rectangle of about 20x30cm (8x12in), with a thickness of about 1.5cm (⅝in).

5 With the long edge closest to you, spread the raisins over the dough, leaving a gap of about 3cm (1¼in) all around the edges. Lightly press the raisins into the dough. Sprinkle the remaining cinnamon sugar over the raisins, and drizzle with the olive oil and half of the syrup.

6 Roll the dough into a log from the long edge, working away from you. Press firmly as you roll to ensure that the filling is properly embedded. Check that the ends and the long edge are closed – if necessary, dampen those edges and press together to seal.

7 Using a serrated bread knife, cut the roll into slices about 3cm (1¼in) thick. Lay the slices flat in the prepared baking dish, leaving a little room between each slice. Bake in the oven for 15 minutes.

8 While the rolls are baking, cut a piece of baking paper large enough to cover the baking dish. When the rolls are cooked, set the dish on a wire rack or trivet. Lay the baking paper over the dish and put a large plate or tray upside-down on top of the paper, with the baking dish centred underneath. Using oven gloves, carefully lift the dish and plate, holding them firmly together as you turn them over.

9 Leave the baking dish upside down on the plate for 2-3 minutes, then carefully lift off. Collect and spread any coconut mixture left in the dish over the rolls, which are now upside down. Drizzle the remaining syrup over the rolls while they are still hot. Cool for 10-15 minutes, before gently pulling them away from each other. Eat while still warm.

TIP Drizzle a little extra-virgin olive oil over the rolls before baking them to create a slightly crispy surface.

35.1g	24.2g	0.66g	60.4g	10.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Tempeh, lettuce and tomato sandwich

By Peggy Brusseau
Makes **1** *sandwich* | *Prep* **5 mins**
Cook **15 mins** | *Calories* **430** *(per sandwich)*

1 tbsp untoasted sesame oil

100g (⅔ cup) tempeh, cut into slices no more than 1cm (½in) thick

2 slices of your favourite bread

1 tsp extra-virgin olive oil

1 tsp mustard

2 lettuce leaves

1 tomato, sliced

a dash of tamari and/or hot sauce

1. Heat the oil in a frying pan (skillet) set over a medium heat. Add the tempeh slices to the pan and cook for about 7 minutes on each side, until they are golden brown, aromatic and with a hint of crispiness.
2. Meanwhile, toast the bread. Drizzle both pieces of toast with olive oil and spread a thin layer of mustard onto each slice.
3. Arrange the lettuce and tomato on one of the slices, and top with the cooked tempeh. Sprinkle a little tamari and/or hot sauce onto the hot tempeh.
4. Close the sandwich and serve hot.

TIP You know how to make your own sandwich: swap the order in which you layer the ingredients, add more or less of what you like, add other sauces, and so on. Toss some thinly sliced onion in the hot pan for a moment, and add to the layers.

30.8g *Total fat* | **5g** *Saturates* | **0.18g** *Salt* | **2.7g** *Sugar* | **21.4g** *Protein*

The recipes on pages 36-37 are taken from *The Contented Vegan* by Peggy Brusseau, photography by Ian Garlick, published by Head of Zeus. (RRP £25.)



Scrambled tofu

By Peggy Brusseau
Serves **4** | *Prep* **15 mins** | *Cook* **15 mins** | *Calories* **108** *(per serving)*

1 tbsp untoasted sesame oil

1 small onion, finely chopped

3 garlic cloves, finely chopped

1 medium tomato, finely chopped

¼ tsp ground turmeric

400g (2 cups) silken tofu, well drained

½ tsp dried basil

salt and pepper, to taste

1. Pour the oil into a saucepan set over medium heat. Add the onion and garlic, reduce the heat and sauté for 5 minutes, stirring occasionally. Add the tomato, cover the pan and cook for 5 minutes. Sprinkle in the turmeric and stir well.
2. Crumble the tofu into the saucepan and stir well, fluffing and mashing the tofu as you do so. Cook for 5 minutes in this way to ensure an even distribution of heat and flavours.
3. Stir in the basil, season with salt and pepper, and serve.

TIP 1 Try adding a selection of vegetables to this dish. To ensure quick and even cooking, cut your chosen vegetables into small pieces. Try a little diced sweet pepper (capsicum), grated carrot, or florets of purple sprouting broccoli, and fresh herbs such as parsley or wild garlic (ramps). Add them to the pan at the same time as the onion and garlic, and cook for 5 minutes. Next, add the tomato and remaining ingredients as described above.

TIP 2 Unless tofu is smoked or marinated, or made with added seeds, it's bland. So, you get to jazz it up. I always try spices first, including black pepper, chilli and perhaps a little allspice. I keep it simple, then if something works I can build on it. Turmeric is great for two reasons: it gives it a beautiful yellow colour and it slightly thickens any sauce produced. Finally, I create 'top note' flavour and aroma by adding dried herbs in the last few minutes of cooking and perhaps a garnish of fresh herbs as I serve the dish.

6.2g *Total fat* | **0.9g** *Saturates* | **0.08g** *Salt* | **2.8g** *Sugar* | **7.5g** *Protein*



Double chocolate chip pancakes

By Jana Cristofano

Makes **8-9** *pancakes | Prep* **10** *mins | Cook* **10** *mins | Calories* **190** *(per pancake)*

300ml (1¼ cups) unsweetened plant milk

2 tsp apple cider vinegar

75g (¾ cup) ground almonds (almond meal)

80g (½ cup) white rice flour

75g (½ cup) tapioca flour or tapioca starch

35g (⅓ cup) unsweetened cocoa powder

40g (¼ cup) mini vegan chocolate chips

3 tbsp coconut sugar

2 tsp baking powder

¼ tsp finely ground sea salt (rounded)

60ml (¼ cup) unsweetened apple sauce

1 tsp vanilla extract

7.1g	1.6g	0.09g	5.8g	3.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

1. In a small bowl, stir together the milk and cider vinegar. Set aside for 5 minutes to become a light 'buttermilk'.
2. In a medium bowl, place the ground almonds, white rice flour, tapioca flour, cocoa powder, chocolate chips, coconut sugar, baking powder, and salt. Stir to combine evenly.
3. Add the apple sauce and vanilla to the milk mixture and stir to combine.
4. Add the wet ingredients to the dry and stir together. Set aside to let the batter thicken for 5 minutes while preheating a griddle or pan.
5. Heat a non-stick griddle or pan over medium heat. Using a 60ml (¼ cup) measure, pour the measured batter on the griddle and gently spread it into a circle about 5mm (¼in) thick and 10cm (4in) in diameter.
6. Cook for 3-4 minutes or until the edge of each pancake becomes dull. There won't be as many bubbles as in traditional American pancakes. Flip and cook for about 2 minutes more. To serve, drizzle with maple syrup or your favourite nut butter.



Blueberry cream cheese

By Jana Cristofano
Makes **500g (2 cups)** | *Prep* **10 mins**
Cook **none** | *Calories* **381** *(per 100g)*

300g (2 cups) raw cashews, soaked

150g (1 cup) fresh blueberries

3 tbsp fresh lemon juice

2 tsp apple cider vinegar

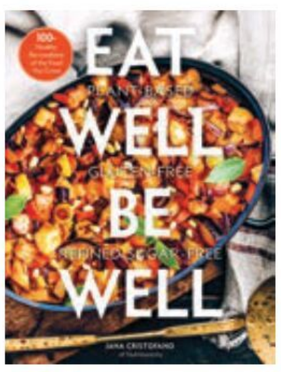
1 tbsp coconut nectar or maple syrup

¼ tsp vanilla extract

⅛ tsp finely ground sea salt

1 Place all the ingredients in a food processor in the order listed. A high-speed blender may be used if the motor is powerful and capable of blending very thick consistencies. Pulse a few times to break down the nuts, then blend until smooth, periodically pausing to scrape down the sides, about 3-5 minutes.

2 The blueberry cream cheese can be served immediately, but flavours intensify after being refrigerated overnight. This keeps for several days if refrigerated in an airtight container.



The recipes on pages 38-39 are taken from *Eat Well, Be Well* by Jana Cristofano, published by Sterling. (RRP £22.99.)

26.5g	4.4g	0.06g	5.8g	11g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Strawberry banana overnight chia oats

By Jana Cristofano
Serves **2** | *Prep* **5 mins** | *Cook* **none** | *Calories* **231** *(per serving)*

120g (½ cup) mashed ripe banana

1 tbsp lemon juice

120g (½ cup) mashed strawberries

1 tsp vanilla extract

1 tsp maple syrup (optional)

1 tbsp chia seeds

50g (½ cup) gluten-free rolled oats

120ml (½ cup) unsweetened plant-based milk

a pinch of finely ground sea salt (optional)

1 In a jar, place all ingredients in the order they appear. It is important to mix the lemon juice in with the banana first, to help prevent the banana from turning brown overnight. Once all ingredients have been added, put the lid on the jar and shake to combine. Place in the refrigerator overnight or for 6-8 hours.

2 In the morning, pour the desired amount into a bowl or a parfait glass and top or layer with toppings such as berries, nuts, or seeds. Blueberries and walnuts are two of my favourite additions.

5.3g	0.7g	0.17g	12.9g	5.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

JUST ONE TRAY

All it takes is one tray, a few quality ingredients and a short time in the kitchen to create fabulous meals

ROASTED SQUASH, CAULIFLOWER AND SAGE

Fresh sage is a seriously underrated herb, and there's no better pairing for it than butternut squash, which makes this Europe-meets-Middle East fusion dish a total experience.

By Roxy Pope and Ben Pook

Serves **4** | *Prep* **25 mins** | *Cook* **40 mins** | *Calories* **486** *(per serving)*

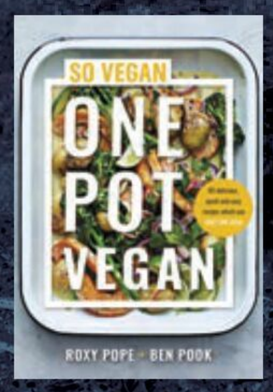
- 1 butternut squash (about 1.2kg (8 cups))
- 1 large cauliflower (750g (7½ cups))
- 2 red onions
- salt and pepper
- 1 tsp nutmeg
- olive oil
- 400g tin (1⅔ cups) of green lentils
- 12 fresh sage leaves
- 160g (8 cups) baby spinach
- 1 lemon
- 4 tbsp tahini
- 1 tbsp Dijon mustard
- ½ tbsp maple syrup
- 40g (¼ cup) pecans
- 1 pomegranate

1. Preheat the oven to 200°C/Gas Mark 6. Cut the butternut in half lengthways, peel the skin, spoon out the seeds, then slice the flesh into 1cm (½in) thick semicircles. Remove the leaves from the cauliflower and slice it through the stem into 2cm (¾in) thick 'steaks'. Cut the red onions into quarters, leaving the skins on.
2. Put the squash, cauliflower and red onions into a large roasting tray, season generously with salt and pepper, sprinkle with nutmeg, then drizzle with 3 tbsp olive oil. Rub the seasoning evenly over the veggies, then roast for 30 minutes.
3. Remove the tray from the oven. Drain and rinse the lentils and add them to the tray. Roughly chop the sage leaves and sprinkle them over the veggies, then spread the spinach across the tray. Put back into the oven and roast for 10 minutes.
4. Meanwhile, zest the lemon and leave to one side. Prepare the tahini dressing by combining the tahini with the Dijon mustard, maple syrup, 1 tbsp lemon juice and 4 tbsp water in a small mixing bowl until smooth and runny. Taste and season to your liking.
5. Roughly chop the pecans. Cut the pomegranate in half and whack the skin of each half with a wooden spoon to ease the seeds out. Remove the tray from the oven and squeeze the rest of the lemon juice on top.
6. Drizzle the tahini dressing around the tray, sprinkle over the pecans and pomegranate seeds, and finish with a scattering of lemon zest.

TIPS You may need more water or more tahini to get the perfect consistency, depending on which brand of tahini you use. Not a fan of pomegranate? Sub with a handful of pitted and halved grapes.

20.2g	2.7g	0.21g	17.3g	17.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

The extract on pages 40-42 is taken from *One Pot Vegan* by Roxy Pope and Ben Pook, published by Michael Joseph. (RRP £16.99.)



CARIBBEAN FEAST

By Roxy Pope and Ben Pook
Serves **4** | *Prep* **25 mins** | *Cook* **40 mins**
Calories **816** *(per serving)*



200g (1 cup) basmati rice
400g tin (1⅔ cups) of coconut milk
400g tin (1⅔ cups) of kidney beans
salt and pepper
4 corn on the cob
300g (3 cups) oyster mushrooms
2 ripe plantains
⅛ of a Savoy cabbage
⅛ of a red cabbage
1 lime
3 tbsp vegan mayonnaise
1 ripe mango
a handful of fresh coriander (cilantro)

FOR THE JERK MARINADE

2 shallots
a thumb of fresh ginger
6 garlic cloves
1 Scotch bonnet chilli
8 sprigs of fresh thyme
2 tbsp light soy sauce
1 tbsp maple syrup
1 tbsp ground allspice
1 tsp ground cinnamon
vegetable oil

1 First prepare the jerk marinade. Peel and roughly chop the shallots, ginger and garlic, and put them into a food processor. Remove the stalk from the Scotch bonnet, cut in half and discard the seeds, then pick the leaves off the thyme and add both to the processor along with the soy sauce, maple syrup, juice from half the lime, allspice, cinnamon, 3 tbsp vegetable oil and pinches of salt and pepper.
2 Preheat the oven to 220°C/Gas Mark 7. Put the rice into a sieve and rinse until the water runs clear, then transfer to a large roasting tray with the coconut milk, 250ml (1 cup) water and pinches of salt and pepper. Drain and rinse the kidney beans and add them to the tray, then stir to combine. Cut the sweetcorn cobs in half, rub 4 tbsp jerk marinade all over them, and add them to the tray. Cover the tray with baking paper or a larger tray, and roast for 15 minutes.
3 Meanwhile, tear any large mushrooms in half and rub them with the remaining marinade. Peel the plantains, cut them into 1cm (½in) thick slices, put them in a bowl, season with salt and pepper and drizzle with olive oil. Remove the baking paper from the tray, then add the mushrooms and plantains to the tray, covering the rice to help it steam. Bake uncovered for 20-25 minutes, turning the plantain and mushrooms halfway.
4 Meanwhile, prepare the slaw by finely chopping the cabbages. Put both into a mixing bowl with the juice from the remaining lime half and the mayo. Stir to combine and set to one side.
5 To serve, top the feast with the slaw, then peel and dice the mango and scatter over the tray with the coriander.

30.3g	19.9g	0.73g	40.9g	18.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

LOADED SWEET POTATO WEDGES

By Roxy Pope and Ben Pook
Serves **2-4** | *Prep* **20 mins** | *Cook* **45 mins** | *Calories* **820** *(per serving)*

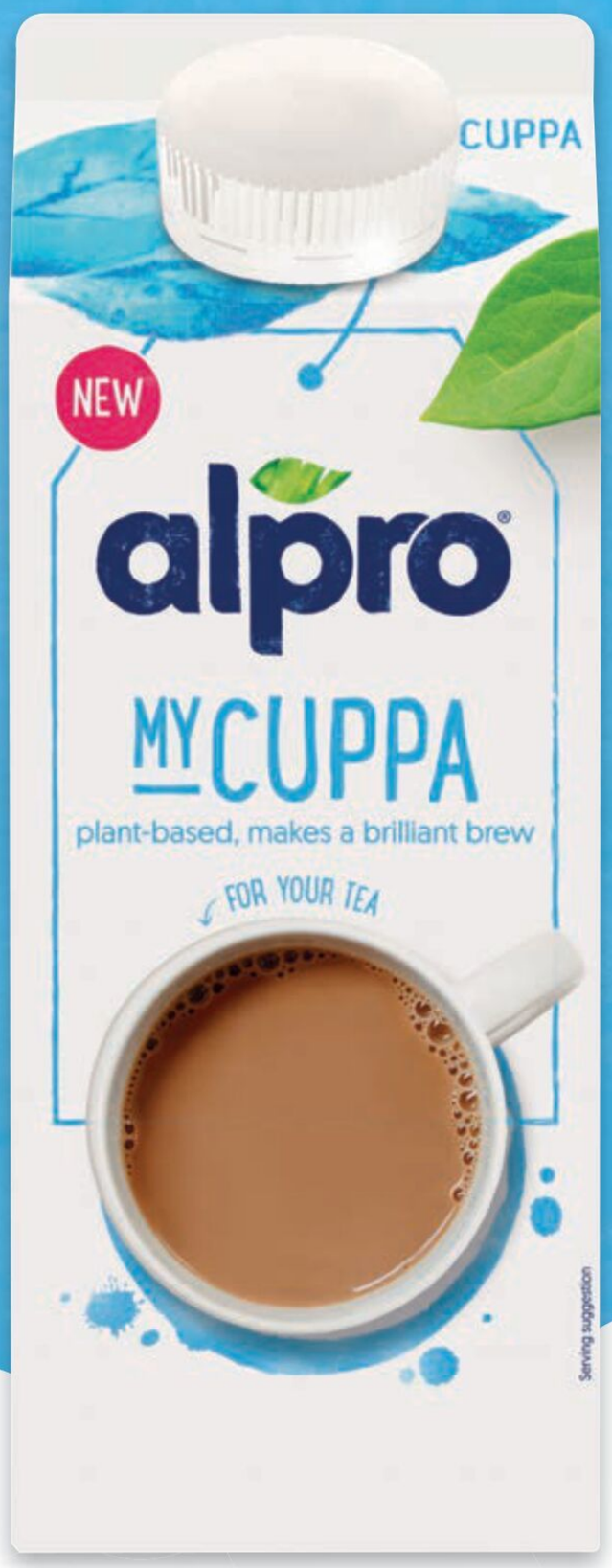


50g (⅓ cup) cashews
1.2kg (8 cups) sweet potatoes
salt and pepper
vegetable oil
2 red onions
3 garlic cloves
1 ripe mango
1 red pepper
a handful of fresh coriander (cilantro), plus extra to top
1 lime
2 x 400g tins (3⅓ cups) of black beans
1 tbsp Cajun seasoning
4 tbsp nutritional yeast
180ml (¾ cup) unsweetened plant-based milk
1 red chilli
1 avocado

1 Preheat the oven to 220°C/Gas Mark 7. Put the cashews into a bowl, cover with hot water from the kettle, and set to one side to soak.
2 Dice 200g (1⅓ cups) of the sweet potatoes into 1cm (½in) pieces and place in the corner of a large roasting tray. Slice the remaining sweet potatoes into wedges, then place at the other end of the tray. Season the wedges with ½ tsp salt and a large pinch of pepper, drizzle over 2 tbsp vegetable oil, and toss to combine. Slice 1 red onion in half, skin on, and add it to the tray along with the garlic cloves (skins on). Roast for 20 minutes.
3 For the salsa, cut the mango in half around the stone, score the halves in a criss-cross pattern and scoop out the flesh. Dice the red pepper, discarding the core and the seeds. Peel and dice the remaining red onion and roughly chop the coriander leaves, discarding the stalks.
4 Add everything to a mixing bowl along with the juice from half the lime, and a pinch of salt and pepper. Mix everything together.
5 Take the tray out of the oven and remove the onion, garlic cloves and diced sweet potato. Move the sweet potato wedges around the tray, then return the tray to the oven for another 10 minutes.
6 Drain and rinse the black beans. Add them to the tray along with the Cajun seasoning and gently give everything a mix. Roast for 10-15 minutes, or until the sweet potato is lightly charred.
7 To make the queso, drain the cashews and transfer them to a high-powered blender or food processor, along with the diced sweet potato, roasted red onion and garlic (skins removed from both), nutritional yeast, juice from the remaining lime half, milk, half the red chilli (seeds removed), and large pinches of salt and pepper. Blend the mixture until smooth.
8 Remove the wedges from the oven and scatter over the salsa and half the queso. Thinly slice the remaining chilli and roughly chop the rest of the coriander leaves. Cut the avocado in half, scoop out and slice the flesh, then add it to the wedges, along with the sliced chilli and coriander leaves. Serve alongside the remaining queso. Epic.

22.1g	3.9g	0.42g	17.3g	22.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

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5-minute lunchbox!

Herbed couscous salad with left-over roast veg

This salad is the perfect option for the day after you've roasted a big batch of colourful vegetables for dinner. Any vegetable at hand will work here – so toss in whatever you like.

By Alexander Hart

Serves **1** | *Prep* **5 mins** | *Cook* **none**
Calories **533** *(per serving)*

FOR THE SALAD

150g (1 cup) cooked and cooled couscous

150g (1 cup) left-over roast veg, such as carrot, parsnip, potato, beetroot (beets) and pumpkin (winter squash), roughly chopped

a large handful of chopped mixed herbs, such as parsley, mint and dill

¼ of a red onion, finely chopped

FOR THE LEMON DRESSING

2 tbsp extra-virgin olive oil

juice of ½ a lemon

salt and pepper, to taste

1. Toss the salad ingredients together, then tip into your lunchbox.
2. Combine the dressing ingredients together in a small jar or container with a tight-fitting lid.
3. Pour the dressing over the salad just before serving and toss well.

29g	4.3g	0.34g	6.7g	9.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*





Quinoa and black bean salad with chipotle crema

This salad combines the classic Mexican ingredients of black beans, avocado, coriander and chipotle, with a filling base of quinoa. Chipotle chillies in adobe sauce can be found in tins in most supermarkets, or speciality stores.

By Alexander Hart

Serves **1** | *Prep* **5 mins** | *Cook* **none** | *Calories* **562** *(per serving)*

FOR THE SALAD

100g (½ cup) cooked and cooled quinoa

100g (½ cup) drained tinned black beans

¼ green bell pepper (capsicum), finely diced

½ an avocado, diced

2 spring onions (scallions), thinly sliced

a handful of coriander (cilantro) leaves

FOR THE CHIPOTLE CREMA DRESSING

½ a chipotle chilli in adobo sauce, finely chopped

juice of ½ a lime

2 tbsp vegan mayonnaise

salt and pepper, to taste

1 Toss the salad ingredients together, then tip into your lunchbox.

2 Combine the dressing ingredients together in a small jar or container with a tight-fitting lid.

3 Pour the dressing over the salad just before serving and toss well.



The extract on pages 45-46 is taken from *The 5-Minute Vegan Lunchbox* by Alexander Hart, photography by Chris Middleton, published by Smith Street Books. (RRP £14.99.)

30g	4.2g	0.41g	3.8g	16.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Sort-of dan dan noodles

'Dan dan noodles' are a popular spicy Sichuan dish, most commonly made with pork. This version is a quicker, vegan adaptation with all the delicious flavours. This recipe calls for shirataki noodles, which are ultra-low-calorie noodles made from konjac – an Asian root vegetable. Feel free, however, to replace them with whatever noodles you prefer.

By Alexander Hart

Serves **1** | *Prep* **5 mins** | *Cook* **none** | *Calories* **452** *(per serving)*

FOR THE NOODLES

200g (1¼ cups) cooked shirataki (konjac) noodles, rinsed, drained

1 tsp sesame oil

2 tbsp chopped pickled mustard greens

½ a short cucumber, sliced

1 long red chilli, seeded and thinly sliced

2 tbsp chopped roasted peanuts

a small handful of roughly chopped coriander (cilantro) leaves

FOR THE CHILLI DRESSING

1½ tbsp tahini

1 tbsp chinkiang or black vinegar

3 tsp vegan chilli oil

2 tsp light soy sauce

½ tsp minced garlic

a pinch of caster (superfine) sugar

1 Toss the shirataki noodles with a little sesame oil. Add the remaining salad ingredients and toss together, then tip into your lunchbox.

2 Combine the dressing ingredients in a small jar or container with a tight-fitting lid.

3 Pour the dressing over the salad just before serving and toss well.

37.8g	4.5g	0.51g	4.2g	12g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

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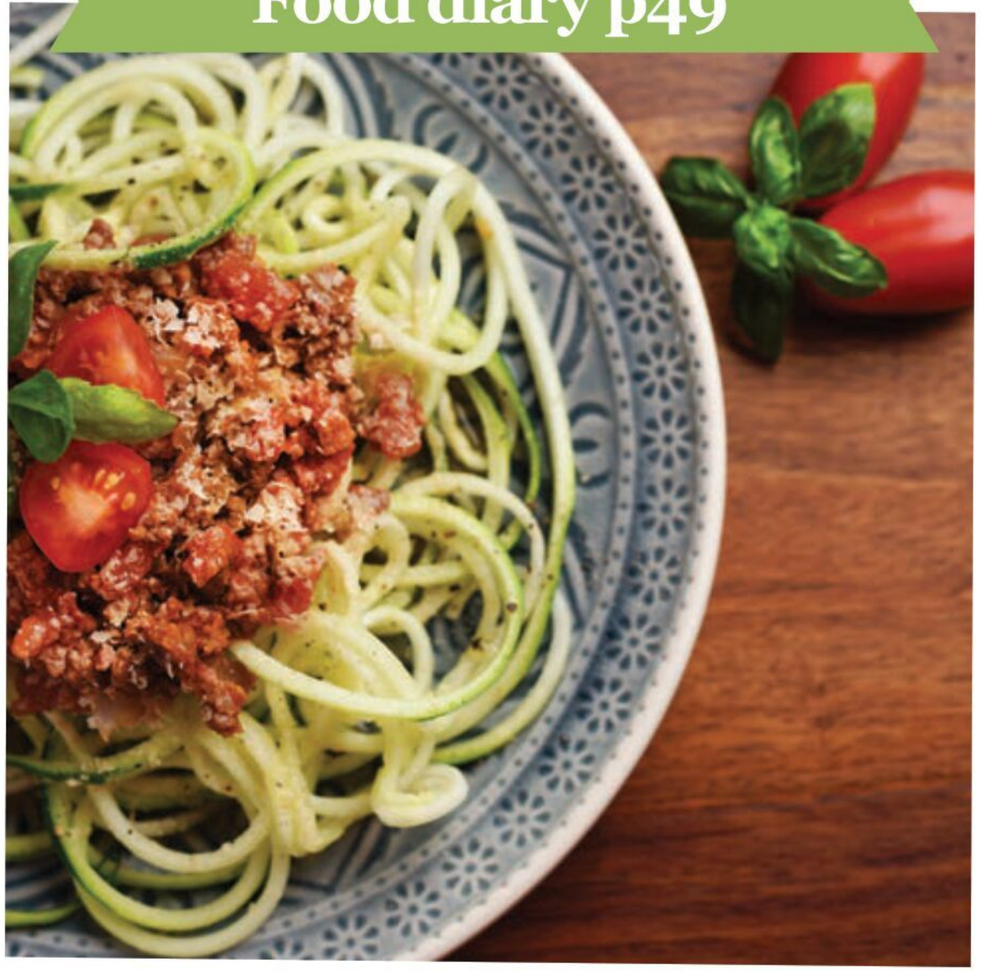
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Nutrition SOS

Make sure you're meeting your nutritional needs with our section dedicated to getting all the good stuff into you...

Food diary p49



Iron p50



Herbs p52



Totally tofu p54





The Vegan Society FOOD DIARIES

Heather Russell checks in on the food diaries of her colleagues at The Vegan Society



YOUR EXPERT

Heather Russell is passionate about eating well and keeping fit. She trained to be a dietitian to combine her love of science with a desire to help people, and she loves food! She worked in the NHS from 2010-16, and is now using her dietetic skills to support the work of The Vegan Society. www.vegansociety.com

Over the next few months I'm going to introduce a few of my lovely colleagues, who have agreed to keep food diaries and share them with you. As always, I'll be offering some tips about how you can get the most out of a vegan diet. This month, Senior Communications and Campaigns Officer Ellie gives us an idea of what she likes to eat.

HEATHER'S ANALYSIS

Before I get into the nutrition stuff, I wonder if you're as intrigued as me by the idea of wrapping chocolate or marzipan in croissant pastry? I remember witnessing the result of Ellie's ground cumin mistake – hats off for trying not to waste the smoothie! The ground linseed (flaxseed) is a really rich source of essential omega-3 fat; other daily options include chia seeds, shelled hemp seeds and walnuts. I'm always raving about how much easier healthy eating can be when you embrace batch cooking, so it's great to see that Ellie makes use of leftovers when she's busy. Her diet features some excellent sources of plant protein like beans, dal and soya, which provide good amounts of iron and zinc too. With calcium in mind, I recommend that Ellie checks that her daily intake of fortified plant milk is at least 400ml; or, she could aim for about 200ml if she cooks with calcium-set tofu.

Ellie's diary



BREAKFAST

I tend to lack imagination (and patience!) in the mornings, so I like to have a smoothie first thing. It's very quick and is an easy way to tick off a few nutritional boxes. My smoothies usually include a banana (very ripe – can't stand a green banana), fortified soya milk, milled flaxseed, frozen berries, some oats and a hefty sprinkle of cinnamon. Once I mistook ground cumin for cinnamon and managed to stubbornly drink half of it before giving up. Would not recommend. Oh – and I try and take my VEG 1 supplement first thing as well, so I don't forget it later.

At the weekends I tend to have something different – for example porridge with berries and date syrup, peanut butter and jam on toast or ready-to-bake pastries like cinnamon swirls or croissants. I've been known to wrap chocolate or marzipan in ready-made croissant pastry before baking. It makes for a great birthday breakfast.

LUNCH

On a work day, lunch is often salad and veggies with houmous in a wholewheat wrap. Or I often have leftovers from the night before. As it's now more wintery I'm leaning towards something warming like soup – sweet potato and butter bean is a favourite.

At weekends I give meals a bit more time and effort. I love making stir-frys flavoured with miso and peanut butter. If I've got time to include tofu, then all the better. I recently learned a great hack – you can freeze extra-firm tofu and then boil it before flavouring and frying or baking it. It makes it extra chewy and delicious.

DINNER

My partner and I take it in turns to cook. We'll have things like dal and rotis, black bean tacos or spaghetti Bolognese made with dried soya mince.



During lockdown I got back into baking. I love baking cookies (especially making them into ice cream sandwiches) and recently made a baked cheesecake for the first time.

Sometimes we'll treat ourselves to a meal out or a takeaway. Thai is our favourite – any excuse to have tofu. We're probably not breaking any vegan stereotypes there.

For general information about vegan diets, check out the resources at www.vegansociety.com/nutrition

THE LOWDOWN ON

IRON

Lauren Craven-Niemczyk, Nutritional Therapist at the UK multivitamin brand Feel, gives the lowdown on iron and why it's such a vital nutrient in our diets



Above Haemoglobin is what give blood its red colour and carries iron around the body.

WHAT IS IRON?

Iron is an essential mineral, vital to blood cell production. It is particularly important for children, athletes, menstruating women, and pregnant women. Iron:

- Enables the transportation of oxygen throughout the body.
- Enables the transportation of oxygen to muscles.
- Maintains energy levels and cognitive abilities.
- Prevents symptoms of anaemia.

Up to 70% of your body's stores of iron are found in the haemoglobin of red blood cells and the myoglobin in muscle cells.



Right Pumpkin seeds are among the best plant-based sources of iron available.

THE BENEFITS

Cardiovascular benefits In the body, iron binds with protein to form haemoglobin and myoglobin. Haemoglobin and myoglobin then bind with oxygen, and transport oxygen throughout the body. Every part of your body, including your heart, lungs and brain, requires oxygen to survive. So without enough iron, your body cannot produce the red blood cells it needs to deliver oxygen to your tissues, leading to anaemia.

Anaemia makes your heart, lungs, and brain work harder, and decreases the efficiency of your other organs. Therefore with adequate iron, you are able to provide your body cells with sufficient oxygen, alleviating fatigue.

Energy benefits When you are not getting enough iron, you might display symptoms like fatigue, irritability and trouble focusing. If you have sufficient iron levels, however, your blood can efficiently transport oxygen throughout your body, which improves your mood and makes you feel less tired.



Exercise benefits Iron contributes to energy production and normal metabolism, as well as enabling the transportation of oxygen to muscles. For these reasons it is thought to improve athletic performance.

