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VeganLife

February 2021 | issue 68 | £5.99

The lifestyle magazine written by vegans for vegans

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VEGAN Valentine

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Vitamins & minerals

What do vegans need?

Vegan Loungewear

Luxury fashion picks

WIN £350 worth of prizes up for grabs

Perfect Pancakes

Remember to flip!

You Me At Six



We meet lead-vocalist Josh Franceschi

ISSN 2055-3773

The power of mushrooms | What is monoculture? | The greens of Greece



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Hello,

Welcome to February! Where did January go? It seems as if the month came and went so quickly, bringing with it tonnes of delicious new Veganuary offerings, as well as newbie vegans. I hope that all of you who undertook the month-long challenge enjoyed the introduction to the wonderful vegan lifestyle. And I hope that those of you who coached friends and family members through their first Veganuary were successful in showing your loved one the more compassionate way to tread on Earth. At *Vegan Life*, we are here to help you to continue to thrive on and love the plant-based way of life — whether you are a recent vegan convert or you have been powered by plants for years.

Vegans come from all walks of life — there are plant-based artists, parents, children, chefs, accountants, writers, scientists, athletes, politicians and everyone in between. This month at *Vegan Life*, we were honoured to meet an actual vegan Rockstar, in the person of Josh Franceschi from the massively influential English rock band, You Me At Six (page 16). Josh honestly and humbly talks about how he became vegan and gives us the low down on the band's latest album, *SUCKAPUNCH*. If you haven't yet given the punchy album a listen — make sure that you do!

February will also bring with it two national days — Valentine's Day (14th February) and Pancake Day, also known as Shrove Tuesday (16th February). So, we thought it only right to introduce you to some tasty recipes to whip up on these days — because vegans can enjoy fluffy pancakes and heart-shaped chocolate desserts, too! Head to page 28 to find some flipping good recipes, and page 71 for meals that'll have you feeling all warm and fuzzy. If it's a high protein lunch you're after, we've also got meals for you to enjoy on page 49 or, if batch-cooking is more your thing, take a look at page 89.

Also, in this issue, we ask and answer the age-long question: is breakfast really the most important meal of the day? (Page 62) Plus, Lily Woods examines the atrocities of monoculture, Laura Gaga shows us her wheelbarrow (page 97) and The Animal Justice Project talk to us about their latest investigation (page 102).

Have a great month!

Gemma

Gemma Tadman
Editor

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Cover Image:
Linzer Cookies , p71
Recipe from ***Vegan Food Porn: 100 Easy and Delicious Recipes*** by Bianca Zapatka (Published by Lotus Publishing).









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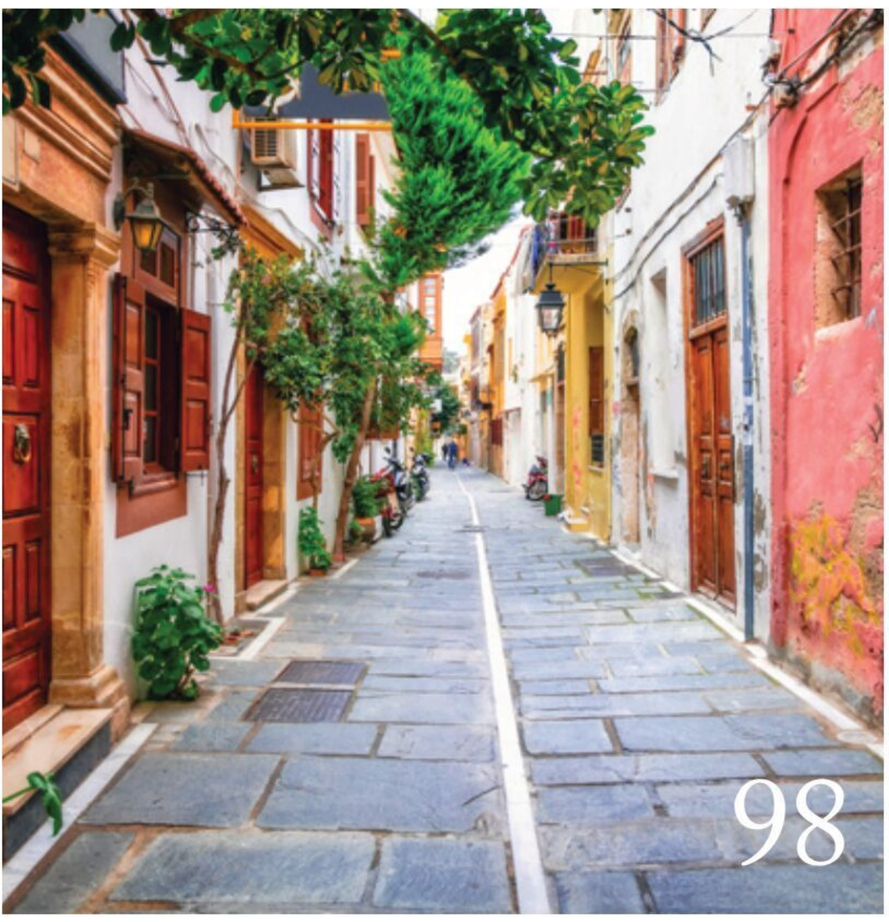
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Why am I *Vegan?*

NAME: Tallulah Lebon
AGE: 19
NUMBER OF YEARS VEGAN: 19
LOCATION: Norfolk, UK

I WENT VEGAN BECAUSE... I've been vegan since birth — so why change? Animals are not food, and no one should be brought up to think they are. All animals have a heart, lungs and brain — just like we do. They don't understand why humans are killing them for fun or to eat them. What have they done to ever be treated like this? Veganism is also incredible for health and has really helped me growing up with loads of intolerance to wheat and gluten.

MY ADVICE TO OTHERS ON BECOMING VEGAN... Don't stress thinking it's too hard to find vegan food as all is labelled hugely in all supermarkets.

MY HOPE FOR THE FUTURE... For all people to consider going vegan and helping all animals by seeing that veganism really is a way forward for the planet.



Want to be on this page? Send your answers and a high-res photo to Gemma.Tadman@primeimpact.co.uk

Vegan *news*

All things vegan from the worlds of entertainment, politics, sports, animal advocacy and more. Got news for us? Email veganews@primeimpact.co.uk

A global move to a VEGAN DIET would avert 8.1 MILLION premature deaths per year.

Source: oxfordmartin.ox.ac.uk

Product of the *month*



Plant Alternative

Shicken Vegan Curry Ready-Meals

LOVE curry? Shicken won't disappoint. Better than a takeaway, Shicken offers a range of hand crafted, authentic vegan Asian ready meals, sides and snacks. Choose from Shicken Tikka Masala, Butter Curry, Balti, Jalfrezi and Korma, along with naan, samosas and pakoras. The brand's uniqueness lies within their Shicken pieces — soya 'chicken' vegan pieces which are better than the real thing. Order a batch to store in your freezer, ready for your next curry night.

From £2.99, **plantalternative.com**





Tesco expand their vegan offerings tenfold

Leading supermarket Tesco have long been a champion for vegan food, and now, they have launched even more innovative treats. New goodies include the Tesco Plant Chef Meat-Free Roasting Crown and Meat-Free Soya Roast, both perfect for people who don't want to give up their Sunday roast dinner. Also new to stores, is the Plant Chef Hunter's BBQ traybake, as well as everyday staples including Tesco Plant Chef Caramelised Onion Meat Free Bangers and Meat Free Mince.

If you've got a sweet tooth, the excitement continues, with the new plant-based Wicked Kitchen bakery range, which features delights like Cinnamon Buns, Cookies and Wild Blueberry Muffins.

Derek Sarno, executive chef and head of Plant-Based Innovation at Tesco says: "Whether it's a once-a-week habit or a life-long commitment, it's great to see more and more people switching to a plant-based diet and we want to make it as simple as possible for people to do so. We understand that those who are new to eating vegan meals can struggle for inspiration, so the new Tesco range is full of plant-based alternatives to classic dishes, allowing people to continue enjoying their favourite flavours while cutting out animal products."

Tesco is one of the largest supermarket sellers of plant-based products and has committed to increasing the sales of plant-based meal alternatives by 300 per cent by 2025. Now, with these new and deliciously simple swaps, it has never been easier to eat a more plant-based diet.



Asda introduce in-store vegan butchers

Popular UK supermarket, Asda, has launched an exciting partnership with vegan concept creator, Kbox Global (kboxglobal.com), to trial a vegan butcher counter — Veelicious. Based at Asda's Watford store, the counter opened in January to commence a six-month trial, with a consistent vegan butcher offering — including facon, bean burgers, and meat-free meatballs.

The introduction of 'Veelicious' comes as Asda see their plant-based products flying off the shelves — they offer a massive range of vegan goodies, which helped them win Vegan Retailer of the Year at the 2020 Q Awards. With prices starting from 75p, Veelicious will serve a range of meat-free alternatives like mock 'lamb' and vegan 'black pudding', as well as a selection of vegan cheeses, ready-to-eat meal kits and vegan staples, like chutneys and cooking sauces. In addition to the one-store vegan butcher trial, Asda recently added 22 new meat-free alternatives to its vegan range.

In a statement sent to *Vegan Life*, Preyash Thakrar, Asda's chief strategy officer, said: "The demand for vegan products is on the rise and we have seen a surge in people seeking out ways to easily enjoy a plant-based lifestyle. We recognised the importance of helping our customers with their Veganuary journey. Veelicious will be a 'test and learn' trial to help us understand what resonates with customers to enable us to enhance our plant-based proposition."

Salima Vellani, founder and CEO of Kbox Global, said: "Our partnership with Asda to launch the UK's first vegan butcher is an exciting joint venture that recognises growing demand for plant-based brands, from meat eaters and vegans alike. Veganism is now a mainstream, healthy and environmentally sustainable way for anyone to eat. We are pleased to be working with one of the country's leading supermarkets to give consumers more of what they are asking for."



Mars bring out incredible new vegan Bounty and Topic chocolate bars

In news that will excite vegan chocolate lovers — confectionary brand Mars have launched vegan versions of its iconic Topic and Bounty bars. The dairy-free chocolates are available in UK supermarket chains Morrisons and Asda, retailing at £3 for a 100g bar.

Mars Chocolate Drinks and Treats general manager, Michelle Frost, recently commented on the release, saying to *The Grocer*, that the launch follows the 'incredibly popular' debut of Galaxy Vegan. Frost added: "We believe that Topic Vegan and Bounty Vegan will add something excitingly different to the free-from category."

The new Bounty Vegan features diced coconut blended with a creamy almond paste, whilst Topic Vegan is made with hazelnut paste, rich cocoa and whole hazelnuts, giving it a deliciously nutty flavour.

WAGAMAMA

Following a successful launch of its new Veganuary menu items, the popular chain restaurant has now vowed to cut meat from its menus by 50 per cent within a year.

JAPAN

The country is soon to be getting cruelty-free cell-based beef, following a new partnership with Aleph Farms. The news follows Japan's announcement to achieve carbon neutrality by 2050.

VEGAN DELIVEROO

Takeaway service Deliveroo have reported that its vegan takeaway orders have skyrocketed by 163 per cent compared to 2020. It has also seen a 153 per cent rise in searches for 'vegan' food in the app compared to the month before results were recorded.

HERO to ZERO

What's going up and down this month

OFFSHORE WIND FARMS

Bird Charity RSPB has warned that a governmental decision to allow an offshore windfarm near Flamborough Head will harm UK birds feeding in the North Sea. The feeding site is only 75 miles away from the permitted development.

PORTUGUESE HUNTERS

Officials in Portugal have expressed outrage at the mass killing of over 500 deer and wild boar in a hunting zone in the middle of the country. Hunting single animals is permitted but in this incident most of the zone's deer population were massacred.

UK PLASTIC

Plastic waste from the UK is being found along Maine coastline in the US, after a shipment bound for incineration fell into the sea. The debris was from a 10,000-tonne consignment from Re-Gen Waste, a company in Newry, Northern Ireland.

Follow me socially



Monami Frost, @monamifrost

Author, influencer, and founder of vegan clothing brand, Frost Streetwear and plant-based eatery, Frost Burgers, Monami is an admirable businesswoman and an uplifting individual. Follow her on Instagram and YouTube for everyday empowerment, vegan motherhood tips, mental health realism, fashion inspiration and some much-needed down to Earth goodness.

Editor's Choice

Carvella UK



Carvella UK is a 100 per cent vegan and cruelty-free women's clothing brand producing trendy and high-quality clothing. They create everything from loungewear to evening dresses, as well as accessories like bags and shoes. With new styles coming in to the brand frequently, Carvella offer vegan fashionistas the chance to wear beautifully in-fashion clothes, but without the price tag and cruelty. This Valentine's Day, Carvella will be running a discount — for 15 per cent off use the code, FORME15.

Visit **carvellauk.co.uk**



Image: PhotoMavenStock / Shutterstock.com

UK-based pie brand ran 'beef tax' trial on its products containing beef

All throughout January, national pie company, Piminister, (pieminister.co.uk), ran a 'beef tax' trial in a bid to 'highlight the climate impact of different ingredients'. For the duration of the trial, the chain added a 10p supplement to the price of four of its pies containing beef. Pieminister said that the supplement was used to buy and plant trees as part of the company's forthcoming campaign with Forestry England.

Following the original announcement, Jon Simon, co-founder and managing director of Pieminister said: "Food production counts for 25 per cent of the world's carbon emissions. Beef consumption is a huge part of the problem. As pie makers, we have a responsibility to do something about this. We're not telling people they should not eat our beef pies — we're saying that we should all acknowledge the impact beef has on the planet and give our customers good reason to try a non-beef alternative once in a while. It's a bold move but we hope our 'planet payback' supplement will help with this while kicking off the fundraising for our forthcoming tree planting campaign with Forestry England."

Over the last few years, Pieminster has increased its vegan pie offerings massively, with great success. The chain have stated that they aim to add even more plant-based pies to their line this year. Pieminister have yet to declare as to whether they intend to keep the beef tax for the foreseeable.



Available through independent retailers nationwide, Ocado, Oxfam or online at **biod.co.uk**

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VEGAN ENTREPRENEUR



Mumsome

Just before the pandemic began, Deepa Vinay launched a home-based food business to introduce, for the first time in the UK, an age-old finger millet porridge recipe — ragi.

"Catering for both kids and adults, the mixes are full of nuts, grains and packed with nutrition. It can be consumed as a porridge or shaped into balls/bars for breakfast or anytime during the day when you feel low on energy," says Deepa.

"Ragi is the staple diet in South India as it's rich in fibre and packed with iron, calcium, good carbs, amino acids and Vitamin D. All our products are vegan, dairy-free and sugar-free," adds Deepa.

Mumsome's journey started when Deepa's son was born prematurely in Manchester in 2012.

"I remember, as a child, I was fed finger millet porridge as a cereal for breakfast. So, I really wanted to give the same to my son as it's so rich and healthy. As soon as my little one was ready for a puréed diet, I tried to prepare finger millet porridge as a main source of nutrition," Deepa says.

Deepa initially prepared her mixes on a small scale for family and friends. Gradually, she identified a potential gap in the market for her ragi porridge mixes. "I tried to make ragi porridge at home in Manchester based on my grandmother's recipes. As I started getting orders from all over the country, I formally set up the business. Thus, Mumsome was born — to help mothers in their quest to include ragi in their kid's diet. And yes, our mixes can be consumed by adults, too," clarifies Deepa.

For more info, visit **mumsome.co.uk**



3 of the best... Vegan Pizzas



Chicago Town

Chicago Town's new Vegan Deep Dish Cheeezeburger Pizza is deep based, topped with vegan mince, red onions, tomatoes and gherkins, and sprinkled with lashings of mozzarella alternative.

£1.50, **chicagotown.com**



Veganizza

Veganizza's delectable Bake at Home pizzas come in an array of flavour variations, including Margherita, Beetroot and vegan Tuscan Sausage. They use fresh artisan sourdough, ready to be finished off at home.