Neurological benefits Studies have shown that by preventing anaemia, iron improves cognitive speed and function. Ensuring adequate intake is an excellent way to make sure that you have the iron your nervous system needs to operate with optimal efficiency. Research also indicates that you may be at a lower risk



Right Hair loss across the whole of the scalp can be a symptom of too little iron in your diet.

of depression with sufficient iron stores.

Immune benefits Iron also contributes to the normal function of the immune system, and so consuming enough iron may be associated with a reduced susceptibility to infections.

WHERE CAN IRON BE FOUND NATURALLY?

Two types of iron exist in foods: heme and non-heme. Heme iron is found in animal products and non-heme iron is found in plant-based foods, such as beans, nuts, soy and vegetables. Also, many types of shop-bought breakfast cereals and breads are fortified with iron.

Heme iron is more bio-available, but consuming vitamin C with non-heme iron can increase absorption. Try adding fresh fruits and veg such as peppers, oranges, berries, broccoli and kiwi fruits to iron-rich foods.

Below are five great plant-based sources of iron:

- Pumpkin seeds (30g) – 3mg.
- Tofu (100g) – 2.7mg.
- Quinoa (150g) – 2.2mg.
- Red lentils (80g) – 1.9mg.
- Kale (80g) – 1.6mg.

Drinking tea and coffee with meals can inhibit iron absorption, so aim to drink these between meals.

RECOMMENDED DAILY IRON INTAKE

According to the National Health Service (NHS), the recommended nutrient reference value (NRV) of iron is 8.7mg in adult men and 14.8mg in adult women. Females need to consume higher amounts of iron to offset the blood loss during menstruation. After menopause, however, the NRV of iron for women falls to 8.7mg.

"Without enough iron, your body cannot produce the red blood cells it needs"

WHAT ARE THE SYMPTOMS OF IRON DEFICIENCY?

Fatigue Excessive tiredness is one of the most common symptoms of anaemia; it can cause difficulty concentrating, and affect performance at work. You may need more hours sleep overnight, or a nap during the day.

Muscle Weakness Anaemia also results in muscle weakness, which can make it hard to walk, run, or engage in strenuous physical activities.



Pale skin Lower levels of haemoglobin, which gives blood its characteristic red colour, can lead to paler skin than usual. This mainly affects the face, lower eyelids and nails.

Shortness of breath When iron and therefore haemoglobin is low, your body is less capable of transporting oxygen to the tissues that need it. Your breathing rate will therefore increase to attempt to get more oxygen.

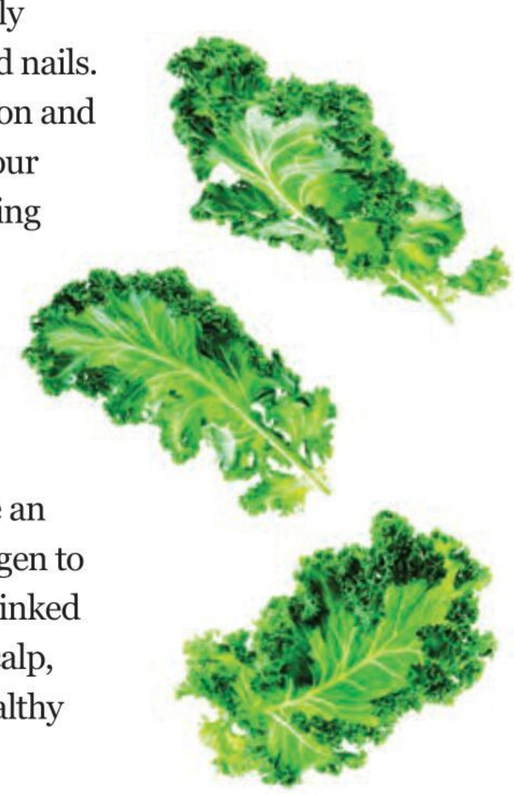
Hair loss Like the rest of the body's cells, hair follicles require an adequate supply of iron and oxygen to function. A deficiency in iron is linked to diffuse hair loss all over the scalp, which will often reverse with healthy iron levels.

WHO HAS ADDITIONAL REQUIREMENTS?

It can be hard to get your daily NRV. In most foods, this nutrient is only present in small quantities.

Iron is lost from the body via sweat, skin, urine, the gastrointestinal tract, and menstruation. Populations at risk include athletes, growing children, menstruating women, and pregnant women. It is also possible to have an excess of iron, for example with men and post-menopausal women.

Above Due to menstruation, women require greater amounts of iron in their diet than men do.



LAUREN CRAVEN-NIEMCZYK is a Nutritional Therapist for Feel. With a Feel Multivitamin™ subscription, you can add the benefits of vitamin A to the other 32 vitamins, minerals and botanicals in this next-generation daily capsule – prices start at just £11.95. Find out more at wearefeel.com.

References pubmed.ncbi.nlm.nih.gov/11029010/; www.vegansociety.com/sites/default/files/uploads/downloads/Iron%20PDF%20v2.pdf; pubmed.ncbi.nlm.nih.gov/17344500/; www.ncbi.nlm.nih.gov/pmc/articles/PMC4235202/; https://pubmed.ncbi.nlm.nih.gov/28189077/

HERBS FOR ENERGY, SLEEP & MOOD



Elle Fox, graduate from the College of Naturopathic Medicine (CNM), uncovers the natural herbs and spices that you can use to help aid your mind and body

Man's relationship with herbs is as old as the hills. Every society has used herbs, from including in simple teas and food to sophisticated health interventions for thousands of years. Only over the last couple of hundred years has what we now consider modern medicine used individual constituents of herbs to address various conditions – aspirin is such an example. The inherent problem of this kind of approach is that isolating one 'active' component, thus removing other balancing chemicals that form the whole therapeutic profile of a plant, can produce adverse effects, where use of the whole plant might not.



Above Ginger has a wealth of benefits for the body.
Below Black pepper is a more surprising good spice.



My thinking, when faced with the prospect of writing about using herbs (and spices) to support energy, sleep and mood, was that all these problems may stem from one or two root causes, which, if addressed, could help what appears to be three different unrelated issues. Just as a whole plant is more than the sum of its parts, looking at the whole person is how natural medicine views healing interventions.

LET'S TALK ABOUT MENTAL HEALTH FOR A MOMENT...

According to Mind UK, one in four people will experience a mental health problem of some kind each year in England. One in six people report experiencing a common mental health problem in any given week in England. Reports from both England and Wales suggest that:

- Approximately only one in eight adults with a mental health problem are currently getting treatment.
- The most common treatment offered is psychiatric medication.

In America, mental health conditions, such as depression and anxiety, affect more than 40 million adults – almost 18% of the population.

It is well known, and scientifically proven, that prescription or over-the-counter pharmaceuticals used to treat mental health can pose dangerous and long-term adverse events.

STEP IN PLANT MEDICINE...

In recent years, good scientific work has been done on the therapeutic effect of common herbs and spices, as well as research pointing to our gut as a major player in what, up to now, were seen as mental conditions, such as anxiety, depression, chronic fatigue, insomnia.

Traditional natural medicine has been adamant that food is where we should look first and increasing numbers of medical professionals are joining the 'let food be thy medicine' philosophy. Wholesome, seasonal, local food, preferably organically grown without chemical toxins, is the best friend we have to help rebalance our system, reduce inflammation and nurture the body and mind.

Here is an example of how the food we eat can have a significant effect on how we feel emotionally. If you eat something that your body reacts to (say you have a gluten or dairy intolerance), you may experience heart palpitations sometimes up to six hours after eating the offending food. This could impact your adrenals (your fight and flight reaction), increasing anxiety levels, which would then possibly affect your blood sugar making you 'hangry' (irritable due to hunger) or exhausted, or both. On top of that, if you have



Left Turmeric doesn't just look good, it has many beneficial effects – have a turmeric latte!

"Good scientific work has been done on the therapeutic effect of herbs and spices"

eaten this food near bedtime, you could be kept up in the night with elevated heartbeat, 'tossing and turning' and not getting enough rest. This could make you irritable or give you low mood the following day.

ADAPTOGENS

The herbalist's arsenal includes a unique class of remedies we call 'adaptogens': herbs and spices that do more than one thing – their supreme value lies in balancing the body's needs and functions. Because my inner frugal always clamours that 'less is more', what if there were just a handful of herbs and spices, either already in your larder or that you could easily lay your hands on, which would do double or triple duty?



Here are some herbs and spices with multiple positive effects on health, be it energy, mood or sleep...

Black pepper: Oh, the smell of freshly ground pepper sprinkled over everything! Have you ever tried it with fresh berries? Or in your porridge? Black pepper improves digestion, reduces wind, helps increase the absorption of other nutrients and in rat models appears to reduce cancer; supports weight loss, insulin (regulates blood sugar and carbohydrate metabolism) and leptin (a hormone that regulates hunger) levels. Get a good pepper mill and freshly grind pepper with abandon. I'm sure you know you should put a pinch of ground pepper in your turmeric latte too.

Turmeric: One of the more researched spices, turmeric has shown positive effects in overall body metabolism, reducing anxiety and depression, improving memory (reducing the risk of dementia), aiding weight loss and, like pepper, it has an effect on insulin and leptin in our body. (Studies have shown that leptin and leptin receptor are involved in breast cancer development). It has also been shown to help with radiation damage and heavy metal toxicity... the list of turmeric benefits is very long. So swap normal coffee for a turmeric latte daily!

Parsley The humble, vivid, fragrant parsley is a herb you can grow on your sunny windowsill – like holy basil. It has an affinity with the urinary tract and helps in supporting kidney and bladder health, as well as aiding cardiovascular health. It has an antihistamine effect, can be helpful in cramps and offers phytoestrogens and boron, so can support hormonal and bone health, especially around the menopause. Use it in as many dishes as you like and also as a fresh herb tea or a cold herb water (stick a bunch of parsley in a glass bottle of filtered water, add a squeeze of lime, leave overnight to infuse, then drink).



Above The lesser-known tulsi is also called holy basil.
Below Chamomile tea is well known to aid good sleep.



Tulsi: Holy basil (not to be confused with normal sweet basil) is an amazing adaptogenic herb. It protects from environmental toxins, especially during travel (including air travel), helps expel mucus, is anti-inflammatory, antiviral and antibacterial, boosts the immune system, helps with anxiety and depression, has shown anti-cancer activity and lowers blood pressure. A toolkit in one herb! It makes great pesto, is fabulous sprinkled on salads and makes fragrant tea, so get a dainty glass teapot and brew tulsi infusions – literally to your heart's content.

Ginger: Ginger has many health benefits, but excels in relation to the gut. It helps with nausea, vomiting, morning and motion sickness or nausea from chemotherapy, is an anti-inflammatory and anti-cancer agent, improves gastrointestinal health and offers pain relief. A warming spice, ginger is ideal grated, cooked or as a tea.

Chamomile: My go-to herb if I need to chill and have a good night's sleep. Chamomile makes a lovely tea you can sip before bedtime. It can calm gastrointestinal cramps, is antibacterial and antifungal and can also be used as a mouth wash for sore gums or a wash for irritated eyes.

There are more herbs and spices we can use to support our moods, energy and sleep – cinnamon, garlic, thyme, rosemary... Experiment with what suits you and enjoy the feel, fragrance and taste of herbs and spices. See what attracts you and 'go with your gut'.

Use herbs and spices in the kitchen to enliven your wholefood diet and support health and wellbeing. If you have more serious concerns about mental health issues, or energy levels and sleep suffer despite measures you may have already taken, it is important to get professional advice from your practitioner in the first instance.



ELLE FOX
Naturopath Elle Fox is a CNM (College of Naturopathic Medicine) graduate. CNM trains successful natural therapy professionals, online and in class. Colleges across the UK and Ireland. Visit cnmcourses.com or you can call 01342 777 747.

Totally tofu

The most versatile of ingredients goes in a pie, quiche and dumplings

Sesame-full tofu quiche

By Dunja Gulin

Serves **4-6** | *Prep* **25 mins** *plus chilling* | *Cook* **40 mins**
Calories **692** *(per serving)*

1 onion, chopped
2 garlic cloves, chopped
½ a red (bell) pepper, deseeded and cubed
2 tbsp light sesame oil
1 vegetable stock cube
¼ tsp ground turmeric
½ tsp smoked paprika
½ tsp dried oregano
420g (2 cups) soft tofu, crumbled
60g (¼ cup) tahini
60ml (¼ cup) soya or oat cream
2 tbsp nutritional yeast
100g (1⅓ cups) broccoli florets, steamed
2 tbsp each of unhulled and black sesame seeds

FOR THE PASTRY

260g (2 cups) plain (all-purpose) flour
90g (¾ cup) finely ground yellow cornflour (cornstarch)
1½ tsp baking powder
salt and freshly ground black pepper
180g (¾ cup) vegan spread
3 tbsp unhulled sesame seeds
1 tbsp rice or agave syrup

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

2 To make the pastry, combine the flour, cornflour, baking powder and ¼ tsp salt in a food processor and pulse to mix. Add the vegan spread and sesame seeds and pulse 6-8 times, until the mixture resembles coarse meal, with pea-size pieces of vegan spread. Add the syrup and 2 tbsp ice-cold water and pulse again a couple of times. Only if necessary, add more ice-cold water, 1 tbsp at a time, pulsing until the mixture just begins to clump together. If you pinch some of the crumbly dough and it holds together, it's ready. If the dough doesn't hold together, add a little more water and pulse again. Be careful not to add too much water as this would make the crust tough.

3 Place the dough in a mound on a clean surface. Work the dough just enough to form a ball; do not over-knead. Form a disc, wrap in clingfilm and refrigerate for at least 1 hour, or up to 2 days. If in a hurry, chill the dough in the freezer for 20 minutes. Roll it out between two pieces of baking parchment about 3cm (1¼in) wider than a 30cm (12in) loose-base tart pan. Oil the pan. Using a rolling pin, transfer the dough over the pan and press in to cover the entire surface and the sides. Remove excess dough by pressing it outwards with your fingers and patch up any holes with leftover dough. Prick the base all over with a fork and bake in the preheated oven for 8-10 minutes, until just lightly puffed.

4 For the filling, sauté the onion, garlic and red pepper in the sesame oil with a pinch of salt, until fragrant. Add the stock cube, spices and oregano and sauté until the cube dissolves and the spices start to sizzle. Add the crumbled tofu, tahini, cream, nutritional yeast (if using), broccoli and a pinch of black pepper, and stir well until combined. Taste and adjust the seasoning. Spread evenly over the lightly baked crust. Sprinkle with both types of sesame seeds and bake in the oven for about 30 minutes.

5 Cool slightly and carefully remove from the pan. Store leftovers in the fridge for up to 2 days. Reheat until hot in the oven.

44.3g	10.4g	0.32g	4.5g	15.6g
Total fat	Saturates	Salt	Sugar	Protein



Corn and tofu pie

By Dunja Gulin

Serves **6-8** | *Prep* **20 mins** | *Cook* **45 mins** | *Calories* **582** *(per serving)*

500g/17 sheets of filo pastry
100g (scant ½ cup) olive oil

FOR THE FILLING

250g (2 cups) sweetcorn, fresh, tinned, or frozen and thawed
500g (2½ cups) medium-soft tofu
2 tbsp olive oil
2¼ tsp salt
460ml (2 cups) soya milk
230ml (1 cup) hot water
130g (1 cup) fine cornflour (cornstarch)

1 First make the filling. If using tinned sweetcorn, wash it and drain well. In a big bowl, crumble the tofu with your fingers and add the sweetcorn, oil, salt, milk and hot water and mix until well combined. Whisk in the cornflour. The filling should be moderately smooth besides the sweetcorn and small pieces of tofu.

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

3 If the sheets of filo are bigger than your baking pan, cut them to size. Don't worry if a sheet tears as you can easily patch up any damage – only the top two sheets need to stay undamaged.

4 Place a sheet of filo in a well oiled 20x30cm (8x12in) baking pan. (Cover the remainder with clingfilm to prevent them drying out.) Brush oil lightly over the sheet. Cover with another sheet and oil it. Repeat this with two more sheets.

5 Spread one-fifth of the filling evenly over the top with a spatula.

6 Cover with one pastry sheet, oil lightly and cover with a second sheet (this one doesn't need oiling). Spread one-fifth of the filling evenly over the top. Continue like this until you have used up all the filling, and you have five layers each of filling and filo sheets.

7 To finish, brush a little oil over the remaining five sheets of filo and lay them on top of the pie – the two best, undamaged sheets, should be on the top. Tuck in any pastry or filling sticking out of the pan by pushing a spatula between the pie and the sides of the pan. Use a sharp knife to score 12 squares into the pastry.

8 Bake in the oven for 45 minutes, or until the top turns golden brown and the pie isn't wobbly or soft to the touch. Cool completely (at least 5 hours, or overnight) in the pan before serving.

24.7g	3.4g	0.8g	6.8g	16.5g
Total fat	Saturates	Salt	Sugar	Protein



The extract on pages 54-56 is taken from *Totally Tofu* published by Ryland, Peters & Small. (RRP £9.99.)

Tofu, sun-dried tomato and olive dumplings

Sun-kissed Mediterranean ingredients fill this stylish little dumpling, resulting in a tasty clash of cultures. The strong tang of sun-dried tomatoes and olives are cooled by the mellow tofu. Pan-frying to get a crispy bottom is a nice finishing touch.

By Loretta Liu

Makes **16** *dumplings | Prep* **30 mins** *plus chilling | Cook* **10 mins** *| Calories* **342** *(per 4 dumplings)*

16 fresh dumpling wrappers

FOR THE FILLING

200g (1 cup) firm tofu, sliced into small cubes

a pinch of salt

1 leek, thinly sliced

60g (½ cup) sun-dried tomatoes, finely chopped

50g (½ cup) black pitted olives, finely chopped

2 button mushrooms, finely chopped

2 Chinese chive stalks, white parts removed and finely chopped

a handful of freshly chopped Chinese parsley

1 tsp Sichuan pepper

1 tsp freshly ground black pepper

2 tbsp vegan stir-fry sauce of your choice

2 tbsp sesame oil

FOR THE DIPPING SAUCE

1 tbsp balsamic vinegar

2 tbsp olive oil

1 red shallot, finely chopped

a handful of freshly chopped basil leaves

1 First, make the filling. Sprinkle a little salt on the tofu slices and set them aside for 30 minutes before squeezing out excess water.

2 In a bowl, combine the tofu with the chopped vegetables, parsley, seasonings, stir-fry sauce and sesame oil. Mix well and place in the fridge for 30 minutes to chill.

3 Put a large tsp of filling into the centre of each dumpling wrapper. Dip your fingertips in a small dish of water and slightly moisten the edge of half the skin. Fold in half and pinch the edges together to form a simple crescent shape. Fold the two ends of the dumpling together and overlap to create a Chinese ingot shape. Seal with another dab of water if needed. Repeat until all the mixture and skins have been used.

4 Gently lower the dumplings into a pan of boiling water and cover with a lid. As soon as the dumplings start to float they should be ready. Alternatively, you can lightly pan-fry the boiled dumplings to make the bottoms crispy and golden.

5 For the sauce, mix the ingredients together in a small bowl.

6 Serve the dumplings hot with the dipping sauce on the side.

18.6g	2.8g	0.79g	9.2g	0.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

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Lunchtime

RECIPES

Liven up your midday meals with a touch of colour and a burst of flavour



Ultimate 'cheese' toasties

By Niki Webster

Makes **2** *toasties* | *Prep* **5 mins** | *Cook* **5 mins** | *Calories* **268** *(per toastie)*

FOR THE PESTO, CHEESE AND AVOCADO TOASTIE

4 slices of bread

a drizzle of olive oil or vegan butter

FOR THE FILLING

2 tbsp vegan pesto

½ an avocado

4 tbsp grated vegan cheese or 3 tbsp nut cheese

FOR THE TOMATO PIZZA TOASTIE

4 slices of bread

a drizzle of olive oil or vegan butter

FOR THE FILLING

2 tbsp tomato purée (paste)

4 cherry tomatoes, sliced

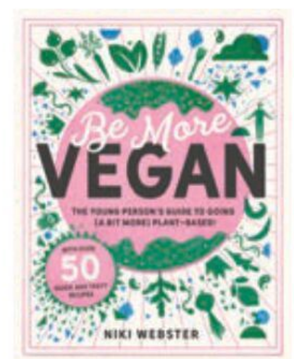
4 tbsp grated vegan cheese or 3 tbsp nut cheese

22g	5.5g	0.36g	2g	3.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

1. Heat a griddle pan or frying pan to a medium heat.
2. Drizzle some olive oil or spread some vegan spread over one side of the two slices of bread. Place them oil/spread side onto the pan and then top with the pesto or tomato paste.
3. Next, add the grated vegan cheese and the avocado or sliced cherry tomatoes.
4. Cook for 2-3 minutes until the base is browned a little.
5. Place the other two slices on top and press down a bit.
6. Drizzle with more olive oil or spread with butter. Carefully flip over so the uncooked side is now on the pan.
7. Cook for a further 2-3 minutes until that side has browned.
8. Remove from the pan, slice and serve.

TIP Why not try toasties with houmous and roast veg, mushroom and cheese, or peanut butter and banana?

The recipes on pages 60-61 are taken from *Be More Vegan : The Young Person's Guide to Going (a Bit More) Plant-Based!* by Niki Webster, published by Welbeck Publishing. (RRP £14.99.)





Mini flatbread pizzas with all the toppings

By Niki Webster

Makes **4** *mini pizzas* | *Prep* **15 mins** | *Cook* **10 mins**
Calories **690** *(per pizza)*

FOR THE FLATBREAD BASE

150g (1¼ cups) white self-raising flour
a pinch of salt
1 tsp baking powder
2 tbsp plant-based yoghurt
75ml (⅓ cup) water

FOR THE MUSHROOM, TOMATO, CHEESE PIZZA

3-4 mushrooms, sliced
1 tbsp olive oil
vegan cheese of choice

FOR THE PESTO AND CHERRY TOMATO PIZZA

a handful of cherry tomatoes, sliced

FOR THE BASIL PESTO

40g (2 cups) fresh basil leaves
125g (1 cup) pine nuts
1 garlic clove, peeled
juice of ½ a lemon
3 tbsp olive oil
3 tbsp nutritional yeast
50ml (scant ¼ cup) water

FOR THE SUN-DRIED TOMATO SAUCE

280g (2½ cups) soft sun-dried tomatoes, drained
2 tbsp tomato purée (paste)
a pinch of salt
2 tsp cider vinegar
3 tbsp water

1. For the dough, in a large bowl, add the flour, baking power and salt, stir. Add the water and yoghurt, and mix thoroughly to combine. Knead for a minute until you get a springy dough. You might need to add a bit more water or flour so the dough isn't too wet or too dry.
2. For both the pesto and the tomato sauce, add all the ingredients to a food processor and blitz to a paste. Transfer to a jar.
3. For the mushrooms, slice them, then add to a small pan with the olive oil. Fry for 4-5 minutes until soft. Set aside.
4. To cook the flatbread, heat a large griddle pan or frying pan to medium.
5. Divide the dough into four, then roll out the first flatbread onto a floured chopping board.
6. Pop it on the griddle pan or frying pan and allow to cook and char a little on that side, then flip to cook on the other side. Repeat for each flatbread.
7. To finish, top the flatbreads with the toppings in your choice of combinations.

39.2g Total fat | 4.1g Saturates | 1.55g Salt | 28.6g Sugar | 22.8g Protein



Sweetcorn fritters with smoky red pepper dip

By Niki Webster

Makes **8-12** *fritters* | *Prep* **20 mins** | *Cook* **30 mins** | *Calories* **106** *(per fritter)*

FOR THE RED PEPPER DIP

170g jar (1 cup) of roast peppers in oil or brine, drained
1 tsp smoked paprika or sweet paprika
a pinch of salt
1 tsp maple syrup
½ tsp harissa paste

FOR THE FRITTERS

150g (1 cup) plain (all-purpose) flour
1 tsp baking powder
1 tsp garlic powder
a pinch of salt
a pinch of black pepper
1 tbsp nutritional yeast
250ml (1 cup) water
1 red pepper, diced
2 spring onions (scallions), sliced
250g (1¾ cups) sweetcorn, drained
oil for frying

1. For the red pepper dip, drain and rinse the roast peppers.
2. Add all the dip ingredients to a blender or processor. Blitz to a chunky paste.
3. To make the fritters, add the flour, baking powder, salt, pepper, garlic powder and nutritional yeast to a large bowl. Stir to combine.
4. Add in the water and mix to a smooth batter. Add in the veg and sweetcorn and stir well. Set aside for 10 minutes.
5. Add a little oil to the base of a non-stick small frying pan. Add a heaped tbsp of the batter to the pan and flatten a little so you get a roundish pancake.
6. Cook on a medium heat for about 2 minutes until you can lift over to flip easily. Flip and cook on the other side for about 1-2 minutes until cooked through. Remove from the pan and place on a plate. Cover with a clean cloth to keep warm.
7. Repeat the cooking process with the rest of the batter.
8. To serve, load the fritters with the pepper dip and dig in!

0.7g Total fat | 0.1g Saturates | 0.05g Salt | 3.1g Sugar | 3.5g Protein



Monster 'sausage', cheese, pesto and roasted pepper sandwich

By Maryanne Hall for Viva!'s Vegan Recipe Club (www.veganrecipeclub.org.uk)
Serves **1** | *Prep* **10 mins** | *Cook* **15 mins** | *Calories* **469** *(per serving)*

2 vegan sausages, such as Linda McCartney, Naked Glory, Heck, Richmond, Tofurky, Moving Mountains or supermarket own-brands

1 ciabatta roll, sliced in half lengthways (gluten-free roll if necessary)

2-3 tbsp vegan pesto, such as Sacla, Zest or supermarket own-brands

1-2 roasted red peppers from the jar, cut in half

a good handful of vegan mozzarella, or any melting vegan cheese of choice

a handful rocket (arugula) or mixed leaves

1. Cook the sausages according to the instructions on the packet.
2. Heat the grill to medium-high.
3. Lay the ciabatta roll halves, cut-side up, on a baking tray and spread both halves with the pesto.
4. Add the peppers and vegan cheese and then pop them under the grill until the cheese has nicely melted.
5. Add the sausages and rocket or mixed leaves, then sandwich the two sides together and enjoy.

26g	4.6g	0.34g	6g	29.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Coronation 'chicken' sandwich

By Maryanne Hall for Viva!'s Vegan Recipe Club (www.veganrecipeclub.org.uk)
Serves **4** | *Prep* **5 mins** | *Cook* **10 mins**
Calories **285** *(per serving)*

250g (1 cup) vegan chicken pieces – we used Vivera Plant Chicken Tenders and tore them up into bite-size pieces, but there are many options in the shops

4 tbsp vegan mayo, such as Follow Your Heart, Hellmann's, Plamil, Leon, Geo, Biona and supermarket own-brands

1 tbsp mango chutney

¼ tsp ground cinnamon

1-2 tsp mild curry powder

1-2 tbsp raisins or sultanas

8 slices of bread with vegan butter/spread

1. Lightly fry the chicken pieces according to the packet instructions, then leave to cool for 10 minutes.
2. Stir all the other ingredients together in a bowl (apart from the bread) and add the chicken once it's ready.
3. Divide the filling evenly between four sandwiches and serve or pack away into your lunchbox.

16.2g	2.2g	0.25g	5.5g	15.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Squeaky Bean chilli ‘chicken’ melts

By Squeaky Bean (www.squeakybean.co.uk)
Serves **2** | *Prep* **5 mins** | *Cook* **5 mins**
Calories **521** *(per serving)*

150g (1⅓ cups) plant-based cheese, grated

a small bunch of spring onions (scallions), chopped

1 tsp hot smoked paprika

1 pack of Squeaky Bean Ready to Eat Hot & Spicy Chicken Style Pieces

2-4 slices of sourdough bread

hot sauce (as much as you can handle!)

1. Mix the grated cheese with a handful of sliced spring onions and smoked paprika.
2. Place the slices of bread on a baking tray and under a hot grill for a 1-2 minutes until very lightly toasted.
3. Add the first layer of cheese mixture and place back under the grill until starting to melt, but not brown.
4. Place the Squeaky Bean pieces onto the toast slices and cover with another handful of grated cheese mixture.
5. Grill until bubbly and crisp at the edges.
6. Serve with another scatter of spring onions and a large drizzle of hot sauce!

22.6g	11.3g	1.42g	3g	28.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

30 MINUTE FAKEAWAYS

Hoisin pancakes, cauliflower korma and coconut noodles add up to superfast food you can whip up at home



HOISIN NO-DUCK PANCAKES

Turn an ordinary supper into something special with these Chinese-style pancakes loaded with sticky hoisin jackfruit.

By Katy Beskow

Serves **4** | *Prep* **10 mins** *plus resting* | *Cook* **20 mins** | *Calories* **362** *(per serving)*

FOR THE PANCAKES

150g (1¼ cups) plain (all-purpose) flour, plus extra for dusting

1 tsp sunflower oil

FOR THE JACKFRUIT NO-DUCK

1 tbsp sunflower oil

2 garlic cloves, crushed

2 x 400g tins (3⅓ cups) of jackfruit, thoroughly drained, rinsed and broken into strands

1 tsp Chinese five-spice

4 tbsp hoisin sauce

1 tbsp light soy sauce

2 spring onions (scallions), finely chopped

1 tbsp sesame seeds

4cm (1½in) piece of cucumber, thinly sliced into matchsticks

pink pickles, to serve (optional)

1. To make the pancakes, add the flour to a bowl, then pour in 120ml (½ cup) boiling water. Stir together to form a thick dough, then allow the dough to rest for 10 minutes until it is cool enough for you to comfortably handle.
2. Lightly dust a clean work surface with flour, then knead the dough for 5 minutes. Cut the dough into eight even pieces. Lightly dust a rolling pin with flour, then roll each piece as thinly as possible.
3. Use a pastry brush to brush a frying pan lightly with oil, then place over a medium-high heat. Carefully add each pancake to the pan, cooking for 30 seconds before flipping the pancake and cooking the other side for 30 seconds, ensuring they don't brown. Keep warm.
4. Heat the oil and garlic in a large frying pan for 1 minute until softened and fragrant. Add the jackfruit strands with the Chinese five-spice and stir-fry for 2-3 minutes.
5. Spoon in the hoisin sauce and soy sauce and stir-fry for 4-5 minutes until the sauce is bubbling.
6. Scatter over the spring onions and sesame, then spoon onto a serving platter, along with the sliced cucumber and pink pickles, ready to load into the warm pancakes.

TIP Hoisin is a sweet and salty sauce, made with fermented soya beans, but is made even tastier with added Chinese five-spice and soy sauce.

7g	0.8g	0.44g	5.1g	7.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



The extract on pages 64-66 is taken from *Easy Vegan Bible* by Katy Beskow, photography by Luke Albert, published by Quadrille Publishing. (RRP £22.)





CAULIFLOWER KORMA WITH SULTANAS

It's no secret that this recipe is a regular in my kitchen – I love whipping up this creamy curry once a week! I tend to have the basic ingredients in the store cupboard and cauliflower is the perfect korma companion, ready to soak up all those lovely flavours of spices, coconut yoghurt and coriander. Serve with pilau rice.

By Katy Beskow

Serves **4** | *Prep* **10 mins** | *Cook* **25 mins** | *Calories* **439** *(per serving)*

1 tbsp sunflower oil
1 onion, finely diced
1 large cauliflower, broken into bite-size florets
1 garlic clove, crushed
1 tsp ground turmeric
1 tsp ground cumin
1 rounded tbsp mild curry paste (ensure dairy-free)
400ml tin (1⅔ cups) of full-fat coconut milk
400g tin (1⅔ cups) of green lentils, drained and rinsed
a small handful of sultanas (golden raisins)
juice of 1 unwaxed lemon
2 rounded tbsp coconut yoghurt
a small handful of coriander (cilantro), roughly torn
a generous pinch of sea salt

1. Heat the oil in a large pan, add the onion and cauliflower and cook over a medium-high heat for 3-4 minutes, stirring frequently to avoid sticking. Stir in the garlic, turmeric, cumin and curry paste and cook for a further 1 minute.
2. Pour in the coconut milk and green lentils, then loosely place a lid over the pan. Cook for 20 minutes, stirring occasionally.
3. Remove from the heat and stir through the sultanas. Squeeze in the lemon juice and season to taste with sea salt. Stir through the yoghurt, then scatter over the coriander just before serving.

TIP Sultanas add a pop of sweetness to the korma, but if you don't want to use them, or if your store cupboard is depleted, replace with a generous tablespoon of mango chutney.

29.6g	22.2g	0.16g	13.5g	12.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

CREAMY COCONUT NOODLES

Creamy and rich with a hint of Thai spices, these easy noodles make the perfect comforting lunch. They are easily transported and reheated in a glass jar (reheat without the metal lid) or Tupperware for your very own instant noodle pot, when you crave it most.

By Katy Beskow

Serves **2** | *Prep* **10 mins** | *Cook* **20 mins**

Calories **765** *(per serving)*

400ml tin (1⅔ cups) of full-fat coconut milk
1 tbsp Thai red curry paste (ensure it's vegan)
1 carrot, peeled and grated
300g (5 cups) ready-to-wok noodles (ensure egg-free)
4 sugarsnap peas, sliced lengthways
a few drops of light soy sauce
a generous handful of coriander (cilantro), roughly torn
unwaxed lime wedges, to serve

1. Heat the milk in a large pan until simmering, then stir in the curry paste and grated carrot.
2. Carefully separate the noodles, then add to the pan. Simmer for 10-15 minutes until softened, and the coconut broth has thickened.
3. Add the sugarsnap peas and soy sauce and cook for a further 2-3 minutes until the sugarsnaps are al dente.
4. Remove from the heat and scatter with coriander and lime wedges just before serving.

TIP Ready-to-wok noodles are found in the ambient section of supermarkets, and unlike their chilled counterparts, they are often egg-free, but always check the label before buying.



52.9g	44.2g	2.68g	8.6g	12.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

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A Vegan 'Future Normal'

As more people transition to veganism, the Vegan Trademark makes shopping even easier



Even before our world turned upside down and everything changed as a result of Covid-19, many of us felt a growing discomfort about how we exploit animals and the natural world.

Now, the desire to hit restart has gained momentum, with dialogues of what a 'new normal' will look like. In 2020, The Vegan Society launched its biggest ever campaign, Future Normal, which we hope will bring us all back in touch with our innate kindness towards animals and create a Future Normal where animals are here with us, not for us.

The effects of Covid-19 inspired many to switch to a lifestyle that included less animal exploitation. A Vegan Society survey found that 1 in 5 Brits have cut down on meat consumption during the pandemic. If someone you know considers themselves an animal lover but hasn't yet made the transition, introduce them to our Future Normal campaign. There's a wealth of inspiring content at www.futurenormal.org.uk

If you recently made the switch to veganism, or are hoping to, and don't know exactly what to shop for, we're here to help! Look for the Vegan Trademark when shopping online or in stores. Products carrying our mark are free of animal ingredients and have not been tested on animals. You'll find the Vegan Trademark on over 47,000 products worldwide, from food and drink to household cleaning and fashion products. Here's a little round-up to get you started!

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Nishat Rahman
Digital Marketing Officer, The Vegan Society



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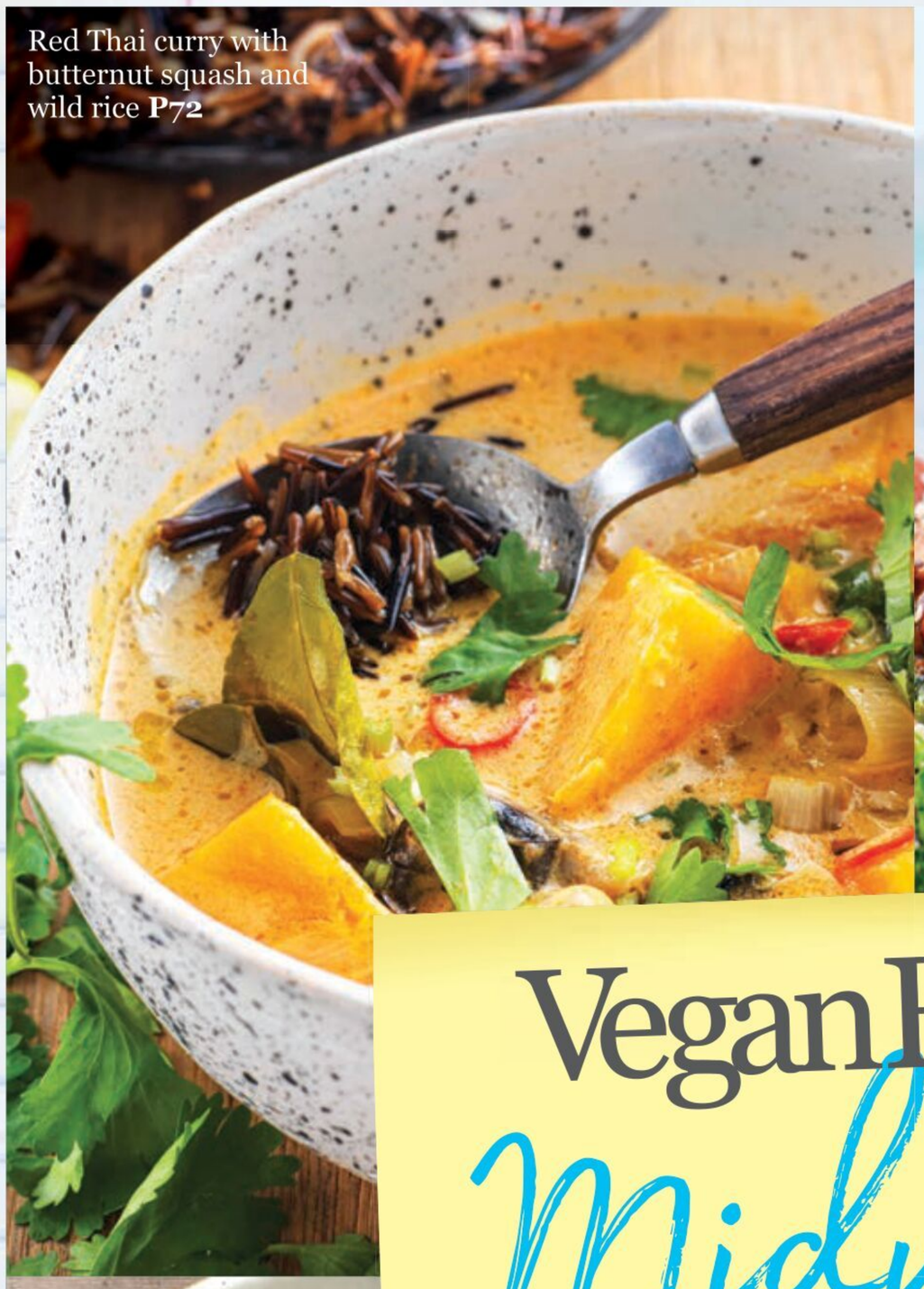
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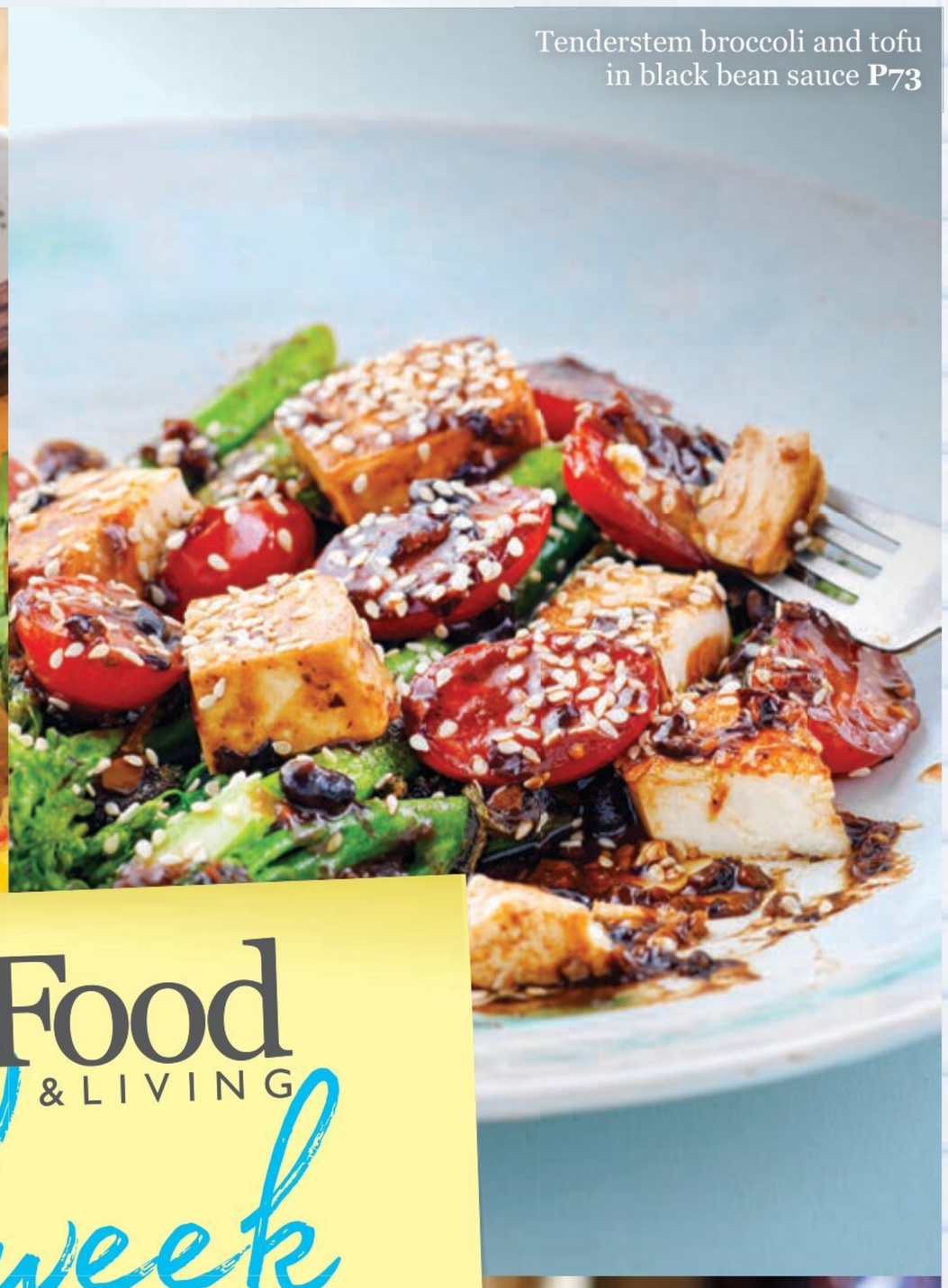
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Red Thai curry with butternut squash and wild rice **P72**

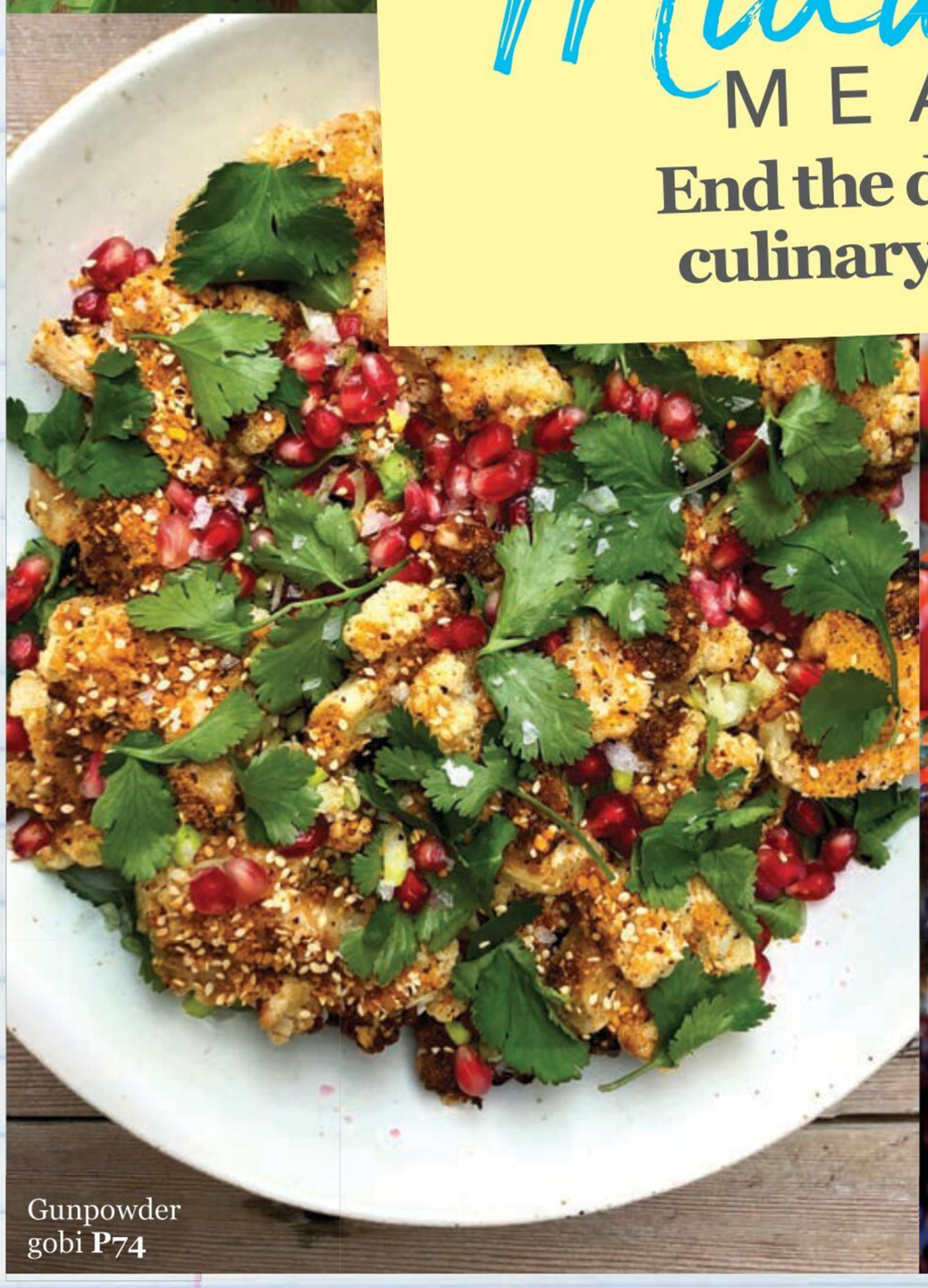


Tenderstem broccoli and tofu in black bean sauce **P73**

Vegan Food & Living

Midweek MEALS

End the day on a culinary high...

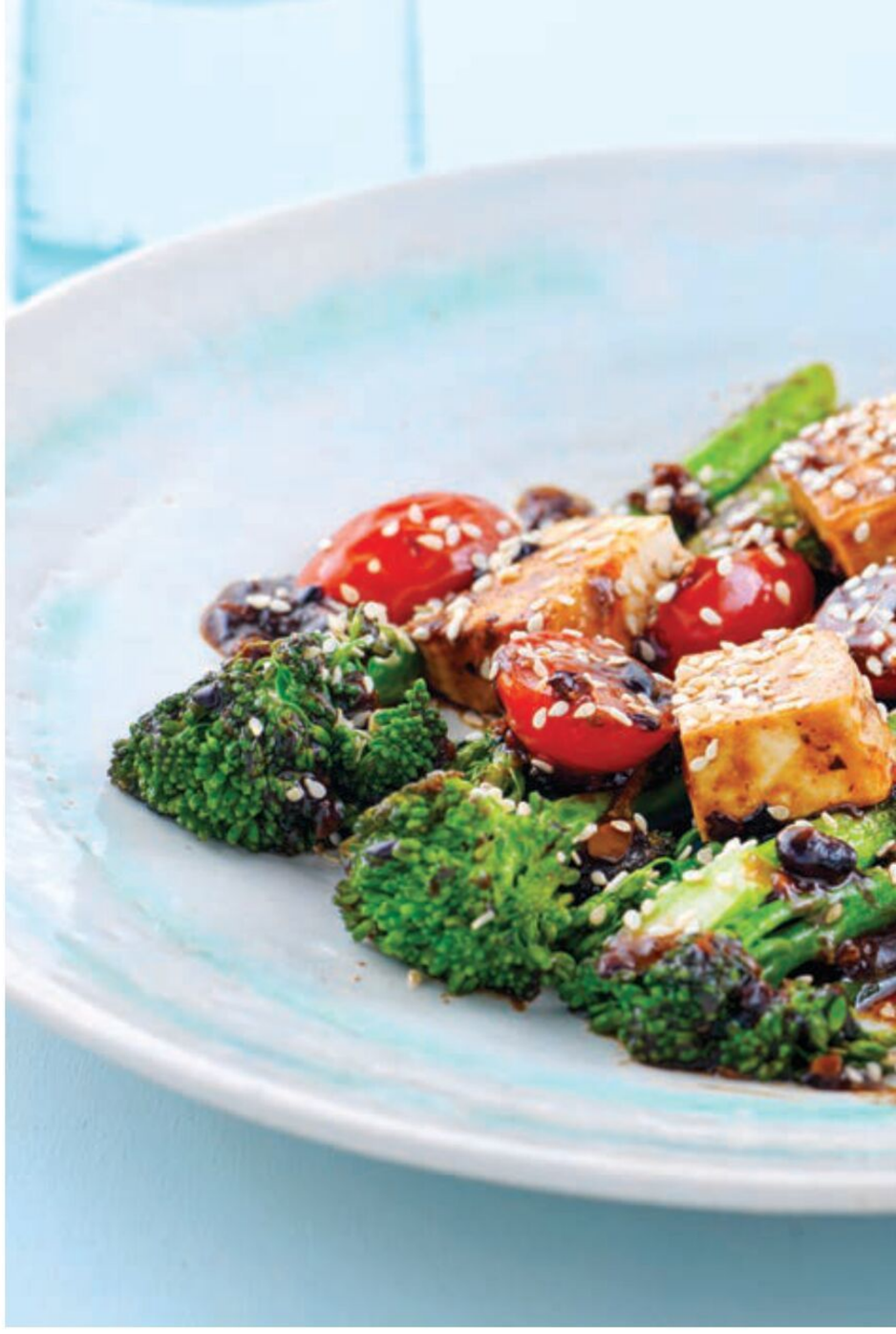


Gunpowder gobi **P74**



Zaalouk **P76**





Red Thai curry with butternut and wild rice

By Laila Madsö

Serves **4** | *Prep* **15 mins** | *Cook* **45 mins** | *Calories* **538** *(per serving)*

200g (1¼ cups) wild rice, pre-soaked

1 butternut squash

rapeseed oil

2 tbsp vegan red curry paste

4 lime leaves, dried or fresh

6 mushrooms, thinly sliced

2 shallots, chopped

1 stick of lemongrass, finely chopped

1 red chilli, finely chopped

400ml tin (1⅔ cups) of coconut milk

sea salt

juice of 1 lime

a bunch of coriander (cilantro), roughly chopped

1. Cook the wild rice in a 1:3 rice-to-water ratio for about 45 minutes.
2. Meanwhile, peel the squash and remove the seeds, then cut into cubes.
3. Heat a little rapeseed oil in a pan over a medium heat and fry the curry paste and lime leaves for a couple of minutes.
4. Add the squash, mushrooms, shallots, lemongrass and chilli and fry for 1 minute.
5. Add the coconut milk and cook for 20 minutes, or until the squash is tender.
6. Season with salt and lime juice and scatter over the coriander. Serve the curry alongside the rice in a separate bowl.



Tenderstem broccoli and tofu in black bean sauce

By Laila Madsö

Serves **2** | *Prep* **5 mins** | *Cook* **10 mins** | *Calories* **364** *(per serving)*

400g (2 cups) firm tofu

rapeseed oil

200g (2½ cups) Tenderstem broccoli

12-15 red cherry tomatoes, cut in half

4 tbsp black bean sauce

2 tbsp water

juice of 1 lime

2 tbsp white sesame seeds, toasted

1. Cut the tofu into cubes. Heat a little rapeseed oil in a pan over a medium heat and fry the tofu for 5 minutes, or until golden. Carefully remove from the pan and set aside.
2. Pan-fry the broccoli for a minute or so before adding the cherry tomatoes, the black bean sauce and water. Cook for 5 minutes, then season with lime juice.
3. Sprinkle with sesame seeds and serve with the tofu.

22.6g	2.5g	0.41g	10.4g	24.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Red lentil dhal with cumin, radishes, edamame and horseradish

By Laila Madsö

Serves **4** | *Prep* **10 mins** | *Cook* **30 mins** | *Calories* **615** *(per serving)*

rapeseed oil or olive oil

2 red onions, finely chopped

2 garlic cloves, finely chopped

500g (2½ cups) dried red lentils

400g tin (1⅔ cups) of chopped tomatoes

1 tbsp ground cumin

1 tbsp smoked paprika

1 litre (4 cups) vegetable stock (broth)

sea salt

juice of 1 lemon

200g (1⅔ cups) edamame beans

4 radishes, thinly sliced

grated horseradish, to serve

1. Heat a little oil in a pan over a medium heat and sauté the onions for 5 minutes before adding the garlic. Cook for a couple more minutes.
2. Add the lentils, tomatoes, spices and vegetable stock and simmer for about 20 minutes, or until the lentils are tender. Season with salt, a splash of lemon juice and, if necessary, more spices.
3. Toss the edamame and radish slices in a little rapeseed or olive oil and lemon juice, along with a pinch of salt, and spoon over the lentils. Serve with grated horseradish on top.



The recipes on pages 72-73 are taken from *How To Be Vegan In 28 Days* by Laila Madsö, published by Headline Home. (RRP £18.99.)

10.6g	0.9g	0.09g	10.1g	44.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Gunpowder gobi

By Dabba Drop (dabbadrop.co.uk)
Serves **4** | *Prep* **10 mins** | *Cook* **30 mins** | *Calories* **323** *(per serving)*

70g (½ cup) sesame seeds
115g (¾ cup) white urid dal
50g (⅓ cup) chana dal
8g jaggery powder
6g dried red chillies (Kashmiri preferably)
1g asafoetida (optional)
1 tsp salt
3 tsp vegetable oil
1 tsp ground turmeric
1 cauliflower, cut into florets and salted for 20 minutes
washed and picked coriander (cilantro)
3 sprigs of curry leaves
a handful of chopped spring onions (scallions)
pomegranate, to garnish

1. First, make the gunpowder. Preheat the oven to 180°C/Gas Mark 4. Toss the urid and chana dal in the oil, then toast in the oven until golden. Toast the sesame seeds separately, no need for oil. Cool, then blend the dal with the jaggery, chillies, asafoetida and salt to make a fine crumb. Add the whole sesame seeds to the mix.
2. For the cauliflower, toss the cauliflower in a mix of ground turmeric and vegetable oil, then roast in the oven, along with the curry leaves, until the florets begin to turn golden, about 20-30 minutes.
3. Remove from the oven and toss the cauliflower in 3 tbsp gunpowder, salt and chopped spring onion.
4. Garnish with washed, picked coriander and pomegranate seeds.

13.2g	2g	0.65g	5.3g	16.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Goan dhal

By Dabba Drop (dabbadrop.co.uk)
Serves **4** | *Prep* **15 mins** | *Cook* **45 mins**
Calories **442** *(per serving)*

250g (1¼ cups) red lentils
4 tbsp coconut oil
1 onion, finely chopped
2.5cm (1in) piece of ginger, peeled, finely chopped
1 large tomato, coarsely chopped
4 garlic cloves, finely chopped
1 tbsp ground turmeric
100ml (scant ½ cup) coconut milk
salt and pepper, to taste
1 tbsp black mustard seeds
1 tbsp cumin seeds
3 curry leaves
2 green finger chillies, slit down the middle
juice of 1 lime
lime wedge and coriander, to garnish

1. For the dhal, put the lentils in a large bowl, rinse until the water runs clear, then cover with 600ml (2½ cups) water and set aside. Melt 2 tbsp coconut oil in a large, heavy-based saucepan over medium heat. When it starts to sizzle, add the chopped onion and ginger, stir for a minute, then add the tomato, garlic and turmeric.
2. Cook, stirring continuously, for 5-6 minutes or until you have a fragrant paste. Add the milk and lentils with their soaking water. Increase the heat to high and bring to the boil, then reduce the heat to low and simmer for 30 minutes or until the dhal has thickened and the lentils are completely soft. Season to taste and remove from the heat.
3. For the temper, heat 2 tbsp coconut oil in another large frying pan over medium heat. Add the mustard seeds and cook until they pop, then add the cumin seeds. Stir for 30 seconds, then add the curry leaves and green chilli and cook until lightly browned, then pour everything into the lentil mixture and stir well. Check seasoning and add the juice of 1 lime. Scatter the dhal with coriander leaves and garnish with a wedge of lime.

21.2g	17.3g	0.08g	6.8g	18.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Anti-inflammatory lentil and squash dhal

By Sarah Wright (www.modernwellnesswithsarah.co.uk, Instagram @modernwellbeing.co.uk)
Serves **4** | *Prep* **15 mins** | *Cook* **40 mins** | *Calories* **291** *(per serving)*

2 tsp cumin seeds
a small handful of fresh coriander (cilantro)
a thumb-size piece of fresh ginger
1 tsp ground turmeric
1 tsp garam masala
a pinch of Himalayan salt
a pinch of black pepper
2 tbsp tomato purée (paste)
1 tbsp coconut oil
1 white onion, finely chopped
3 garlic cloves, minced or finely chopped
200g (1 cup) cooked red lentils
1 aubergine (eggplant), preferably organic, cut into medium chunks
150g (1 cup) butternut squash, cut into medium chunks
1 tin of chopped tomatoes
300ml (1¼ cups) vegetable stock
100g (4 cups) spinach, washed
1 avocado (optional), to serve

1. Heat 1 tsp coconut oil in a pan on a medium heat.
2. Lightly toast half of the coriander and cumin seeds until fragrant. Remove from the heat to cool.
3. In a blender, combine the chopped tomatoes, ginger, turmeric, garam masala, salt and pepper with the toasted cumin and remaining coriander.
4. In a separate pan, melt the remaining coconut oil on a medium heat.
5. Lightly brown the onions for 3-5 minutes before adding the garlic, tomato purée, aubergine and butternut squash and continue to cook for another 5 minutes.
6. Stir in the blended spices until the squash and aubergine are evenly coated. Continue to stir and add in the lentils.
7. Add the remaining stock and bring to the boil. Reduce to a low heat and simmer for 25 minutes.
8. During the final few minutes, add and stir in the spinach until it wilts. When you are happy with the consistency, serve warm with freshly sliced avocado.

TIP The dhal lasts up to three months in the freezer and up to 5 days when sealed in an airtight container in the refrigerator. For the freshest produce, seek out your local farmers market. Butternut squash is in season from September to December in the UK, so you are guaranteed fresher produce, direct from the farmer.

14.4g	5.1g	0.08g	10.3g	9.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Zaalouk

By Maryanne Hall for Viva!'s Vegan Recipe Club (www.veganrecipeclub.org.uk)
Serves **4** | *Prep* **10 mins** | *Cook* **45-60 mins** | *Calories* **178** *(per serving)*

3 aubergines (eggplants), cut into bite-size pieces
3 garlic cloves, roughly chopped
1½ tbsp paprika
1 tbsp ground cumin
3 tomatoes, roughly chopped
1 heaped tsp sugar
500g (2¼ cups) passata
juice of ½ a lemon
salt and pepper

1. Preheat the oven to 180°C/Gas Mark 4.
2. Place the aubergine pieces onto a large baking tray and drizzle over a glug of olive oil. Add the paprika, cumin and a sprinkling of salt. Make sure it's all mixed in well and evenly coated.
3. Pop them in the oven for around 15-20 minutes, turning once.
4. Remove from the oven and add the passata, garlic, lemon juice, sugar, tomatoes, salt and pepper.
5. Cover the tray with foil, tucking in at the edges, and place back in the oven for 30-40 minutes. Check during cooking that the mixture hasn't dried out, if it has, add a little water and stir through.
6. Once cooked, remove from the oven. Enjoy as a main with extras such as tomatoes, mushrooms and vegan halloumi or as a simple side dish.

1.3g	0.1g	0.05g	16.2g	6.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Mushroom and pea pasta in cauliflower sauce

By Emily Morgan From I'm Well Hungry (www.imwellhungry.com)
Serves **4** | *Prep* **15 mins** | *Cook* **30 mins**
Calories **345** *(per serving)*

1 small cauliflower, broken into florets (about 300g)
½ a white onion, diced
2 garlic cloves, finely chopped
50ml (scant ¼ cup) vegan white wine
juice of ½ a lemon
2 tbsp fresh parsley, finely chopped
250ml (1 cup) vegan milk
300g (3 cups) pasta
300g (3 cups) mixed mushrooms
200g (1½ cups) frozen peas

1. Preheat the oven to 200°C/Gas Mark 6. Place the cauliflower florets on a baking tray with a drizzle of olive oil and some salt and pepper. Cook in the oven for 20 minutes.
2. While the cauliflower is roasting, fry the garlic and onion in olive oil until it begins to soften.
3. Add the white wine to the onion and let it reduce, and then take off the heat.
4. Once the cauliflower is cooked, add to a food processor with the onion mix, lemon juice, parsley and milk (I used soya). Blend until smooth.
5. Cook the pasta according to pack instructions.
6. Fry the mushrooms in a little olive oil until they start to soften. Add the cauliflower sauce to the mushrooms, and gradually add around 200ml (1 cup) pasta water until the sauce reaches the desired creamy consistency.
7. Add the peas and heat on low for 2-3 minutes. Season to taste with salt and pepper. Stir in the cooked pasta, and serve with a sprinkle of fresh parsley and a squeeze of lemon juice.

3.4g	0.5g	0.12g	8.8g	17.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



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Dinner for one POUND





The extract on pages 79-80 is taken from *Storecupboard One Pound Meals* by Miguel Barclay, published by Headline Home. (RRP £16.99.) This book contains non-vegan recipes.

A little time in the kitchen can save a fortune – try these great recipes costing less than £1 a portion...



One-pot vegetable pilau

Turmeric turns the rice here a vibrant yellow, which contrasts with the splashes of green from the veg. Lovely! All the veg used can be fresh or frozen, and I've even come up with a shortcut: cooking it all in one pan. If using fresh veg, the recipe is exactly the same: it just takes a minute or two less for the rice to cook.

By Miguel Barclay

Serves **4** | *Prep* **10 mins** | *Cook* **25 mins**
Calories **385** *(per serving)*

- 1 onion, finely diced
- a handful of fresh or frozen carrots, chopped into batons
- a handful of fresh or frozen cauliflower florets
- 1 tsp curry powder
- 1 tsp ground turmeric
- 1 mug of basmati rice
- 2 mugs of water
- a handful of fresh or frozen peas
- a handful of fresh or frozen beans
- a small handful of fresh coriander (cilantro), chopped (optional)
- a handful of flaked almonds (optional)
- olive oil
- salt and pepper

1. Grab a large saucepan with a lid and start by pan-frying the onion, carrots and cauliflower in a splash of olive oil over a medium heat for about 10 minutes until softened (or 15 minutes if using frozen carrots and cauliflower). Add the curry powder and turmeric and continue to fry for another couple of minutes before adding the rice, water, peas and beans.
2. Place the lid on the saucepan and cook for about 10 minutes until all the water has been absorbed and the rice is cooked. Fluff the rice up with a fork, season, garnish with the coriander and flaked almonds, if using, then serve.

9.8g	1.1g	0.07g	3.4g	9.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Aloo masala cones

This very simple recipe takes a handful of basic ingredients and transforms them with trusty storecupboard spices.