From £7.25, **veganizza.co.uk**



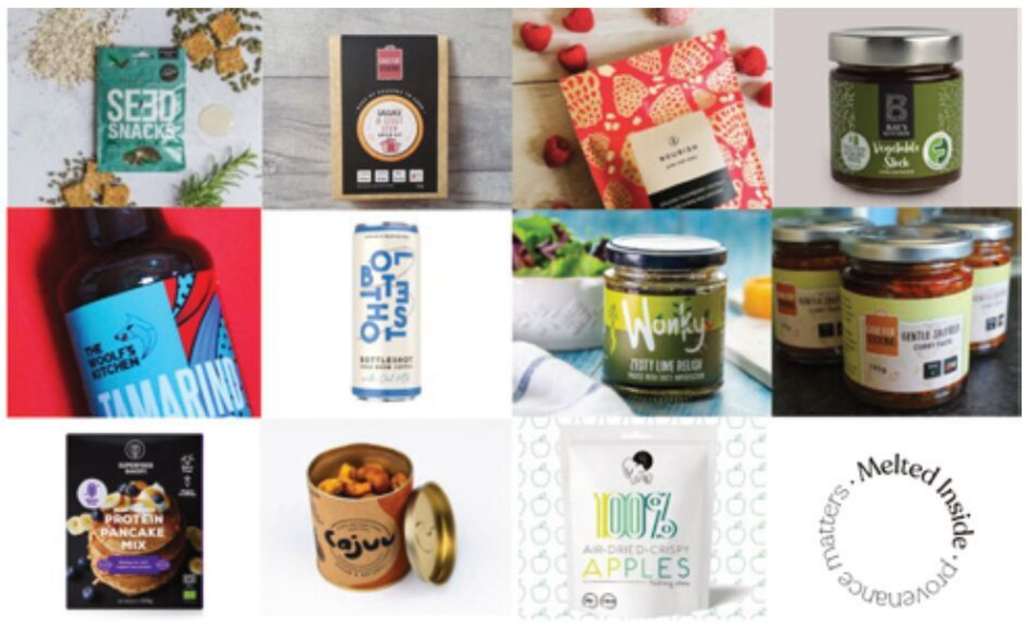
One Planet Pizza

This Vegan Hawaian Pizza from One Planet Pizza is deliciously cheezy, yet it contains at least 50 per cent less salt and sugar compared to leading meat and dairy pizzas, plus, it's palm oil-free!

£5.49, **oneplanetpizza.com**

WIN: a vegan shop from Melted Inside

Here's your chance to win **£100 worth** of vegan products to spend at the amazing artisan marketplace meltedinside.com The lucky winner will receive the top prize of £100 in shopping coupons and five runners up will each receive a voucher for £40.



On **meltedinside.com** you will find more than 300 vegan food and drink items to tempt you — all lovingly made by small producers. You can read the stories behind their products and order from the comfort of your home. Your delicious artisan food will then be delivered direct from the maker.

Melted Inside exists to share the love of what artisan makers do every day and the love they put into creating products for shoppers looking to buy real food from real people.

Melted Inside is a member of the Good Market community — a curated platform that makes it easier to find and connect with social enterprises, responsible businesses and changemakers who are creating a better world.

To enter simply tell us which of the following products are not vegan: fruit punch, bulgur or eggnog

Enter online at **veganlifemag.com/competitions**

Closing date: 24th February 2021

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Over to you

Your letters, emails and musings

Next Month's Star Letter Prize

WORTH £50!



Send your poems and letters to **Gemma.Tadman@primeimpact.co.uk**, to be in with a chance of winning a Vegan Hamper from Viva!.
Viva! is the UK's leading vegan campaigning charity, specialising in undercover investigations and high-profile animal campaigns. Founded in 1994 they have spent more than 25 years creating a kinder, more sustainable world for humans and animals alike.

The items included in this prize include the Vegan Surprise Treat Box, packed full of delicious confectionery, an awesome 'Vegan for the Animals' unisex t-shirt and a 'Be Kind to All Kind' face mask (all available to buy at vivashop.org.uk). Last but not least, the Viva! 'Super Vegan Pack' is crammed full of practical tips and information on vegan health, nutrition and lifestyle information.
Find out more about Viva! at **viva.org.uk**



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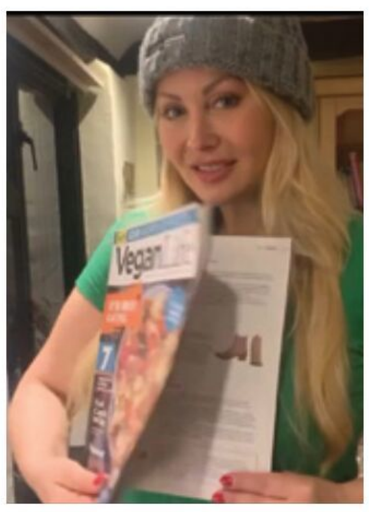
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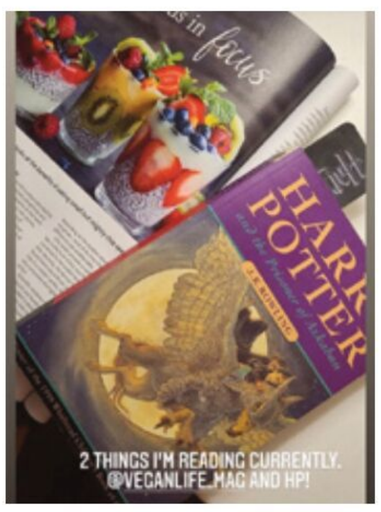
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STAR POEM PRIZE

A Mother's Plight

She is awakened late at night,
With pains she rises crying with fright.
A new life to behold her baby is near,
It didn't seem long but the day is here.
In no time at all the morning wind breezed,
Babe is arriving and mother's so pleased.

Their bond is eternal from their first embrace,
Mother and babe love to snuggle their face.
Babe suckles for comfort her mother's milk,
Comforting, nourishing and smooth as silk.
But just a day later her baby is taken,
She chases the kidnappers her baby forsaken.

What gives us the right to cause all this harm,
"That's what we've always done down on the farm"
Times need to change it's as simple as that,
We love some but not others, like a dog or a cat.
They are someone, not something, not even an IT,
You're not a baby cow bro, get off the tit.

By Kevin Parke



Kevin wins a £50 voucher for Pozu, po-zu.com

THE NO MEAT COMPANY

No Meat Range Available at

ASDA

the food WAREHOUSE

ocado

Iceland



Good Housekeeping Institute
TASTE APPROVED 2020

Image: Daniel Alexander Harris



“I didn’t want my eating to have anything to do with damaging the planet or hurting animals”

We talk to You Me At Six lead singer, Josh Franceschi, about music, veganism and hot sauce

Since 2004, You Me At Six have been entertaining fans with their lyrical and musical genius that continues to innovate the industry, and now, the English rock band have a new album out: *SUCKAPUNCH*. Not only that — but the band have also released a powerfully spicy vegan hot sauce (trust us, the burn is good!), named after their electrifying new album.

Ahead of the record launch, we caught up with the band’s frontman and lead singer, Josh Franceschi, a vegan of almost 10 years. Josh chats to us about his favourite track, walks us through the band’s hot sauce collaboration with Lou’s Brew’s, and shares his thoughts and hopes for veganism.

Hey Josh! Congrats to you and the band on the new album. So far, people have called it brilliantly experimental and genre-mashing. How would you describe it?

I think *SUCKAPUNCH* is a combination of what the band has been trying to do for the last 15 years. We’re conscious of making sure that each album that we put out is better than the last, and sometimes you achieve that, sometimes you don’t! But we had a great time recording everything in Thailand, making a record that was really brand-new — we’ve never experienced anything like that. Plus, I don’t think any of us had ever been to Thailand before, not even for travelling, so yes, it was all really special. I think that *SUCKAPUNCH* is a record that people will look back on in years to come, as a really significant record for You Me At Six, and one that I am looking forward to unravelling in completion this year.

Was there anything in particular that you and the band wanted to communicate through this album?

I think that we wanted to find and show something beautiful in a bad moment. What we discussed a lot when we were making the album, especially the lyrical content, was to ensure moments of it being uplifting, even in places when the tones are kind of sombre. I think we were all using the recording process like a musical rehab.

We recorded and stayed in Thailand in this tiny little village in Bang Saray, and it was like a little musical utopia for us — where we just went to unplug from the world. We found some calm, I think, and there were no distractions. We’re so used to making records in places like Los Angeles or Nashville or places in the UK like Reading, but there was always something going on. There’s always some mates hoping to come and see you and get smashed together, so it was nice to just be us five and our producer, and the other people that were on-site. But it worked and it was calm in that sense, and it was just a really different and exciting experience for us.

Why did the band choose Thailand?

We didn’t really want to stay in England to be honest — we like to try and keep things fresh. We had some options to go back to studios we’ve used before, but we just weren’t really feeling it and wanted an experience alongside making a record. We’ve always tried to use this band as a vehicle to explore and experience new things together, so it felt like a perfect time to do that, whilst making this record.

Do you have a favourite track on the new album?

This is the most divisive question you could ever ask! Especially if the whole band were here to answer. It’s difficult because the tracks are like our children, and you wouldn’t choose your favourite child, although I know my parents certainly did... Me! Let’s hope my sister doesn’t read this... But if I have to pick, I would say a song called ‘What are you doing right now?’, just because it’s very different for us. When we were putting it together, me and Dan were in his room one night at about 4:00 in the morning, I was like ‘I want to write a song like J. Cole’ or something that has that sort of spirit to it, so for me, it’s one that’ll stand out on the record as being very different. ›


Image: Katy Cummings


Image: Daniel Alexander Harris


Image: Daniel Alexander Harris

Talk us through your journey to veganism. How did it come about?

Well, I started off in probably 2011/2012 by becoming pescatarian. There was just a real disconnect for me with eating meat and loving animals and the relationship I had with food. I got to the point where I couldn't really look at it in any other way, so becoming pescatarian was the first, less-intimidating jump I made.

However, I only lasted for like six months and then I went to being veggie, and then about two years later I started watching documentaries and getting into Netflix rabbit holes… And that was it, really — I became vegan. There was such a correlation between having a healthy planet and animal agriculture, and I just felt like I didn't want to add anything; I didn't want my eating to have anything to do with anything that was damaging the planet or hurting animals or, ultimately, hurting me.

It definitely came from an ethical and moral standpoint and when I got my dog it was cemented. Looking at him, I was like — eating meat is something that I can never, ever see myself doing again.

Do you think that people in the public eye, like yourself, have a responsibility to show the world that we must live more ethically?

I think that it is a little problematic and I say that because you have to be wary of the fact that we are all human beings, and we are all entitled to make our own choices. I think it's always difficult when someone comes to you and tells you what you should do versus what you could do.

A lot of the conversations that I've had with my bandmates, family, my partner or whoever in the past has always been like, 'This is the reason why I'm doing it and if you've got the patience to do so, why don't you hear me out? And when we're eating, I'll cook for you, and I'll take you to my favourite places'. I just try and educate people near me in that way, because for the most part there's still a strange stigma around veganism — that says that you don't get what you need from a plant-based diet to survive.

I think there's a lot of likeminded people in the You Me At Six fanbase when it comes to this sort of thing, but it's good to be able to use my own personal experiences and opinions to try to put veganism in a way that doesn't sound condescending or patronising.

> "In order for there to be a real profound cultural shift, internationally, you need the big, big restaurants to get on board"

When I've had conversations with my dad, I've always said, 'I'm not telling you what to eat because I want to wind you up. I care about you and mum and what you are doing to your body and I care about the environment'. If it comes from that place, it's like, 'Oh, alright, yeah!' Now, it's very rare for my parents even to have fish once or twice a week, let alone any meat.

In 2019, we went to my auntie's and uncle's house for the Christmas period and for the first time ever we had an all-vegan family Christmas set-up, so that was an interesting moment. My auntie and uncle have been veggie/vegan for 25 years and growing up I was like, 'God, these guys are weird… Why are they not eating meat?!' But like I've said it's about education and conversation and it's about both sides being open to listening. It's not about being right in that one conversation, it's about the long-term — where we get to a place where we don't need to have animal agriculture and we don't need to kill animals to live.

> “It’s not about being right in that one conversation, it’s about the long-term”

The band’s new vegan hot sauce is incredible — if mind-blowingly spicy! How did the collab with Lou’s Brew’s and the making of the SUCKAPUNCH hot sauce arise?

So basically, one of our mates came to us one day and said ‘My friend makes hot sauces, and he wants to connect with you guys and get you some sauce sent down’, which we did. But then myself and the band thought about how much we like hot sauces, and wouldn’t it be cool to do something about it? A few years back, we did something when our last record came out — we collaborated on a cool vegan pop-up with Temple Of Seitan (@templeofseitan). So, we thought that it would be awesome if we kept that going, using our platform to talk about other things that interest us.

We are not all vegan in the band, but everyone is still very willing to promote veganism and be part of that. And, when it comes to hot sauce the band have always been a massive fan — when you tour America it’s amazing, since they are sort of the founding fathers of hot sauces! When we were making the hot sauce with Lou’s Brew’s (lousbrews.co.uk) we wanted to make sure that it was really hot and also vegan.

When you’ve previously been on tour, where have your favourite places for vegan food been?

When I’m on tour I use the app, The Happy Cow, which is amazing! At times, it really has been a Godsend. I remember being in South Korea when we were playing a festival near a fish port and I got to a point of hunger when I turned round to our tour manager and I was like I need to go out and eat something carby. But everyone kept telling me that all of the food will be prepared in fish guts. So, I got out the app and found this place called the Lovin Hut and it was about 15km away from the festival, so I got in a car and went out to this place and spent the whole day literally grazing. That was really special.

Aside from the place in South Korea, there is this restaurant in Portland, Oregon, US, that I go to all the time when I’m there, called Harlow. It’s an extraordinary place. And, when we were in Berlin in Germany, I came across this amazing Asian vegan restaurant called 1990… If you’re ever in Berlin, make sure that you go there! It may be the best meal I’ve ever had in my life, and that’s a big statement, but I even wrote it in my notes in my phone to make sure I don’t ever forget it!

What’s your favourite meal to make for yourself at home?

I make the world’s best vegan spaghetti Bolognese, and that’s not even up for debate! A few months ago, we ate in the studio and I made it for the lads. I’m not usually the guy in the kitchen when it comes to You Me At Six, because quite a few of the lads are really handy in the kitchen, so I try to avoid it! But we were all taking it in turns to cook whilst we were there and I think everyone was expecting my meal to be basic — with Loyd Grossman out-of-the-jar sort of vibes, so everyone was surprised. I’m very proud of that spag Bol. It has always been my favourite food since I was literally three years old; my mum said we would go on holiday and I would have it for every single meal.

What are your thoughts and wishes for the future, for yourself, the band, and for veganism?

For veganism, I think that in order for there to a real, profound cultural shift, internationally, you need the big, big restaurants to get on board, especially fast-food places. You need the McDonalds, the KFCs and the Burger Kings to really start making a point of shifting from animals to a more plant-based menu. I know that they are never going to completely take it all off the table, but once they see that there is such a massive demand, they will start to. Because the other thing that comes with the stigma of veganism is that it can be more expensive to eat vegan food than it is to eat meat, because of how cheaply you can go to KFC and get chicken. You can literally get a bucket of chicken for like £1… So, I think it’s about shifting that relationship between how much it costs to eat at these places and the value of life.

Happily, you can already see it happening in the mainstream supermarkets — there’s been a massive shift in the last few years. You can now go into a Tesco or a Morrisons or an M&S — no matter where you go to shop there is usually a vegan section and in some places it’s big — in Asda it’s a whole aisle!

For the band, I would like for us to continue learning, not just as friends but as musicians. Then, on a personal level, I would like be able to sweat the small stuff a little less, as it’s such a waste of time. So, I’m going to try to get there on top of some of that this year.

For more from Josh or to listen to You Me At Six’s new album, *SUCKAPUNCH*, released via Underdog Records/AWAL, visit **youmeatsix.co.uk**




Image: Daniel Alexander Harris

Ask the *experts*

The team from Veganuary answer your questions about veganism

Each month, send us your questions and we'll pitch them to those in the know. Whether you're unsure about the best way to cook tofu, or you need some vegan dating advice, we've got your back.

Q I'd like to start feeding my dog vegan chow… How do I go about doing this?

Dogs can do very well on a plant-based diet, but it must be a specially formulated food and not just an extra portion of whatever you're having. There are many things we eat — onions, leeks, garlic, avocado, grapes, xylitol, for example — that are toxic to dogs. Plus, our physiology and nutritional needs are quite different.

So, buy a dog food, and one that is 'complete'. That means it has all the nutrients dogs need and is not just a kibble to be added to a meal. There are many good quality brands of vegan dog food — both wet and dry — to choose from.

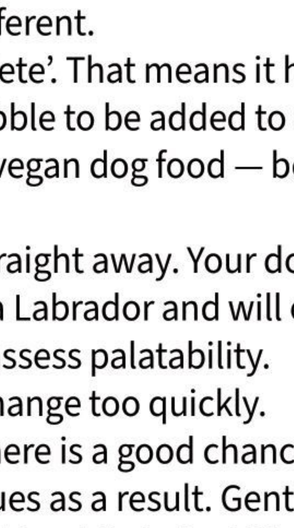
We'd suggest you don't buy a 25kg sack straight away. Your dog may not like the first type (unless he or she is a Labrador and will eat anything!). Buy small packs to start with and assess palatability.

It's really important you don't make the change too quickly. Although lots of people go vegan overnight, there is a good chance they will have experienced some digestive issues as a result. Gently introduce the new food a little at a time, mixed in with their old food. If they like it and do well with it, gradually increase the amount over 7-14 days.

Our *star* buy

Benevo

Adult Dog Original



Benevo's dry food is nutritionally complete, GMO-free and wheat-free, making it ideal for dogs with sensitivities to wheat protein. The little donut shaped kibbles are made from a blend of protein rich soya, corn and rice, with a lovely deep aroma coming from nutritious brewer's yeast. It's also fortified with all the essential extra vitamins and minerals required for the good health and wellbeing of dogs.