By Miguel Barclay

Serves **4** | *Prep* **10 mins** | *Cook* **20 mins** | *Calories* **299** *(per serving)*

2 potatoes, roughly diced (or a 300g tin of potatoes)
1 onion, thinly sliced
2 tsp curry powder
1 tsp ground turmeric (optional)
a pinch of nigella seeds
a handful of fresh coriander (cilantro), chopped
4 mini wholemeal wraps
olive oil
salt and pepper

1. Boil the potatoes in salted water for about 15 minutes until soft, then drain. If using tinned potatoes, drain and set them aside.
2. Pan-fry the onion in a splash of olive oil over a medium heat for 5 minutes until softened. Add the curry powder and continue to fry for about 10 seconds before seasoning and adding the turmeric, if using, the cooked potatoes and a splash of water. Continue to cook over a medium heat for about 5 minutes, allowing the potatoes to disintegrate slightly so they absorb as much of the flavour as possible, then throw in the nigella seeds and coriander for a final minute.
3. Make a cone shape with one of the wraps and then spoon in some of the soft potato mixture. Repeat with the remaining wraps.

5.1g *Total fat* | **1.8g** *Saturates* | **0.3g** *Salt* | **4g** *Sugar* | **9.4g** *Protein*



Mushroom Wellington

This is a vegan dream come true, perfect for special occasions. Imagine tucking into this, with all the trimmings, on a Sunday lunchtime.

By Miguel Barclay

Serves **4** | *Prep* **10 mins** | *Cook* **50 mins** | *Calories* **459** *(per serving)*

4 onions, diced
1kg (10 cups) mushrooms, sliced
4 garlic cloves, sliced
a few sprigs of fresh thyme, leaves picked and stalks discarded (or 1 tsp dried thyme)
1 sheet of vegan frozen puff pastry, defrosted
olive oil
salt and pepper

1. Start by pan-frying the onions in a glug of olive oil over a low heat with a big pinch of salt for about 15 minutes, until sticky and caramelised. Remove from the pan and put to one side. Pan-fry the mushrooms in a splash of olive oil over a medium heat for about 10 minutes, adding the garlic and thyme halfway through and seasoning to taste.
2. Once the mushrooms are cooked, return the onions to the pan, mix it all together, then remove from the heat and cool.
3. Preheat the oven to 180°C/Gas Mark 4. Line a baking tray with greaseproof paper.
4. Lay the puff pastry sheet on the lined baking tray, then spoon the filling in a line down the middle.
5. Fold one side of the pastry over the other and seal the edges by pushing down gently with your fingers. Lightly score the top with a knife to create a criss-cross pattern, then brush with a little oil.
6. Bake in the oven for about 25 minutes, or until golden brown and flaky.

25.9g *Total fat* | **6.2g** *Saturates* | **0.21g** *Salt* | **9.4g** *Sugar* | **14g** *Protein*

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Something for the weekend

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Strawberry cinnamon toast

By Fiona Beckett for *From Beder's Kitchen*
Serves **2** | *Prep* **10 mins** | *Cook* **15 mins** | *Calories* **226** *(per serving)*

2 tbsp caster sugar

⅓-½ tsp ground cinnamon (depending how strong it is)

about 300g (2 cups) strawberries

about 1 tbsp flavourless oil

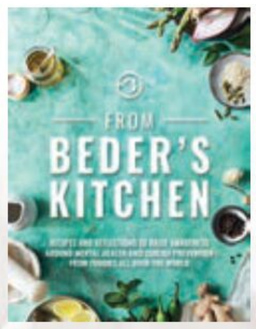
2 thick slices of good-quality sliced bread (such as a white farmhouse batch loaf, you don't want anything too dense for this)

soft vegan butter

vegan crème fraîche, to serve

1. Preheat the oven to 170°C/Gas Mark 3.
2. Mix the sugar and cinnamon together. Hull the strawberries and cut each one in half.
3. Put the strawberries in a lightly greased baking tin and brush lightly with the oil.
4. Bake the strawberries for 5 minutes, sprinkle over 1 tsp of the cinnamon sugar and return to the oven for another 5 minutes or so, then remove from the oven. They should be warmed through rather than cooked and smell gorgeously strawberryish!
5. Meanwhile, toast the bread on both sides and spread one side generously with butter. Sprinkle the remaining cinnamon sugar over the buttered sides.
6. Put the slices on a baking tray under the grill and heat until the topping is bubbling.
7. Spoon the strawberries and their juices onto the hot cinnamon toast and top with a dollop of vegan crème fraîche.

12.8g	2.3g	0.06g	19.8g	1.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



The recipes on pages 84-85 are taken from *From Beder's Kitchen* by Beder, published by Meze Publishing. (RRP £22.) This book contains non-vegan recipes.



Butternut squash mac 'n' cheese

By Amy Lanza for *From Beder's Kitchen*
Serves **2** | *Prep* **10-15 mins** | *Cook* **1 hr 10 mins**
Calories **695** *(per serving)*

FOR THE SAUCE

½ a butternut squash (200-250g flesh)

4 tbsp plant-based milk

2 tbsp tahini or olive oil

2 tbsp nutritional yeast

½ tsp each of smoked paprika, ground turmeric and Dijon mustard

FOR THE PASTA

olive oil

½ a white onion, finely diced

1 small courgette (zucchini), finely diced

2 garlic cloves, crushed

1 tbsp tamari

180g (2 cups) pasta of choice

160g (1 cup) frozen peas

a handful of spinach, chopped

10 cherry tomatoes, halved

FOR THE TOPPING

1 tbsp shelled hemp seeds

1 tbsp nutritional yeast

¼ tsp turmeric

1 For the sauce, preheat the oven to 180°C/Gas Mark 4 and line a tray with baking parchment.

2 Place the butternut squash cut-side up on the tray and drizzle with a bit of olive oil. Roast for 40-50 minutes or until tender and starting to brown at the sides. Remove from the oven to cool.

3 Scoop out and discard the seeds, then scoop out the flesh and place it in a food processor with the remaining sauce ingredients. Blend until smooth, scraping down the sides as necessary and seasoning to taste.

4 You may need to add a splash more milk for a runnier sauce. This can be made up to 2 days in advance if kept in an airtight container in the fridge.

5 For the pasta, heat a good drizzle of olive oil in a saucepan and fry the onion for 10 minutes until caramelising and translucent. Add the courgette and garlic and fry for 5-7 minutes until cooked through, adding the tamari for the last minute.

6 Meanwhile, cook the pasta to the pack instructions, adding the peas for the final 5 minutes. Drain, reserving some cooking water, and leave to one side.

7 Make the 'cheesy' topping by mixing all the ingredients together in a bowl. Season to taste.

8 Return the pasta to the saucepan, then add the onion and courgette mixture, chopped spinach, tomatoes, butternut sauce and 4 tbsp cooking water. Stir the pasta over a low heat until creamy and well coated in sauce, adding more cooking water if required.

9 Divide the pasta between two bowls and sprinkle over the topping.

22.9g	3.1g	0.66g	12.5g	31.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Raw chocolate cheesecake

By Naomi Buff for *From Beder's Kitchen*
Serves **8-10** | *Prep* **20 mins** *plus setting* | *Cook* **none**
Calories **372** *(per serving)*

FOR THE BASE

140g (1 cup) almonds

40g (scant ½ cup) oats

2 tbsp raw cacao powder

a pinch of salt

12 pitted Medjool dates (200g)

¼ tsp vanilla powder or extract

FOR THE FILLING

120ml (½ cup) coconut milk, chilled for about 4 hours

2 large ripe avocados

60ml (¼ cup) maple syrup

20g (scant ¼ cup) raw cacao powder

½ tsp vanilla powder or extract

a pinch of salt

FOR THE SAUCE

2 tbsp raw cacao powder

2 tbsp melted coconut oil

a pinch of salt

1 For the base, grease a 20cm (8in) loose-bottomed cake tin with a little coconut oil.

2 If you are using a silicone mould of the same size, there's no need to grease it.

3 Put the almonds, oats, cacao powder and salt into a food processor. Blend until the nuts and oats have broken down. Add the dates and vanilla, then blend again until the dates have broken down and you have a sticky mixture.

4 Transfer just over half of this mixture to the cake tin and press down firmly with the back of a spoon or fingertips to create the base.

5 Spoon the remaining mixture around the edges of the tin and use your fingers to press upwards from the base, creating sides about 2.5cm (1in)) in depth from the base. Use a spoon to neaten the top of the crust.

6 For the filling, make sure the coconut milk has been in the fridge for about 4 hours so it solidifies. Halve and destone the avocado, scoop out the flesh and put it into the processor with the other filling ingredients.

7 Blend until completely smooth and creamy, then spoon the filling into the base.

8 For the chocolate sauce, in a small bowl, mix the ingredients together until combined, then drizzle the sauce on the cheesecake.

9 Finish by decorating with chopped nuts, dried fruit, edible flowers, cacao nibs or anything else delicious, colourful and edible you can find in your cupboards!

10 Pop the cheesecake in the freezer and leave to set for 2 hours, or 3 hours in the fridge, and it should be ready. You can keep this stored in the freezer for up to 3 months (it will need a little defrosting before eating) or in the fridge for up to 5 days. If you used a silicone mould, completely freeze the cheesecake to remove it from the mould.

23.6g	8.3g	0.03g	21.1g	7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Teriyaki fried rice and tofu

By Nava Atlas

Serves **6** | *Prep* **15 mins** | *Cook* **20 mins**
Calories **323** *(per serving)*

400g tub (2 cups) of extra-firm tofu

1 tbsp safflower or another neutral vegetable oil

1 tbsp soy sauce or tamari

1 medium red bell pepper, diced or cut into strips

2 garlic cloves, minced

800g-1kg (4-5 cups) cooked long grain brown or white rice

80ml (⅓ cup) teriyaki or Korean barbecue marinade, or more to taste

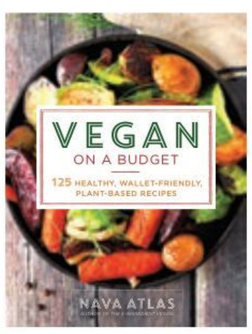
4 spring onions (scallions), white and green parts, thinly sliced

2 tsp grated fresh ginger or squeeze-bottle ginger

freshly ground pepper or dried hot red pepper flakes, to taste

75g (½ cup) peanut halves, or as desired

1. Cut the tofu into six slabs crosswise and blot well between layers of paper towelling or a clean tea towel. Cut the slabs up further into dice.
2. Heat the oil and soy sauce in a large skillet or stir-fry pan, stirring them together. Add the tofu and stir quickly to coat. Cook over medium-high heat, stirring frequently, until golden brown on most sides. This can take up to 10 minutes.
3. Stir in the bell pepper dice/strips and the garlic, and cook over medium-high heat for 2 minutes.
4. Add the cooked rice, marinade, spring onions and ginger. Stir together and continue to cook until the rice is piping hot, about 5 minutes, stirring often.
5. Season with pepper and more marinade, if desired. Serve at once. Pass around peanuts for topping individual servings.



The recipes on pages 86-87 are taken from *Vegan On A Budget* by Nava Atlas, published by Sterling. (RRP £20.)

13.6g	1.6g	0.35g	4.7g	13.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Lasagna-like pasta casserole

By Nava Atlas
Serves **8** | *Prep* **15 mins** | *Cook* **40 mins**
Calories **416** *(per serving)*

450g (4¼ cups) pasta – any short shape such as shells, twists or bow ties

900g jar (4 cups) of good-quality pasta/marinara sauce

425g tin (1⅔ cups) of crushed tomatoes

2 tsp Italian seasoning

1 medium courgette (zucchini), thinly sliced

230g (2¼ cups) white or cremini (baby bella) mushrooms, cleaned, stemmed, and thinly sliced

350g packet (2 cups) of firm or extra-firm silken tofu, well mashed

230g (2 cups) vegan mozzarella cheese shreds

1. Preheat the oven to 200°C/Gas Mark 6 and lightly oil a 2 litre (2 quarts) casserole dish – if you don't have one this large, split this recipe between two casserole dishes.
2. Cook the pasta according to the packet instructions until al dente, then drain and return it to the pot. Pour in the pasta/marinara sauce, tomatoes, and Italian seasoning. Stir to combine with the pasta.
3. Pour half the pasta into the casserole dish, then arrange the sliced mushrooms and courgette over it. Layer the mashed tofu over the vegetables. Follow with a layer of half of the mozzarella shreds.
4. Finally, pour in the remaining pasta mixture and sprinkle with the remaining mozzarella shreds.
5. Cover the casserole with foil and bake for 15 minutes, then uncover and bake for 10 minutes longer. Remove from the oven, let it stand for 5 minutes or so, then serve.

TIP You can assemble the casserole in the morning or a day ahead and refrigerate it. About 30 minutes before you'd like to serve it, bake at 200°C/Gas Mark 6 as directed.

9g	1.4g	0.41g	16g	12g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



White bean chilli with sweet potatoes and squash

By Nava Atlas
Serves **6-8** | *Prep* **20 mins** | *Cook* **25 mins** | *Calories* **276** *(per serving)*

1 tbsp olive oil

1 large onion, finely chopped

2-3 garlic cloves, minced

1 large sweet potato, peeled and diced

800g tin (3⅓ cups) of cannellini or Great Northern beans, drained and rinsed

425g tin (1⅔ cups) of small red or kidney beans, drained and rinsed

425g tin (1⅔ cups) of diced tomatoes, preferably fire-roasted

240g (1 cup) salsa

1 tbsp barbecue seasoning

2 tsp ground cumin

1 medium yellow squash

1 or 2 hot chilli peppers, such as jalapeño (optional)

salt and freshly ground pepper, to taste

fresh coriander (cilantro) or parsley leaves or sprigs of oregano, to garnish (optional)

1. Heat the oil in a soup pot. Add the onions and sauté over medium heat until translucent. Add the garlic and sauté until the onions are golden.
2. Add the sweet potatoes and 500ml (2 cups) water. Bring to a slow boil, then lower the heat, cover, and simmer for 5 minutes. Add both types of beans, tomatoes, salsa, barbecue seasoning and cumin, and return to a simmer.
3. Cut the squash in half lengthwise. Slice the thinner end into half-circles; cut each half of the thicker end in half again and slice. Add to the soup pot, along with the optional chilli peppers.
4. Return to a simmer and cook, covered, until the squash and sweet potatoes are tender, but not overcooked, about 10 minutes.
5. Stir in a little more water if the stew is too dense, but let it stay nice and thick. Season with salt and pepper. If time allows, let the stew stand off the heat for 30 minutes to an hour to develop flavour, then heat through as needed. But if you can't wait, by all means, serve at once.
6. Garnish each serving with fresh herbs of your choice, if desired.

3g	0.4g	0.48g	8g	16g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Chickpea flatbreads

By Leiths School of Food and Wine (www.leiths.com), photography by jakefenton.co.uk

Serves **4** | *Prep* **30 mins** *plus proving* | *Cook* **15-25 mins**
Calories **708** *(per serving)*

FOR THE FLATBREADS

15g (4 tsp) fresh yeast

15g (3½ tsp) sugar

200-225ml (1 cup) hand-hot water

450g (3½ cups) strong bread flour

15g (2½ tsp) salt

1 tbsp olive oil

1 tbsp cumin seeds, dry roasted, crushed

1 tbsp coriander seeds, dry roasted, crushed

1 tbsp nigella seeds

1 tbsp olive oil

400g tin (1⅔ cups) of chickpeas, drained and rinsed

FOR THE DIP

100g (scant ½ cup) tahini

2 tbsp lemon juice (lime juice also works well)

maple syrup, to taste

¼ tsp garlic powder (optional)

salt

water, to adjust the consistency

TO GARNISH

red chilli, finely diced

1 For the flatbreads, cream together the yeast with the sugar and 2 tbsp of the hand-hot water.

2 Sift the flour and salt into a large bowl, add the yeast mixture, oil and sufficient water to make a soft, but not sloppy, dough. Knead for 3 minutes.

3 Put the chickpeas into a blender and blend to a rough paste, stir in the cumin, coriander and nigella seeds.

4 Mix the chickpeas and spices with the dough and knead for another 2 minutes or until springy and elastic.

5 Place in a lightly oiled bowl or bag and allow to double in size.

6 Preheat the oven to 225°C/Gas Mark 8. Preheat baking sheets in the oven.

7 Divide the dough into 8-10 pieces and roll out on a floured surface to rough oval shapes about 5mm (¼in) thick.

8 Cook the bread on the heated baking sheets for about 15-25 minutes, depending on thickness.

9 For the dip, mix together the tahini, lemon juice, salt and garlic powder. Add enough water to make a loose dipping sauce and adjust the seasoning with maple syrup as desired. Serve on the side of the flatbreads or drizzled over the top of them.

TIP You can try more recipes like these two at Leiths School of Food and Wine's new Plant Based Essential Course. Find out more at www.leiths.com

23.5g	3.3g	1.69g	6.7g	23.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Roast butternut squash tortellini

By Leiths School of Food and Wine (www.leiths.com), photography by jakefenton.co.uk

Serves **4** | *Prep* **40 mins** | *Cook* **45 mins** | *Calories* **783** *(per serving)*

FOR THE PASTA

150g (1 cup) semolina flour (or use fine semolina)

250g (2 cups) '00' flour, plus ½ tsp salt

170-180g (¾ cup) water

5 tsp olive oil

FOR THE FILLING

1 medium butternut squash, peeled, deseeded, cut into 2-3cm (¾-1¼in) cubes

5 tbsp olive oil

10 whole sage leaves

80g (⅔ cup) roasted pine nuts (50g for the filling, 30g to garnish)

1 tbsp nutritional yeast

1 banana shallot, finely chopped

2 garlic cloves, crushed

45g (½ cup) mixed dried mushrooms, rehydrated in a little boiling water

sea salt and pepper, to taste

FOR THE SAGE OIL AND GARNISH

a small bunch of sage

90ml (⅜ cup) olive oil (not extra-virgin)

balsamic glaze (or reduced balsamic vinegar)

vegan Parmesan cheese, shaved or grated

1 For the pasta, place the dry ingredients in a food processor. Mix the oil and water; with the processor switched on, add the liquid in a steady stream. Tip the contents out onto a work surface, bring together as a dough and rest for 30 minutes wrapped in clingfilm.

2 For the filling, preheat the oven to 200°C/Gas Mark 6. Toss the butternut squash in 2 tbsp oil and salt and pepper and roast until soft and starting to turn golden brown. Add the sage leaves and return to the oven for 10 minutes, then remove and cool.

3 Heat 1 tbsp of the olive oil in a small pan and add the shallot. Cook gently until soft, then add the garlic and cook for a further minute. Allow to cool.

4 Squeeze the water out of the mushrooms and roughly chop.

5 Place the squash, shallots/garlic, mushrooms, nutritional yeast, seasoning and 50g pine nuts in a food processor and pulse just a few times. Don't make a purée, you want the filling mixture to still have some texture.

6 For the tortellini, roll the pasta to the last but one setting on a pasta machine. Cut large circles of pasta with a pastry cutter. Place a spoonful of the mixture into the centre of each pasta circle and shape the tortellini. Allow to rest (and the pasta to be leathery to the touch) on a tray sprinkled with semolina to prevent them sticking.

7 For the sage oil, heat the oil in a small saucepan. Fry the sage leaves until just crisp, then remove from the oil with a slotted spoon and drain on kitchen paper.

8 To serve, bring a large pan of heavily salted water to the boil. Boil the tortellini for 2-3 minutes. Serve with a drizzle of sage oil, the crispy sage leaves, a little balsamic glaze and the remaining 30g of pine nuts along with the Parmesan.

32.7g	4.7g	0.31g	7.3g	22.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Vegan Food & Living

Next issue

Easy one pots!

ON SALE 20 JAN

One pot meals are just what you need on a cold winter evening – simple to cook, warming to eat and easy to wash up afterwards!

EMPATHY AND ENERGY

We explore the link between empathy and veganism and reveal how to manage your energy flow so you don't burn out

WE'RE NOT AGAINST YOU

It's easy to look for a common enemy, but we reveal why vegans shouldn't cast hate against farmers

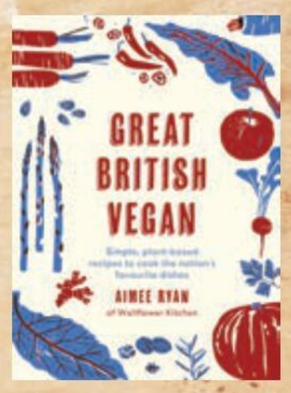
PHOTO © *NICO AND LOUISE FROM THE PLANT-BASED SCHOOL (THEPLANTBASEDSCHOOL.COM)*

*CONTENTS SUBJECT TO CHANGE.

THE PERFECT SUNDAY ROAST

Gather the family for the highlight of the week, a roast dinner bursting with flavours

The extract on pages 90-92 is taken from *Great British Vegan* by Aimee Ryan, photography by Jamie Orlando Smith, published by White Lion Publishing. (RRP £20.)



VEGGIE WELLINGTON

This is admittedly a bit time-consuming and a little fiddly, but the effort is worth it for that classic Wellington look, with a pink centre, surrounded by mushroom pâté and a crisp, buttery puff pastry casing.

By Aimee Ryan

Serves **6** | *Prep* **40 mins** | *Cook* **45 mins** | *Calories* **594** *(per serving)*

FOR THE PASTRY

320g sheet of vegan puff pastry

4 tbsp aquafaba or unsweetened dairy-free milk, for glazing

FOR THE PÂTÉ

1 tbsp dairy-free butter, plus extra for greasing

1 onion, finely diced

250g (2½ cups) chestnut (cremini) mushrooms, finely chopped

1 tsp miso paste

1 tbsp balsamic vinegar

a large handful of spinach or kale, washed and chopped

100g (scant 1 cup) walnuts

FOR THE FILLING

1 tbsp vegetable oil

1 onion, finely diced

2 garlic cloves, crushed

1 tbsp balsamic vinegar

1 tsp yeast extract

120g (1¼ cups) shiitake or chestnut (cremini) mushrooms, finely chopped

1 small cooked beetroot, roughly chopped

2 tsp dried mixed herbs

400g tin (1⅔ cups) kidney beans, drained and rinsed

125g (1 cup) cooked rice

40g (⅓ cup) porridge oats

4-6 tbsp plain (all-purpose) flour

sea salt and ground black pepper

1 Make the pâté. Melt the butter in a medium saucepan over a medium heat and fry the onion and mushrooms for 5 minutes, until softened. Add the miso paste and vinegar and cook for a further 5 minutes, until everything is dark and sticky. Stir in the spinach and leave to wilt. Remove from the heat and put in a food processor along with the walnuts. Blitz to a smooth pâté.

2 Preheat the oven to 220°C/Gas Mark 7 and grease a roasting tray with butter.

3 For the filling, heat the oil in a large saucepan over a medium heat and fry the onion and garlic for 5 minutes, until softened. Add the balsamic vinegar, yeast extract and mushrooms, then cook for a further 8 minutes until brown and sticky. Mix with the rest of the ingredients, season and use a masher to combine everything together into a thick, chunky mixture. You can also pulse in a food processor. Shape the filling into a large log shape, the length of the short side of the pastry sheet.

4 Unroll the pastry and spread over a thick layer of the pâté, the width of the log. Place the log on top and cover it with the rest of the pâté. Don't worry if it looks messy.

5 Gently pull the puff pastry up and around the log, tucking in the edges of the pastry as you go so it is completely covered. Seal the two ends together with aquafaba or milk, then turn the Wellington over so that the seal is hidden underneath. Brush the whole log with aquafaba or milk to glaze and use any excess pastry to decorate the top and glaze that too. Bake in the oven for 25 minutes until puffed and golden.

6 Allow to cool slightly before cutting into 2.5cm (1in) thick slices to serve.

35.4g	6.8g	0.35g	5.3g	15g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



CAULIFLOWER CHEESE

This is the side dish I get most excited about. That soft, creamy texture adds a whole new dimension to the meal. Sometimes I add in broccoli too, for extra green.

By Aimee Ryan

Serves **4-6** | *Prep* **10 mins** | *Cook* **30 mins**

Calories **227** *(per serving)*

1 large head of cauliflower, broken into florets

3½ tbsp dairy-free butter

60g (scant ½ cup) plain (all-purpose) flour (gluten-free, if needed)

600ml (2½ cups) unsweetened dairy-free milk

a good pinch of ground nutmeg

¼ tsp garlic powder

¼ tsp onion powder

2 tbsp nutritional yeast (optional)

100g (1 cup) vegan Cheddar-style cheese, grated

1 Bring a large saucepan of water to the boil and cook the cauliflower florets for 5 minutes, until beginning to soften, but still a little firm. Drain the cauliflower well in a colander, then tip into an ovenproof dish.

2 Put the saucepan back on the heat, add the butter and let it melt. Whisk in the flour until it makes a paste, then pour in the milk, a little at a time, whisking continuously to remove any lumps. Keep whisking over the heat for 2 minutes until the sauce becomes thick and smooth. Stir in the nutmeg, garlic powder, onion powder and nutritional yeast, if using, and season.

3 Remove the pan from the heat and stir in half the grated cheese. Pour the sauce over the cauliflower, then sprinkle over the rest of the grated cheese.

4 Bake for 20 minutes until golden on top.

12.2g	2.3g	0.13g	4.3g	10.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



GRAVY – THREE WAYS

Trying out new gravy variations is a great way to add a twist to your traditional Sunday lunch or with bangers and mash.

By Aimee Ryan

Serves **4-6** | *Prep* **10 mins** | *Cook* **30 mins**

FOR CARAMELISED ONION GRAVY

1 tbsp vegetable oil
2 red onions, thinly sliced
1 tbsp light brown sugar
2 tbsp balsamic vinegar
2 tbsp plain (all-purpose) flour
600ml (generous 2½ cups) vegetable stock (broth)

FOR CREAMY CIDER GRAVY

1 tsp vegetable oil
1 onion, finely sliced
2 tbsp plain (all-purpose) flour
a few sprigs of fresh thyme
300ml (1¼ cups) vegetable stock (broth)
200ml (scant 1 cup) vegan dry (hard) cider
4 tbsp cashew cream (see box)

FOR MUSHROOM GRAVY

2 tbsp dairy-free butter
1 onion, finely sliced
500g (5 cups) chestnut (cremini) mushrooms, sliced
3 garlic cloves, crushed
1 tbsp balsamic vinegar
1 tbsp soy sauce
2 tbsp plain (all-purpose) flour
600ml (generous 2½ cups) vegetable or mushroom stock

FOR THE CARAMELISED ONION GRAVY

1 Heat the oil in a medium saucepan and fry the onions over a low heat for 15 minutes, until soft and caramelised. Add the sugar and vinegar and cook for a further 5 minutes.
2 Sprinkle the flour into the pan and stir until the flour has been incorporated and made a thick paste. Add the stock and bring to a boil while stirring, then lower the heat and simmer for a further 10-15 minutes, until reduced and thickened. Serve.

FOR THE CREAMY CIDER GRAVY

1 Heat the oil in a medium saucepan and fry the onions over a low heat for 10 minutes, until softened and golden.
2 Sprinkle the flour into the pan and stir until the flour has been incorporated and made a thick paste. Add the thyme and stock and bring to a boil, lower the heat and simmer for 10 minutes.
3 Add the cider and simmer for a further 5 minutes until reduced and thickened. Remove from the heat and stir in the cashew cream while still hot. Serve immediately.

FOR THE MUSHROOM GRAVY

1 Heat the butter in a medium saucepan and fry the onion over a low heat for 2 minutes, until softened. Add the mushrooms, garlic, vinegar and soy sauce and cook for 15 minutes.
2 Sprinkle the flour into the pan and stir until the flour is incorporated and made a thick paste. Add the stock and bring to a boil, then lower the heat and simmer for a further 10-15 minutes, until reduced and thickened. Serve immediately.



YORKSHIRE PUDDINGS

By Aimee Ryan

Makes **10** | *Prep* **10 mins** | *Cook* **35 mins**

Calories **201** *(per pudding)*

10 tbsp vegetable oil
80g (scant ⅔ cup) self-raising flour
½ tsp baking powder
½ tsp xanthan gum
a pinch of sea salt
60g (⅓ cup) cornflour (cornstarch)
60g (½ cup) gram flour (chickpea flour)
200ml (scant 1 cup) unsweetened dairy-free milk
1 tbsp apple cider vinegar

1 Preheat the oven to 250°C/Gas Mark 9 and pour 1 tbsp oil into each hole of a 10-hole muffin tray. Once the oven is really hot, put the tray in and leave it there for 15 minutes.
2 Meanwhile, prepare the batter by mixing all the ingredients together in a blender until smooth.
3 Carefully remove the muffin tray from the oven and, working as quickly as possible, pour the batter into the holes using a circular motion to help form a well in the centre.
4 Cook for 25-30 minutes until crisp and golden. Carefully remove from the tray and serve immediately.

14.7g	2.8g	0.04g	0.7g	3.3g
Total fat	Saturates	Salt	Sugar	Protein

CASHEW CREAM

150g (1¼ cups) raw cashew nuts
240ml (1 cup) unsweetened dairy-free milk
1 tbsp apple cider or white vinegar
a small pinch of sea salt

FOR THE CHEESE SAUCE

3 tbsp nutritional yeast flakes
1 tsp yeast extract or miso paste
½ tsp English mustard
a pinch of nutmeg

1 Soak the cashews in just boiled water for at least 15 minutes, or overnight. Drain the cashews and discard the water they were soaked in.
2 Add the nuts to a high-power blender along with the milk, vinegar and salt. Add more milk, if needed, to create the desired consistency.
3 To make a cheese sauce, simply add in the additional ingredients and blend them all together.
4 Use straight away or store in an airtight container in the fridge for up to 3 days.

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JUNK FOOD

Indulge yourself with these three favourite meals that have been veganised into top quality fast food

Big Fry Lebanese inspired burgers

The new Big Fry Burger, from Fry Family Food, looks, sizzles and tastes like a ground beef burger. The burger took three years to develop and Fry's describes it as their best burger yet! The burger literally sizzles on the grill and is most definitely going to satisfy the cravings of the most avid meat eater – except, unlike its beef counterpart, this burger is much better for your health, for the planet and for the animals.

By Romy London (www.instagram.com/romylondonuk) for Fry Family Food (www.fryfamilyfood.com/uk)

Makes **2** *burgers | Prep* **5 mins** *| Cook* **10 mins**
Calories **665** *(per burger)*

2 Big Fry Burgers, defrosted
30ml oil, for cooking
10g (½ cup) flat-leaf parsley leaves
110g (1 cup) sun-dried tomatoes
2 tbsp pine nuts, toasted
juice of ½ a small lemon
40g (2 cups) baby spinach
100g (scant ½ cup) houmous
2 fresh buns

1. To cook the burgers, heat 30ml oil on high heat in a non-stick pan. Add the defrosted Big Fry Burgers and reduce to medium heat. Fry for 9 minutes, turning occasionally.
2. Add the burgers to buns and top them with houmous, baby spinach, pine nuts, sun-dried tomatoes, the lemon juice and parsley. Add the top of the bun and enjoy.

23.7g	3g	2.46g	27.2g	33.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Smoked Sausage Hot Dogs

The Like Smoked Sausages from LikeMeat combine the smoked taste of ham with the firm bite of a sausage. Made from pea protein, the Like Smoked Sausages are full of plant-based goodness and a great source of protein and fibre. 100% plant-based and gluten-free.