£39.99, veggiepets.com



Q Why is silk not vegan?

It's a minefield, isn't it? You start off wanting to save chickens from factory farms and end up realising just how much society uses and commodifies animals of all shapes and sizes.

Silk is not a manmade fibre; it is made by silkworms who are also kept on farms. In fact, they are not worms at all but the caterpillars of silk moths. When the caterpillars are ready to change into moths, they cover themselves in a cocoon made from silk threads which are secreted from glands in the caterpillar's head. To retrieve the silk, the cocoons are put into boiling water, which softens the gum that holds the cocoon together and allows the silk threads to unravel. It kills the caterpillar in the process. Around 15 caterpillars are killed to make just one gram of silk thread.

Like all farmed animals, the silk moth has been purpose-bred to maximise productivity, which means their bodies are too big for their wings, and they are unable to fly. It has also left the adult males unable to eat as their mouth parts are underdeveloped. No creature is too small to be harmed in the pursuit of profit, it seems.

Ethical silks can be made from renewable plant materials such as banana or pineapple leaves, cactus or lotus flower, though these are not always easy to find.

For more from Veganuary, visit **veganuary.com.**
Email **Gemma.Tadman@primeimpact.co.uk** with your questions about veganism.

Concerned about climate change?

Measure, Reduce and Offset with Carbon Balanced™

Measure your impact with our Carbon Calculator, find out how to reduce your carbon footprint, and see how little it can cost to offset.

Take a balanced approach to offsetting your carbon emissions on our website: worldlandtrust.org/carbon-calculator or by phone 01986 874422.

Image © David Bebber

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1, 2, 3, cook!
Mindful Chef
Vegan Recipe Boxes

Struggling to cook vegan? Or, perhaps you want a little extra inspiration day-to-day. That's where Mindful Chef come in. Choose a selection of delicious meals from their vegan eating section, and they will send you out a box containing all the ingredients in the correct amounts you need, along with easy-to-read instructions for every recipe. Choose to make dishes like Brazilian black bean stew and brown rice, Thai yellow tofu curry with pak choi, or parsnip, kale and kidney bean hot pot.
From £8, **mindfulchef.com**

Vegan Spotlight

Our favourites this month

Toast To Family
Della Vite
Prosecco

Created by the Delevingne sisters, Della Vita was born from the importance of family and sharing happy memories together forged over glasses of Prosecco. Della Vite has two vegan and sustainably made Proseccos which are delicate in both colour and taste, with light, creamy bubbles to give a smooth finish. If you're feeling fancy, try Della Vite Prosecco Superiore DOCG, which has aromas of citrus blossom and olive. Just as delicious, Della Vite Treviso Prosecco DOC is refined and versatile with delicate notes of jasmine and lavender.
From £19.95, **dellavite.com**





Believe In Veganism
beleaf
Yoghurts

Enjoy the unbelievable power of plants, with new and delicious beleaf yoghurts. Plant-based and equally tasty, beleaf's almond-based yoghurts are packed full of mouth-watering fruitiness blended with hints of almond-nuttiness. Committed to providing a plant-based range with zero compromise on flavour, beleaf has all the smooth creaminess of a dairy yoghurt with 100 per cent plant-based ingredients. Yoghurt pots are available in two flavours, Mango and Passion Fruit, and Berries.
From £1, **beleaf.eu**



Treat Yourself
Fancy Plants
Silky Pots

Fancy a treat? Enter Fancy Plants Silky Pots, a range of indulgent plant-based puddings available in Chocolate and Chocolate Salted Caramel flavours. Fancy Plants Silky Pots make eating plant-based fabulously delicious and every pot contains prebiotic fibre, supporting digestive health. Plus, Fancy Plants is a certified B-Corp and partners with global organisation 1% for the Planet, that sees a percentage of sales going back to people and the planet.
2 x 80g pots, £2, **fancyplants.com**

Make A Splash
Moving Mountains®
Plant-based Fish Fingers

There is a healthier, more ethical way to eat fish — to not eat it! So, enjoy Moving Mountains® Plant-based Fish Fingers instead — they have a succulent, flaky texture and are coated in crunchy golden breadcrumbs. A favourite with children, they are a great way to get protein into kids' diets and can make a variety of meals for adults, too. The Moving Mountains® plant-based fish fingers can be enjoyed as a direct swap for the traditional alternative, and can be cooked in just five minutes.
£3.60, **movingmountainsfoods.com**







Low Drinking
Mary
Botanical Blend in Garden Herbs, 6% ABV

Want to reduce your alcohol consumption, without missing out on flavour? Mary can help. The low-alcohol botanical blend is perfect to enjoy when you want a light, but tasty tipple. Taking some of the heaviness out of drinking, Mary is 6% ABV and nine calories per 25ml serving. Mary's fresh, dry taste is taken from sustainably sourced plants including basil, thyme, sage, coriander seeds, angelica roots, pine needles and juniper. Enjoy it mixed with tonic or in a zingy fruity cocktail.
£23.90, **drink-mary.com**

CARVELLAUK



Falafel For Life
Kookalony
The Original Falafel Kit

Originating from the Levant and the Eastern Med shores, this authentic blend of fava beans and chickpeas with coriander, parsley, garlic and onion will have you craving more! The kit is a great way to introduce yourself and your family to the exciting cuisine, containing flatbreads, falafel ready-mix, pickled turnips, sauce and a falafel mould for easy cooking.
£4.62 per kit, **kookaloney.com**



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Anne Brummer



Giving wild animals a voice

This month, our columnist Maria Slough catches up with Save Me CEO Anne Brummer

My first meeting with Anne Brummer, CEO of The Save Me Trust was back in 2014. This no-nonsense, warm, and compassionate woman appeared flanked by various animals, carrying a rescued badger cub I was to photograph.

Now, six years on we are sitting on a Zoom call as Anne shares how her dedication to animals led her to veganism.

"It was always about the animals for me, but I didn't connect that love with eating them. I don't know why. I know this sounds pathetic, but I had this romantic idea of animals running in fields happy. I thought that animals and humans were more protected by regulations than we actually are."

As a child when visiting her godfather on holiday, Anne would spend time with a local herd. "I would sit with them as they were milked and wander back into the fields with them. I didn't know they were kept pregnant constantly, and I didn't know any of the horrors of the dairy industry — it didn't occur to me."

"As a child, meat was only served once a week. Nowadays, when you look at a chicken in a fridge with a price tag of £1.50 on, you have to ask what life has that sentient being had and in what conditions? Seven years ago, I went vegan for a month, but I found it really hard so went back to being vegetarian. As time went on the vegan options crept back in. Through my work — seeing what goes into the milk people drink and the dairy they eat, that was the final straw for me. The amount of puss that is allowed to go into milk as a legal quota I found shocking." ›

> **"When you look at a chicken in a fridge with a price tag of £1.50 on, you have to ask what life has that sentient being had and in what conditions"**



Brian May



“We cannot keep doing what we are doing and expect the planet to survive. Something has to change”

Anne was running Harper Asprey Wildlife Rescue from a small animal hospital set up in her garage when a fox called Freddie changed everything.

“We had been working with Brian May on his estate helping with some hedgehogs and I asked if we could release the fox onto the estate. ‘How can I refuse a Fox called Freddie?’ came the reply, but I didn’t make the connection with the band, Queen. Then a leaked document in the press about a Civil Liberties Bill allowing Fox Hunting to come back led me to my local MP Michael Gove. I was met with the consensus that what people did in the countryside was their own business. I felt that something as awful as fox hunting was being dismissed too easily.”

“Brian and I spoke about this disconnect and wanted to get more involved in campaigning. It was Brian’s wife who suggested that Brian and I join forces and so The Save Me Trust was born at the start of 2009 to give wild animals a voice and to look at the issues affecting wildlife today.”

The Trust campaigns in parliament to add amendments to the current Hunting Act. They object to the current badger cull policy based on scientific grounds and continue to work to show the science and the folly of the cull.

“What we have always done is look very closely into the history, background information and data of what we are tackling. Bovine TB is a bug that has been around for years in our cattle yet it is claimed that we can’t find its source? The reality is that we are not looking in the right place for it. You should not be ‘solving’ a farming issue of Bovine TB by removing wildlife because that doesn’t solve anything. If all the badgers in the world were killed the disease is still going to be there. Brian and I both take that moral standing, but the science is there, too. Very early on there was a case of a cow with TB in isolation who was pregnant. The farmer told me as soon as the calf was born he would shoot the mother. I challenged him as his argument was not logical. The disease passes through the placenta and just because there is no data recorded, that does not mean it doesn’t happen. The dairy industry misleads us on cases like this with only specific findings being shared to the public. Cows carry TB and they can live with it their whole life. The industry found a way around the milk by pasteurising it but there is certainly TB milk going into the food chain all the time. Louis Pasteur may be a hero to some, but if we had not learned how to pasteurise milk then we would have had to have solved TB. With bureaucracy so compartmentalised Save Me work to get everyone together to resolve these issues and working with famers is essential to this.”

In 2015, with more choices flooding onto the market as her work on TB continued to reveal what really goes on in the shadows of the dairy industry, Anne committed to a fully vegan lifestyle.

"The most exciting thing for me is to see mainstream food chains bringing in vegan options. This is a huge part of helping to facilitate the change that is needed within the meat industry. Everyone has their timing on finding plant-based living. This is part of me now and I cannot imagine eating an animal. I am not saying that if everyone went vegan tomorrow, we could stop the damage we as humans are doing to this planet, but it would do a lot to change things."

"It is a battle seeing what I see on the farms, but I can't get to the end of stopping the slaughter without doing this. You do get very dark days. We have to find a way to find TB and stop the cull. We don't want the government to say 'don't cull', we want the farmers to say it doesn't work. There are no results to this day to prove that the cull is working."

Speaking on their behalf, what can you tell us about badgers and foxes?

"A fox is exactly the same as a collie; constantly on duty, clever and alert. Their ears are constantly twitching and turning like radar receivers. The body will be curled up and still, but the ears never ever sleep. They learn times and recognise car sounds and have incredible hearing, getting freaked out by the wind as so many sounds get carried on it. A badger is your Labrador. Very loyal and family-orientated with people. They will never forget you. I have badgers on-site who we have released — after five years they will still come up to me at the sound of my voice. They are community animals."

"At Save Me, we believe that we are all equal; we are part of an eco-system that we really have to understand. Every day our work reminds us of the stupid things humans do that affect our wildlife. With less and less spaces now for injured wildlife to be returned back to, I am constantly aware of the connections between us and them and my veganism is essential to this. There is no difference between me, a cow or a fox. Working on the frontline with animals reminds me that I have to keep doing something to change it for them in the long-term. Save Me will keep lobbying in parliament to achieve meaningful change backed by a rationale that works. Having a law does not change things. You need to look at the causes and change those."

> **"A fox is exactly the same as a collie; constantly on duty, clever and alert"**

A last thought before a badger cub needs feeding?

"We will continue to patch the injured up, but we need to make sure that they have somewhere to go back to. You need people to acknowledge that during lockdown last year the air was cleaner, wildlife thrived — we must find ways to move forward in unity to make lasting changes. I believe in God and the message is there for us all to see. For goodness sakes, humans, sort yourselves out. We cannot keep doing what we are doing and expect the planet to survive. Something has to change."

Follow Maria's photography journey at **mariasloughphotography.com** and Instagram at **@mariasloughphotography**





Pancake Day

Make some flipping good pancakes

Pancakes offer a means of using up rich foods like milk, eggs and sugar, on Ferbruary 16th, the day preceding the Christian fasting season, Lent. However, as a vegan, you don't have to miss out on the deliciousness of pancakes.

Sweet Potato Pancakes with Strawberries & Maple Syrup

Serves 6

Sweet potato and buckwheat flour are both packed with complex carbohydrates — that's a lot of slow-release energy in one breakfast!

For the pancakes:

- 250g (9oz) **sweet potatoes**, peeled and chopped
- 600ml (1 pint) **soya milk**
- 2 tbsp **maple syrup**
- 250g (9oz) **buckwheat flour**
- 1 tbsp **baking powder**
- 2 tsp **mixed spice**

To serve:

- 6 tbsp **maple syrup**
- 300g (10.5 oz) **strawberries**, sliced

1 To make the pancakes, add the sweet potatoes to a pan of water and bring to the boil, cook for 10-12 minutes until soft then drain. Then add the sweet potato, soya milk, maple syrup, buckwheat flour, baking powder and mixed spice to a blender and blend until a smooth batter.

2 Heat a frying pan over a medium-high heat, then add two tablespoons of the batter into the frying pan, cooking each pancake for 2-3 minutes per side until cooked through. Repeat this with all of the batter, it should make 24.

3 To serve, stack four pancakes, top with 50g strawberries and one tablespoon of maple syrup.

Recipe by ***Vegan Life*** **in-house chefs**

Sweet Morning Banana Pancakes

Makes 8

You don't need eggs to make deliciously fluffy pancakes — these ones are all about the bananas. There are bananas inside to give sweetness, and it's topped with amazing gooey caramelised bananas, too — divine!

For the pancakes:

- 100g (3.5oz) **plain flour**
- ½ tsp **cinnamon**
- 1 tsp **baking powder**
- 200ml (6.7fl oz) **almond milk** or **plant-based milk** of choice
- 1 small ripe **banana**
- 1-2 tsp **maple syrup**
- **Oil** for frying if needed

For the caramelised bananas:

- 2 ripe **bananas**
- 2 tbsp **vegetable oil** or **coconut oil**

Other topping ideas:

- **Plant-based yoghurt**
- **Peanut butter**
- **Berry compôte**
- **Chopped nut**

1 To make the pancakes, add the flour, cinnamon, baking powder, almond milk, banana, and maple syrup to a bowl and mix thoroughly to form a thick batter.
2 Spoon a dessert spoon of the mixture into a non-stick pan. Add as many more as you can fit in the pan without them touching. Fry for 1-2 minutes until little bubbles form on the top.
3 Carefully flip the pancakes and then cook for another minute or so, until the pancakes are cooked through and slightly golden.
4 Repeat with all the mixture and set aside on a plate.
5 For the caramelised bananas, chop the top end of the banana. Carefully slice through the middle lengthwise. Peel the bananas.
6 Add the oil to a pan and bring it to a medium heat.
7 Add the banana slices and fry in the oil on one side until they're browned, then flip over to caramelise the other side.
8 Add to the pancakes, along with any other toppings, and serve.



Recipe and images from ***Be More Vegan: The Young Person's Guide to Going (a Bit More) Plant-Based!*** by Niki Webster (£14.99, Welbeck Children's) available now.

Chocolate Chip Buckwheat Pancakes

Makes 6 pancakes

The fluffiest vegan buckwheat pancakes — made with dairy-free yoghurt for protein and loaded with chocolate chips, they are the perfect easy breakfast or brunch!

- 170g (6oz) **non-dairy yoghurt**
- 60g (2.1 oz) **non-dairy milk**
- 1-2 tbsp **maple syrup** (optional)
- 1 tsp **vanilla extract**
- 160g (5.6 oz) **buckwheat flour**
- 1 tsp **baking powder**
- ¼ tsp **sea salt**
- 1 tsp **cinnamon**
- 40g (1.4 oz) **mini vegan chocolate chips**

1 In a mixing bowl, combine the yoghurt, milk, vanilla and maple syrup. Whisk.
2 Add the flour, baking powder, salt and cinnamon. Stir to form a thick batter, but do not over mix.
3 Fold in the chocolate chips.
4 Heat a non-stick pan over a medium heat (you might want to spray it lightly with coconut oil just in case!).
5 Drop about ⅙ of the batter into the pan and spread into a circle. Not too thin or the pancakes won't be as fluffy.
6 Cook until the edges are starting to brown, and you can easily slide a spatula underneath (3-4 minutes). Flip and cook for 2-3 minutes on the second side.
7 Repeat until all the batter is gone.
8 Top with fruit, nut butter, coconut, maple syrup, etc. Enjoy!



Recipe by Natalie creator of
feastingonfruit.com and **@feastingonfruit**

Recipe by Natalie creator of
feastingonfruit.com and **@feastingonfruit**



Fluffy Vegan No-Banana Pancakes

Makes 6 pancakes

Fluffy vegan pancakes made with applesauce, oats, and not a single banana — so often used in vegan pancake recipes. Add toppings or mix-ins for endless variations on this yummy, healthy breakfast!

- 120g (4.2 oz) **unsweetened applesauce**
- 120ml (4 fl oz) **non-dairy milk**
- 1 tbsp **lemon juice**
- 1-2 tbsp **maple syrup** (optional)
- 1 tsp **vanilla extract**
- 150g (5.3 oz) **oat flour**
- ½ tsp **baking powder**
- ½ tsp **baking soda**
- ¼ tsp **salt**

1 Whisk together the applesauce, non-dairy milk, maple syrup, lemon juice and vanilla.
2 Add the dry ingredients. Stir to combine (don't over mix, just until all the lumps are gone).
3 Heat a non-stick skillet over low heat.
4 Scoop about ⅙ of the batter per pancake into the preheated pan.
5 Cook for 4-5 minutes or until the edges are starting to brown. Flip. Cook another 4-5 minutes. Take your time, low and slow is really the secret here.
6 Repeat until all the batter is gone.
7 Top with fruit, maple syrup, chocolate chips, etc. Enjoy!