By Romy London (www.instagram.com/romylondonuk) for LikeMeat (likemeat.com/uk)

Makes **4** *hot dogs* | *Prep* **20 mins** *plus soaking* | *Cook* **10 mins** | *Calories* **228** *(per hot dog)*

FOR THE HOT DOGS

1 pack (180g) of LikeMeat Like Smoked Sausages

a little oil, for frying

4 plant-based hot dog buns

ketchup and mustard, to serve

FOR THE SLAW

¼ head of red cabbage, finely sliced or shredded

3 large carrots, peeled and shredded

100ml (scant ½ cup) apple cider vinegar

1 tbsp extra-virgin olive oil

1 tbsp maple syrup

1 tsp mustard

50g (⅓ cup) chopped almonds

½ tsp salt

½ tsp black pepper

FOR THE PICKLED RED ONION

1 red onion, finely sliced

1 tbsp sugar

1 tsp sea salt

100ml (scant ½ cup) apple cider vinegar

100ml (scant ½ cup) white wine vinegar

hot water

1. For the slaw, in a small jug, combine the vinegar, maple syrup, olive oil, mustard, salt and pepper.
2. In a large bowl, combine the shredded red cabbage and carrots with the almonds.
3. Drizzle over the dressing and massage the cabbage and carrots with your hands for 2 minutes.
4. Place the bowl into the fridge for a minimum of 30 minutes for the cabbage and carrots to soften and soak up all the flavours.
5. For the pickled red onion, in a large jug or glass whisk together both types of vinegar, sugar, and salt.
6. Add the thinly sliced onions and fill the jar with hot water to the top.
7. Set the onions aside for at least 30 minutes or overnight – the longer, the more flavourful they will become.
8. To assemble the hot dogs, warm the buns in the oven for 2-3 minutes (or follow the recommendation on the packet.)
9. In the meantime, fry the Like Smoked Sausages in a little olive oil until golden.
10. Place a spoonful of the slaw onto each hot dog bun and place a sausage on top. Top with pickled red onion and drizzle with just the right amount of mustard and ketchup.

9.6g	1.3g	0.6g	3.5g	10.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Oumph! Benedict

Oumph! Smoky Bits is a wheat-based plant alternative to bacon and ham. It opens up new plant-based recipe ideas, including this brunch recipe.

By Romy London (www.instagram.com/romylondonuk) for Oumph! (oumph.uk)

Serves **4** | *Prep* **10 mins** | *Cook* **15 mins**

Calories **533** *(per serving)*

1 pack of Oumph! Smoky Bits (180g)

vegetable cooking oil, for frying

FOR THE MUFFINS

150g (1¼ cups) wheat flour

100g (¾ cup) Graham flour (or unsifted wholewheat flour)

2 tsp baking powder

1 tsp salt

50g (scant ¼ cup) vegan margarine, plus a little extra for frying

200ml (scant 1 cup) unsweetened soya milk, plus a little to brush with

400g (2 cups) firm tofu

a pinch of kala namak

a pack of vegan hollandaise sauce

1. Fry the Oumph! Smoky Bits in cooking oil until they're crispy and a nice colour.
2. Preheat the oven to 250°C/Gas Mark 9.
3. Mix the dry muffin ingredients in a bowl. Work the margarine into the dry mix with your fingers. Add the soya milk and knead into a smooth dough, and roll into a roll about 20cm (8in) long. Cut into eight thick slices, make some holes in the top with a fork. Place the slices onto a baking tray covered with baking paper. Bake in the middle of the oven for about 8-10 minutes.
4. Cut the tofu into 1cm (½in) thick slices, and cut each slice into a circle. Add a little bit of kala namak on the tofu.
5. When the muffins are baked, cut them in half and fry in margarine until golden. Heat up the hollandaise sauce. Place the muffin halves on serving plates, put the tofu slices on top and pour the sauce over. Top with Oumph! Smoky Bits and the muffin top.

21.6g	5.3g	0.76g	0.8g	38.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

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Dessert

RECIPES

Add the perfect finishing touch to your dinner or enjoy a tasty afternoon pick me up...





Peanut butter cookies

By Christina Leopold
Makes **15-20** *cookies | Prep* **15 mins** *plus chilling | Calories* **164** *(per cookie)*

126g (¾ cup) roasted buckwheat or raw buckwheat toasted
180g (2 cups) oat flour (gluten-free, if required)
¼ tsp salt
a pinch of ground cinnamon
194g (¾ cup) crunchy peanut butter
120ml (½ cup) maple syrup
1 tbsp almond milk
roasted salted peanuts, chopped, to garnish
peanut butter, to garnish

1. Put the buckwheat in your food processor and pulse until it forms a flour-like consistency. Transfer the buckwheat flour to a large bowl. Add the oat flour, salt and cinnamon to the bowl and stir to make sure everything is evenly mixed.
2. In a separate bowl, combine the peanut butter, maple syrup and milk. Whisk the mixture until smooth and pour it into the large bowl along with the dry ingredients.
3. Using a spatula, bring the mixture together before using your hands to knead the dough and make sure everything is evenly mixed.
4. Place the dough between two sheets of parchment paper and use a rolling pin to roll it out to about 1.25cm (½in) thickness. Use a 5cm (2in) cutter to cut 15-20 cookies, or use a larger cutter and make fewer cookies.
5. Put the cookies in the fridge to set for 1 hour. Garnish with peanuts and a drizzle of peanut butter before serving. Store in an airtight container in the fridge for up to 1 week.

TIP To make oat flour from scratch, simply blend rolled oats until finely ground.

6.7g	1.4g	0.09g	7.2g	4.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Salted vanilla bean and cashew butter fudge

By Christina Leopold
Makes **20-25** *pieces*
Prep **10 mins** *plus chilling*
Calories **505** *(per 5 pieces)*

258g (1 cup) cashew butter
180ml (¾ cup) maple syrup
3 tbsp coconut oil, solid
1 tsp vanilla bean paste
½ tsp sea salt or Himalayan pink salt
coarse sea salt, to garnish

1. Put the cashew butter, maple syrup, coconut oil, vanilla bean paste and salt in your food processor and blend for a few minutes, until everything is combined and the mixture is smooth and creamy.
2. Line a 15x20cm (6x8in) baking tray, dish or tub with parchment paper and transfer the fudge into the tray using a rubber spatula. Gently tap the tray on a work surface to knock out air bubbles.
3. Transfer the tray of fudge to the freezer to set for 3 hours.
4. Once firm, sprinkle the fudge with coarse sea salt and remove it from the tray.
5. Cut the fudge into chunks and serve.
6. Store in the freezer in an airtight container. It will last for several weeks.

33.8g	12.1g	0.2g	30g	9.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Snickerz chocolate bars

By Christina Leopold
Makes **12** *large or* **24** *miniature bars*
Prep **25 mins** *plus freezing*
Calories **550** *(per large bar)*

FOR THE BASE

292g (2 cups) raw unsalted peanuts

¼ tsp Himalayan pink salt

10 Medjool dates, pitted

FOR THE CARAMEL FILLING

10 Medjool dates, pitted

120ml (½ cup) rice milk

½ tsp Himalayan pink salt

258g (1 cup) crunchy peanut butter, divided

1 tsp vanilla extract

146g (1 cup) roasted peanuts (unsalted if preferred)

FOR THE CHOCOLATE COATING

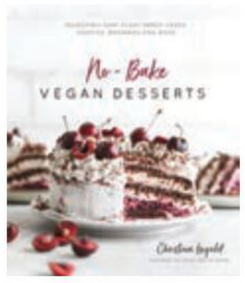
255g (1⅔ cups) vegan-friendly chocolate

1 tsp coconut oil, solid



1. To make the base of the bars, blend the peanuts in a food processor until they form a light crumb. Add in the salt and dates and blend for a few minutes more, until completely combined and the ingredients stick together to form a doughy consistency.
2. Line a 30.5x9cm (12x3½in) baking dish or similar-size container with parchment paper and press the mixture evenly into the bottom of the dish using a spatula. Set aside in the fridge while you make the caramel filling.
3. For the caramel, put the dates, rice milk, 130g (½ cup) peanut butter, salt and vanilla extract in a high-speed blender and blitz until completely smooth. Transfer the caramel to a bowl and add the remaining peanut butter, then stir well to combine. Using your spatula, spread the caramel on top of the base.
4. Add the roasted peanuts on top of the caramel in an even layer. Place in the freezer to set for at least 4 hours or overnight.
5. Once set, remove the whole slab from the dish and place it on a cutting board.
6. Run hot water on a knife to heat it, then cut the slab into 12 large or 24 miniature bars. Place the bars back in the freezer while you prepare the chocolate coating.
7. For the coating, melt the chocolate and coconut oil in a double boiler over simmering water.
8. Dip the bars in the chocolate and sit them on top of a cooling rack lined with parchment paper to set. Dip the bars for a second time to get a thicker chocolate layer!
9. Store in an airtight container in the fridge for up to a week or enjoy straight from the freezer.

TIP Dates are nature's caramel. They are not only naturally sweet, but they also help by working as a binding agent for many dessert bases. I usually opt for Medjool dates because of their soft texture and rich caramel flavour. Feel free to experiment with different varieties, and if using dates with a firmer texture, you can soak them in warm water to help soften them up.



The recipes on pages 98-99 are taken from *No-Bake Vegan Desserts* by Christina Leopold, published by Page Street Publishing. (RRP £16.55.)

34.5g	8.5g	0.24g	30g	15.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Velvety chocolate pralines

By Naturya (naturya.com)
Makes **12** | *Prep* **5 mins** | *Calories* **137** *(per praline)*

30g (⅓ cup) Naturya Cacao Powder

30g (⅓ cup) Naturya Cacao Maca Protein

170g (¾ cup) Naturya Cashew & Hazelnut Spread

60ml (¼ cup) agave syrup

15g (⅛ cup) chopped hazelnuts (optional)

1. Add the cacao powder and protein powder into a bowl.
2. Add the cashew and hazelnut spread and the agave syrup to the mixture.
3. Mix thoroughly until combined.
4. Roll into balls and coat with your chosen toppings – we love chopped hazelnuts and Naturya Cacao Crunch Breakfast Boost covering these pralines.

9.4g	1.6g	0.03g	0.7g	4.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Cacao maca protein mousse

By Naturya (naturya.com)
Serves **1** | *Prep* **5 mins**
Calories **599** *(per serving)*

150ml (⅔ cup) plant milk

½ an avocado

2 tbsp rolled oats

30g (⅓ cup) Naturya Cacao Maca Protein

1 tsp Naturya Cacao Powder

1 tbsp coconut sugar or agave syrup

1 tbsp nut butter

almonds, raspberries and cacao nibs, to serve (optional)

1. Add the milk to a blender.
2. Slice the avocado in half, remove the stone and spoon out half of the flesh.
3. Add the avocado and the rest of the mousse ingredients to the blender and blend until the mixture is smooth.
4. Spoon into ramekins or your favourite bowl.
5. To serve, sprinkle with your favourite toppings, such as almonds, raspberries and cacao nibs.

TIP Keep the mousse in the fridge if you prefer to serve it later.

34.9g	6.8g	0.09g	20.8g	24.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Hazelnutty brownies

By Naturya (naturya.com)
Serves **8** | *Prep* **10 mins** | *Cook* **20 mins**
Calories **288** *(per serving)*

460g (2 ⅔ cups) tinned organic black beans

125g (½ cup) Naturya Cacao & Hazelnut Spread

4 tbsp Naturya Cacao Powder

2 tbsp gluten-free plain flour

80ml (⅓ cup) agave syrup

50g (⅓ cup) Naturya Coconut Sugar

4 tbsp plant milk

1 tbsp melted coconut oil

2 tsp vanilla extract

1 tsp sea salt

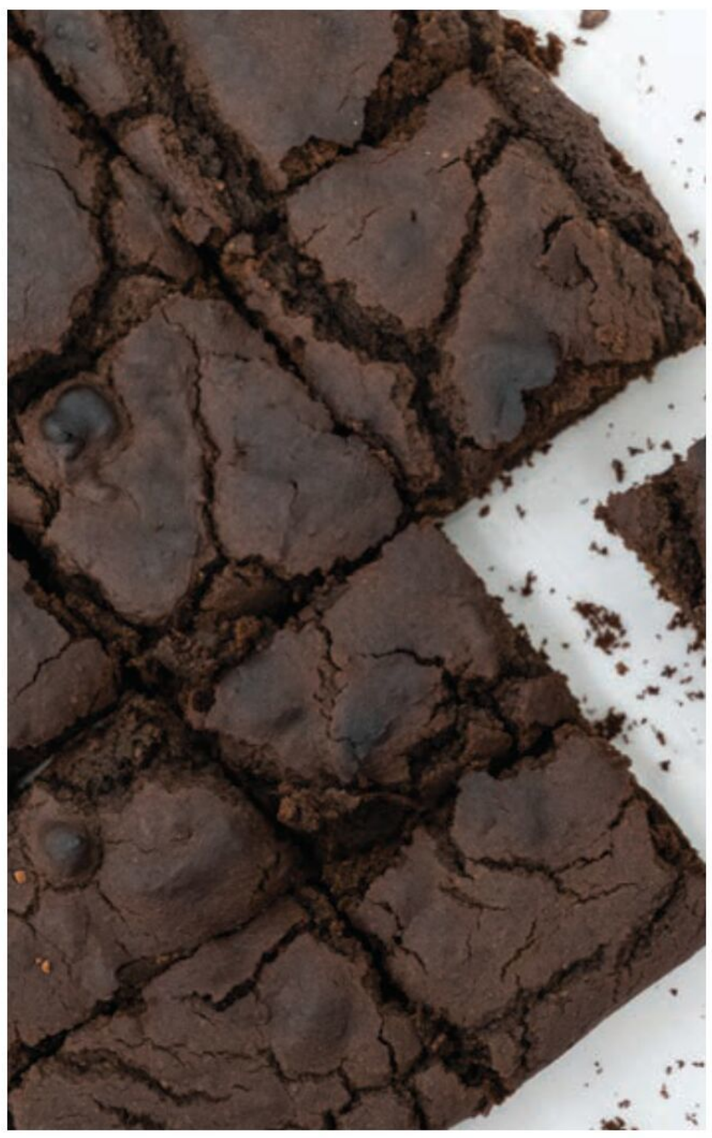
1 tsp baking powder

½ tsp bicarbonate of (baking) soda

75g (½ cup) chocolate chips or cacao nibs

goji berries or mulberries (optional)

1. Preheat the oven to 180°C/Gas Mark 4.
2. Rinse the beans well and place into a blender. Add the rest of the ingredients, except the berries and cacao nibs, into the blender. Blend until creamy and smooth.
3. Once smooth, stir in the goji berries, mulberries and/or cacao nibs.
4. Line a baking pan with parchment paper and pour the mixture into it.
5. Bake for 20-30 minutes until the edges pull away from the pan.
6. Let cool for 10-15 minutes, then enjoy.



10.7g *Total fat* | 5.4g *Saturates* | 0.34g *Salt* | 15.6g *Sugar* | 6.4g *Protein*



Toffee apple flapjacks

By The Protein Works (www.theproteinworks.com)
Serves **12** | *Prep* **30 mins** | *Cook* **45 mins**
Calories **285** *(per serving)*

FOR THE SAUCE

1 tbsp coconut oil

2½ tbsp light brown sugar

2 tbsp golden syrup (corn syrup)

1 apple – firm and tart, such as a Pink Lady

FOR THE FLAPJACK

190g (¾ cup) peanut/almond/cashew butter

60ml (scant ½ cup) coconut oil, melted

100ml (scant ½ cup) maple syrup

100g (1 cup) The Protein Works Porridge Oats

200g (2 cups) old fashioned rolled oats

1 tsp ground cinnamon

¼ tsp ground nutmeg

1. For the toffee apple sauce, quarter the apple and remove the core. Chop each quarter in half lengthways and then cut the wedges into thin slices.
2. Put the coconut oil, syrup, sugar and apple into a small heavy-based saucepan. Cook over a medium heat, stirring frequently, until the butter, sugar and syrup have formed a sauce and the apple is soft. Bring to the boil and boil for 1 minute. Take off the heat and set aside.
3. For the flapjacks, preheat the oven to 160°C/Gas Mark 3 and grease a 20cm (8in) square tin. Line with baking paper.
4. Place the syrup, nut butter and coconut oil into a medium saucepan and heat gently until melted, stir continually. Mix until the texture is runny.
5. In the meantime, place both oats and spices into a bowl and stir.
6. Add the oat mixture to the pan and stir until combined.
7. Pour half of the oats into the prepared tin and use a rubber spatula or spoon to press into the tin. Make sure that you press down really well as this will help the flapjacks hold together.
8. Bake for 10 minutes, remove and spread the toffee apple sauce evenly on top of the flapjack. Gently spread over the rest of the flapjack and place back to the oven – alternatively you can mix the toffee apple into the flapjack and bake everything together.
9. Bake for another 25-30 minutes until starting to turn brown.
10. Remove from the oven and cut into slices in the tin using a sharp knife. Leave to cool completely in the tin, then cut again before removing from the tin.

15.9g *Total fat* | 7.4g *Saturates* | 0.08g *Salt* | 13g *Sugar* | 7.3g *Protein*

Peanut butter brownie mousse cups

By Fleur Droog from Nourishing Foods (www.nourishingfoods.me)

Makes **10** *cups | Prep* **30 mins** *plus freezing | Calories* **283** *(per cup)*

FOR THE BASE

150g (1 cup) dates (22 small dates)
70g (½ cup) Brazil nuts
50g (½ cup) oatmeal
3 tbsp raw cacao powder
a pinch of salt

FOR THE FILLING

200g (1 cup) silken tofu
3 tbsp peanut butter
5 Medjool dates, soaked
1 tsp vanilla extract
a pinch of salt
1 bar of vegan chocolate

13.7g	5.1g	0.05g	24.9g	6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

1. In a food processor, blend the base ingredients until sticky.
2. Line 10 muffin/cupcake cups and press the dough into the cups. Place into the freezer.
3. Blend everything for the filling, except the dark chocolate.
4. Divide the tofu peanut butter mousse between the cups.
5. Place into the freezer for 2 hours.
6. Melt the chocolate in a bain-marie and place about 1 tbsp melted chocolate on top of each mousse cup. Place back into the freezer for 10 minutes.
7. Let the cups thaw for a few minutes before serving.



Orange drizzle cake

By Maryanne Hall for Viva!'s Vegan Recipe Club (www.veganrecipeclub.org.uk)
Serves **10-12** | *Prep* **20 mins** | *Cook* **20 mins** | *Calories* **570** *(per serving)*

FOR THE CAKE

400g (2½ cups) self-raising flour

2 tsp baking powder

a pinch of salt

150g (¾ cup) golden caster sugar

100g (½ cup) soft brown sugar (or use 100g extra golden caster sugar)

400ml (1⅔ cups) soya milk

150ml (⅔ cup) rapeseed oil

1 tsp vanilla extract or paste

zest of 2 oranges, grated, then finely chopped

FOR THE ICING

100g (⅖ cup) vegan spread (our favourite is Naturli)

500g (4½ cups) icing (confectioner's) sugar, sieved

3 tbsp soya milk

zest of 2 oranges, grated, then finely chopped

1 tsp vanilla extract or paste

FOR THE DRIZZLE

2 tbsp orange juice

3 tbsp golden caster sugar

1. For the cake, preheat the oven to 180°C/Gas Mark 4 and line two 8cm (3¼in) or 9cm (3½in) cake tins with baking parchment.
2. In a large mixing bowl, combine the dry ingredients, including the flour, baking powder, sugar and salt.
3. In a large jug, combine the wet ingredients, including the soya milk, rapeseed oil, vanilla extract and orange zest.
4. Pour the wet ingredients into the dry and gently mix until fully combined. Do not over-stir.
5. Divide the mixture equally between the two cake tins, then tap them on the work surface before putting them into the oven for 20 minutes.
6. Test the cakes are cooked with a skewer, knife or toothpick to see if they come out clean. Set the cakes aside to cool.
7. For the icing, put all of the ingredients into a large mixing bowl and combine them using an electric hand whisk. Set aside while you make the drizzle.
8. For the drizzle, mix the ingredients together in a jug.
9. Using a toothpick, prick each cake all over, but try not to go all the way through the bottom of the cake or the drizzle will spill out. Pour the drizzle evenly over each of the cakes.
10. To assemble, place one of the cakes onto a large plate (flat side down) and then cut a fine layer off the top of the cake to create a flatter surface for the icing.
11. Evenly spread half the icing onto this half of the cake. Place the other half of the cake on top, then ice the top of the cake with the remaining icing. Sprinkle extra orange zest over the top, if desired.

20.1g	3.1g	0.11g	65.8g	4.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Caramel apple crumble

By Maryanne Hall for Viva!'s Vegan Recipe Club (www.veganrecipeclub.org.uk)
Serves **10** | *Prep* **15 mins** | *Cook* **30-40 mins**
Calories **636** *(per serving)*

FOR THE SAUCE

70g (¼ cup) syrup, such as maple/agave

60g (¼ cup) nut butter (we used cashew)

25g (⅛ cup) coconut oil

½ tsp vanilla extract

a pinch of salt

FOR THE FILLING AND PASTRY

1 sheet of vegan shortcrust pastry (Jus-Rol)

600g (4¾ cups) cooking apples, cored, peeled and cut into bite-size pieces

100g (½ cup) sugar (ideally light brown)

½ tsp ground cinnamon

2 tbsp water

FOR THE CRUMBLE

300g (1¾ cups plus 2 tbsp) plain (all-purpose) flour

175g (⅞ cup) light brown sugar

200g (⅞ cup) butter (our favourite is Naturli Vegan Block)

a pinch of salt

1. Preheat the oven to 180°C/Gas Mark 4.
2. For the caramel sauce, heat all the ingredients in a small pan on a gentle heat until fully combined. Set aside.
3. For the filling, spread the pastry sheet out over a 20cm (8in) loose-bottom flan dish and roll a rolling pin over the top of the dish to trim the edges. Refrigerate.
4. Add the apples to a large saucepan with the sugar, cinnamon and water. Gently stir over low-medium heat for 5-10 minutes. You want the apples slightly softened, but still firm.
5. For the crumble, place all the ingredients in a bowl and rub with your hands until you have a fine crumble.
6. To assemble, spread the apple mix evenly over the pastry-lined flan dish. Spread the caramel sauce as evenly as possible over the apple layer. Add the crumble mix and again distribute evenly.
7. Place in the oven for 20-30 minutes or until golden on the top.
8. Serve with vegan cream, custard or ice cream.



30.4g	11g	0.2g	45.7g	6.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

THE IMPORTANCE OF VEGAN FRIENDS

Will Sorflaten from Viva! knows the value of having vegan friends and guides you to ways to grow your own support network



Above Meeting up in person isn't so easy at the moment, so make the most of those in your bubble.



In one way, I'm very much in a bubble. As a campaigner at Viva!, I'm in the unique position of being able to say that all of my colleagues are vegan too. At the same time, my parents are both vegan, my fiancée is vegan, and most of my friends are vegan as well.

This bubble, however, is punctured quite often through my job. I'm frequently confronted with the worst that animal agriculture has to offer through my line of work, and our outreach on the streets is a firm reminder for me that veganism is not the norm (not yet, anyway).

I wouldn't want to remain in that bubble all the time, where it would be so easy to think that everyone around me is vegan, that our work is done, that we don't need to campaign for animals any more. That would sap my energy as a campaigner, and it wouldn't help the animals. So I'm glad of the punctures; it's what keeps me going for the animals and planet in promoting the vegan message.

But at the same time, I am so grateful that I do have an extensive support system around me. I'm very familiar with the worst of animal agriculture, and of the impending climate crisis, and I have been since 2011. But that doesn't mean that those facts and videos and articles can't overwhelm me at times; they absolutely do. It may be a particularly upsetting investigation, a new report on how much animal farming harms our world, or something else entirely, and it's a great comfort to be able to talk to my loved ones about it when it feels a bit too much.

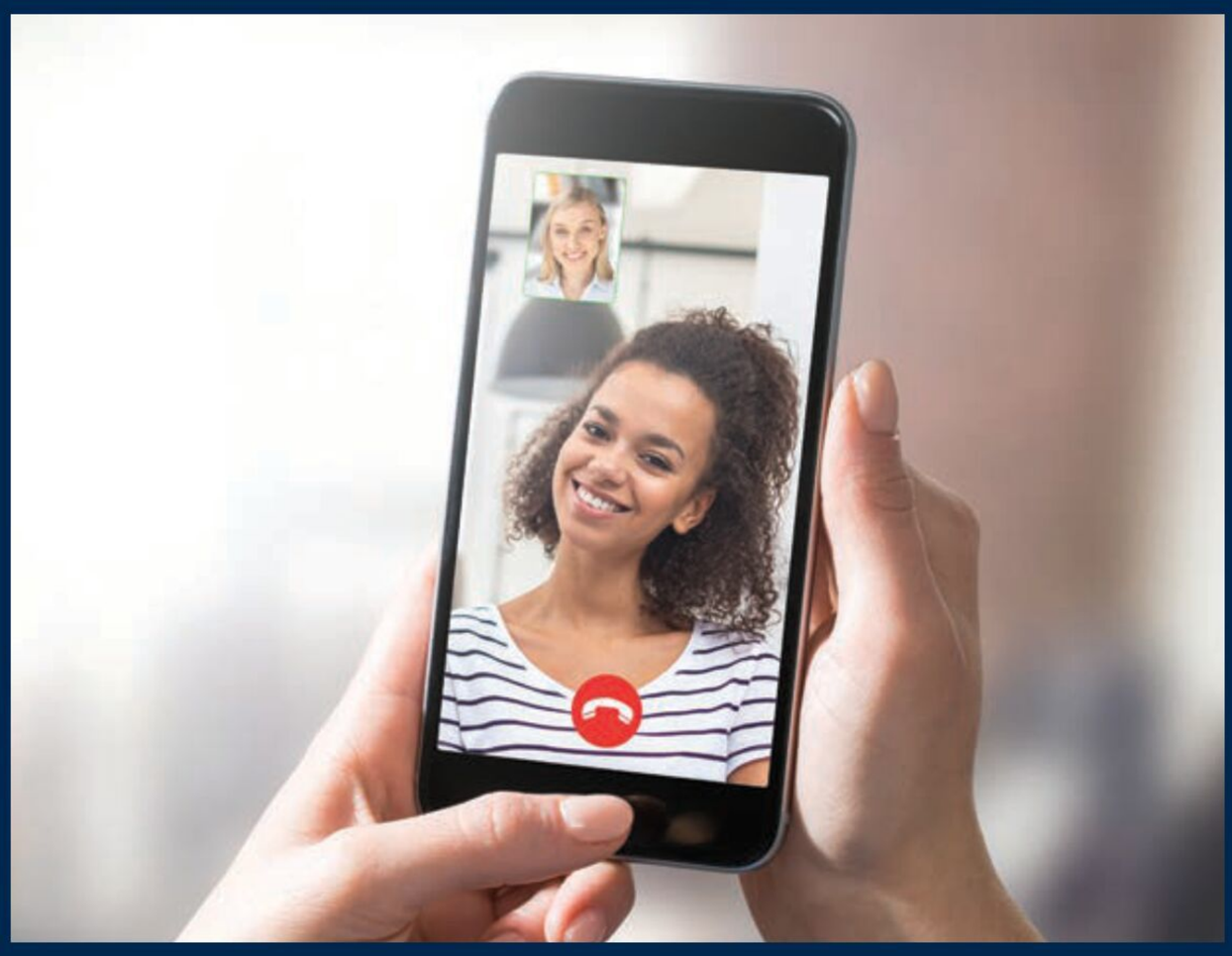
LEARNING THE HARD WAY

Going back nine years to when I first turned vegan, my support base was far more narrow. There were just two vegans (myself included) at my college, and most of the time I would be met with frowns and perhaps a hint of derision when people found out I was vegan. That's lessened a little bit in recent years as more people recognise veganism's importance, but back when I was 15 it could be pretty tough. When I witnessed scenes of cruelty against animals, or learnt more about the environmental impact animal agriculture has on us, a lot of the time I had to keep it to myself because it didn't seem like many people wanted to listen.

For a brief period, I became that stereotyped 'angry vegan'. Reflecting on those times now, I probably expressed my frustrations in that negative way because I just didn't have the space or people to share my grief with in a healthy way. Instead, it would burst out in a confrontational way with non-vegan friends. That didn't do my friendships any good, nor the animals.

Thankfully I shrugged off that stereotype quickly, but it taught me an important life lesson. While it's probably not the best idea to bury your head in the sand and never talk to non-vegans for the rest of your life, it's also a really good idea to have a network of support you know you can lean on when you need it. For me, it has been incredibly important to have vegan friends with whom I can vent when I've had an unpleasant vegan-related experience. The support will vary from the seemingly small to the big: it'll range from "I got asked where I get my protein from again!" to "I've just seen this upsetting footage and found it very difficult."

Everyone's different, but in my personal experience it makes a huge difference just knowing you have at least one or two people around you who share the same difficulties of living as a vegan in a non-vegan world, even if you don't actually need to call on their support too often.



Above In these Covid-19 times, the phone and the internet are great ways to stay in touch with friends.

THE QUESTION THEN BECOMES – WHERE ARE THESE VEGANS?

Pretty much every city, and many towns now, have vegan communities who will be more than happy to welcome you in. There are lots of activism groups who are always in need of more volunteers, and that is a great way of combining some activism for animals with finding fellow vegans. Most of them go by their town's name followed by 'Animal Rights' or 'Animal Save', and should pop up on your search engine or social media with that simple search.

There are also lots of vegan groups that exist for exactly the above reason of offering support and connecting vegans together. As an ex-Londoner, London Vegans comes to mind, and I've seen plenty of posts on that page of people being pretty frank and clear – "I'd like to meet more vegan friends, these are my hobbies, anyone keen to join in?". Invariably, these posts get plenty of 'likes' and comments suggesting places to meet up. Even during Covid-19, when most places have been shut, I've seen people saying "This is my area, these are my interests. Does anyone fancy a walk?"

"It's a really good idea to have a network of support you know you can lean on when you need it"

Hopefully we will soon be able to restart events such as pot-lucks, and again there will be plenty of vegan meet-ups to meet like-minded people. If you're a runner, you'll often find a nice big 'vegan runners' banner at Parkruns, and it's a brilliant way of linking up with people at events that can otherwise be quite daunting.

The pandemic has been incredibly isolating in many ways, but it's also been a resounding reminder of just how sociable the human race is. For most of us, we depend on socialising and company as a fundamental need. So many people gladly reciprocate when they see others reaching out for this basic, essential part of our lives, and friendships can start to bloom just from a simple post on a page asking for a coffee meet-up.

Viva!

Viva! is positively vegan and since 1994 has been campaigning to end the suffering of farmed animals. Viva! helps people reduce their meat, fish, dairy and egg intake and move towards a compassionate diet. It believes that every step towards being vegan is a positive one.
www.viva.org.uk

Dr Justine Butler, Senior Researcher & Writer for Viva! Health, looks at how dairy farming is more than a cruelty issue, but one of reproductive rights

Do feminists drink dairy?

In the 1996 film, *A Time to Kill*, Matthew McConaughey plays a defence lawyer defending Samuel Jackson's Carl Lee Hailey; a black man accused of murdering two white men who attacked his 10-year-old daughter, Tonya.

It's Mississippi in the 1980s and racial tension is high. In his closing speech, McConaughey asks the jurors to close their eyes and picture the scene, while he slowly describes how the girl was snatched, beaten, raped and thrown off a bridge into a river after a failed attempt to hang her from a tree. The jurors, who are all white, shift uncomfortably in their seats, but when, at the end, he says: "now imagine she's white" – it's like an electric shock wakes them up!

Some animal rights groups have used a similar tactic, substituting a person for a farmed animal in street action or adverts, to encourage people to rethink their attitude towards farmed animals. In Viva!'s Face Off campaign, we use virtual reality visors to expose the horrors of factory farms – once the blinkers are off, it's impossible to put them back on! It's simply a matter of changing perspective.

THE LIFE OF A DAIRY COW

Cows are sometimes portrayed as lacking intelligence, but studies show that they play games, recognise different humans and have a variety of calls to communicate with one another. They have different personalities, hold grudges, bicker, bond and form long-term friendships. In the wild, mothers and daughters stay together for life. They can also feel anxious and depressed and their natural lives are very different to those they are forced to lead on a dairy farm.

Just like us, cows only produce milk after giving birth. So, shortly after her first birthday, a modern dairy cow will be confined and forcibly impregnated using restraining apparatus called a 'rape rack'. This is the beginning of her short and wretched life cycle – pregnancy, loss and lactation. Artificial insemination can be painful and traumatic and it's not uncommon for inexperienced farmers to practise on live animals, inevitably leading to injuries.