Oat Pancakes With Spiced Apples

Makes about 15

Spiced apples make the tastiest and most warming accompaniment to pancakes, and this version of the British favourite breakfast — made with oats — is perfect for cold mornings when you need fuel for the day ahead.

For the apples:

- 4 **eating apples**
- 1 **lemon**, juice only
- 3 tbsp **soft brown sugar**
- 1 tsp **cinnamon**
- ½ tsp **ground nutmeg**
- Pinch of **ground cloves**

For the pancakes:

- 450ml **soya milk** (alternative plant milk will also do)
- 300g **White's Organic Oats**
- 50g **sugar**
- 1 tbsp **apple cider vinegar**
- 2 ½ tsp **baking powder**
- 1 ½ tsp **cinnamon**

1 First peel and core the apples and chop into small pieces.
2 Put into a pan with the lemon juice, sugar and spices.
3 Heat on medium-high heat, stir until the sugar has dissolved and bring to a simmer.
4 Simmer until the apple is soft, stirring occasionally.
5 While the apples are cooking mix together the soya milk and apple cider vinegar. The mixture will thicken and turn into a buttermilk.
6 Whizz the oats up in a blender until you have a fine flour.
7 In a large bowl combine the oat flour, sugar, baking powder and cinnamon then pour in the milk mixture and mix well.
8 Heat a frying pan with a very light coating of oil and cook spoonfuls of the batter until brown, then flip over and cook on the other side.
9 Serve with the apples, maple syrup and some vegan cream or yoghurt.
10 If you have a lot of apple cooking liquid leftover you can reduce it down by simmering for a few minutes until syrupy. The flavour will be quite intense with the spices but a half a teaspoon on top of a pancake along with the apples and some yoghurt is delicious.

Recipe by Mairi Rivers A.K.A **Ginger Vegan** for **Whites Oats, whitesoats.co.uk**

Recipe by ***Vegan Life*** **in-house chefs**



Banana & Peanut Butter Pancakes

Makes 16

Bananas are a great breakfast food, as they are full of carbohydrates that will keep you feeling fuller for longer. They also make delicious pancakes!

For the peanut butter syrup:

- 4 tbsp **peanut butter**
- 4 tbsp **water**
- 2 tbsp **maple syrup**

For the pancakes:

- 1 tbsp **agave syrup**
- 240ml (8fl oz) **dairy-free milk**
- 1 **banana**
- 120g (4.2oz) **buckwheat flour**
- 1 tsp **baking powder**

To serve:

- 2 tbsp **flaked almonds**
- 1 **banana**, sliced
- **Raspberries**, optional

1 To make the peanut butter syrup, whisk the peanut butter, water and maple syrup together in a mixing bowl.
2 For the pancakes, add the agave syrup, milk, banana, buckwheat flour and baking powder to a blender and mix until a smooth batter is formed.
3 Heat a frying pan over a medium-high heat then add 2 tablespoons of the batter into the frying pan, cooking each pancake for 2-3 minutes on each side until cooked through. Repeat until all the batter is used.
4 To serve, layer pancakes between slices of banana, then top with the flaked almonds, raspberries and the peanut butter syrup.



Lemon & Poppy Seed Pancakes

Serves 2

Looking for a perfect pancake for your weekend brunch? Look no further than this lemon and poppy seed option!

- 125g (4.4 oz) **plain flour**
- 1 tbsp **baking powder**
- 2 tbsp **sugar**
- ½ tsp **salt**
- 235ml (8fl oz) **oat milk**
- 1 tbsp **apple cider vinegar**
- **Zest** of 1 **lemon**
- ½ **lemon**, juiced (chop the other half and use as topping)
- 1 tsp **poppy seeds**
- **Coconut oil**, for frying (or you can use melted margarine.)

1 Sieve dry ingredients into a large bowl.
2 Add wet ingredients and lemon zest and whisk until there are no lumps.
3 Heat coconut oil in a frying pan and fry pancakes one at a time until golden/brown on each side.
4 Serve with maple syrup, lemon juice and banana.

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What I eat in a week...

The vegan doctor and member of Plant Based Health Professionals and Plant Based Health Online, shares her food diary



Monday

I'm a morning-person and exercise before anyone else in my house is awake. I usually vary my workouts and have a rough idea of the different types of exercise I'll do in the week. This morning I did a 30-minute HIIT bike ride. I drank plenty of water before having a black decaf coffee, which was shortly followed by another — but this one with oat milk and a handful of walnuts. Breakfast is one of my favourite meals and I had my usual — unsweetened soya yoghurt, homemade granola and berries. After a morning of emails and calls, I had a bowl of lentil soup with rye bread and houmous, and rushed out the door to get the kids from school. Dinner was a throw-together stir fry — soba noodles, smoked tofu and plenty of veg!

Tuesday

After a cardio workout and taking the kids to school (second workout!), I came home and enjoyed a coffee. I had my usual breakfast and an hour later, a matcha tea with fortified soya milk — it helps to give me energy and focus. I had another morning of emails and calls and don't realise the time… So heated up broccoli soup before picking up my kids. Luckily for us, my mum is a retired home economics teacher and an amazing plant-based cook. We had a very welcome dinner delivery of homemade tempeh meatballs.

Wednesday

After a strength class, I switched up breakfast as I felt I needed something more filling — warm porridge, stewed apples and cinnamon with almond butter and hemp seeds. I made one of my favourite quick lunches — 'no tuna' sandwich with dill, lemon, celery and smashed chickpeas mixed with soya yoghurt. I snacked on fresh fruit in the afternoon then enjoyed a veggie curry with brown rice. I love this meal because if I make it mild, my kids will eat it, too. After dinner, I watched one of the free webinars by Plant Based Health Professionals. I've enjoyed these all through lockdown — they've been amazing to keep up my learning as a doctor and connect socially with other members.

Thursday

This morning, I completed an upper body boot camp class followed by a stretch. This gave me energy for work on a new project — 'Plant Based Health Online', a platform providing private healthcare and nutrition advice from vegan doctors and health professionals. After meetings and consultations with new patients, I snacked on some energy balls (made from mixture of dates, almond butter and cacao), and fresh fruit. I had minestrone soup for lunch with lots of beans and veg. Dinner was a lentil Dahl with left over brown rice from the night before. I try to eat legumes every day as they are such a good source of plant protein and fibre.

Friday

One of the highlights of my week is a remote exercise class with my sister. She has transitioned to a whole food plant-based diet, too. We will normally do a long endurance ride. Most of my other workouts are fasted, but for this I will eat a banana during the ride. Having burnt so many calories I eat more on these days. I normally have a green smoothie, with half a banana, a mixture of kale and spinach, soya milk and ground flaxseed. I also had a beetroot houmous and falafel wrap with broccoli sprouts. I am terrible at growing anything, but these sprouts are easy and contain up to 100 times more sulforaphane than mature broccoli. This has been been shown to be cancer protective. After my history of thyroid cancer, I try to eat these most days. For dinner, we had black bean burgers with a baked sweet potato.

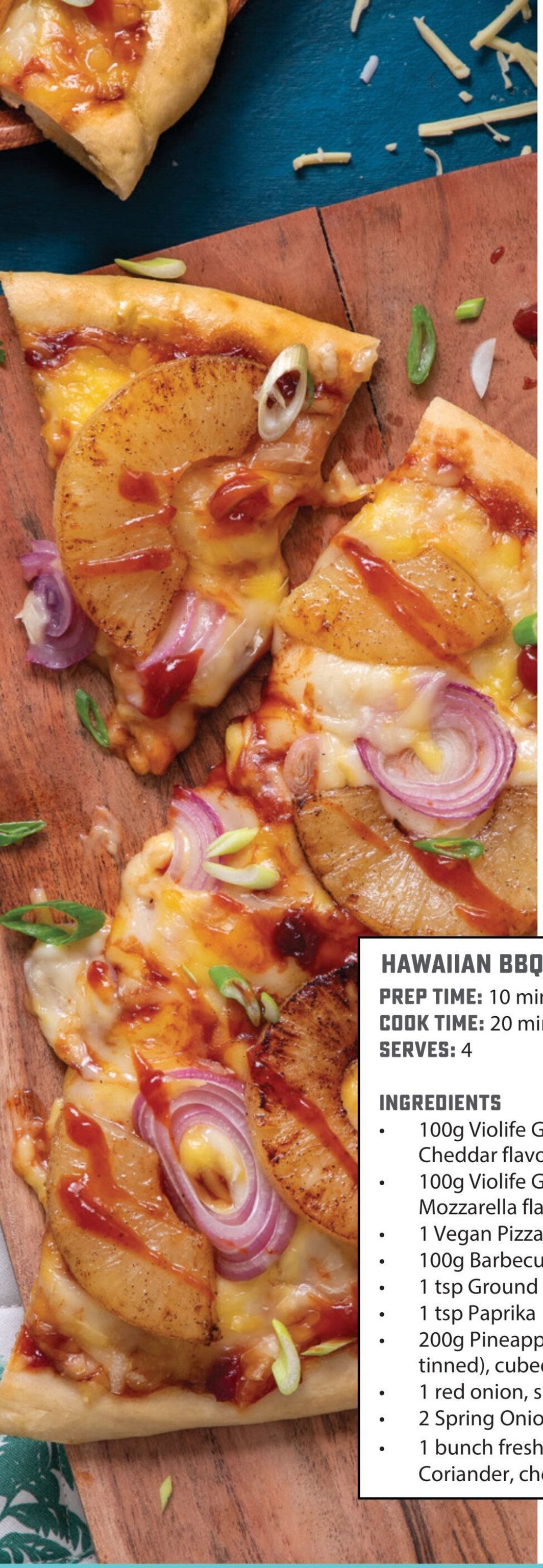
Saturday

Our weekends are a lot slower, so I take time to do a longer yoga class and stretch, with a meditation in the morning. I had my yoghurt, berry and granola combo for breakfast and an oat milk coffee. We headed to the beach close by for a walk and took a snack of rye rolls with almond butter, apples and energy balls. I usually do not want to cook on a Saturday night, and we will treat ourselves with a takeout — always from Soul Food Kitchen. My favourite dish is 'lesco' — a Hungarian dish with tofu, red peppers and tomatoes. I will sometimes (usually always!) indulge in their vegan s'more for dessert.

Sunday

My husband is Canadian and loves a pancake breakfast — we make them with buckwheat and flaxseed, then eat them with banana, walnuts and maple syrup — so delicious! In between the kids' weekend activities, I like spending a bit longer on our lunches. I marinaded some tofu with liquid smoke, tamari and lime juice and had this in a sandwich with houmous and broccoli sprouts. It was a cashew mac 'n' cheese for dinner with chickpea pasta, broccoli, kale and peas. Both of my kids enjoy this, and it's the best comfort food for the end of the week.

For more from Dr Freeman, visit **drlaurafreeman.com**



Advertorial

GET IMAGINATIVE IN THE KITCHEN THIS VEGANUARY!

Looking for new ways to spruce up your vegan cooking? **Violife** is on a mission to inspire you and your family to kick start the new year by getting creative in the kitchen and cook up a storm.

To celebrate Veganuary, the UK's leading vegan alternative to cheese brand and Official Veganuary Sponsor has released a range of delicious vegan-friendly, comfort-food classic recipes to help jazz up your mealtimes. From dairy-free dinners to delicious vegan desserts, whether you're looking for a sweet or savoury dish to hit the spot, Violife's recipes and award-winning product range are here to help.

Let Violife's **EPIC Mature Cheddar Flavour Block** bring your favourite comfort food dishes to life. Hailed as the closest thing to mature cheddar ever made, this mouth-wateringly delicious next-generation vegan block not only looks and tastes like the real thing, but it also crumbles, grates and melts just like it should. Now available in a super convenient grated format — **Grated EPIC Mature Cheddar Flavour**. Try it scattered across a pizza or stirred into a gooey vegan mac 'n' cheeze and make every meal feast-worthy for the ultimate comfort food indulgence.

HAWAIIAN BBQ PIZZA

PREP TIME: 10 minutes
COOK TIME: 20 minutes
SERVES: 4

INGREDIENTS

- 100g Violife Grated Epic Mature Cheddar flavour
- 100g Violife Grated Mozzarella flavour
- 1 Vegan Pizza Dough
- 100g Barbecue Sauce
- 1 tsp Ground Cumin
- 1 tsp Paprika
- 200g Pineapple (fresh or tinned), cubed
- 1 red onion, sliced
- 2 Spring Onions, sliced
- 1 bunch fresh Coriander, chopped

DIRECTIONS

First, preheat the oven to 200°C. Make the sauce by mixing the Barbecue Sauce, Cumin and Paprika in a bowl. Set aside.

Line a baking sheet with baking paper. Place the Pizza Dough on the baking paper, forming it into the shape of your liking. Leaving space for the crust. Spread the pizza base with the Barbecue Sauce mixture using the back of a spoon.
Keep some for the topping of the pizza.

Top the Barbecue Sauce with the Grated Violife Epic Mature Cheddar flavour and Mozzarella flavour, the Pineapple pieces, the Onion slices and the rest of the Barbecue Sauce drizzled on top.

Cook in the oven for 15-20 minutes. Remove when the crust is golden and sprinkle with fresh Spring Onions, Coriander leaves and serve. Enjoy hot!

Violife EPIC Mature Cheddar Flavour Block is available at Sainsbury's and Waitrose from £2.50 RSP
Violife EPIC Mature Cheddar Flavour Grated is available at Sainsbury's from £2.50 RSP

TO DISCOVER MORE RECIPES FROM VIOLIFE, PLEASE VISIT THE VIOLIFE WEBSITE WWW.VIOLIFEFOODS.COM/RECIPES AND CHECK OUT @VIOLIFE_FOODS ON INSTAGRAM FOR RECIPE INSPIRATION.



the Beauty edit

The vegan products you need on your radar this month

Bella Forever
Peach Bellini Booty Mask 25g
Your booty needs as much care and attention as your face, and with this mask from Bella Forever, things will be nothing but peachy for your rear!
£6, bellaforever.co.uk



Love The Planet
Mineral Blusher in Peach
Add a flush of colour to your cheeks, with this highly pigmented vegan mineral blusher in peach.
£11.99, lifebeforeplastik.com





Zoya
Zoya Polish in Anaka
This is the perfect nail varnish for adding a pop of colour to your life. All Zoya's products are anti-toxic, 'Big 10-free' and vegan.
£9.95, zoyapolish.co.uk

Flawless Skincare
Facial Cleansing Kit
This facial cleansing kit from Flawless Skincare contains all you need to kickstart your cleansing routine. Plus, it's plastic-free!
£15.95, lifebeforeplastik.com



Green People
Intensive Repair Conditioner
Been neglecting your locks of late? No worries! This conditioner can bring the shine back to your hair in no time.
£15.50, greenpeople.co.uk





D'Alchemy Skincare
Natural Micro-dermabrasion Peel
Remove impurities and dead skin cells; unblock pores and clean the skin, with this brilliant exfoliant from D'Alchemy.
£29, dalchemyskincare.uk

Floral Street
Electric Rhubarb Eau de Parfum 50ml
A vegan perfume for sparkling, luminous, charming and fun-loving people. This surprising scent has bubbly white floral notes.
£60, floralstreet.com





Zao Essence of Nature
Ultra Shiny Palette
Add a touch of sparkle to your Zoom parties, using this eye shadow palette from Zao.
£52, zaoessenceofnature.co.uk

DAME
Reusable Pads Set
A super-thin set of pads to help you reduce your period product waste. Each set comes with a Reusable Liner, Regular and Night Pad, and a Dry Bag for easy changing and washing.
£29.69, wearedame.co



Bella Forever

Annabella, founder of Bella Forever chats to us about her gentle skincare brand for sensitive skin



Tell us more about the brand.
Bella Forever is my passion — its journey from the time I started creating skincare products for my sensitive skin at pocket-friendly rates to building a brand that people can rely on when it comes to beauty and skincare, has certainly been interesting.



How did Bella Forever come to be?
I have always had 'problem skin' that is prone to breakouts and allergies. I could relate with others who share the same plight. That is why I placed great emphasis on researching ingredients that would combat skin related issues without causing underlying damage or unwanted reactions. Soon I began creating facial masks and beauty products that are suitable for all skin types.

What makes Bella Forever special?
My main focus is on powdered facial masks made using natural, vegan, organic, and cruelty-free ingredients. They contain clays, essential oils, etc. and can be activated with just a little water. Moreover, you can add extra ingredients like avocado and banana, and so on to tweak the facial mask accordingly. Only five ingredients are used in my products — each of them serve a purpose, as I don't use filler ingredients.