Following a nine-month pregnancy, she gives birth and typically within days or even hours, her calf is snatched away. Separation is a painfully emotional experience for both calf and mother and she may bellow for days, calling for her lost calf. Again, once you witness this, it cannot be unseen. Female calves are replacements for the milking herd, males are seen as useless 'by-products' and usually sold for cheap meat (beef as well as veal) or killed on-farm.

She will be impregnated again while still lactating, meaning that for at least seven months of the year she is pregnant while being milked. Selective breeding and intensive farming methods have been used to increase average milk yields from 10 litres a day in the 1970s to 22 litres a day in 2019. The enormous strain this places on her body is unsustainable, leading to complete physical breakdown. At any one time, a third of dairy cows have mastitis, a painful udder infection. Lameness is common and permanent nerve damage through problematic calving can affect her ability to control her back legs. To prevent her from doing the splits, farmers may shackle hind legs together.

At the end of her short productive life, she may be suffering with infertility, mastitis, lameness or just poor milk production and will be culled for use in low-quality beef products, such as pies, burgers, soups and baby food. For most, this happens when they are just around six years old, a fraction of their natural 20-year life expectancy.

"Milk is the product of the exploitation of the reproductive capacity of a female body"

VEGAN FEMINISM

Milk, then, is the product of the exploitation of the reproductive capacity of a female body. The reproductive freedom of women and animals are both intrinsically linked to patriarchy, capitalism and other forms of oppression. So why pick and choose which form of oppression to oppose? Increasingly, feminists are asking why it's okay for humans to violently control an animal's reproductive system while fundamentally opposing similar treatment of women? Assigning different moral values or rights to individuals on the basis of what species they belong to is called speciesism. American writer, activist and animal rights advocate, Carol J. Adams, says: "I am a vegan-feminist because I am one animal among many and I don't wish to impose a hierarchy of consumption upon this relationship".

Key to feminist politics is a woman's right to control what happens to her own body – the right to choose. It wasn't until 1991 that rape within marriage became a crime – before this, the law implied that women were the property of their husbands. Deliberate acts of abuse on animals disgust most people, so why do so many ignore this systematic, routine abuse of dairy cows? Adams, says: "I would like to see reproductive freedom for all female animals, not just human females".

The #MeToo movement highlighted the prevalence of sexual assault and harassment of women, especially in the workplace. When animal rights campaigners used the hashtag on behalf of voiceless animals it caused consternation among some that the suffering of animals was considered comparable to that of women. The recent use of the phrase 'Moo Too', made popular by author Peter Lovenheim in the *Los Angeles Times*, was not meant to diminish the #MeToo movement, but to emphasise the disturbing fact that exploitation of females is so systemic it even crosses species.

We're upset by stories of violence against women – rape, forced pregnancy, infants being snatched away from their mothers. Yet these are all routine practices in the modern dairy farm. A torturous cycle of physical and emotional torment is enforced upon the dairy cow until she breaks. Milk comes from a grieving mother.

Viva! HEALTH

Viva! Health is a part of the vegan charity Viva!. We monitor scientific research linking diet to health and provide accurate information on which you can make informed choices about the food you eat. www.vivahealth.org.uk

Reach your financial goals in 2021

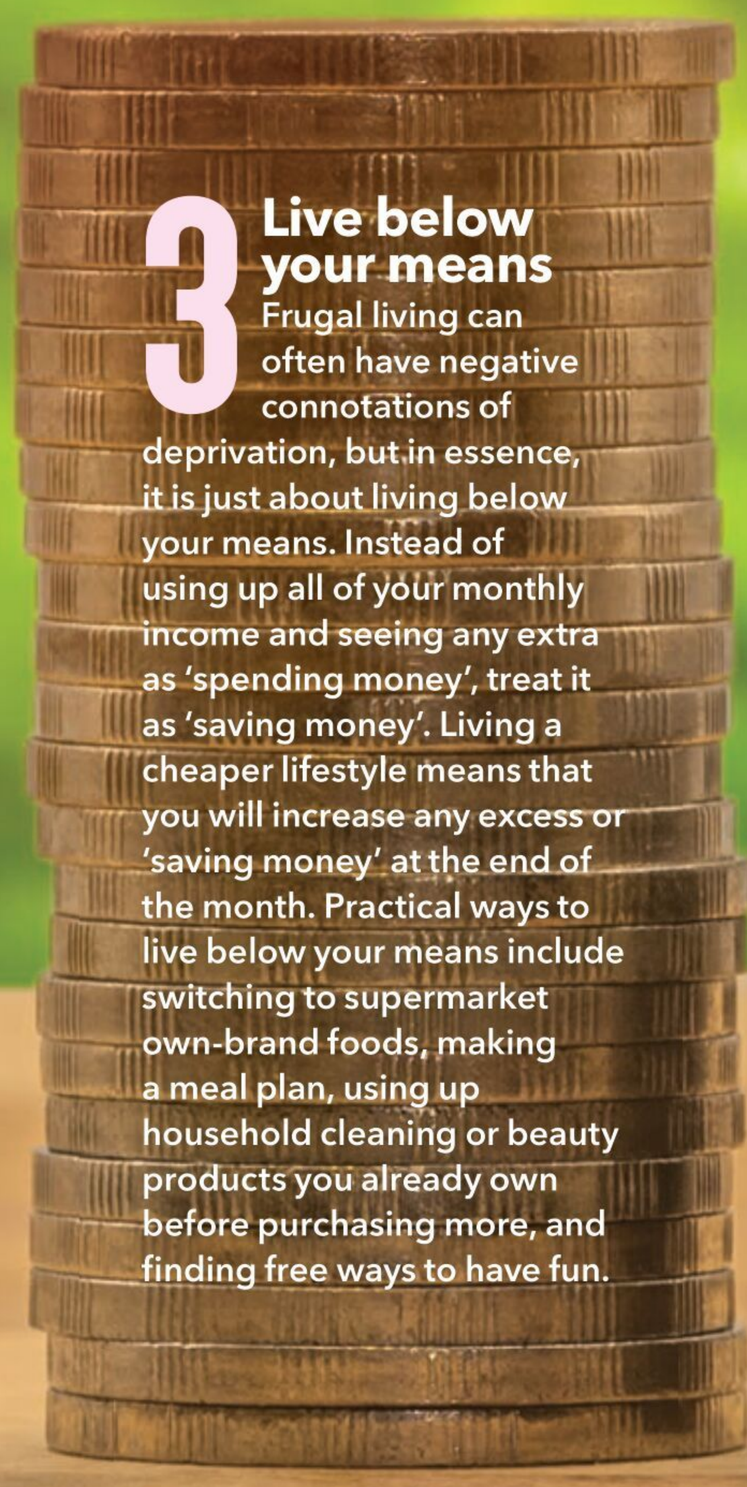
2021 is the year to make your financial dreams come true. Katy Beskow looks at ways to help you save towards your goals for a financially healthy year and beyond

1 Make a note

Start by writing down the financial goal (or goals) that you want to achieve. This may be short term, such as paying off a credit card or saving for an emergency fund; or long-term, such as saving for a deposit on a property or paying into a pension plan. To help you stay motivated to achieve your goal, keep it realistic and measurable – and just like that you're on the path to financial security.

2 Cash

Paying for non-essential items with cash will help you think about if you really need the item. Taking cash from your purse or wallet, counting it, then handing it over, slows down the purchasing process, giving you time to consider if the cash would be best saved towards your financial goal. Usually contactless payments on your debit card, phone or smart watch is often too convenient, so slow the process down and pay with intention.



3 Live below your means

Frugal living can often have negative connotations of deprivation, but in essence, it is just about living below your means. Instead of using up all of your monthly income and seeing any extra as 'spending money', treat it as 'saving money'. Living a cheaper lifestyle means that you will increase any excess or 'saving money' at the end of the month. Practical ways to live below your means include switching to supermarket own-brand foods, making a meal plan, using up household cleaning or beauty products you already own before purchasing more, and finding free ways to have fun.

4 Monthly budget

At the end of the month, create a written budget for the following month. This budget should be unique to the month ahead, taking into account areas of increased spending, such as paying for a car MOT, or a birthday gift. By seeing the budget on paper, it helps you be aware of what you've spent in each area. It is a good idea to keep a running total of regular spends throughout the month, including food and fuel costs (keep this in the notes section in your phone for a quick glance) and stick within your budget. Remember to transfer money leftover from your budget into savings towards your financial goal.



5 Track it

Most banks now have online banking facilities or an app where you can complete all of your financial activities. Get into the habit of checking your bank account daily to avoid any surprises. This takes less than a minute, so instead of scrolling through social media, have a glance at your bank account. Consider it financial self-care.

6 Pay it off

If you have debt, it is a good idea to pay it off as soon as possible, so you keep all the money you earn, without making interest payments. An effective way to do this is using a 'snowball' method, where you pay off the smallest debt first. This way you feel confident and motivated to pay off more. Some financial gurus recommend paying off the debt starting with the highest interest, but the snowball method is realistic for the modern world, and gives a real sense of achievement each time!

7 Increase your income

So you've set your goal, written a budget, started living a more frugal life, but still you don't have the cash to save. Increase your income by taking on a short-term second job, or a side hustle that you can do in your spare time. Save the money earned from a second income purely to put towards your financial goal (don't be tempted to spend it!) and watch it grow. Second jobs may include working in a local coffee shop over the weekend, or delivering pizzas in the evenings. If you have a crafty hobby or skill, think about selling your creations online. If you have a job that offers overtime hours, be sure to take them and save the extra cash. Perhaps you have lots of unused items in your home, sell them online and put the money towards your goal.

8 Save it right

Save your money in accounts that are specifically made for saving, instead of pooling more than your monthly salary in your current account. Savings accounts offer higher rates of interest, meaning youa will gain small amounts of added interest – and every penny counts! If you are saving for a short-term financial goal, consider a flexible savings account that you can withdraw cash from easily; if you have a longer-term financial goal, considering an ISA which may offer more interest, but requires longer withdrawal notice.



9 Take control

You might notice that your spending habits are triggered by emotions, such as stress or feeling sad. Shopping or purchasing things that you have not budgeted for can give an instant rush of endorphins, but later lead to feelings of regret. Take control of your emotional spending by recognising if you're about to buy an unnecessary purchase, consider how you will feel later, and think about how you will feel when you reach your financial goal. Instead of thinking "I can't afford this", tell yourself "I'm choosing not to buy this at the moment".

EMBRACE SUSTAINABILITY THIS VEGANUARY

Veganuary, now with added longevity. Charlotte Willis takes us through her guide to making this month as sustainable as possible

The first of January signals new beginnings for us all. For flexitarians, vegetarians and meatless-Monday advocates around the world, January is the time to dive head first into the wonderful, vibrant world of plant-based eating and vegan living. From vegan menu launches and new plant-based product unveilings, to TV specials and dedicated Veganuary sections in the supermarkets, each year the influx of Veganuary-attributed capital invested into the plant-based marketplace grows and grows. This has been termed the Veganuary Effect, which sweeps over the nation's consciousness as we rush to get our hands on the latest vegan products and sample the newest plant-based offerings at restaurants around the UK (we hope).

Caught up in this whirlwind of excitement, we often fail to acknowledge the importance of shopping and eating with sustainability in mind, and the implications of our January habits upon communities and smaller businesses. With consideration, and a focus on maintaining longevity, we can turn Veganuary into a sustainable and fair month for all. One that supports our health, sustains independent vegan business, raises awareness for the future of the environment and supports vegan communities far beyond January.



CHARLOTTE WILLIS
Charlotte is a freelance journalist and health writer who has worked with Veganuary and The Vegan Society and other online vegan publications. Her fields of expertise and interest include vegan nutrition, holistic healthcare, mindfulness and fitness.

SUSTAIN COMMUNITIES & INDEPENDENTS

The soaring popularity of the Gregg's Vegan Sausage Roll, KFC Vegan Burger and launch of the Plant Kitchen range into M&S tell us a lot about consumer buying patterns during Veganuary. Mainly, they demonstrate that Veganuary is all too often dominated by the big-players in our food supply chains – the supermarkets and the nationwide fast-food outlets.

Don't get me wrong, I'm all about a delicious new vegan Meatball Subway with plant-based cheese and vegan mayo (trust me, I'm so about it). But, when considering sustainability, we must aim towards developing shopping patterns that support a diverse range of businesses. By funnelling our consumer spending power solely into the hands of larger corporations, we neglect the smaller, independent and often family-run businesses who are the pillars of veganism within our communities all year round. These are the independent vegan cafés and restaurants, local healthfood stores, and online plant-based businesses, whose offerings get overshadowed thanks to the Veganuary Effect.

"With a focus on maintaining longevity, we can turn Veganuary into a sustainable and fair month for all"

This year, be mindful of where you choose to use your spending power. Simple acts, such as shopping at an independent store for one day per week, and grabbing your coffee from a smaller local café rather than a chain shop, can make all the difference to our independent retailers at such a critical period in the economic world.

DIVERSIFY AND EXPAND YOUR REACH

While we're talking about trying something new and using your spending power wisely, why not use Veganuary to diversify your vegan brand repertoire. Move away from your tried and tested products, and explore different skincare, lifestyle, beauty, fashion, health and wellness brands, sourcing them from independent retailers and supporting a diverse range of makers from unique cultural backgrounds wherever possible.

Now is also a fantastic opportunity, if you haven't done so already, to diversify your food, expand your cultural knowledge and support more BIPOC vegan creatives and brands. Fantastic resources for black-owned businesses, restaurant guides and a whole host of brilliant individuals to support can be found at @blackvegansuk, and also on @theveganfoodfiend's Instagram pages. Veganuary presents a brilliant chance to break up with your regular eating, scrolling and buying patterns, so why not diversify and educate yourself along the way?

EAT FOR LONGEVITY

Just when you thought it was safe to bring out your juicer and get blending your way towards the wholefood plant-based diet of Dr. Michael Greger's dreams, Veganuary product launches present their delicious looking offerings on your newsfeed, diminishing your willpower with every scroll, like and comment. However tempting it may be to devour all the new product launches in January, it's important to consider the longevity of your health, and that of the environment, when deciding what to consume.

New products from supermarkets and fast-food eateries are often (not always) heavily processed, limited in their nutritional benefits, layered with packaging, and might not sustain your satiety for too long. Centre this month's eating upon sustainable, in-season and locally-sourced produce wherever you can. Try out a veg box scheme, or find a local market. Both are great sources of fresh produce packed full of goodness, supportive of local farmers and come with a reduced carbon footprint compared to pre-packed foods. By choosing to limit your intake of processed goods and focusing on



a wholefood plant-based diet this January, you can lessen your food's impact upon the planet, reduce waste and sustain a healthy diet as you go.

ECO-SWAPS

Out with the old and in with the eco. Go further this January by making sustainable swaps and eco-friendly changes. Take this opportunity to tackle your relationship with waste by getting smarter about shopping plastic-free and sourcing staples from your local zero-waste shop. Use January as a time to assess your household's issue with food waste, investing in a compost bin and making the most of your food shop by using older food items in innovative ways.

Break up with chemicals, and channel your inner alchemist by making your own non-toxic cleaning products from simple ingredients and essential oils, sourced online. Alternatively, seek out eco-friendly products from supermarkets and reduce your household's burden upon chemical toxicity.

Another important step to consider is ditching fast fashion brands. Fast fashion has an overwhelmingly detrimental impact upon the environment, causing large-scale pollution and increasing waste with every turn of the season. Choose to buy second-hand this January by utilising charity shops and online re-sale sites such as Vinted or Depop, and do some digging to find brands whose clothes are eco-conscious and sustainable. Every garment you purchase from an eco-clothing brand is a little win for the environment, and if you're buying second-hand, it's also likely to be a win for your wallet.

VEGANUARY FOR LIFE

Making your Veganuary as sustainable as possible this year is more important than ever. Thanks to the recent economic climate, smaller and independent vegan brands and eateries are really taking a hit. By striving to make this January as healthy, supporting and diverse as possible, you can use your Veganuary journey as an opportunity to invest in the plant-based community, exploring and learning with every bite. After all, being vegan is for life, not just for January.

Vegan beauty box

Try our pick of ethical vegan products to help you look and feel gorgeous



Be at One Make-up's Be Eye-Catching Mascara

Be Eye-Catching is a volumising, long-lasting, high-definition mascara enriched with avocado oil, aloe vera and argan oil. Smudge-free and non-flakey, this mascara will happily stay put for up to 24 hours, yet is easy to remove. From bunnies to bees, we love them all, so this product is 100% vegan and it is made in Italy.
£16, www.be-at-one.com

Friendly Soap Ltd's Detox Bar

Get Veganuary off to a great start by restoring nature's balance, made using activated charcoal that absorbs toxins from your skin. It also has added lime essential oil for its antiseptic, antiviral and antioxidant qualities, and rosemary essential oil to lift the spirits. Each bar is handmade with coconut oil, shea butter, olive oil, activated charcoal powder, rosemary and lime essential oils.
£2.75, www.friendlysoap.co.uk



toil + trouble's CBD Omnipotion

This all-healing face oil with cannabidiol, prickly pear, broccoli and vitamin E is 100% natural, fragrance-free and gender-neutral. The multi-vitamin elixir soothes inflammation, hydrates deeply and replenishes antioxidants without psychoactive chemicals, just as nature intended. Rich in vitamin A, the lightweight oil is an organic remedy for those preferring to omit retinol from their skincare ritual. **£29, www.toilandtroubleskin.com**



CherJo'Klé Lip Balms

Choose from six different essential oil blends, these are free from fragrance, chemicals, cruelty, beeswax and made from 100% natural ingredients. They contain coconut oil, pure vitamin E oil, shea butter, cocoa butter, four plant oils, and 100% natural vegetable wax extracted from the candelilla plant to hydrate, protect, and heal your lips all day long.
€15.09, cherjokle.net



Salt of the Earth's Vetiver & Citrus Natural Deodorant Balm

Offering long-lasting freshness and comprising 100% natural ingredients, this vegan, cruelty-free and plastic-free deodorant is a new favourite natural alternative to traditional antiperspirants. Providing effective protection from body odour without the use of synthetic chemicals, this Vetiver & Citrus Natural Deodorant Balm is perfect if you want to reduce your use of disposable plastics.
£8.99, www.saltoftheearth.uk



VON Botanicals' Cotton Facial Rounds

VON Botanicals' super soft cotton facial rounds are a great zero-waste beauty alternative to disposable cotton pads. You can use them again and again for things such as cleansing your face and removing your make-up.
£8 (7 pack), www.vonbotanicals.co.uk





Best Life Botanicals CBD Infused Rejuvenation Serum

This beautiful serum, infused with lavender and vetiver, smells amazing and feels amazing too. It works to reduce the signs of ageing, smoothing your skin's surface, and reducing the appearance of fine lines and wrinkles by helping the skin to retain moisture and improve elasticity and skin tone, while enhancing cell regeneration. Blended with rose hip seed oil and sea buckthorn extract, power tools for the skin, it's packed full of vitamins. Vetiver essential oil, with its distinct smokey, woody aroma, calms the mind, clears acne and boosts skin health. **£27.99, www.bestlifebotanicals.co.uk**



Puremess' Facial Essentials Bundle – Oat & Mandarin Cleanser and Rejuvenating Face Cream

This small but mighty eco-friendly bundle provides the perfect pampering experience in your skincare routine. The luxury organic facial cleanser contains two important ingredients: oatmeal and castor oil, which are particularly impressive in treating skin conditions such as psoriasis and acne. The face cream contains hyaluronic acid and tamanu oil, which hydrate, soften and replenish the skin.
£21, www.puremess.co.uk

Blue Labelle's Glow Powder Cleanser

The Glow Powder Cleanser is ready to get your skin clean, bright and glowing in 2021! Formulated with vitamin C, coconut milk, pineapple enzyme and PHA (a gentle acid), it's a 3-in-1 exfoliating cleanser and face mask. It's registered by The Vegan Society and winner of a 2020 Green Parent Natural Beauty Best Buy Award.
£12-19, www.bluelabelle.co.uk



Parrish and Co Vegan Sugar Wax

Parrish and Co's Natural Vegan Sugar Wax is 100% organic and is the best way to make undesirable hairs disappear. Simply heat up in a microwave or a pan of boiling water and pull out a small ball of wax and play with it in your hands for a minute, pull against the hairs you wish to remove and flick away – leaving gorgeous, silky skin. It's simple to use and mess-free. The main ingredient is sugar, which is easily dissolved when you've finished waxing, in a lovely bubble bath. It's hypoallergenic, antibacterial and freshly made with the finest lemons. **£12, www.parrishsugarwax.co**





V Simplicity's Dawn Till Dusk Harmonising Day Oil

Natural plant oils are the best way to hydrate and balance your skin. Tamanu, marula and jojoba oils are especially soothing fast-absorbing plant oils that will not clog the pores. Calendula, chamomile extract and blue tansey essential oil provide the skin with cleansing, calming aroma, perfect for compromised and troubled skin. Uniquely hand formulated specifically for blemish-prone skin, this fast-absorbing blend of seven botanical plant oils actively work to soothe, calm and clear blemish-prone and congested skin. It supports the decrease of sebum production, helping to reduce scarring and breakouts.
£25, www.vsimplicity.com



Zuzka Natural Beauty Mineral Make-up Smokey Eyes Kit

This contains everything you need to create the perfect smokey eye look, including Glimmering Gold & Moonbeam Mineral Eye Shadows, plus a Smokey Black Mineral Eye Liner Powder.
£45, zuzkanaturalbeauty.co.uk

Watermans Grow Me Shampoo

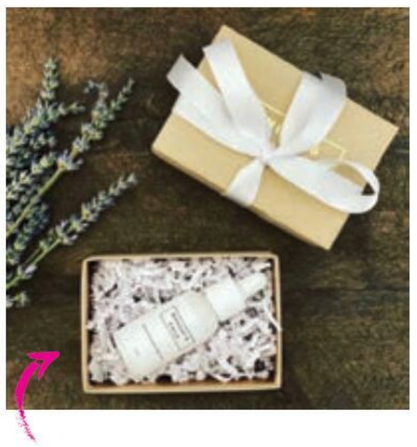
Give the gift of hair growth this new year! Watermans GrowMe® Shampoo is UK-made and packed full of natural hair-boosting ingredients engineered to target and transform hair, while being vegan-certified and free from parabens and sulphates. It's formulated with essential vitamins and minerals that revitalise the hair shaft and make your scalp the optimum environment to accelerate hair growth.
£13.95, watermanshair.com



Tropikal Sundai's Guava & Aloe Hydrating Mist

Rejuvenating rose water and healing aloe vera leaf juice is infused with super-hydrating guava and cucumber extract to instantly replenish moisture levels and leave skin looking plump. The fresh scent of soothing roses and sweet guava notes make this the perfect hydrating mist to use for dry skin.
£22, www.tropikalsundai.com





Monday's Child Skincare's Skin Perfecting Oil

Monday's Child Skincare is an independent British brand tailored to oily and blemish-prone skin. Its natural, vegan, cruelty-free and five-star rated Skin Perfecting Oil is a must-have New Year detox product; it clears the complexion, erases marks, scars and redness, intensely hydrates and leaves skin with a nourished, healthy glow. You can take £10 off with the code TAKETEN.
£36, www.mondayschildskincare.com

unCOVERED Beauty's Shea 'Body' Butter

unCOVERED Beauty is passionate about producing premium vegan natural skincare products for all skin types. Its products are formulated using raw, unrefined and organic shea butter as the base ingredient due to its emollient and humectant properties. A lot of thought goes into what is produced and each individual product is handmade #unEarthYourNaturalSkin.
£17.99 for 260ml or £12.99 for 160ml, uncoveredbeauty.co.uk





The Good Zest Company's Organic & Lime Trio Set

The Good Zest Company is offering all readers a *free* Vegan & Organic Soap (RRP £5.95) when they spend £10 this January! This outstanding offer is to celebrate and support Veganuary. The Good Zest Company handcrafts premium organic, vegan and eco-friendly hair and body care products that are infused with organic citrus oils to help calm the mind, ease the soul and nourish the skin. Use code VFL3 at checkout to get your *free* soap.
£25, www.thegoodzestcompany.co.uk

JASMIJN'S FOOD FOR THOUGHT

LOOKING PAST THE NOISE FOR SIGNS OF HOPE

Jasmijn de Boo, Vice President of ProVeg International, encourages us to focus on the positive actions we can take

We are all aware of how the world in 2020 seems increasingly polarised between extremes of opinions, beliefs, and policies. In a reality dominated by social media, it often looks like healthy, respectful discussions, centred on evidence-based facts and critical thinking, are a thing of the past, as we collectively try to make sense of this fragmented strange new world.

But if you look past the noise of social media, which nearly always coalesces around the worst news – and our basest instincts – there is something entirely different going on. In the face of all this looming chaos and a warming world, there are radical signs of hope that things are changing for the better. Across the planet, a new, inspired, and mobilised generation, accompanied by citizen activism across a broad range of demographics, is quietly reaching global audiences and moving into the mainstream. This unnamed movement unites and transcends culture and borders. It inspires leaders, pioneers, investors, and ultimately policy-makers.

A key expression of this movement is the dramatic shift towards plant-based eating that has taken hold in the last few years and which shows no sign of stopping. Indeed, just like much of the activism occurring around the world, it is accelerating and increasingly becoming part of mainstream life, if not mainstream media.

THE FAILED VEGGIE BURGER BAN AND THE DAIRY DISASTER

Policy-makers, however, often lag behind public opinion. While people tend to think that governments lead, the reality is that legislative shifts usually occur in the wake of public opinion – in all but the most visionary governments. A clear example of this are two recent EU proposals – driven by the respective industries and lobbyists – to ban the usage of now-established plant-based terms such as 'veggie burger', 'veggie sausage', and 'plant milk'. The potential banning of the first two terms and other 'meaty' names garnered a great deal of media attention (thanks in part to a coalition led by ProVeg and the GFI Europe, as well as the counter-responses from the meat lobby). Fortunately, it failed to amass sufficient votes in the European Parliament, which means that these terms will continue to appear on packaging – a victory for consumers, the planet, and common sense.

However, an even more extensive ban on the use of 'plant milk' and other dairy terms such as 'yoghurt', which were already restricted, was successfully passed. The proposed amendment imposed even harsher restrictions, prohibiting the use of terms such as 'yoghurt style' or 'cheese alternative'.

Unlike the meat lobby, the dairy lobby didn't draw public attention to their arguments. Instead, they convinced enough MEPs to support their far-reaching proposal to monopolise words, images, and anything else to protect the 'reputation of dairy'. While the plant-based-dairy ban is a slap in the face of consumers, and doesn't help the environment, I believe that the plant-based sector is innovative enough to overcome these challenges, and that alternatives to conventional dairy will continue to grow in market share. At the same time, the fact that we collectively stopped the burger ban shows that a small group of people really can make a difference.

> "NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED, CITIZENS CAN CHANGE THE WORLD. INDEED, IT IS THE ONLY THING THAT EVER HAS"
>
> MARGARET MEAD

VEGGIE CHALLENGE FOR EVERYONE

While it's difficult for individuals to involve themselves in political processes such as the EU vote, there is an easy way in which you can make a difference. This month, it's Veganuary – a great chance for people to try plant-based eating for a month. The ProVeg Veggie Challenge app is the perfect complement to Veganuary. It provides tips, professional nutrition advice, recipes, and meal planners. By signing up for the Veggie Challenge and encouraging others to do the same, you can take a small but substantial step towards a more sustainable world.



JASMIJN DE BOO

Jasmijn de Boo, MSc, DipEd, MRSB has worked internationally in the field of animal protection, education and veganism since 1999. She founded and led the UK political party 'Animals Count' from 2006 to 2010 (rebranded 'Animal Welfare Party', led by Vanessa Hudson). Jasmijn was the CEO of The Vegan Society from 2011 to 2016; and CEO of Save Animals from Exploitation (SAFE) in NZ for one and a half years. Jasmijn joined ProVeg International's Executive Team as International Director in April 2018 and became Vice President, ProVeg International in May 2020. She supports the ProVeg offices in South Africa, Spain, UK, Netherlands, Poland, Germany and the US, and the China programme, and she oversees the expansion to India, and Belgium, as well as the international Communications team and Grants programme.

great taste 2019

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"IT'S NOT ABOUT SMART PACKAGING or CLEVER MARKETING - IT'S ALL ABOUT TASTE."

– Great Taste Awards



VEGAN

For **further information** visit www.banhoekchillioil.co.uk
Contact **Ed Morse** on ed@banhoekchillioil.co.uk

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YOUR ESSENTIAL GUIDE TO

VEGANUARY

12 EASY VEGAN SWAPS

DAIRY MILK

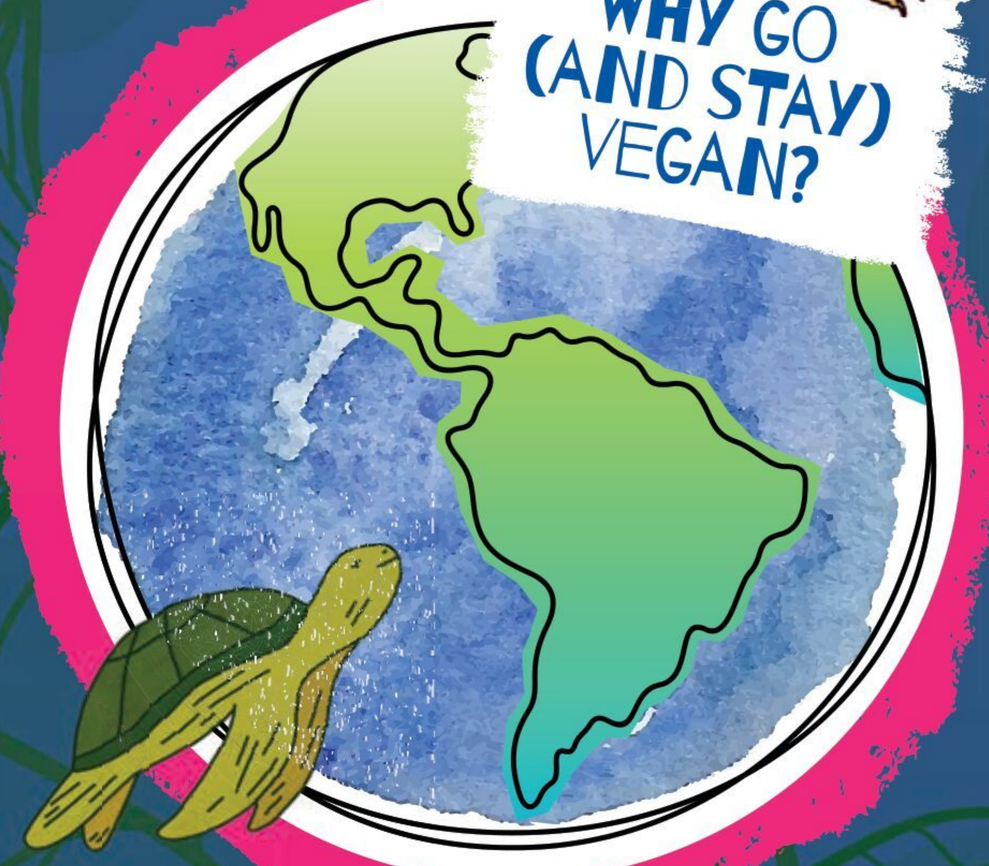
Per serving:
149 cals / 7.98g fat
11.66g carbs
7.69g protein
Serving size 244g

ALMOND MILK

Per serving:
39 cals / 3g fat
3.5g carbs
2g protein
Serving size 244g



WHY GO (AND STAY) VEGAN?