Apart from facial masks, there are lip balms, scrubs, bath bombs, face mists, and a booty mask, which is one of our bestsellers as it has helped women gain more confidence to flaunt their booties while wearing deep-cut swimsuits or bikinis. Most of the products are packed in biodegradable pouches. We are trying to go green! We are also approved by PETA as vegan and cruelty-free brand.

What is in store for the future?
I have a lot of plans to ensure Bella Forever reaches a global audience in the upcoming years. Top quality skincare should be affordable and accessible for everyone, and that is why I invest so much time and effort into the brand. The site design, labels, formulations, and packaging — everything is decided by me. The positive feedback (and constructive criticism) is what gives me the push to keep going and do better!

For more info, visit **bellaforever.co.uk**



Sean O'Callaghan

Making vegan fashion even kinder

Sean O'Callaghan wants to further improve the fashion industry

Not all of us can afford to completely replace our wardrobe with animal-free garments when we transition into a vegan lifestyle, meaning your wardrobe could be the final thing in your life to be completely free of animals.

If you have only just decided to live as a vegan, your wardrobe might be a showcase of wool, leather, silk and feathers. It can take time for that to change.

You will find yourself starting to take notice of clothing labels as much as you do food labels, and you will become increasingly keen on making positive changes for animals by choosing cruelty-free clothes.

Mainstream retailers such as Marks and Spencer in the United Kingdom, ethical shoe retailer Will's Vegan Store, and high-end fashion houses such as Stella McCartney are making these choices simpler for compassionate shoppers.

You can now buy vegan shoes from shopping malls in Mexico City, animal-free bedroom slippers on UK high streets, and plant-based party dresses in all the major European capitals.

So, we can buy vegan fashion but is that enough in 2021? Can we do more to make the world a better place when it comes to what we put on our bodies?

There are many ways to consider how kind a garment or shoe is other than if it's vegan.

Sweatshops have long been on the mind of thoughtful shoppers as something to avoid. Huge factories all over the planet churn out mountains of inexpensive clothing and footwear in order to meet consumer demand.

Not only do a lot of these factories and warehouses pump damaging chemicals and waste into the environment (damaging health of nearby residents), but they are also some of the most exploitative workplaces on the planet.

Workers suffer under horrendous conditions and get paid appallingly. Modern day sweatshops and garment manufacturing factories often cause harm, even if they are producing vegan items.

Your £5 cotton T-shirt or shiny new shoes for work might be vegan, but you should also consider the human cost of getting those garments to your closet.

It can feel overwhelming to think of all these aspects when shopping for clothing especially when money is tight, so we can only pledge to do what we can. The central ethos of veganism is about doing what is practical and possible when reducing dependance on animal products, so I believe we can apply that same approach when it comes to shopping as well-rounded ethical consumers.

Do what you can, when it is possible. Look for opportunities to do better.

Look for brand assurances when shopping. Become aware of where products are sourced. Understand if something is attractively inexpensive — someone has probably been exploited somewhere on the planet for you to buy it cheaply.

If you have got the funds, shop with independent retailers specialising in locally sourced fashion. Boutiques with an environmental and ethical flavour will set you back more than cheaper chain stores, but you will be getting higher quality and peace of mind. You can talk to business owners about what they do to ensure they support companies that are compassionate to animals AND humans.

A fun way to step out of the cheap clothing loop is to get involved in clothing swaps. There are groups in most major towns and cities, meaning you can take your unwanted outfits along and take your pick from clothing and footwear being donated by other participants.

Charity shops can be goldmines for discovering functional and fabulous fashion at a fraction of the cost. If you pick your second-hand shop with care, you might even be directing much needed funds to an animal charity.

The lifespan of footwear can be extended by shopping for shoes that can be re-heeled. If you spend a little more up front, you might find you spend less over time by paying for the soles or heels to be rejuvenated instead of forking out for a brand-new pair.

But when we boil it down, the simplest way to stop feeding the capitalist clothing complex is to wear less. No, I don't mean getting naked on the high street!

I'm talking about training ourselves to consume less when it comes to clothing.

You don't need the same pair of jeans in three colours and it's possible for you to repair the holes in your socks instead of popping into your nearest discount clothing outlet for replacements. Don't be shy when it comes to sharing unwanted outfits with friends (and accepting gratefully when they reciprocate).

Look for ways you can make a difference with your wardrobe in order to make the world a better place for animals, people, and our natural environments. It will be the most fashion forward choice you will make this year!

> Follow Sean's vegan adventures on Instagram **@fatgayvegan**





Style with a conscience

Vegan writer, animal rights advocate and K-9 Angels Charity founder, Victoria Featherstone Pearce, reveals her top five luxury, cruelty-free fashion picks

It can be a real challenge to find items that offer style but are also cruelty-free and ethical. If you're a lover of luxury fashion, like myself, you'll have experienced the same woes as I have.

With many people now having to work from home loungewear has never been so popular or looked so good. If you're on the search for some new pieces, I have rounded up five beautifully ethical and sustainable loungewear products that I've discovered on my own search for planet-friendly, luxury fashion.

For more from Victoria Featherstone Pearce, follow **@victoriapearcewriter**



VEGAN Happy

Unisex Sweatshirt 'Vegan Is Love'

£39, veganhappyclothing.co.uk

I've raved about the brand VEGAN Happy before, so it's no surprise they are in my top five for ethical loungewear. Working from home means I want to feel cosy and comfortable and this gorgeous sweatshirt with beautifully detailed styling is just perfect. It comes in 14 colours and right now, I'm loving burnt orange paired with black VEGAN Happy tapered joggers. It's just the thing for working from home, lounging or those important dog walks (I have eight rescue dogs so it's none stop walkies for me!).

VEGAN Happy offer way more than loungewear though, with their huge range of classic and stylish pieces from puffer jackets to everyday T-shirts that are great for layering, as well as cute hats, gloves and gym attire. Every item is ethically made and 100 per cent vegan and PETA approved. I also love the fact VEGAN Happy donate 10 per cent of their net profit to animal rescue, too.

Will's Vegan Shoes

Luxury Italian Knitwear Hoodie

£59, wills-vegan-shoes.com

Will's, established in 2012 as Will's Vegan Shoes, is ahead of the game. It is a trailblazer selling everything from two-piece suits, vegan suede and leather shoes, and luxury Italian vegan and recycled knitwear. The store also sells plant-based food! It's a bit of a one-stop-shop really for all-vegan, all-ethical goodness.

Recycled polyester means that this hoodie is made from recycled clothes, and recycled cotton has also been chosen because it has less impact on the environment vs new cotton (including organic). Recycled cotton does not need to be grown which means it saves on water, energy, fertiliser, pesticides (for non-organic cotton) and CO_2 emissions from its farming and transport. Will's recycled cotton is created with pre-dyed off-cuts from the textile industry.





Eden Ashram

Organic Cotton 'Warrior' Sweatshirt

£49.95, edenashram.com

For all you yogis out there: I've just discovered Eden Ashram on Instagram. I am loving their statement sweaters 'warrior' and 'karma', both of which I believe in and right now, we are all having to be warriors to a certain extent.

Eden's Ashram clothing doesn't just look good ether, the factory they use in India is powered by green renewable energy from low impact materials and as a result the manufacturing footprint for their products is 90 per cent less than some other comparable fashion brands. And the sustainable goodness doesn't stop there, either. All garments are packed in recycled biodegradable corrugated boxes. Planet-friendly packaging is the way to go. It is estimated that we use over 5 trillion single use plastic mailing bags every year. That's over 160,000 bags a second and nearly 700 per person per year for every single person on the planet. This needs to stop.

Viva La Vegan

Humane Being Beanie

£15, viva-la-vegan.com

I've been a fan of the award-winning brand Viva La Vegan for over six years now. I first discovered them back in 2015 while presenting for Vegfest UK in Bristol. I'm a huge beanie fan and the 'Humane Being' beanie by Viva La Vegan is currently one of my favourites, not only because I love the message it sends out but because it keeps me warm since it's so cold right now! It may not be typically classed as a luxury item but keeping warm while walking my eight rescue dogs is definitely an essential.

I chatted to Jay, the founder of Vegan La Viva, just months after she started her ethical brand six years ago as I wanted to know her reasons behind the brand. Jay explained that she used to be a high street clothes designer, but one day she just thought, 'Why not design vegan fashion and start a brand?' And that's exactly what she did. Now, Viva La Vegan sell everything from edgy T-shirts, to hoodies, bags and badges all with the cute but a clear message to go vegan for the animals. Jay is vegan to the core and I for one can totally relate to that. I totally love this brand and what it stands for.





Leticia Credidio

Coral Reef Sustainable Sleepwear Dresses

£253, leticiacredidio.com

Inspired by the sea, Leticia Credidio sleepwear and loungewear is designed specifically to 'unleash the power of sleep' — the 'essential ingredient' for a life best lived.

Designer, Leticia, wanted to bring the delicate colours and ocean movements to life through the garments, so people can sleep and lounge feeling fresh and relaxed. Made with sustainable seaweed, these Coral Reef Dresses come in the beautiful colour options.

Designs were crafted in Italy and include a comfortable internal bra and adjustable strings. All garments are seam-free, vegan, sustainable and allergy-free. Coral Reef Dresses are part of their new collection called Ocean. Leticia Credidio has created a smart fabric with seaweed from Iceland (SeacellTM/OEKO-TEX Micromodal) and weaved in Germany. This unique fabric releases a soft hydration on skin.

DID YOU KNOW?

Fashion fact of the month

Although cotton is a natural fibre that can biodegrade at the end of its life, it is also one of the most environmentally demanding crops on Earth. Cotton farming uses high levels of pesticides and toxic chemicals that seep into the earth and water supplies. It also requires alarming volumes of water to grow.



Cherry Horse Welfare International

Annie Connolly talks to us about her charity helping horses around the world

I have always had a deep love and connection with horses, ever since I was three years old. I feel they have given me so much. Given I'm a highly-strung character, I found that horses and simply being around them had a profoundly calming, almost meditative effect on me. They really have been a gift in my life.

I was out in Romania on a project relating to dogs when I saw how many horses were being used as modes of transport and to farm the land. They were working in the most extreme conditions and the level of care was pretty much zero... No feed, farrier, vet care and the equipment were all makeshift, so the harnesses and bits they were wearing all day everyday didn't fit them. That alone must have been causing them the most horrendous amount of pain. From there, I decided I had to do something; they needed us. And Cherry Horse Welfare International was founded.

Collaboration is key. I would like to collaborate with charities already functioning out in Romania and have several outreach programmes working all over the country. We work with the people in the villages, so they accept our help for the horses. We offer them better fitting equipment, food and vet care when required. They know the horses need care and that they can come to us and we will help them (at no cost to them), without judgement. The horses are our priority and if we have a strong relationship with the owners the horses will benefit. It's mutually beneficial.

Horses are not easy to care for; they are complex. I know that in order to change their lives, it requires intervention at a political, economic and social development within the country of Romania as a whole. Although I understand these complexities, I accept I am not in a position to influence this. All I can do for now is understand

> **"Approximately 100,000 are bred world-wide each year for racing and only about 30 per cent are considered 'good enough' to enter the training phase..."**

the day to day suffering of the animals through no fault of their own and offer first-hand help to alleviate any immediate unnecessary suffering.

Over breeding of thoroughbreds is such an issue. Where do they go? The breeding process is so extensive, that only a few make it. Approximately 100,000 are bred worldwide each year for racing and only about 30 per cent are considered 'good enough' to enter the training phase… So, what happens to the remainder of horses? The surplus figure is astounding, and this is year on year. Thoroughbred horses also have a difficult reputation. If some ex-racers are lucky enough to be offered as a rehoming project, not many people want them, as they can be highly strung as they are highly athletic. It's an issue, as many of them end up in the sales and then sold for meat and end up in slaughterhouses... Aside from the cruelty of racing itself, there is a dark side to the industry that many do not want to face or admit.

Our projects have been pretty successful so far. Let's just say there is a demand for outreach, and the concept

> **"Many of them end up in the sales and then sold for meat and end up in slaughterhouses"**

and running of the project is working well. Right now, I need better long-term funding, so I can develop Cherry Horse Welfare International and get to more areas. In one area we are working in there is an estimated 20,000 working horses and one equine vet. It's vital we can continue funding the plan — we really are needed.

I am very lucky to have lots of animal save success stories so far — not just horses, but canine, as well as equine. Mainly, these are dogs that we have saved from the streets in Romania, whilst we were out there helping horses. I remember one we named 'Chester', who we found moments from death. We drove to the nearest town to get him blood for transfusions and he had intensive treatment for months, by Dog Rose Romania. After months of care, he is now living happily in my hometown in the UK.

One of the most successful horse rescues we have been involved with was a little foal called Emma. She was dumped at the age of about five days. Emma had a deformed jaw, which meant she wouldn't have been able to work; therefore, she was of no use to her owners, so she was dumped alone on a roadside. After months of fundraising we managed to help Save The Dogs And All Other Animals get an Italian vet over to Romania to perform lifesaving surgery to straighten her jaw, so when she was weaned off milk she could grind and therefore, eat food. We helped fund the surgery and thanks to our partner Save the Dogs, Emma is alive and will live a happy life. I am super proud of that and so grateful to everyone who followed her story and contributed. ›





“If anyone has spare a couple of hours a week please get in touch, as I would love to have more people on board. Many hands make light work and there is so much we can be doing.”

Anyone at home can help animals, simply by becoming vegan. And, if you are able to, by donating to Cherry Horse Welfare, Save The Dogs And All Other Animals or The Dog Rose Romania.
If donating isn’t possible, then by organising local collections of horse rugs, head collars bits and sending them to me where I will send them out — it is all very useful. I am always looking for people to be involved, so if anyone has a spare couple of hours a week please get in touch, as I would love to have more people on board. Many hands make light work and there is so much we can be doing.

It’s important to educate people about working horse mistreatment and veganism, and spread awareness of animal cruelty. This is easily done — by explaining that we can all look good, feel amazing, live and shop easily without exploitation of animals. Explaining the immense suffering that animals face each day, I find isn’t a major deterrent, strangely. I think deep down people know this happens and know that animals can’t be farmed or killed without suffering and pain.

As humans we are able to put this to the back of our minds (non-vegans can, I can’t — I am all too aware of this every day). What I try and do is explain that products not tested on animals and that don’t include animal parts are so easily found these days. People don’t have to go to different shops; it doesn’t have to cost them the world and it won’t affect the way they look and feel. If it does, it will be a positive change.

Part of what I do is vegan life coaching. As well as running Cherry Horse, I am a personal trainer and I offer lifestyle advice. So, I help people who are in training and moving to a vegan lifestyle or people who need guidance and support to move to a fully vegan life. Please get in touch if I can help. It’s easier than you think and the difference you will be making to animals and the environment is limitless. It’s the single biggest change we can make that will have a profound positive effect on the environment and the animals. Now is the time.

I would like the Cherry Horse Welfare International project to run in about five other areas of Romania. I would also like to start a UK outreach programme — a Food Bank style charity, for people who own horses and find themselves in short-term or unexpected hardship. We can help them look after their horses until they are back on their feet. Many horses have PTS or sold on following temporary rough situations their owners may find themselves in. The current pandemic is a great example of this. I believe that offering this type of help here, would mean less horses are destroyed unnecessarily and reduce the suffering by being passed around from home to home, which is very difficult for the horses.

For more from Annie, visit **cherryhorsewelfareinternational.org** or follow **@cherryhorsewelfareint**

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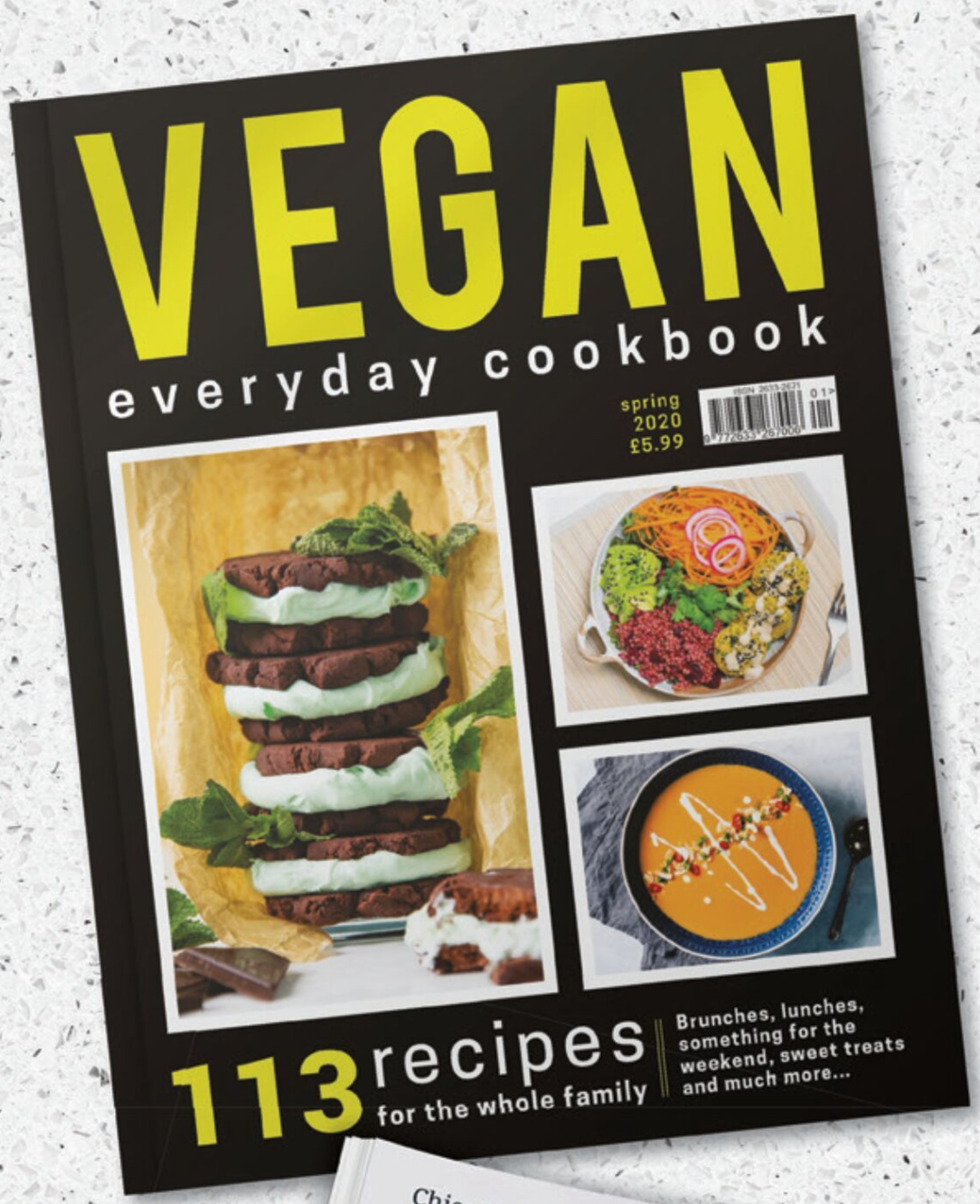
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High Protein Lunches

Refuel at lunch with our high-protein meals

We bet you've heard it... "Where do vegans get their protein from?" Well, these delicious, high-protein lunch recipes will hit that question right out of the park.

Peanut Soba Salad

Serves 2

The protein in this recipe comes from the soba noodles, edamame beans, chickpeas and sesame seeds, with even more in the satay sauce.

- 1 400g (14oz) can of **chickpeas**
- 2 portions **soba noodles**
- 100g (3.5oz) frozen **edamame beans**, shelled
- 2 large handfuls **rocket**
- 1 **avocado**
- 2 tbsp **sweet chilli sauce** for topping
- **Sesame seeds** for topping
- Fried **shallots** for topping (optional)

For serving:

- 85g (3oz) **peanut butter**
- 1 tbsp **sesame oil**
- 2 tbsp **soy sauce**
- 2 tbsp **sweet chilli sauce**
- 1 tsp **garlic powder**
- Pinch of **chilli flakes**

1 Drain and rinse chickpeas.
2 Cook soba noodles according to packet with edamame beans (they take about the same time to cook). Drain the water then put in a large bowl.
3 Mix together all the ingredients for the satay sauce in a small bowl.
4 Add chickpeas and satay sauce to soba noodles and mix until everything is coated.
5 Place a handful of rocket into two serving bowls. Divide the soba noodle mixture between each bowl.
6 Slice an avocado and add half to each of the bowls.
7 Top with sweet chilli sauce, sesame seeds and fried shallots and enjoy!

Recipe by Eleni McCallum, **@veganella.nz**



Recipe from ***Plantiful*** by Francesca Bonadonna (Published by Victory Belt Publishing Inc.).

Sweet Gochujang Tempeh Bao

Makes 12 Bao

Homemade bao are truly a treat. These soft and fluffy buns are a little bit sweet and so delicious. Filled with a sweet and spicy tempeh and crunchy vegetables, they make a wonderful high-protein snack or lunch. A steamer basket is essential for this recipe; they are easy to find online and pretty inexpensive.

For buns:

- 80ml (2.7 fl oz) **non-dairy milk**
- 1 (7g/¼ oz) packet **active dry yeast**
- 1½ tbsp organic **granulated sugar**, divided
- 300g (10.5 oz) **all-purpose flour**, plus more for dusting
- 1 tsp **baking powder**
- ½ tsp **salt**
- 2 tbsp plus ½ tsp **avocado** or **vegetable oil**, divided, plus more for brushing

For sweet gochujang tempeh:

- 1 (220g/8oz) package **tempeh**
- 2 tsp **avocado** or **vegetable oil**
- 2 tbsp **gochujang paste**
- 1 tbsp **maple syrup**
- 1½ tsp low-sodium **soy sauce**
- ¼ tsp **garlic powder**
- 170g (6oz) **shredded cabbage blend**
- 1 **carrot** (about 55g/2oz), peeled into ribbons or julienned
- ½ **cucumber**, preferably English (about 115g/4oz), julienned
- 3 **green onions**, sliced, for garnish
- 1 tbsp **sesame seeds**, for garnish

1 Prepare the buns: Heat the non-dairy milk to 37°-43°C (100°-110°F). Mix the warm milk with the yeast and ½ tbsp of the sugar. Set aside to proof for 10 minutes, until foamy.

2 In a large bowl, whisk together the flour, baking powder, salt, and remaining 1 tbsp of sugar. Pour in the proofed yeast mixture, 3 tbsp of water, and 2 tbsp of the oil. Mix with a rubber spatula until the dough begins to come together.

3 Dump the dough out onto a clean, very lightly floured surface and knead with your hands for 5-7 minutes, until it forms a smooth ball. Brush the bowl with the remaining ½ tsp of oil and put the dough back in the bowl. Cover with a clean kitchen towel and set aside to rise for 1 hour. (It will not double in size.)

4 After the dough has risen, remove it from the bowl and place it on a clean surface. Use a rolling pin to roll out the dough to ¼ inch (6mm) thick. Use a 3½-inch (9cm) biscuit cutter or glass to cut out circles, gathering up the scraps and rerolling the dough as needed, until you have a total of 12 dough circles.

5 Lightly brush the tops of the dough circles with oil and fold in half. Then very gently roll the buns to elongate them into a slightly oval shape. Place on a rimmed baking sheet, cover with the towel, and allow to rise for 45 minutes.

6 About 20 minutes before the buns are done rising, prepare the tempeh: Use a sharp knife to cut the tempeh crosswise into 15 rectangles. Then cut each rectangle in half, giving you 30 small tempeh squares. Place the tempeh in a large nonstick frying pan with 120ml of water. Cover with a lid and steam the tempeh over medium-high heat for 15 minutes, or until it looks a bit puffy and all of the water has been absorbed. Reduce the heat to medium and pour in the oil; sauté for 5 to 7 minutes, until the tempeh is golden and crispy.

7 In a small bowl, mix together the gochujang paste, maple syrup, soy sauce, garlic powder, and 1½ tsp of water to form a thick sauce. Pour it over the tempeh and cook for 1 minute, tossing to coat the pieces evenly with the sauce.

8 Line both steamer baskets with parchment paper, then place 4 buns in each basket. Bring a sauté pan or wok filled with 1.5L of water to a boil over high heat. Reduce the heat to medium to maintain a vigorous simmer and place one steamer basket in the pan. Cover with the lid and steam the buns for 10 minutes. The buns will appear shiny on the outside and will have increased slightly in size. Do not open the steamer to check on them. Remove from the heat and carefully take the buns out. They will be very hot. Repeat with the 4 remaining uncooked buns.

9 To assemble the bao: Open the buns and place a few pieces of cabbage, carrot, and cucumber along with 2 or 3 pieces of tempeh in each. Sprinkle with the green onions and sesame seeds and serve.

Greek Nachos

Serves 4-6

Here, Greek flavours and ingredients are used to create a fun twist on classic nachos. These cold nachos are topped with a homemade vegan tzatziki and some fresh vegetables and pack a tonne of flavour. This meal's protein comes from the silken tofu used to make the tzatziki, and the tasty chickpeas that top it.

For the vegan tzatziki:

- 1 **cucumber**, preferably English (about 225g/8oz)
- 1 (450g/16oz) block **silken tofu**
- 4 **cloves garlic**, minced
- Juice of ½ **lemon**
- 1 tbsp **apple cider vinegar**
- 1 tsp **red wine vinegar**
- ½ tsp **salt**
- Fronds from 4 sprigs fresh **dill**, chopped
- 1 (200g/7.3 oz) bag **pita chips**
- 1 (64g/2.2 oz) can sliced **black olives**
- 100g (3.5 oz) canned **chickpeas**, drained and rinsed
- ½ **red onion (**about 115g/4oz), diced

For the garnish:

- Leaves from 3 sprigs fresh **parsley**, roughly chopped
- Fronds from 2 sprigs fresh **dill**, roughly chopped
- 1 or 2 **lemon slices**
- **Coarse sea salt**
- **Ground black pepper**

1 Cut the cucumber in half. Using a food processor or box grater, grate one half of the cucumber. Wrap the grated cucumber in a clean kitchen towel and squeeze out the excess water. Place in a medium-sized bowl.

2 Prepare the tzatziki: Place the tofu, garlic, lemon juice, vinegars, and salt in a blender. Blend until smooth and liquefied. Pour the blended mixture into the bowl with the grated cucumber and add the dill. Mix with a spoon until well combined. Place in the refrigerator to thicken for 20 minutes or overnight.

3 Dice the remaining half of the cucumber.

4 Assemble the nachos: Place the pita chips on a large plate or a serving dish. Arrange the black olives, chickpeas, diced cucumber, and red onion on top. You can either place the toppings in neat sections or scatter them over the chips.

5 Drizzle half of the tzatziki over the nachos and use the remainder for dipping. Garnish the nachos with the parsley, dill, lemon slice(s), salt, and pepper.

Recipe from ***Plantiful*** by Francesca Bonadonna (Published by Victory Belt Publishing Inc.).



Sesame-Coated Tofu with Aduki Bean Salad

Serves 4

In this Asian-inspired salad, the sesame seeds form a thick, nutty crust around slices of tamari-marinated tofu, which are then served on top of an aduki bean and pea shoot salad.

- 450g (16 oz) **tofu**, patted dry and sliced into 8 slices about 1 cm/½ in. thick
- 2 tbsp **tamari** or **light soy sauce**
- 4 heaped tsp **cornflour**
- 6 heaped tbsp **sesame seeds**
- 125g (4.4 oz) canned **aduki beans**, drained and rinsed
- 11-cm/4-in. piece **cucumber**, quartered lengthways and thinly sliced
- 3 **spring onions**, thinly sliced diagonally
- 120g (4.2 oz) **pea shoots** and **mixed leaves**
- 2 handfuls of **sugar snap peas**, sliced diagonally
- 1 **red chilli**, deseeded and thinly sliced
- **Sunflower oil**, for frying

For the dressing:

- 2 tbsp **tamari** or **light soy sauce**
- 2 tbsp freshly squeezed **lime juice**
- 1 tsp **caster sugar**
- 1-cm/½-in. piece **fresh ginger**, peeled and finely chopped

1 Put the tofu in a shallow dish and pour the tamari over. Turn the tofu to coat it in the tamari and leave to marinate for 1 hour, spooning the tamari over the tofu occasionally.
2 Mix together the cornflour and sesame seeds in a second shallow dish. Add the tofu in batches and turn until evenly coated in the mixture. Pour enough sunflower oil into a large frying pan to shallow-fry the tofu. Fry the tofu over a medium heat in two batches for 2–3 minutes on each side until golden, then drain on paper towels.
3 Meanwhile, mix together all the ingredients for the dressing and stir to dissolve the sugar. Put the aduki beans, cucumber, two of the spring onions, the pea shoots and mixed leaves, sugar snap peas and half the chilli in a large serving dish. Pour enough of the dressing over to coat and toss gently until combined.
4 Pile the sesame-coated tofu on top of the salad and sprinkle over the remaining spring onions and chilli.





Tofu & Rice Houmous

Serves 2-3

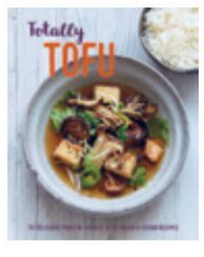
It's so easy to blend these simple ingredients into a creamy houmous-like dip, and it can be used in variety of ways: as a healthy snack with raw veggie sticks or crackers, as a topping for pizza, or like here, as an open sandwich spread.

- 150g (5.3 oz) **short-grain brown rice**, cooked
- 200g (7oz) **soft tofu**
- 60g (2oz) finely chopped **onion**
- 1 tbsp **white tahini**
- 1 tbsp **umeboshi vinegar** or 2 tbsp **umeboshi paste**
- 1 tbsp **nutritional yeast** (optional)
- ½ tsp **salt**, or to taste

To serve:

- 2 tbsp **olive oil**
- **Seeded toast**
- **Shredded red cabbage**
- Diced **avocado**
- **Pea shoots**
- **Freshly ground black pepper**

1 Blend the cooked rice, tofu, onion, tahini, umeboshi vinegar or paste and about 3 tablespoons of water for 1–2 minutes or until smooth. Depending on how soft your tofu is, you might need to add more water, little by little, to achieve a consistency of thick cream cheese. This houmous tastes better if left to rest in the fridge for 24 hours.
2 Serve on seeded toast, topped with shredded red cabbage, diced avocado and pea shoots (or other vegetables of your choice), with a drizzle of olive oil and some freshly ground black pepper.



Recipes from ***Totally Tofu*** (£9.99, published by Ryland Peters & Small). Photography © Ryland Peters & Small.

Ratatouille-Inspired Puy Lentil Soup

Serves 4

Hearty and warming this soup is inspired by the vegetable-packed French dish Ratatouille. The lentils boost the protein content and help to make it *souper* filling.

- 1 **red onion**, chopped
- 1 large **orange** or **yellow pepper**, de-seeded and cut into -inch/1cm dice
- 2 **courgettes**, cut into -inch/1cm dice
- 1 **yellow squash**, cut into -inch/1cm dice
- 3 to 4 **garlic cloves**, smashed
- 2 tsp **Dr Greger's Special Spice Blend** (see recipe)
- 200g (7oz) **puy lentils**
- 1.25 litres (42.2fl oz) **vegetable broth**
- 900g (31.7 oz) **ripe tomatoes**, cored and halved
- 1 tsp **herbes de Provence**, or ½ tsp **dried oregano** and ½ tsp **dried basil**
- ¼ tsp **ground black pepper** or **red pepper flakes**
- 4 tbsp chopped **fresh basil**

1 Preheat the oven to 220°C/425°F/Gas 7. Line a large, rimmed baking tray with a silicone baking mat or baking parchment.

2 Spread the onion, pepper, courgette, yellow squash and garlic in a single layer on the prepared tray. (You may need two trays to fit all the vegetables.) Roast in the oven for 15 minutes. Remove from the oven and sprinkle with Dr Greger's Special Spice Blend. Use a metal spatula to flip the vegetables and return the tray(s) to the oven. Roast until the vegetables are tender and slightly caramelized, about 10 minutes longer. Remove from the oven and set aside.

3 While the vegetables are roasting, combine the lentils and vegetable broth in a large pot over a high heat. Bring to the boil, then lower the heat to a simmer, cover and cook until the lentils are just tender, about 20 minutes.

4 While the lentils are cooking, remove the roasted garlic from the baking tray and transfer to a food processor. Add the tomatoes and process until they are pureed and then add them to the pot. Stir in the herbes de Provence and black pepper.

5 Add the roasted vegetables to the pot and simmer over a low heat for 5 minutes to blend the flavours. Remove the pot from the heat. Stir in the fresh basil. Taste and adjust the seasonings, if needed. Serve hot.

Dr Greger's Special Spice Blend

Makes about 120g

- 2 tbsp **nutritional yeast**
- 1 tbsp **onion powder**
- 1 tbsp **dried parsley**
- 1 tbsp **dried basil**
- 2 tsp **ground thyme**
- 2 tsp **garlic powder**
- 2 tsp **mustard powder**
- 2 tsp **paprika**
- ½ tsp **ground turmeric**
- ½ tsp **celery seeds**

1 Combine all the ingredients in a spice grinder to mix well and pulverize the dried herbs.

2 Transfer the mixture to a shaker bottle with a tight-fitting lid. Store in a cool, dry place.

Recipes from ***How Not to Diet Cookbook*** by Michael Greger MD, out now (Published by Bluebird).



Cumin-Roasted Chickpeas & Squash

Serves 4

Roasting chickpeas and squash with cumin gives such a deep, intense flavour. Cumin is one of our top dried spices and is an essential store cupboard ingredient that packs a real punch.