NUTRITIONAL NEEDS SORTED



WEEK 1 BUDGET MEAL PLAN

Presented with Vegan Food & Living In association with naturya

20% OFF

naturya

USE CODE VFL30 for **30% OFF**
the entire range at
www.naturya.com

Offer valid until 31.01.21. Not in conjunction with any other offer



Welcome



If you're joining us for the first time because you've decided to embrace Veganuary 2021, then welcome and congratulations. We might be a little biased, but we think you've made the right choice. If you haven't officially registered with Veganuary yet, please do so we can know more accurately how many of you wonderful people are taking part this year – you can sign up for free at veganuary.com

As you progress through the month, we hope you feel your energy levels soar and your excitement at opening up a whole new world of eating, and living, bring a little more spring to your step. Not everyone finds it easy to make the transition at first, but we're here to remind you that every change you make is a positive one and will help your health, the animals and the environment. If you slip up at any point, don't endlessly berate yourself, just accept it, learn from it and move on. We're all human, we're all learning, and it doesn't make what you're doing any less wonderful. You've got this.

The aim of this mini mag is to help support you throughout your journey, starting by reminding you of the motivation behind making this change in the first place (page 4). The lovely folk at Veganuary have also put together your first week's meal plan from page 8, which focuses on budget cooking to prove that eating vegan doesn't have to be expensive. If you've got any nutritional concerns, we've hopefully got them covered from page 15, and some of the class of 2020 share their stories with us on page 20. We hope you enjoy the mag and good luck on your first month as a vegan! We'll see you next month.

The Vegan Food & Living Team

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Why go VEGAN?

Charlotte Willis shares two of the biggest motivations to go (and stay) vegan...

VEGAN FOR THE ENVIRONMENT

Meat consumption is one of the leading causes of species extinction around the world.

Emissions produced from agriculture are projected to increase by 80% before the year 2050.

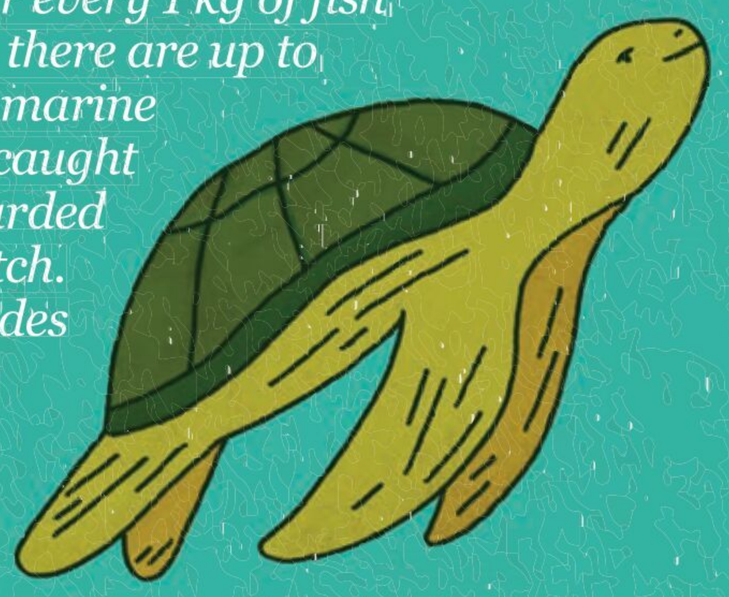


Producing protein from chickens requires three times as much land as producing protein from soya beans. Producing beef requires up to 32 times more land.



Roughly one third of the planet is either desertified or severely at risk of becoming dehydrated due to water demands and climate change. Animal agriculture and livestock production is the largest driver of our global water issue.

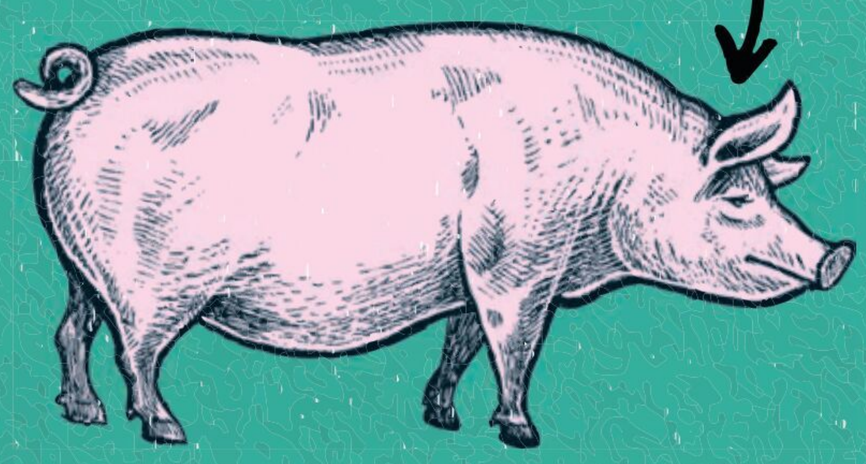
For every 1 kg of fish caught, there are up to 5 kg of marine animals caught and discarded as by-catch. This includes sharks, dolphins and turtles.



The world's meat and dairy cattle consume a quantity of food that is equal to the calorific needs of 8.7 billion people – more than the entire human population at present. Yet at any time there are millions of people facing starvation.

The average dairy farm, with 2,500 cows, produces the same amount of waste as a city with over 400,000 people living in it.

An estimated one third of the world's ice-free land is given over to animal agriculture.



VEGAN FOR THE ANIMALS

Many vegetarians would agree that the meat and fish industries are cruel. However, vegetarians may not find fault with the dairy and egg industries. There is a common misconception that no animals are killed or harmed during egg and milk production.

DAIRY IS PRETTY SCARY

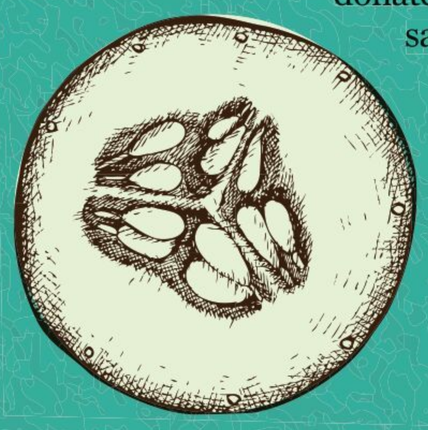
Just as human mothers produce milk for their infants, mother cows have to be pregnant and give birth to a calf to produce milk. The dairy industry artificially impregnates millions of cows every year to harvest their milk. Dairy cows also have a shorter lifespan than normal, due to sheer exhaustion from continuous cycles of being pregnant and giving birth.





FARMERS WHO CHOOSE COMPASSION

Times are changing, and farmers are beginning to realise that sending animals to slaughter is not the only way to have a successful farming business. A former beef and dairy farmer, Jay Wilde, decided to donate his cattle to a local animal sanctuary before beginning life again as an organic vegan farmer.



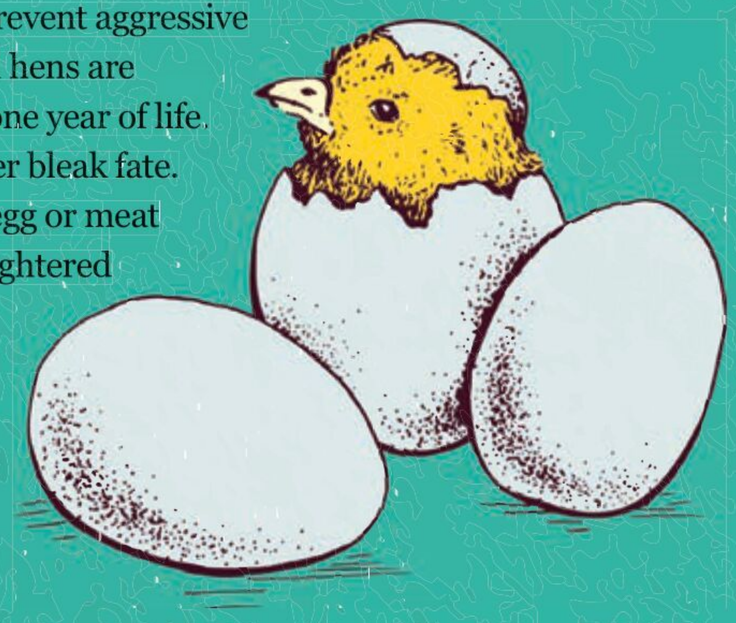




EGG INDUSTRY SECRETS

Modern supermarkets stock a range of eggs, but when we look past the marketing and focus on the life of these chickens, regardless of the eggs' classification and cost, they all face the same fate.

The vast majority of chickens will rarely see daylight, and are confined in crowded houses and sheds. Many hens' beaks are cut off in order to prevent aggressive behaviour. Commercial hens are slaughtered after only one year of life. Male chicks face a rather bleak fate. They are no use to the egg or meat industries, and are slaughtered within a few hours of hatching, using inhumane methods.





VEGAN DO IT!

The extract on pages 4-5 is taken from *Vegan Do It! A Young Person's Guide to Living a Vegan Lifestyle* by Charlotte Willis, published by Wayland. (RRP £12.99.)

REARED FOR MEAT AND MILK

A mother cow and her baby are separated within 24 hours to prevent the calf from drinking the mother's milk. Female calves will usually be brought up to become dairy cattle, with male calves slaughtered, and their meat made into pet food or other cheap animal products. Some calves are reared for veal meat and slaughtered within 18 weeks of being born.





VEGAN ITEM SWAP

A handy guide to replacing foods with vegan alternatives

While there is no vegan-friendly item that can act as an exact replacement for various animal-based products, there are foods that can offer similar textures or nutrients and these are some of the best...



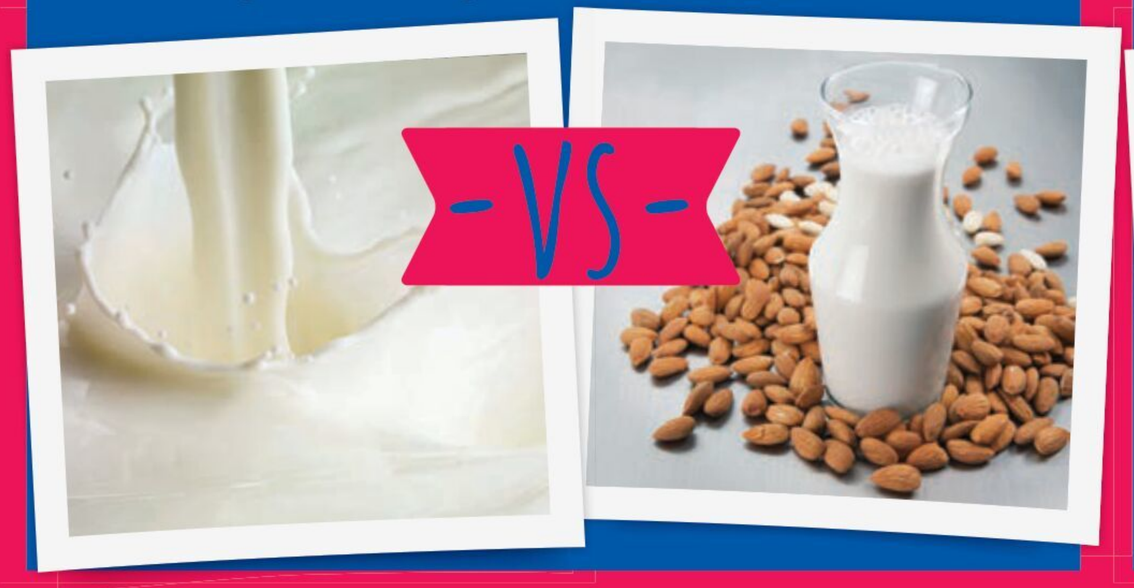
The extract on pages 6-7 is taken from *28 Days Vegan* by Lisa Butterworth and Amelia Wasiliev, photography by Lisa Linder, published by Smith Street Books. (RRP £14.99)

DAIRY MILK

Per serving:
149 cals / 7.98g fat
11.66g carbs
7.69g protein
Serving size 244g

ALMOND MILK

Per serving:
39 cals / 3g fat
3.5g carbs
2g protein
Serving size 244g

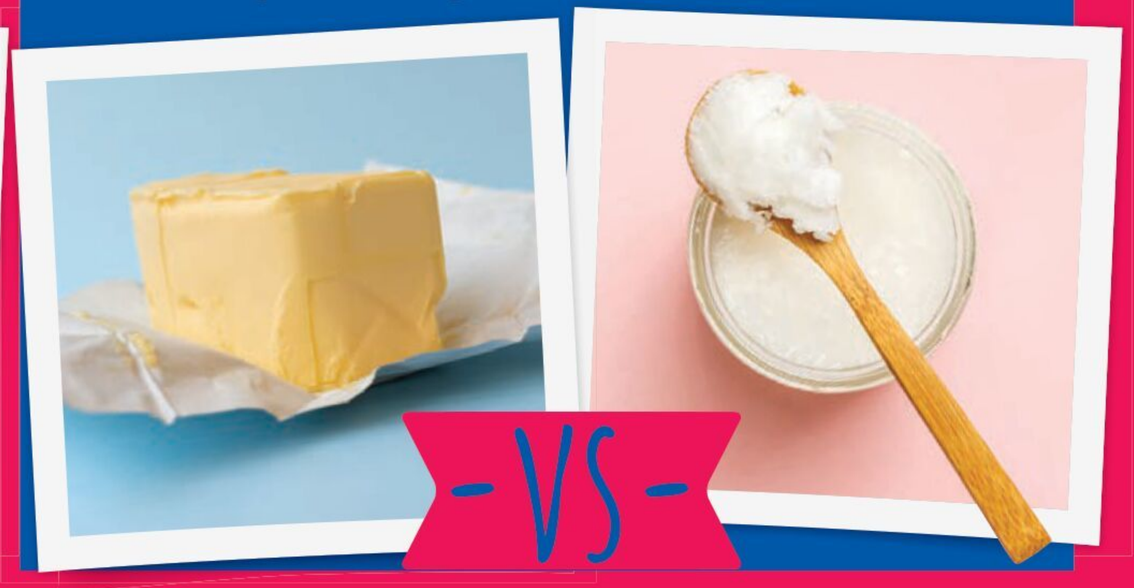


BUTTER

Per serving:
102 cals / 11.52g fat
0.01g carbs
0.12g protein
Serving size 14g

COCONUT OIL

Per serving:
117 cals / 13.6g fat
0g carbs
0g protein
Serving size 14g



PULLED PORK

Per serving:
320 cals / 5.41g fat
42.8g carbs
23.91g protein
Serving size 200g

PULLED JACKFRUIT

Per serving: 169 cals
0.5g fat / 40.83g carbs / 3.63g protein
Serving size 200g



CHICKEN

Per serving:
239 cals / 5.99g fat
0g carbs
43.32g protein
Serving size 150g

TOFU

Per serving:
218 cals / 13.08g fat
6.41g carbs
23.67g protein
Serving size 150g



STEAK
Per serving: 350 cals
18.77g fat / 0g carbs / 42.29g protein / Serving size 150g



PORTOBELLO MUSHROOM
Per serving: 44 cals / 0.87g fat / 6.66g carbs / 4.92g protein / Serving size 150g

COOKED MINCED (GROUND) BEEF
Per serving: 306 cals / 16.02g fat / 0g carbs / 37.82g protein
Serving size 150g



COOKED BROWN LENTILS
Per serving: 152 cals / 0.68g fat / 31.88g carbs / 13.2g protein / Serving size 150g



YOGHURT
Per serving: 59 cals / 0.39g fat / 3.6g carbs / 10.19g protein / Serving size 100g

COCONUT YOGHURT
Per serving: 229 cals
23.7g fat / 3.4g carbs / 1.5g protein / Serving size 100g



MAYONNAISE
Per serving: 94 cals / 10.33g fat / 0.08g carbs / 0.13g protein / Serving size 14g

VEGAN MAYONNAISE
Per serving: 48 cals / 4.77g fat / 0.46g carbs / 0.89g protein / Serving size 14g

EGG
Per serving: 63 cals / 4.18g fat / 0.32g carbs / 5.53g protein / Serving size 44g

CHIA SEED WITH WATER
Per serving: 53 cals / 3.38g fat / 4.63g carbs / 1.82g protein / Serving size 55g



BEEF STOCK
Per serving: 116 cals
9.91g fat / 4.95g carbs
2.84g protein
Serving size 240ml

VEGAN BROTH
Per serving: 12 cals / 0g fat
3.01g carbs / 0g protein
Serving size 240ml





CHEESE
Per serving: 61 cals / 5.07g fat / 0.2g carbs / 3.61g protein / Serving size 15g

NUTRITIONAL YEAST FLAKES
Per serving: 28 cals / 0.6g fat / 3.2g carbs / 3.8g protein / Serving size 8.5g



CREAM
Per serving: 468 cals / 46.34g fat / 8.78g carbs / 6.48g protein / Serving size 240g

AVOCADO
Per serving: 384 cals / 35.18g fat / 20.47g carbs / 4.8g protein / Serving size 240g

Veganuary's Budget meal plan

Enjoy a fantastic week of vegan cooking and, best of all, it's all done on a very tight budget



BREAKFAST

Homemade Muesli

SERVES 6

- 150g (1½ cups) porridge oats
- 100g (2 cups) bran flakes, crushed
- 75g (1 cup) rye flakes, crushed
- 50g (⅓ cup) hazelnuts, crushed
- 50g (⅓ cup) raisins
- 50g (⅓ cup) chopped apricots
- 2 tbsp pumpkin seeds

1. Preheat the oven to 160°C/Gas Mark 3.
2. On a baking tray, mix together the oats, bran flakes, rye flakes and nuts. Toast in the oven for 12-15 minutes, shaking the tray halfway through.
3. Remove from the oven, cool for 10 minutes, then mix in the raisins, apricots and seeds.

COST: 26p per serving.

LUNCH

Leek and Potato Soup

SERVES 4

- 1 tbsp vegetable oil
- 2 large leeks, cleaned and sliced
- 250g (1⅔ cups) potatoes, peeled and chopped
- 2 vegetable stock cubes
- 1 litre water
- salt and pepper, to taste

1. Heat the oil in a pan, and add the leeks and potatoes. Cook for 3-4 minutes.
2. Add the water and bring to a boil. Add the stock cubes. Cover and simmer for 10-15 minutes, until the potatoes soften.
3. Remove from the heat and blend. Season to taste.

COST: 22p per serving.

DINNER

Sweet Potato and Red Lentil Chilli

SERVES 4

- 1 onion, peeled and diced
- 2 tbsp sunflower oil
- 1 red pepper, deseeded and diced
- 500g (3 cups) sweet potatoes, peeled and chopped into bite-size pieces
- 2 garlic cloves, minced
- 2 tsp chilli powder
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp paprika
- (or use one pack of chilli spice mix instead of these spices)
- 1 tin of chopped tomatoes
- 1 tin kidney beans, drained and rinsed
- 350ml (1½ cups) water
- 50g (¼ cup) red lentils, rinsed
- salt and pepper, to taste

1. Fry the onion gently in the oil for about 5-8 minutes until softening.
2. Add the chopped red pepper, sweet potatoes and garlic and cook for another 1-2 minutes, stirring.
3. Add the spices, coating the vegetables in them, then add the tomatoes, kidney beans and the water. Season to taste. Bring to the boil.
4. When boiling, add the red lentils, cover, and reduce the heat. Allow it to simmer for 15-20 minutes, until the potatoes and lentils are cooked through, stirring every now and then, and adding a little more water if it starts to dry out.

COST: 55p per serving (or 66p if you are using the chilli mix).

*Prices are from the cheapest versions of the most appropriate products, available in store in Tesco in September 2020. The cost is just for the ingredients, and does not include the cost of cooking.



DAY 2

LUNCH: Coronation Chickpea Sandwich

BREAKFAST

Banana Breakfast Muffins

MAKES 12 MUFFINS

2 tbsp ground flaxseed

80ml (⅓ cup) sunflower oil

150g (1¼ cups) plain wholewheat flour

100g (¾ cup) self-raising flour

1 tsp baking powder

100g (½ cup) sugar

3 ripe medium bananas

100ml (scant ½ cup) plant milk

1 tsp vanilla extract

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

2 Mix the flaxseed with 6 tbsp warm water and set aside until it becomes jelly-like.

3 In a bowl, combine the flours, baking powder and sugar.

4 In a separate bowl, mash the bananas, and mix them well with the oil, plant milk and vanilla extract, then mix in the flax mixture.

5 Add the wet ingredients to the dry ingredients, and combine them, but do not over-mix.

6 Spoon the mixture into muffin cases, and bake for 18-22 minutes or until a skewer comes out clean.

COST: £1.42 or 12p per muffin.

LUNCH

Coronation Chickpea Sandwich

SERVES 2

30g (¼ cup) sultanas

1 medium red onion, peeled and finely chopped

1 tbsp sunflower oil

400g tin chickpeas, drained and rinsed

1 garlic clove, peeled and crushed

2 tsp curry powder

75g (⅓ cup) vegan mayonnaise

75g (⅓ cup) natural soya yoghurt

1 tbsp mango chutney

salt and pepper

4 slices of bread, or 2 slices if serving as an open sandwich

1 Soak the sultanas in hot water for 10 minutes, drain and set aside.

2 Fry the onion gently in the oil until softened.

3 Add the chickpeas, garlic and curry powder, and cook for 4-5 minutes more, stirring every now and then.

4 Stir in the sultanas, remove from the heat and allow to cool.

5 Lightly mash the chickpeas so some are crushed and some remain whole. Stir in the mayonnaise, yoghurt and chutney. Season to taste. Serve in a sandwich.

COST: 87p per serving.

DINNER

One-pot Spaghetti

SERVES 4

400g (2¾ cups) spaghetti

400g (2¼ cups) fresh tomatoes, roughly chopped

grated zest of 1 lemon

100ml (scant ½ cup) vegetable oil

1 tsp salt

360g (10-12 cups) kale or spinach, stalks removed

1 litre (4 cups) boiling water

1 Boil the kettle so you have hot water ready.

2 Put the pasta and tomatoes into a pan, and add the lemon zest, oil and salt.

3 Add the boiling water, cover with a lid, and bring to the boil.

4 As soon as it boils, remove the lid and simmer on a high heat for 6 minutes, turning the spaghetti over about every 30 seconds with tongs.

5 Add the kale or spinach to the pan, and cook for another 2 minutes.

6 Once almost all of the water has evaporated, remove from the heat, season to taste and serve.

COST: 65p per serving.

SPAGHETTI RECIPE BY ANNA JONES

THANKS TO BLUEBERRY SWIRL FOR THIS OATS RECIPE

BREAKFAST

Overnight Oats

SERVES 1

50g (½ cup) porridge oats

a pinch of cinnamon

a pinch of salt

½ tbsp peanut butter

2 tbsp plant yoghurt

50g (⅓ cup) mixed frozen berries

1 tbsp golden syrup

1. The night before you want to eat it, add 100ml (scant ½ cup) water to the oats, and stir in the cinnamon and salt. Stir in the peanut butter.
2. Take the berries out of the freezer to let them defrost.
3. When you're ready to eat, loosen the mixture with a little more water (or you can use plant milk). Top with yoghurt, the berries and a drizzle of syrup.

COST: 32p.

LUNCH

Pita Bread Pizza

SERVES 1

1 pita bread

2 tbsp pasta sauce

1 tbsp sweetcorn, tinned or frozen

4 green olives, halved

1 medium tomato, sliced

2 tbsp grated dairy-free cheese

1. Preheat the oven to 180°C/Gas Mark 4.
2. Spread the pasta sauce on the pita bread, load with toppings and cover with cheese.
3. Cook for 8 minutes.
4. Add the toppings of your choice, but we have costed for those mentioned above.

COST: 63p.

DINNER

Root Vegetable Stew with Herby Dumplings

SERVES 4

FOR THE DUMPLINGS

125g (1 cup) self-raising flour

2 tbsp chopped fresh parsley

60g (¼ cup) vegan butter

black pepper, to taste

60g (½ cup) vegan cheese, grated (optional)

FOR THE STEW

2 medium onions, peeled, roughly chopped

2 garlic cloves, peeled and crushed

175g (2 cups) mushrooms, chopped

800g (6 cups) root vegetables and/or butternut squash

550ml (2¼ cups) vegetable stock (or 375ml stock and 175ml vegan red wine/cider)

1 bay leaf

2 tbsp cornflour

1. Make the dumplings by mixing the ingredients together and adding 1 tbsp water to bring it together in a soft dough.
2. Form into 12 dumplings and set aside.
3. For the stew, in a large pan, fry the onions in oil until softened.
4. Add in the mushrooms and garlic, and cook for another 3-4 minutes.
5. Add the vegetables, and cook for 4 minutes, turning them over now and then.
6. Add the stock (and the wine or cider if using) and the bay leaf.
7. Bring to the boil and let the stew bubble away for 5 minutes.
8. In a small dish, dissolve the cornflour in 5 tsp cold water, and stir it into the stew to thicken it.
9. As soon as it has thickened, place the dumplings into the stew so that they are three-quarters submerged. Cover the pan with a lid, and let simmer for 15 minutes.

COST: 57p per serving for the basic recipe. (Based on 200g each of potatoes, carrots celeriac and parsnips.)

If adding **cheese** to the dumplings: add **19p** per serving. If using **cider** (and using one less stock cube): add **2p** per serving. If using **wine** (and using one less stock cube): add **21p** per serving.



BREAKFAST

Breakfast Berry Smoothie

SERVES 1

300ml (1¼ cups) plant milk

75g (½ cup) frozen berries

1 banana

2 tbsp dairy-free yoghurt

1 Put everything into a blender and blitz until smooth.

COST: 66p.



LUNCH

Spiced Bean Salad

SERVES 1

75g (½ cup) kidney beans

75g (½ cup) chickpeas

100g (¾ cup) sweetcorn, frozen or tinned

3 spring onions (scallions), peeled and finely chopped

4 red/green peppers

1 garlic clove, peeled and crushed

1½ tsp cumin

1 tsp chilli powder (optional)

2 tbsp lemon or lime juice (bottled or fresh)

2 tbsp olive oil

salt and pepper, to taste

1 Rinse and drain the beans, and defrost the sweetcorn if using frozen.

2 Mix all the ingredients together.

COST: 98p.

Celebrate the middle of the week with an irresistible favourite meal – a spag bol!

DINNER

Spaghetti Bolognese

SERVES 4

2 tbsp sunflower oil

1 onion, chopped

1 celery stick, finely chopped

200g (2 cups) mushrooms, finely chopped

2 garlic cloves, crushed

350g (2 cups) frozen soya mince or a 400g tin of brown lentils, drained and rinsed

400g tin of chopped tomatoes

2 tbsp tomato ketchup

1 tsp dried oregano

1 tsp dried marjoram

200ml (scant 1 cup) vegetable stock

350g (2½ cups) spaghetti

1 Heat the oil in a pan, and fry the onion and celery for 5 minutes. Add the mushrooms and garlic, and fry for 2-3 minutes more.

2 Stir in the soya mince or lentils, and add the tomatoes, tomato ketchup, dried herbs and stock. Bring to the boil.

3 Cover, reduce the heat and let simmer gently for a further 8-10 minutes while you cook the spaghetti.

COST: if using **lentils**: **47p** per serving.

COST: if using **soya mince: 66p** per serving.





DAY 5

BREAKFAST: Apple Pancakes

BREAKFAST

Apple Pancakes

MAKES 4 PANCAKES, SERVES 2

1 large apple, peeled, cored and finely grated

150g (1¼ cups) plain flour

1 tsp salt

4 tsp sugar*

½ tsp cinnamon

225ml (1 cup) soya milk

200g (1⅓ cups) frozen berries

a little sunflower oil

1. If the apple is grated so finely it almost forms a paste, great! If it is more coarsely grated, put into a pan over a low heat and warm it up until it forms a smooth paste.
2. In a large bowl, mix the flour, salt, sugar and cinnamon, then add the apple paste. Stir well.
3. Add the plant milk, a little at a time until you get a thick, smooth batter.
4. Heat a frying pan over medium-high heat and, when hot, add 120ml (½ cup) batter, turning the pan so the pancake spreads and thins out a little.
5. Cook until the bubbles on the surface of the pancake do not close again when they pop, then turn it over, and cook until the bottom of the pancake has coloured.
6. This should make four pancakes. When all the pancakes are ready, pan-fry frozen berries until warmed through.

COST: 61p per serving.

* These can be made sugar-free and they are still delicious.

LUNCH

Beans on Toast

SERVES 1

2 slices of wholewheat bread

2 tbsp dairy-free butter

200g (1 cup) baked beans

1. You know what to do! Toast the bread, and cover with dairy-free butter.
2. Meanwhile, heat the beans in a pan. When warmed through, pour over the toast.

COST: 32p.

DINNER

Shepherd's Pie

SERVES 4

1.2kg (8 cups) potatoes, peeled and chopped

1 tbsp vegan butter

2 tbsp oil

2 medium onions, peeled and chopped

4 celery sticks, chopped

2 garlic cloves, peeled and crushed

2 large carrots, scrubbed, chopped

150g (1½ cups) mushrooms

1 tbsp plain flour

1 tsp mixed herbs

500ml (2 cups) stock

1 tbsp tomato purée

400g (2 cups) green or brown lentils (tinned or, if dry, pre-soaked)

salt and pepper, to taste

1. Boil the potatoes until soft. Remove from the heat, drain and mash with the vegan butter and set aside.
2. Meanwhile, fry the onions in the oil until they start to become translucent.
3. Add the garlic and celery, and cook for another minute, then add the mushrooms and carrots and cook for 10 minutes, stirring to prevent sticking.
4. Add the plain flour, and turn the vegetables over in it to coat them.
5. Add the herbs, stock and tomato purée, then the lentils, and bring to the boil.
6. Reduce the heat and let the mixture simmer for 15 minutes, checking to ensure it doesn't stick.
7. Remove from the heat, season to taste, then spoon into a baking dish. Spread the mashed potato over the top and bake in the oven for 20-30 minutes or until the top has browned.

COST: 58p per serving.

A filling shepherd's pie is just the thing for a satisfying meal on a winter's day

BREAKFAST

Spiced Apple Porridge

SERVES 1

80g (¾ cup) oats

300ml (1¼ cups) plant milk

1 apple

½ tsp cinnamon

a pinch of nutmeg

a little water

Optional toppings – a sprinkle of sugar, a drizzle of golden syrup, some chopped nuts, or some seeds

1. Place a saucepan on a low-medium heat and add the oats, milk and spices.
2. Wash the apple and grate it, then add it straight to the oat mix on the hob.
3. Stir the porridge while it cooks to ensure you get a nice creamy porridge, and add a little water if you prefer it a little thinner.
4. Cook for 15-20 minutes, and serve with any toppings you may like.

With thanks to Wrapped In Newspaper for the recipe.

COST: 44p.

LUNCH

Jerk Cauliflower Wrap

SERVES 2

1 small cauliflower, broken into florets

1 tbsp jerk seasoning

2 tbsp oil

2 spring onions, finely chopped

2 tbsp vegan mayonnaise

2 wholewheat wraps

1. Preheat the oven to 180°C/Gas Mark 4.
2. Cover the cauliflower florets with the oil and roast in the oven for 20 minutes.
3. Remove from the oven carefully, and coat the cauliflower in the jerk seasoning, then return to the oven for 10 minutes.
4. Remove from the oven, and allow the cauliflower to cool a little.
5. Combine with the onions and vegan mayonnaise, then load into a wrap.

With thanks to Yorkshire Vegan for the recipe

COST: 79p per wrap.

DINNER

Black Bean Burgers with Potato Salad

SERVES 2

FOR THE BURGERS

1 large onion, peeled, finely diced

3 tbsp sunflower oil, divided in half

2 garlic cloves, peeled and crushed

1 medium carrot, grated

1 tsp chilli powder

1 tsp smoked paprika

2 tbsp peanut butter

50g (½ cup) oats

240g (1 ⅓ cups) black beans, drained, rinsed and mashed with a fork

FOR THE POTATOES

300g (2 cups) new potatoes (or any will be fine)

½ a small red onion, peeled, finely diced

1 tbsp capers

3 tbsp vegan mayonnaise

1. To make the burgers, fry the onion gently in half the oil for 8-10 minutes until softened. Add the garlic, spices and grated carrot to the pan. Cook for another 2-3 minutes, stirring.
2. Add the peanut butter, and stir until it is also combined.
3. Remove from the heat and mix in the mashed beans and the oats to form a thick paste.
4. Divide the mixture into four, and shape into four burgers with your hands.
5. Heat the remaining oil in a frying pan, and fry the burgers for about 3-4 minutes on each side.
6. To make the potato salad, cut the potatoes into bite-size pieces and boil them in water until just soft. Remove from the heat and allow to cool completely.
7. Mix the potatoes with the red onion, capers and vegan mayonnaise.