- 1 **butternut squash**, deseeded (or 500g/17.6 oz) frozen chopped butternut squash
- 400g (14 oz) tin of **chickpeas**, drained
- 1 tbsp **ground cumin**
- **Olive oil**
- **Salt** and **pepper**
- 4 tbsp **coconut yoghurt** (vegan)
- Handful of fresh **coriander**, chopped

1 Preheat your oven to 190°C/370°F/Gas 5.
2 Slice the squash into half-moon shapes, then spread out on a baking tray along with the chickpeas. Add the cumin, a glug of olive oil and a pinch each of salt and pepper. Mix everything to coat, then roast for about 30 minutes until the squash is cooked.
3 Transfer to a plate or bowl and serve with a dollop of yoghurt and a generous garnish of chopped coriander.

Recipe from ***Storecupboard One Pound Meals*** by Miguel Barclay (Published by Headline Home).



Spicy Vegan BLT Sandwiches

Serves 2

The BLT sandwich is a true classic. This spicy vegan twist is crunchy, juicy, and salty (in a good way). Plus, the tempeh used for the 'bacon' is packed with protein.

For the tempeh bacon:

- 1 package (8oz) **tempeh**
- 80ml (2.7 fl oz) reduced sodium **soy sauce**
- 1 tbsp **vegan-friendly steak sauce** or **Worcestershire sauce**
- ½ tbsp **Dijon mustard**
- 1 tsp **maple syrup**
- ¼ tsp **smoked paprika**
- ½ tsp **garlic powder**
- ¼ tsp **chili powder**
- **Freshly ground black pepper** to taste

For the spicy chipotle mayo:

- 120g (4oz) **vegan mayo**
- 1-2 **chipotle peppers** from canned chipotle peppers in adobo sauce
- 1 tbsp **lime juice** or half a lime
- Pinch of **kosher salt**

To build the BLT:

- 2-4 slices **bread** of your choice toasted
- 1-2 **tomatoes**, sliced
- **Romaine lettuce** or **arugula**, or your preferred lettuce

1 For the tempeh bacon marinade, thinly slice tempeh and stir together the marinade ingredients. Combine the tempeh and marinade and refrigerate for at least 30 minutes.

2 Place a skillet over medium heat and coat in vegetable oil. Add tempeh and remaining marinade to the pan. Cook tempeh bacon until golden brown on both sides. Set aside until ready for sandwich assembly.

3 To make the spicy mayo, simply blend the ingredients — mayo, chipotle peppers, salt, and lime juice. Add extra adobo sauce if you want it extra spicy!

4 Toast slices of bread. Slice tomatoes and chop lettuce.

5 To prepare sandwiches, slather mayo on the bread. Add lettuce, tomato, and tempeh bacon. Serve right away!

Recipe by **Kaley Nicholson, authenticallyvegan.com**



Baked Tofu & Crunchy Slaw Satay Wrap

Serves 1

This crunchy, colourful wrap is simple to put together. To save time, make a few batches of the sauce ahead of time and store it in the fridge. The sauce also makes a great dip to enjoy with vegetables such as carrots and celery.

- 1 **tomato wrap**
- Small handful of shredded **carrot**
- Small handful of shredded **red cabbage**
- 100g (3.5 oz) packaged **baked tofu**, sliced
- ¼ **red bell pepper** (capsicum), thinly sliced
- Small handful of roughly chopped **dry-roasted peanuts**

For the satay sauce:

- 3 tbsp **peanut butter**
- 2 tbsp **lime juice**
- 1 tbsp **hoisin sauce**
- 1 tsp **maple syrup**
- ½ tsp **minced garlic**
- **Salt** and **pepper**, to taste

1 Mix the satay sauce ingredients together.
2 Spread the satay sauce over the wrap.
3 Top with the remaining ingredients.
4 Roll up and secure the wrap.



Recipes from ***The 5-Minute Vegan Lunchbox*** by Alexander Hart (Published by Smith Street Books). Food Styling by Deborah Kaloper. Photography © Chris Middleton.



Lentil, Pear & Blue Cheese Salad

Serves 1

There are so many great vegan cheeses available now — and the options just continue to increase — so try a few to find your favourite that you can use in this recipe. The hazelnuts add a nutty, earthy flavour with good crunch — but feel free to swap them with whatever other nuts you have to hand.

- 1 **pear**, cored and sliced
- Juice of ½ **lemon**
- 150g (5.5 oz) drained tinned **lentils**
- Large handful of **rocket** (arugula)
- Handful of chopped **hazelnuts**
- 50g (1.7 oz) **vegan blue cheese**, crumbled

For the balsamic vegan honey dressing:

- 1½ tbsp **balsamic vinegar**
- 1 tsp **vegan honey**
- 1 tsp **vegan Dijon mustard**
- 2 tbsp **extra virgin olive oil**
- **Salt** and **pepper**, to taste

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



Recipes from ***The 5-Minute Vegan Lunchbox*** by Alexander Hart (Published by Smith Street Books). Food Styling by Deborah Kaloper. Photography © Chris Middleton.



Love Your *Local*

Image: The Art of Pics / Shutterstock.com

Oliver Conningham talks us through local brews

We made it. Here we are in 2021, with spring just a daffodil or tulip away, their delicate stems desperate to push the wintry snowdrops to one side. After the festivities of Christmas and New Year, February can seem a quiet and unobtrusive month… The first day of February sees the pagan festival of Imbolc that marks the beginning of spring, yet it is Valentine's Day which tends to overshadow everything else.

Rather than presenting an array of pink-coloured drinks or those with labels covered in hearts, this month we wanted to feature a range of local, independent drinks made with love from small, artisan producers located across the country.

The ongoing impact of Coronavirus has meant that much of our spending, especially over the Christmas period, was carried out online helping to increase the ever-growing wealth of companies such as Amazon.

As restrictions still prevail across the UK, heavily affecting the hospitality industry, why not show some support for your local breweries, vineyards, cider makers and other drink producers. There's a saying which rings true so much at the moment: 'Use it or lose it'. Our support of these small businesses at this time could mean the difference in their survival.

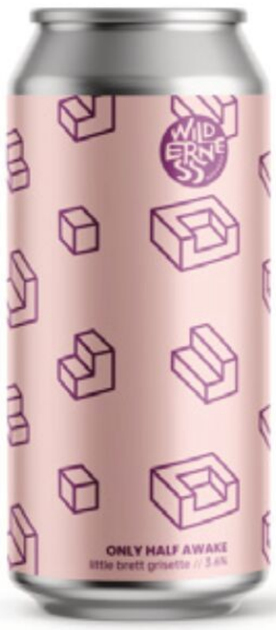
> Find out more about vegan food and drink on the **forkandcarrot.com** website or follow Oliver Coningham on Instagram and Twitter **@forkandcarrot.**



Bran & Sceolan Irish IPA (7.2%)
— The White Hag
£2.79 for 330ml, honestbrew.co.uk

Located in Sligo on Ireland's Wild Atlantic Way, The White Hag are a modern and independent craft brewery. Bran and Sceolan were the two wolfhounds of Fionn mac Cumhaill, a mythical hunter-warrior in Irish mythology. An American-style IPA brewed with 100 per cent Irish malt, Bran & Sceolan Irish IPA is full of pine and citrusy grapefruit flavours.

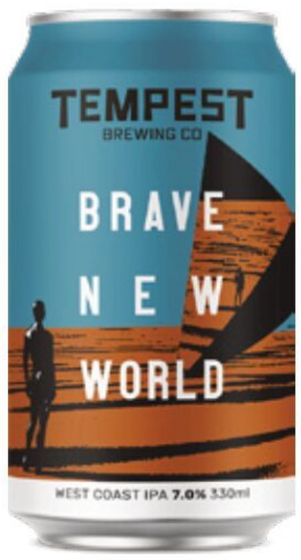
The majority of beers from The White Hag are vegan with the exception of those that use honey or lactose.



Only Half Awake (3.6%)
— Wilderness Brewery
£3.20 for 440ml, wildernessbrew.co.uk

Wilderness Brewery produces seasonal and barrel-aged beers from their brewery in Powys, mid Wales. Specialising in farmhouse-style beers that are either served fresh or aged, their beers are simple, unfiltered and vegan-friendly. Only Half Awake is a modern, lightly funky farmhouse beer with a refreshingly crisp and tart taste.

Wilderness Brewery beers are simple, unfiltered and vegan friendly.



Brave New World (7%)
— Tempest Brewing Co
£2.75 for 330ml, tempestbrewco.com

In 2019, Tempest Brewing Co became the first brewery in the UK to join '1% for the Planet' and donate one per cent of their sales through a mix of monetary, in-kind and approved promotional support to environmental non-profits. Brave New World is a West Coast IPA with everything turned up to the max — huge bitterness, pithy grapefruit and resinous pine.

Tempest Brewing Co beers — with the odd exception — are vegan friendly.



Table Beer (3.1%)
— The Kernel Brewery
£2.49 for 330ml honestbrew.co.uk

Most beer lovers will be familiar with this enigmatic, Bermondsey-based brewery. Their minimal and unassuming, brown labelled beers are a stark contrast to those of their peers. Table Beer is brewed from maximum flavour and drinkability with an ever-changing line-up of hops. Light, refreshing and low on alcohol, a masterclass in sophistication.

The Kernel Brewery beers are mostly vegan with the occasional clearly marked exception that may use honey or lactose.



Rondo Red 2018 (11.5%)
— Polgoon
£14.95 for 75cl, polgoon.com

Founded in 2004, the award-winning Polgoon seeks to produce high quality still and sparkling English wines. Their artisan vineyard and winery is based in Penzance, located on the hills overlooking Mounts Bay, Cornwall. Rondo Red 2018 is made from a single variety of grape grown at Polgoon and displays notes of blackcurrant, redcurrant and plum followed by a smooth vanilla finish.

All Polgoon products — juices, ciders and wines — are vegan approved.



Organic Rhubarb and Ginger
— Lovely Drinks
£35 for 24 x 250ml, lovelydrinks.co.uk

Based in a rural location just outside of Bristol, Lovely Drinks are an award-winning producer of artisan sodas and juices. Organic Rhubarb and Ginger is a light and warming new addition to their range of drinks. Made with pressed organic rhubarb and a small amount of organic unrefined sugar. Perfect on its own or as a partner to a premium craft rum.

Lovely Drinks are vegan-friendly and approved by The Vegetarian Society.





Grow Your Own

Piers Warren helps us to nurture garlic

So useful for adding flavour to all sorts of savoury dishes, garlic is also extremely good for you. It is especially beneficial for the heart and blood system but can also be used as an antiseptic on wounds and to treat colds as well as many other conditions. If you eat raw garlic but don't like the aftertaste, try chewing parsley at the same time! From the onion family, it has a long history, having spread around the world over 5,000 years ago; the ancient Egyptians were known to use it in cooking and medicine.

It's an easy crop to be self-sufficient in all year-round, taking little space and effort to grow and storing well. Choose varieties developed for cultivation in your region (rather than supermarket-bought ones) and save a few bulbs each year for future sowing. Varieties are described as either 'hardneck' or 'softneck' — the softneck ones are recommended for longer storage but they produce smaller bulbs with a milder flavour, so you may wish to grow a mix.

Recommended varieties

Picardy Wight (softneck): Suits a cool, wet climate, good flavour.

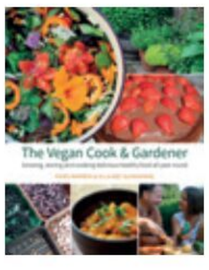
Vallelado (softneck): Large bulbs for planting early winter.
Flavour (hardneck): Medium sized bulbs for planting late winter.
Elephant Garlic: Not a true garlic but actually closely related to the leek. Produces large bulbs and big fat cloves. The flavour is sweeter and milder than traditional garlic.

Depending on the variety, the cloves are often planted in winter, around November/December time, but a second planting can also be made in February. Plant individual cloves 30cm apart, just below the soil surface.

Garlic can suffer from onion white rot — a fungal disease that lives in the soil and causes the foliage to wilt. If this happens, check the bulbs for signs of rot or a white fluffy fungus. Remove affected plants as soon as possible and in future years grow garlic (and other alliums such as onions) in a different part of the plot as the fungus will remain in the soil for some time.

Cut off any flower heads that form — they can be used in salads. After the tops have died down in mid-summer, the garlic bulbs should be carefully lifted on a sunny day and left on the ground or on a wire rack to dry. Excess soil can then be brushed off the bulbs and they can be used immediately or put into storage.

Storage: When the skin on the bulbs is dry and papery, they can be stored in a cool, dry, frost-free place (not in the kitchen, or they will soon start to sprout). The dried stems can be plaited together to hang them like onions. If the conditions are right they will stay in good condition for months — although some will start to sprout as the weather warms up again next spring. Either use these straight away or plant them for a late crop later in the year.



Piers Warren is the co-author (with his daughter, Ella Bee Glendining) of ***The Vegan Cook & Gardener: Growing, Storing and Cooking Delicious Healthy Food all Year Round*** available from **shop.permaculture.co.uk**

Happy Valentine's Day from Green Singles!

Don't spend Valentine's Day alone!

Green Singles is the **leading online dating site for vegans**, vegetarians and animal rights activists. If you are ready for a conscious, loving relationship, it's the perfect time to join Green Singles. After months of lock-downs, singles are wanting relationships. Hookups are out and relationships are in!

- We have amazing, Eco-Conscious members - Meet Vegans here!
- We are NOT a superficial swipedy-swipe dating APP
- We DO have IN-DEPTH profiles to help you learn a lot about potential matches
- On-site Video Dating - keep your personal contact info private until you are ready
- All profiles are manually screened
- We don't share or sell our members' info...ever
- Thousands of SUCCESS STORIES over the last 25 years! You're NEXT!

Join for free and check it out.

Valentine's Week Sale 25% OFF all subscriptions!

green singles®



www.GreenSingles.com


“All happiness depends on a leisurely breakfast”
– John Gunther

This month, we're helping you to understand the importance of eating in the morning

We've all heard the sayings: 'Breakfast is the most important meal of the day' and 'Breakfast like a king, lunch like a prince and dine like a pauper'… But is there any truth to these statements? Is breakfast really as vital as it is claimed to be? And if so, why?

In short, the answer is yes. Breakfast literally means breaking the overnight fasting period, and it is essential that this fast is indeed, broken, to enable us to power through our morning, as well as to boost long-term health. However, according to the Association of Dieticians, only two thirds of adults in the UK and three quarters of Americans eat breakfast regularly (bbc.com). There are many reasons as to why people skip the morning meal, with the most common being not having enough time or not feeling hungry so early on in the day. But whatever the reason, we should all aim to get in some food upon waking.

Over the next few pages, we investigate why eating in the morning is so important, collate a few great breakfast foods and round up a some of the best morning drinks.

Why is breakfast important?

Replenishes energy

The body's main energy source is glucose, and whenever we eat, glucose from food is broken down and absorbed from the carbohydrates we consume. Most of this energy is stored by our bodies as fat, but our bodies also store some glucose as glycogen, with most of this stowed in our livers and smaller amounts in muscles.

When we fast, as we do when we sleep, our livers break down glycogen and release it into the bloodstream as glucose, in attempt to keep blood sugar levels stable. This process is super important for the brain, which depends almost entirely on glucose for energy. Even when we are sleeping, the brain needs this energy to keep bodily functions going.

When we wake up, after having gone without food for many hours, our glycogen stores are low and in need of replenishment. Once all of our energy from glucose stores are emptied — to get the energy it needs — the body will begin to break down fatty acids. But without carbohydrate from foods, fatty acids are only semi-oxidised and this can reduce energy levels further.

Consequently, eating breakfast will replenish the body's glycogen levels and boost our energy, ready to keep metabolism up for the day.

Restocks vitamins, minerals and nutrients

We all know that our bodies need vitamins, minerals and specific nutrients to function efficiently. When these levels are low, deficiencies occur leading to things like fatigue, fainting, slow recovery and headaches. Just as the body uses up our energy stores, it also uses nutrients to repair and grow the body — so we must restock them.

These essential vitamins, minerals and nutrients can only be gained from food, so even though if you have skipped breakfast your body might be able to muster enough energy to make it to lunchtime, you still need to top up vitamin and mineral levels to maintain vitality and health.

Studies have found that if essential nutrients are skipped out on at breakfast, they are less likely to be compensated for throughout the day. So, if you miss breakfast, you probably won't hit your recommended daily allowance of things like iron, B_{12} or vitamin C. People who skip breakfast tend to get really hungry later on in the morning, causing them to make less healthy choices when they do decide to refuel — choices that do not contain adequate nutrients and likely, are high in calories and fat.

Boosts cognitive function and mood

Have you noticed that when you haven't eaten breakfast, you find it more difficult to concentrate, remember details or focus on specific tasks? This is because your brain has not received the essential energy from glucose that it needs to function and get going. Multiple studies have proven that not having breakfast affects our mental performance, attention, memory and ability to concentrate, and this can make even simple tasks difficult to complete. There is also nothing worse than being constantly aware that you are hungry, counting down the minutes until lunchtime — it doesn't make for a productive person, in the workplace, at school or at home!