COST: 83p per serving.





BANANA LOAF RECIPE BY KAREN THOMPSON

BREAKFAST

Banana, Raisin and Walnut Loaf

SERVES 4

200g (1⅔ cups) self-raising flour
1 tsp ground cinnamon
1 tsp ground ginger
½ tsp grated nutmeg
½ tsp baking powder
60g (¼ cup) dairy-free margarine
110g (¾ cup) soft light brown sugar
175g (¾ cup) mashed ripe banana
25g (¼ cup) chopped walnuts
25g (¼ cup) raisins
110ml (½ cup) dairy-free milk

1 Preheat the oven to 180°C/Gas Mark 4.
2 Line a 450g loaf tin with non-stick baking parchment.
3 Sift together the flour, ground cinnamon, ginger, nutmeg and baking powder in a large mixing bowl.
4 Rub in the dairy-free margarine until you have a consistency of fine breadcrumbs.
5 Add the sugar, bananas, chopped walnuts and raisins. Stir well.
6 Gradually add the dairy-free milk, a little at a time, until you have a soft dropping consistency – the exact amount of milk needed will depend on the ripeness of the bananas.
7 Spoon into the tin and level the surface. Bake in the oven for 1¼-1½ hours or until golden, firm to the touch and a skewer inserted into the middle comes out clean. Cover with foil if the loaf is browning too much during cooking.
8 Leave to cool in the tin, then turn out onto a wire rack to finish cooling.

COST: 34p per serving (3 slices).

LUNCH

Sausage Rolls

MAKES 6 (EACH 15CM (6IN) LONG)

350g vegan sausages, defrosted if bought frozen
1 apple, grated
1 garlic clove, crushed
salt and pepper, to taste
1 x 500g block of vegan puff pastry
1 tbsp plant milk

1 Preheat the oven to 200°C/Gas Mark 6.
2 Place the sausages, apple and garlic into a blender and blitz.
3 If the pastry is in a block, roll it out on a lightly floured board (so that it doesn't stick) to an oblong about 30x40cm (12x16in). Cut it into three.
4 Place the sausage mixture in a long strip down the middle of each piece of pastry, then roll it up tightly, pressing to seal the pastry ends together. Cut them in half to make six pieces.
5 Place on a baking tray with the fold hidden underneath, and brush the top lightly with milk.
6 Bake for 20 minutes.

COST: 59p per piece.

DINNER

Dhal and Rice

SERVES 4

2 tbsp sunflower oil
1 onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
1 tsp chilli flakes
1 tsp salt
400g (2 cups) dried red lentils, rinsed
½ tsp turmeric
350g (2 cups) basmati rice

1 In a small pan, fry the onion in the oil until soft and translucent. Add the garlic and the chilli flakes and cook for another 2-3 minutes. Set aside.
2 Bring a pan of salted water to the boil, and add the lentils and the turmeric. Cook uncovered for 20-25 minutes until the lentils have all but lost their shape.
3 Meanwhile, cook the rice as per the packet instructions.
4 When the lentils are cooked, drain the liquid from them a little at a time through a sieve, stopping to assess how thin or thick the dhal will be. Some people prefer it soupy; others like it more solid. Retain enough water to make it the consistency you like.
5 Stir in the fried onions and season to taste. Serve with rice.

COST: 42p per serving.





VITAMIN B12

Vitamin B12 helps to make red blood cells, keeps a healthy heart and circulation and helps prevent nerve damage. It is found in meat, fish, eggs and dairy, but not in fruit or vegetables. Both vegans and meat-eaters can be deficient in B12. However, the condition is more prevalent in vegans and vegetarians. There are no reliable plant-based sources of B12, and so it's recommended to eat fortified foods at least twice a day (aiming for 3 micrograms of B12 per day) or to take a supplement. If you're not eating fortified foods, you will need to take a supplement. Speak to your GP to discuss the amounts you'll need.



GOOD SOURCES: Fortified foods: breakfast cereals, plant milks and yoghurts, vegan spreads, some meat substitutes (check the label). If you're concerned you'll need to speak to your GP. They may take a blood test to check your levels and refer you to a dietitian to discuss how you can get enough from your diet.





OMEGA-3 FATTY ACIDS

Diets rich in omega-3 fatty acids may be helpful for protecting our heart health, and memory.

Omega 3s are made up of two different types of fatty acid:

ALA - which our body can't make, so the only way we get any is through our diet.

EPA and **DHA -** fatty acids which can be made from the ALA building blocks in our bodies. These are thought to have the most health benefits. The main source of EPA and DHA omega-3 fatty acids is oily fish, but our bodies can convert some plant-based sources of ALA into EPA and DHA after we've eaten them.

GOOD SOURCES: You can get some ALA from nuts and seeds, vegetable oils, some soya products like tofu and soya milk, and some green leafy vegetables. Some foods are also enriched with omega-3s.





Nutrition NEEDS

Key nutrients to be aware of when following a vegan diet

IRON

Iron is essential for the proper function of haemoglobin, which helps to carry oxygen around your body. Iron is found in red meat, fish and poultry, but also in many plant-based sources.

GOOD SOURCES: Pulses, legumes, dark green leafy veg, tofu, nuts, seeds, partially dried fruits. Try to include one source of iron per meal.







SELENIUM

Helps our immune and reproductive systems to work properly.

GOOD SOURCES: Nuts, grains, seeds. Two to four Brazil nuts per day gives you your recommended daily allowance.

IODINE

Helps our thyroid to function, and supports a healthy metabolism.

GOOD SOURCES: Harder to get from plant-based sources, though it is being added to some fortified plant milks and yoghurts (check the label). Speak with your GP if you're concerned you're not getting enough.

VITAMIN D

This vitamin works with calcium to help support healthy teeth, muscles and bones. Our bodies make vitamin D when exposed to the sun. Over the winter months in the UK, all adults and children over one year old are advised to consider taking a supplement containing 10 micrograms per day. Speak to your GP before starting any supplements.



Protein

Protein is essential for building muscle. Getting enough is rarely a problem, but some people are concerned about the amount of protein in a plant diet. You can create a complete plant-based protein with a variety of pulses and grains.

GOOD SOURCES: Tofu, beans and pulses, nuts, nut butters, quinoa.



CALCIUM

Calcium builds healthy teeth and bones, and is essential for the proper functioning of your heart, muscles and nerves.

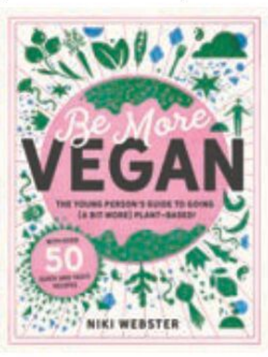
GOOD SOURCES: Whole grains, pulses, green leafy veg and fortified plant milks.



FORTIFIED FOODS

Some popular vegan foods are fortified with extra nutrients, such as vitamin B12 and calcium. This includes plant milks and yoghurts, bread and juices, meat substitutes, and breakfast cereals. Check the label to ensure that they're fortified. Organic food in the UK isn't fortified, so look for non-organic versions of these only.

The extract on page 15 is taken from *Be More Vegan* by Niki Webster, published by Welbeck Publishing. (RRP £14.99.)



From FOOD or SUPPLEMENT?

Four nutrients are crucial to good health, and each of them needs you to understand when – or if – supplementation is beneficial





FOLATE FROM FOOD

Folate is a naturally occurring member of the B group of vitamins, also known as B9 or folacin. Folate supports fertility in both men and women. It acts on the immune system, on the manufacture of amino acids, on cell division and on the formation of red blood cells. Folate (B9) is made more effective by the presence of vitamin B12 in your diet. For adults, 400 micrograms (mcg) of folate per day is considered sufficient and supplements are not usually recommended, provided a variety of folate-rich food is eaten on a daily basis. Folate is naturally present in many foods, but especially dark green leafy vegetables.

Good sources include:

- leafy vegetables, such as spinach, cabbage and cos (romaine) lettuce
- broccoli, Brussels sprouts, kale and cauliflower
- asparagus
- avocados
- okra
- lentils, peas and beans
- nuts and seeds
- fresh oranges and dates

FOLIC ACID FROM SUPPLEMENTS

There is also a manufactured (synthetic) form of folate. It is called folic acid and is used to fortify processed foods.

You have probably seen this term on food labels, including:

- breads and breakfast cereals
- yeast products such as yeast extract and nutritional yeast flakes

For a healthy adult, folic acid intake from supplements and fortified foods should not exceed 1000mcg per day, as great amounts of it can mask symptoms of vitamin B12 deficiency. The measurement of both folate and folic acid is given in micrograms, abbreviated to mcg or µg. There are 1000mcg in a milligram (mg), and 1000mg in a gram (g).

In pregnancy, folate helps to reduce the risk of your child suffering a neural tube defect, such as spina bifida. These generally occur in early pregnancy, so you are advised to optimise your intake of folate before you become pregnant. A vegan diet is naturally abundant in folate. However, to allay concerns, current medical guidance is that women who are planning a pregnancy should take 400mcg daily of a folic acid supplement prior to stopping contraception and then for the first 12 weeks of the pregnancy. Please discuss this guidance with your doctor or midwife, as it is possible to take too much folic acid.

YOUR CHOICE: You will be reassured to know that 400mcg of folate is easy to acquire from your food, especially for a person eating a varied vegan diet. A small side dish of cooked spinach (100g/½ cup), for instance, can provide one quarter of the recommended amount. Salads, greens, lentils, fruit, and nuts or seeds eaten during the course of a day are likely to complete the recommended amount comfortably. Any fortified foods you eat will supplement this natural intake.

VITAMIN B12 FROM FOOD

B12 is necessary for healthy neurological function, the production of red blood cells, maintenance of the nervous system, nutrient assimilation, fertility, growth, immunity and DNA





manufacture. Deficiency of this vitamin can lead to life-changing anaemia and damage to the nervous system. This vitamin is produced by bacteria and absorbed by way of an enzyme in your gastric juices. Shortage of this enzyme can be brought about by ageing, illness or surgery. That, and continuing uncertainty as to the sources and availability of B12, make this a controversial and sometimes bewildering nutrient.

Plant foods reported as sources of B12 include shiitake mushrooms, dried nori seaweed and fermented bean or vegetable products such as miso, kimchi, sauerkraut and pickles. However, this is where uncertainty lies: the amounts present may be trace levels or in biologically unavailable forms.

B12 FROM SUPPLEMENTS

Medical guidance cautions that vitamin B12 is not provided in the vegan diet except by fortification or supplementation. The US National Institutes of Health currently states that vitamin B12 "is generally not present in plant foods", but points out that fortified foods are available. The Vegan Society, in cooperation with the International Vegetarian Union Science Group, produced a document on B12 in which it recommends that this nutrient be taken in adequate amounts through the use of fortified foods or supplements.

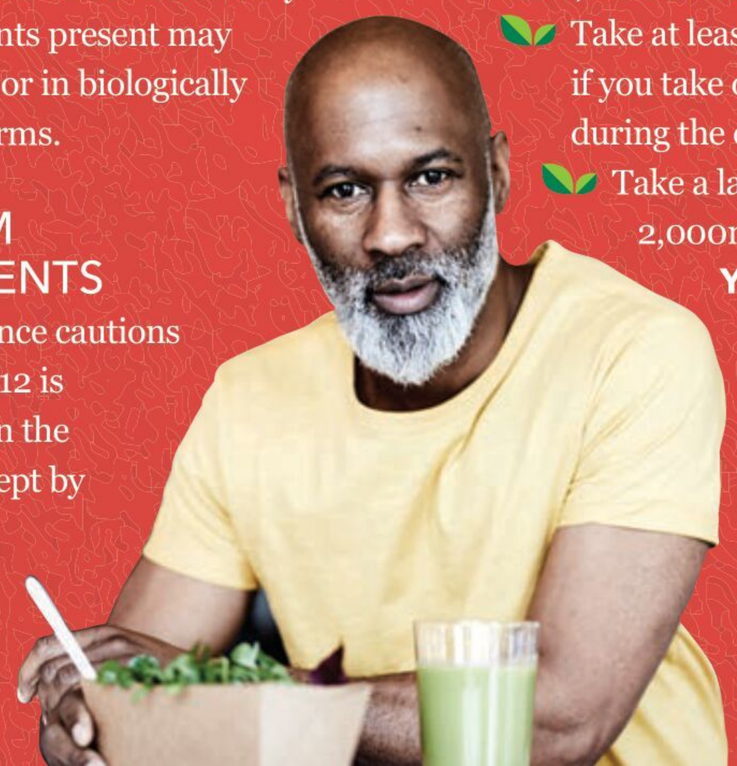
Supplements are made in a laboratory without the use of any animal product and are available in tablet, capsule, liquid or gel form. Foods such as yeast extract, nutritional yeast, some plant milks and many breads and breakfast cereals are fortified with B12; check the labels.

Vitamin B12 is required in minute amounts, measured in micrograms (mcg or µg). You need about 1.5mcg per day to maintain health. However, only about half of what you take in through your food or in supplements will be absorbed. The recommended intake for adults is set at 2.4-3mcg per day, to allow for 50 per cent absorption. Slightly more is recommended during pregnancy and lactation – 2.6 and 2.8mcg, respectively. Adults over 50 years of age are sometimes advised to take more than these amounts.

Your body can absorb only tiny amounts of B12 at any given time, so small but frequent doses are best. Although you may retain stores of B12 in your liver and kidneys, it is a water-soluble vitamin and any excess is excreted in your urine. **Combine or alternate these options to provide sufficient B12:**

- Take 3mcg per day, in 1mcg doses, three times during the day.
- Take at least 10mcg per day if you take only one dose during the day.
- Take a large dose of about 2,000mcg, once a week.

YOUR CHOICE: Vitamin B12 deficiency can be experienced by omnivores, vegetarians and vegans alike. For your long-term health, and to act responsibly for yourself and your loved ones, please ensure that you include a supplement or fortified foods in your diet.





IRON FROM FOOD

Iron is a trace mineral essential to human health. Your body will contain 3-4mg of iron, most of it in the form of haemoglobin, the red pigment in blood that transports oxygen to your cells. Iron is also present in myoglobin, in muscles; it is recycled in the spleen and stored in bone marrow and the liver. Like many nutrients, iron works best in conjunction with other minerals and vitamins, including folate and vitamin B12. For this reason, it's best to derive it from a wide variety of whole foods.

Plant foods rich in iron include:

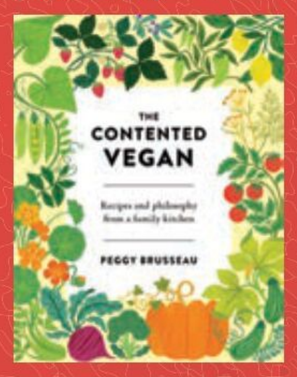
- dark green leafy vegetables
- dried fruit, such as raisins, figs and apricots
- nuts and seeds
- lentils and beans
- whole grains
- molasses
- seaweed
- dark chocolate



Plant foods contain only non-haem iron; animal flesh contains about 60 per cent non-haem iron and 40 per cent haem iron. The non-haem iron from either source is less readily absorbed than haem iron, possibly to ensure that iron intake is not excessive. Your body's absorption of non-haem iron is increased when you eat foods high in vitamin C during the same meal. It is easy to prepare vegan meals that include both iron-rich and vitamin C-rich food, such as fruits, sweet peppers, cauliflower, green leafy vegetables, cabbage and tomatoes.

The recommended daily allowance (RDA) for an adult male is 8mg; for an adult female of childbearing age it is 18mg, reducing to 8mg for women over 50 years of age. Iron requirements in pregnancy are higher, at 27mg, to provide for an increase in blood volume in the mother and to make an adequate store of iron in the infant's liver. This store ensures the infant has a supply of iron during their early months when

The extract on pages 16-18 is taken from *The Contented Vegan* by Peggy Brusseau, photography by Ian Garlick, published by Head of Zeus. (RRP £25.)



Supplements

feeding solely on breast milk, which naturally contains little iron.

IRON FROM SUPPLEMENTS

Many processed foods, such as breakfast cereals, are fortified with iron. As well, there are a great many iron supplements available on the market. However, current medical guidance cautions against taking high doses (more than 15-17mg per day) of supplemental iron and suggests most people should be able to meet iron requirements through a varied diet.

YOUR CHOICE: Your body naturally conserves and recycles iron, whatever its source. If you are deficient, your body tries to increase the amount it absorbs from diet. You lose iron each day through your stool and as your skin replenishes. Your body has no mechanism for excreting excess iron except by bleeding. This is why excess iron intake can create serious health problems and why upper limits are set for supplementation. Absorption of iron is inhibited by obesity and enhanced by variety in the diet.









CALCIUM FROM FOOD

Most of the calcium in your body is in your teeth and bones. A small amount circulates in your blood and is used for healthy nerve function, the action of enzymes, muscle contraction and numerous cell activities. Meanwhile, your bones are constantly being remodelled in a process that requires the movement of not only calcium, but magnesium and phosphorus, too.

Current guidance suggests both men and women maintain an intake of 700-1000mg calcium per day, taken through diet. Young people and the elderly might require more, up to 1,200mg per day. Ensuring you have enough calcium in your diet is especially important for pregnant women, as it decreases the risk of complications such as pre-eclampsia. If you hope to get pregnant, sort out your calcium intake now so that you feel confident you will be building good bones for your child. Simple changes and inclusions to your diet will make this pleasing and easy to achieve, even into the period of lactation.

Actual daily intake of calcium varies significantly by region, with Scandinavian, northern European and other non-equatorial areas consuming the most. Ideal intakes are rarely achieved except in northern regions. The difference between recommended and actual intake raises questions when one sees that rates of osteoporosis and osteopenia are often higher in populations with a high intake of calcium. Some feel this is due to too much emphasis being placed on calcium alone when, in fact, calcium metabolism requires magnesium, phosphorus, vitamin D and other nutrient companions. It seems prudent to include mineral-rich foods in your diet and to take regular weight-bearing exercise outdoors. 30 minutes of sunlight is needed each day to make vitamin D, which helps you to absorb the minerals in your food and maintain bone health.

Whether you are male or female, it is easy to derive 1,000mg of calcium from what you eat and drink each day. If you live in a 'hard' water area, your drinking water can provide up to 500mg of your calcium needs each day. **Plant foods that are rich in calcium, magnesium and phosphorus include:**

- dark green leafy vegetables, such as kale, cabbage, chard (silver beet), parsley and watercress
- beans and lentils
- whole grains
- dried fruits
- nuts and seeds
- molasses
- seaweed
- dark chocolate

CALCIUM FROM SUPPLEMENTS

Side effects from calcium supplementation can include constipation, kidney stones and, in some, an increased risk of heart attack. These are unlikely when calcium is derived from the diet or from occasional use of calcium-fortified foods.

YOUR CHOICE: Please discuss taking a supplement with your doctor or midwife if you feel you cannot align your diet to meet a healthy intake of calcium each day. It is very difficult to take too much calcium through your diet, but be aware that calcium supplements can cause unpleasant side effects, especially if, in your enthusiasm, you take too much.

It is easy to derive 1,000mg of calcium from what you eat and drink



Best PROTEIN BARGAINS

Nava Atlas shares the most affordable sources of protein

Chances are, if you've gone vegan and share that news with a non-vegan, you'll be asked, "How do you get your protein?" It's a question that just won't go away, and it's curious that there's still so much bewilderment over how vegans get protein. The myth that it's hard to get adequate protein on a vegan diet is tenacious. There's plenty of evidence that a varied whole food diet with sufficient calories has little chance of falling short in the protein department.

Many foods have at least some protein. Whole grains, legumes, soy foods, plant-based meat alternatives, nuts, and seeds all offer high-quality protein. Many common vegetables have small amounts of protein too, so if you eat plenty of them, they contribute to your daily total as well. The body can manufacture all but nine of the 22 amino acids that make up proteins. These nine amino acids are referred to as 'essential' amino acids and must be derived from food sources. That is why getting sufficient, good-quality protein is crucial. The operative word here is sufficient – this isn't a case where more is necessarily better. The Western diet usually provides twice as much protein as we actually need. Here's a rundown of common plant proteins and what they supply.

BEANS AND LEGUMES

Chickpeas, black beans, pinto beans, brown lentils, and other common legume varieties contain 6-8 grams of protein per half-cup cooked serving. Split peas have 8-10 grams per half-cup serving, and red lentils have an impressive 13 grams. Beans and legumes are so blessedly low in calories and fat, that if you need more protein and have the capacity, a 1-cup serving isn't unreasonable.

TOFU, TEMPEH AND SEITAN

Here are the protein amounts per servings listed:
Tofu, firm: 115 grams = **10 grams**
Tofu, extra-firm: 115 grams = **8 grams**
Tofu, baked: 60 grams = **11 grams**
Tempeh: 115 grams = **20-21 grams**
Seitan: 115 grams = **28 grams**

NUTS

Nuts are, admittedly, a more expensive item, especially if they're organic, but they're filled with a plethora of nutrients, notably B vitamins. While we can't classify them as an inexpensive protein source, they're worth the indulgence from time to time. I primarily call for peanuts and walnuts, as those are generally the least costly. As always, look for bulk bin savings, or explore online sources.

Here are the protein amounts in ¼ cup of a few common nuts:
Almonds = **8 grams**
Cashews = **5 grams**
Peanuts = **7 grams**
Pistachios = **6 grams**
Walnuts = **4 grams**

Let's not forget nut butter. Peanut butter contains a generous 8 grams of protein per 2-tablespoon serving. Cashew butter and almond butter have similar amounts, but since they can be quite expensive in my budget recipes I usually use peanut butter.

SEEDS

A reasonable serving of chia, flax, hemp, pumpkin, and sunflower seeds is 2 tablespoons, and that amount gives you about 4-6 grams of protein.

GRAINS

Like legumes, whole grains are low in fat and high in fibre, and offer a multitude of B vitamins. While there are many more grain varieties than those I have listed below, these are the ones that I tend to use most frequently in my cooking.

Here are the protein amounts in 1 cup of cooked grain:
Barley = **7 grams**
Rice, Brown = **6 grams**
Rice, White = **4.2 grams**
Oatmeal (old-fashioned), cooked = **6 grams**
Quinoa = **8 grams**

NUTRITIONAL YEAST

This more expensive item is a staple for many vegans because it is a great source of vitamin B12 (a rare nutrient in plant foods); a 1½ tablespoon amount contains 130 per cent of your average daily needs, and it also supplies 8 grams of protein. Because it is costly, however, I often class it as an optional ingredient.

PASTA

Even ordinary pasta offers 7 grams of protein per cooked cup. Combined with beans, vegetables, nuts, tofu, and other foods, pasta does become a great protein bargain.

The extract on page 19 is taken from *Vegan on a Budget* by Nava Atlas, published by Sterling. (RRP £20.)

Catching up with the VEGANUARY CLASS OF 2020

If you're looking for inspiration, these tales from last year's Veganuary participants make great reading

The buzz around January is palpable, with hundreds of thousands of Veganuary (veganuary.com) participants all making their way through that tricky, exhilarating, frustrating and wonderful first month as a vegan. For each of them, the motivation and journey can be very different, and the outcome is often wholly unexpected. Here, we catch up with four 2020 participants to find out what impact Veganuary has had on their lives.



EMMA, FIFE: Unexpected

Emma was a big meat eater and a diabetic when she signed up for Veganuary 2020. Her aim was modest: simply to try and increase the amount of vegetables in her diet, and she saw Veganuary as something of a challenge. She could not have known then that this was just the beginning of a journey along a very positive and life-changing path.

After signing up for Veganuary, Emma threw herself straight into research. "I watched *Forks Over Knives* and *The Game Changers* on Netflix, and realised this could have a massive impact on my health," she said. "Upon reading more about vegan living and a plant-based diet, I found that as a scientist I couldn't argue with the potential impact on my health and the environment – two massive motivators for me."

She was right to be optimistic, as the impact on her health has been truly significant. "As a diabetic it's really important I keep good control of my blood sugar," says Emma, "and also try to limit the effects of this illness, such as increased risk of heart and vascular disease. Controlling my cholesterol is the best thing I can do, along with trying to control my weight."

So, what was the outcome? "I had my cholesterol tested at the end of 2019, before I started Veganuary," she told us, "and then again about four months later. I was amazed to see my reading come down a whole point, and my diabetic specialist team were delighted to see such a change in a short space of time."

Emma is fully aware of just how much this one point means for her as a diabetic, both now and in the future. "Changing to this way of life may have helped me live longer and healthier."

JACK, LONDON: Finding his stride as a vegan

Jack knew something about veganism before he decided to take part, as a close friend had become vegan a couple of years before, but he had always thought he could not survive without cheese. Still, Jack and his husband were tempted to try it just for one month, fully intending to go back to their old ways when Veganuary was over.

On New Year's Eve, they went out for their last meat-filled meal and came home to snack on their favourite cheese tortilla. As the countdown to midnight began, they polished off the last of their non-vegan items, so that when Big Ben struck midnight, they were vegan-ready!

The next day they sat down together to watch *The Game Changers* and then *Land of Hope and Glory*. By the end of the second documentary all thoughts of cheese evaporated, and Jack says he knew he would be vegan for life.

In 2018, after years of painful debilitating illness, Jack was finally diagnosed with Acquired von Willebrand's Syndrome. With medications to help ease the pain, he was able to start getting his life and fitness back, and he took up running. "As I continued, I became stronger and a little faster. Fast forward to December 2019, my average running pace was about 10-minute miles and no matter what I tried, I could not get faster than that.

"In January 2020, I noticed that my pace had changed to 9½-minute miles – maybe I'd just got better, maybe it was a one-off, a fluke? As January turned to February, I noticed that keeping a 9½-minute mile pace was much easier than I had ever found it. I couldn't work out why or how, but I could even reach an 8-minute mile! I started to think about what the reason could be, and it was then I realised the only thing I had changed was my diet."



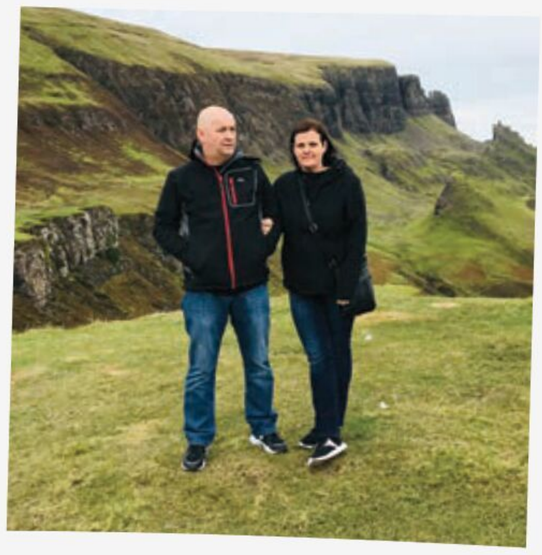
MARIA, GLASGOW: Feeling alive again

"My diet before Veganuary was awful," admits Maria. She had struggled with her weight for a long time and had tried out every diet under the sun. "It was a vicious circle," she says. "The more I got disheartened, the more I craved junk food."

At the same time Maria was supporting her husband, Dez, who suffered from chronic lymphocytic leukaemia. She realised her mental health had begun to suffer and knew that something had to give.

"I had always toyed with the idea of going vegan, but I thought it was too hardcore," she says. The fact that Dez was "the biggest carnivore ever" presented another challenge.

Nonetheless, Maria decided to give Veganuary a go. She began to research and collect recipes, and by January 1st she was ready to start her month-long trial. Dez teased that she would last no more than one week, but on New Year's Day, after watching *The Game Changers*, he turned to her and said he was going to take part too.



Was it a good decision? "Oh my goodness, it has changed our lives," Maria told us. "My diet now is a rainbow of colours, which I love. I found I didn't crave junk or sugar at all, and that resulted in myself and my husband losing weight."

In fact, Maria lost 15lbs in January alone and found many more benefits besides. "I felt better inside and out, I was less bloated, I slept better, my skin was better, I had fewer aches and pains that I had put down to getting older. I just felt alive again."

What about Dez, her chronically ill, carnivore husband? Well, for a start, he's no longer a carnivore!

"He hasn't been ill once," says Maria. "His stats are all stable and he hasn't needed antibiotics at all. We don't know if this is due to being vegan, but this is the only thing that has changed and that speaks volumes."

EMMA & PATRICIA, BUCKINGHAMSHIRE: Mother and daughter going vegan together

Emma had been suffering with hormonal health issues since the birth of her youngest child nine years before and wanted to try Veganuary to see if a change in her diet would help. "I'm not going to lie, vanity also played a part," she laughs. "I thought I might drop a few pounds and hoped that a diet rich with fruit and veg would give my skin a glow boost too!"



She told her mother that she had signed up and was surprised that Patricia wanted to join her. "There's nothing like healthy competition to... stay healthy!" joked Emma.

Patricia is Jamaican and had worked for many years as a high-end caterer, so taste, quality and presentation of food were all important to her. She adapted ackee and red pea stew and found that well-cooked favourites didn't need animal products to taste great. It occurred to Emma then that her favourite Jamaican breakfast foods – boiled green banana, callalou, ackee, cassava, roasted breadfruit and fried plantain – were already vegan.

It was a welcome surprise, but she also discovered there were some less pleasant surprises in store, too. Emma watched the video of a cow chasing after her stolen calf and it really shocked her. "I had no idea that calves were separated from their mothers so quickly," she says. "It was absolutely devastating to watch."

Emma stuck with it, and by the end of Veganuary she had noticed a boost in her energy levels while Patricia had lost half a stone. They both decided to stay vegan, and a few months later, Emma also started to notice real improvements in the health issues that had brought her to Veganuary in the first place. Not only that, but her son's eczema improved with less dairy consumed. Emma's decision to take part has positively impacted three generations. "It's not only a key part of who I am now," she says "but who *we* are and how we live."

Best SUPERMARKET buys this Veganuary

Our selection of some of the best new offerings in the shops



Sainsbury's Plant Pioneers
Firecracker Pieces **£2.75**
Formed slices made with textured wheat and pea protein, coated in a firecracker style marinade made with garlic powder, parsley and red chilli pepper.

Sainsbury's Plant Pioneers
No Chicken Tikka Masala **£2.25**
Basmati rice cooked with whole spices and turmeric, served with roasted soya protein pieces in a spiced coconut cream, tomato and coriander sauce.





Tesco's Wicked Kitchen
Ice Dream Treat **£2**
A luxurious ice dessert made with coconut oil and lupin protein isolate in three delicious flavours – Chocolate, Vanilla and Mint Choc Chip.



M&S Plant Kitchen *No Chic'n Southern Fried Goujons 276g* **£3.50**
Looks like chicken, tastes like chicken, but is plant based. Pea-based, no soya – high protein, low saturated fat, a good source of fibre.



Co-op GRO
Sizzlin' Sausages 350g **£3**
Mushroom-based vegan sausages seasoned with parsley and black pepper. A good source of both fibre and protein.

Co-op GRO *Creamy Coconut Cauliflower Curry 370g* **£2.95**
A delicately spiced coconut curry sauce with hints of coriander and lemongrass, with jasmine rice, topped with spiced roasted cauliflower, carrots, butternut squash and whole green beans. Two of your five-a-day.



Tesco's Plant Chef,
No Meat Pies, **£2.10**
Found in the frozen aisle, each pack features four shortcrust pastry bases filled with pieces of vegan protein in gravy, topped with a puff pastry lid.





Co-op GRO
The Quarter Pounder 227g **£3**
Juicy burgers made from soya mince, onion, beets and herbs. High in protein and fibre.

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