According to Shake Up Your Wakeup, eating breakfast can also improve our mood and lower stress levels. ›





Studies in children have shown that breakfast can improve attainment, behaviour and has also been linked to improved grades (shakeupyourwakeup.com). Furthermore, because eating in the morning balances blood sugars, it will prevent tired and cranky feelings, improving our overall mood for the day.

What foods should we breakfast on?

Not only is it important that we eat breakfast regularly, but what we breakfast on is just as important. A recent statistic showed that on average, British children under 10 years of age are currently consuming more than 50 per cent of their recommended daily allowance of sugar at breakfast time. So many foods and drinks designed to be consumed in the morning contain alarmingly high amounts of the white stuff, in the form of sugary drinks, cereals and spreads, so be wary of these and check the labels.

Another worrying report, conducted by Change4Life, showed that many parents are unsure as to what actually makes up a healthy breakfast for their children — let alone for themselves! Specifically, 84 per cent of parents whose children were found to be consuming over 50 per cent of their daily recommended dose of sugar before school started, actually thought that their child's breakfast was healthy! (sciencedirect.com)

Opt for lower-sugar cereals or those with no-added sugar, like plain wholewheat cereal biscuits or plain porridge. It is also recommended that breakfast is eaten within two hours of waking, providing calories in the range of 20-30 per cent of your guideline daily allowance (shakeupyourwakeup.com).

A healthy breakfast, according to health specialists (eatingwell.com), should consist of:

- Whole grains. For example, whole-grain rolls or bagels; hot or cold whole-grain (low-sugar) cereals.
- Protein. Examples include legumes and nuts.
- Fruits and vegetables. This may be fresh or frozen fruits and vegetables, 100 per cent juice drinks without added sugar, and fruit and vegetable smoothies.

There are lots of fortified vegan yoghurts and plant-milks that you can have with your breakfast, to ensure that you get a good dose of vitamins each morning. Look for those that are unsweetened, and have added nutrients like calcium and B_{12}.

How can I make sure I eat breakfast?

Life can be busy, so there are some things we can do to make sure that we are eating a nutritious meal each morning. Try the following:

- Prepare your breakfast the night before — quick-to-make meals include overnight oats, pre-made granola pots with sliced fruit and batch-cooked healthy muffins. This will mean that you can either eat when you wake, or grab-and-go — enjoying your brekkie on your commute or once you arrive at work.
- Set your alarm ten minutes earlier than usual, to make sure that you have the time to eat before you start the day or leave the house.
- Keep a selection of healthy and simple breakfast foods at work, to stop you from skipping or from buying an unhealthier option when the chance arises.
- Swap out time-wasting habits that you indulge in when you wake, like scrolling social media or checking emails. Use this time for breakfast, instead!

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The Real Foodists
Yo'ridge Breakfast Pots
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£1.99, therealfoodists.com

Strp'd
Tigernut Flour
Want to take your pancakes up a notch, or give your breakfast biscuits a boost? Try swapping in Strp'd flour — made from deliciously sweet tigernuts. It comes stripped of all nasties, gluten, nuts, dairy and refined sugar. Plus, tigernuts are high in resistant starch, a fibre that acts as a prebiotic, which aids digestion and balances your blood sugar levels, which keep you fuller for longer.
£6.49, strpd.com









Violife

Cocospread

Chocoholics are in for a real treat, with Violife's newest product — a deliciously indulgent and creamy Cocospread. Incredibly versatile, Cocospread tastes great spread on toast, pancakes and waffles. It also has just a quarter of the sugar, half the fat and half the calories found in similar products on the market and can be enjoyed by everyone.

£2.40, cocospread.com

Stacks of Goodness

Protein Pancake Mixes

Ideal for a lazy weekend brunch or a quick and easy mid-week breakfast, Stacks of Goodness' Protein Pancake Mixes are a refreshingly healthy changeup that still hits the sweet spot. All mixes are vegan, low in sugar, gluten-free, and high in protein. There are currently three core mixes, including Strawberry Protein, Double Chocolate Protein and Vanilla and Blueberry.

£4.99, stacksofgoodness.co.uk





Rainforest Foods

Bambeanies Super Cacoa Crispies Toasted Bean Cereal

Made from all-natural and allergen-free ingredients, each bowl of Bambeanies is high in fibre, under 3g of sugar (powered by plants!) and a great source of iron and protein. Naturally delicious, Bambeanies are perfect for both kids and adults alike. Rainforest Foods also works with the charity Rainforest Concern, and for every pack sold, Rainforest Foods will fund the protection of four-square metres of rainforest.

£2.50, rainforestfoods.com

Biona Organic

Rye Bread — Amaranth & Quinoa

Biona's Rye Bread is made with sourdough and freshly milled whole rye, making it wheat-free and high in fibre with no added yeast. Superfoods amaranth and quinoa are both naturally high in protein and an array of vitamins. The bread is ideal served with sweet toppings like sliced banana and peanut butter or savoury delights like smashed avocado.

£2.09, biona.co.uk





La Boulangere

Six Pack Vegan Croissants

Great with jam and strawberries, vegan-honey or simply with plant-based butter, these vegan croissants from La Boulangere make the ultimate breakfast treat. Enjoy warmed-up in the oven for the full experience.

£2.50, sainsburys.co.uk

Drink up!

Coffee, tea and tasty drinks for the morning

Perhaps you like to accompany your breakfast with a delicious drink, or maybe you like to drink your morning meal — whatever you want in the morning, be it tea, coffee or a smoothie, there is bound to be something to take your fancy in this selection.

Rio Health
Yerba Maté Tea
This tasty tea from Rio Health is a great way to start the morning. It has stimulating and tonic properties that contribute to the resistance against mental and physical fatigue.
£6.99, riohealth.co.uk



BOL Foods
Power Breakfast Shake — Mango, Peach & Creamy Coconut
Prefer breakfast on the go? BOL Foods' newest product is both delicious and nutritious, and can be grabbed from the fridge and enjoyed straight away! Made from wholefoods, fruit and vegetables, it contains all 26 essential vitamins and minerals necessary for great health and is high in protein, comprises two of your five-a-day, and is bottled in plastic-free packaging!
£3.50, bolfoods.com



Tea +
Energy Vitamin Tea
Tired of feeling tired? Try this clean tasting tea from Tea +, packed with vitamins and minerals that are proven to help you to fight fatigue.
£2.96, hollandandbarrett.com



Vivo Life
Magic Coffee
Energise your body and mind with Ethiopian Arabica coffee, expertly blended with Lion's Mane Mushroom.
£15.99, vivolife.co.uk



Alpro
Alpro Caffe Coffee & Soya Caramel Fresh Drink
A delicious plant-powered coffee with soya drink, caramel, and added calcium and vitamins. It also has 30 per cent less sugars than the market reference in ready-to-drink caffè latte!
£2.55, sainsburys.co.uk







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Vegan Valentine's

This month, Karin Ridgers talks about love



Karin Ridgers

The first Valentine's Day I sort of remember is the day that Peter Crow crossed out my best friend's name and handed me the same card back with my name boldly written underneath hers. A second-hand card, rejected and pocket money bought…

The second I remember is linked to the card I carried around for a good three months, since the boy I had a crush on and, who, I hadn't even had the confidence to speak to, was absent from Basildon town centre every Saturday I was there (surely a coincidence?).

But Valentine's isn't just what a hormonal 15-year-old teenage girl does in the 80s. We have been sending Valentines messages for over 500 years and the first commercial printed cards were from America 300 years ago.

And now, according to research, around half of the UK population spends a whopping £1.3 billion on Valentine's cards and gifts each year.

But do we overspend in the middle of February simply because we feel we should, or do we do this because we actually want to? Should we wait for that one day to show our loved one that we love them?! Or, should everyday be Valentine's Day?

With lockdown rules changing constantly, who knows what the situation will be for going out for a meal this coming Valentine's Day. Personally, I couldn't think of anything more cringeworthy (other than the poem my 15-year-old-self penned).

I'm not one for celebrating the 'day of love' myself. But if you must romance me, step it up at home with something special. Host a vegan dinner made from scratch, get out a few animal-free candles, open a bottle of 'check the label', isinglass-free, organic, red wine, and hand me some dairy-free chocs. But please — no flowers, no restaurant or teddy bears. Well, not on the 14th February, anyway.

Yet, whilst I am a self-confessed Valentine's Day cynic, I'm not anti-love — quite the opposite! For many people, this is a day where they can reach out to their crush and let them know how they feel. Well, why not? What have you got to lose? And if you don't have a special someone, of course — spoil yourself!

I have been asked to help a lot of vegans find their perfect partner over the years. I actually set up a vegan dating site several years ago — Veggie Vision Dating. The site is run for love and I would love for it to help to connect more likeminded vegans. So many vegans — famous people, businesspeople, computer programmers, models, as well as regular people, like you and I — have asked me about meeting that 'someone special'.

People have told me about breaking down in tears after untoward responses from a potential match, which happened as soon as they mentioned that they are vegan. And, people often come to me after reading one too many dating profiles stating 'no vegans, please.' I want to help to stop this.

Many of my clients have been married or been in long-term relationships that haven't worked out for whatever reason. Some have split after the anguish of their partner not following their vegan footsteps. So, if you are looking for vegan-vegan love, I can help.

The other day, while I was binge-watching five seasons of *Sex and the City* (whilst on my exercise bike!), I got to thinking that finding your 'someone special' can be a challenge no matter what decade — the 80s of my childhood or now. And for us vegans, we narrow that down considerably if we want to share our Valentine's Days with a likeminded vegan.

No matter what your relationship status or orientation I will take this opportunity to wish you a romantic, cruelty-free 364 days of the year — every day other than Valentines Day.

For more from Karin, visit **veggievisiondating.com** and **mad-promotions.com**



Valentine's Day

Show love, with beautiful vegan food

Whether you are a Valentine's Day lover or cynic, many people would agree that making a loved one (or yourself!) a tasty treat, is a great way to show that you care.

Cover Recipe

Linzer Cookies

Makes approx. 15

Linzer cookies are not only a biscuit tin essential — this homemade version also makes a lovely gift for Valentine's Day!

- 300g (10.5 oz) **plain** or **light spelt flour**
- 50g (1.7 oz) **ground almonds**
- 80g (2.8 oz) **caster sugar**
- A dash of **Bourbon vanilla extract**
- A little **unwaxed lemon zest**
- 175g (6.1 oz) **vegan margarine** or **butter**
- 3 tbsp **almond milk**
- 100g (3.5 oz) **strawberry** or **raspberry jam**
- **Icing sugar**, for dusting

1 Mix together the flour, almonds, sugar and lemon zest.
2 Add the margarine, almond milk and vanilla extract and knead to form a smooth dough.
3 Shape the dough into a ball, wrap in cling film and place in the fridge to chill for about an hour.
4 Preheat the oven to 180°C/350°F/Gas 4.
5 Remove the dough from the fridge and roll out on a floured work surface to a thickness of approx. 3mm/⅛-inch.
6 Using a biscuit cutter or knife, cut into discs.
7 Using a small heart-shaped cutter, cut out hearts in the middle of half the discs.
8 Spread out the biscuits on a baking tray lined with baking paper and bake for approx. 10 minutes. Leave to cool.
9 Place the jam in a small saucepan to melt it. It will set again once it's cooled.
10 Using a pastry brush, spread some jam onto the bottom biscuit and sandwich together with the top biscuit. Then fill the little hearts with more jam.
11 Leave the biscuits to cool until the jam has set. Dust with icing sugar and then enjoy!

Recipe from *Vegan Food Porn: 100 Easy and Delicious Recipes* by Bianca Zapatka (Published by Lotus Publishing).

Panna Cotta Tart

Makes enough for one 22/24 cm (9-inch) tart tin

This showstopping dessert is the perfect finale for your romantic Valentine's dinner! Serve with plant-based runny cream or ice cream or enjoy it as it is.

For the shortcrust pastry:

- 250g (8.8 oz) **plain** or **spelt flour** (or gluten-free flour mix)
- 50g (1.7 oz) **sugar**
- ½ tsp **salt**
- 120g (4.2 oz) **vegan butter** (chilled and cut into small cubes)
- 5 tbsp **cold water**
- 2 tbsp **vegan cream** (optional, to brush the edges for a better glaze)

For the vegan panna cotta:

- 500ml (16 fl oz) **coconut milk**
- 1 tsp **agar** (enough for 500ml (16 fl oz) liquid)
- 80ml (5½ tbsp.) **agave syrup** (or another type of syrup/sugar)
- 2 tsp **vanilla extract**

For the fruity mirror glaze:

- 240ml (8 fl oz) **red fruit juice** (of your choice)
- ½ tsp **agar**

1 To make the shortcrust pastry, place the flour, sugar, salt, chilled butter and water into a large bowl and knead with your hands to form a smooth dough (or use a food processor). Roll the dough into a ball, flatten slightly, wrap in cling film and place in the fridge for around half an hour to make it slightly firmer and easier to roll out.
2 Once it has chilled, roll out the dough between two layers of cling film (or floured baking paper). Transfer to a tart or quiche tin, ideally with a removable base. Remove the cling film and press the dough evenly into the tin.
3 Wrap the tart tin (now lined with the pastry) in cling film and chill in the fridge for another 30 minutes. (The raw dough will keep in the fridge for up to 5 days and is also fine to freeze).
4 Preheat the oven to 200°C/390°F/Gas 6. Prick the base in a few places using a fork. Then line the inside of the pastry case with baking paper and weigh it down with dried rice, beans or chickpeas. Brush the edges of the pastry with vegan cream, for an optional extra glaze.
5 Bake the pastry case in the pre-heated oven for 15 minutes, until the edges are lightly browned. Then remove from the oven and carefully take out the baking paper and whatever you used to weigh it down. Place the pastry case back into the oven and bake for another 10-15 minutes until the base is golden brown.
6 Leave the baked pastry case to cool fully.
7 To make the panna cotta, pour half the coconut milk into a saucepan. Stir in the agar and boil, stirring continuously, for 2 minutes (or for the time specified on the packet).
8 Remove from the heat, quickly stir in the syrup or sugar, along with the vanilla extract and the rest of the coconut milk, and pour straight into the prepared pastry case. (In theory, you could just add all the ingredients to the pan in one go and then bring to the boil, but the agar powder doesn't dissolve as well if there's a lot of liquid.)
9 Leave the tart to cool in the fridge for an hour until the top has set.
10 For the fruity mirror glaze, pour the red fruit juice into a pan. Stir in the agar and simmer, stirring continuously, for 2 minutes (or for the time specified on the packet).
11 Leave the mixture to cool a little before pouring it over the panna cotta. Place the tart back in the fridge for another 2 hours.
12 Once the filling has set, you can remove the tart from the tin by carefully pushing up the removable base. Garnish with fresh fruit and enjoy!



Recipe from ***Vegan and Easy*** by Bianca Zapatka (Published by Lotus Publishing).

Top Tip:

Agar: Different products contain different quantities of agar, so please check to make sure the product contains 100 per cent agar. Otherwise you will need to adjust the quantity according to the packet instructions. You need enough for 500ml (16 fl oz) of liquid.

Top Tip:

Remember to give your nut butter a good stir before using it, as the oils can naturally separate. This is because there is no palm oil in Pip & Nut's nut butters, which is often added to stop this natural separation.



Recipe by **Pip & Nut, pipandnut.com**

Chocolate & Peanut Butter Pots

Makes 8-10 pots

These chocolate pots are dangerously delicious, containing a velvety smooth mousse with a peanut butter caramel. Totally vegan and perfect to make ahead of time.

- 200g (7oz) **dairy-free dark chocolate** (at least 75% cocoa solids)
- 700g (1.5 lb) **silken tofu**
- 1 tbsp **vanilla bean paste**
- 180g (6.3 oz) **maple syrup**
- 1 large pinch of **sea salt** + extra for the top
- 9 **Medjool dates**, stones removed
- 3 tbsp **Pip & Nut Smooth Peanut Butter**

1 Place a small pan over medium-low heat, half-fill with boiling water, then place a medium heatproof bowl on top, making sure the base doesn't touch the surface of the water.

2 Finely chop the chocolate and add to the bowl. Keep stirring until melted and then remove from the heat.

3 Line a medium bowl with a clean tea towel. Add the tofu, bunch up the tea towel and squeeze out the excess moisture into the bowl and discard the water.

4 Add the tofu to a food processor with the vanilla bean paste, 150g of maple syrup, vanilla bean paste and a large pinch of sea salt and blitz for 3-5 minutes or until smooth. Pulse in the melted chocolate and once fully combined transfer to a bowl.

5 Clean out the blender and add the dates, a little splash of boiling water, peanut butter, and remaining 30g of maple syrup. Blitz until totally smooth and caramel-like. If it needs it, add another splash of hot water and blitz again until smooth.

6 Spoon the peanut caramel into the bottom of small bowls or glasses and top with the chocolate mousse. Finish with a flurry of sea salt and some shavings of dark chocolate if you like. Chill in the fridge for 30 minutes before serving.

Cherry Bomb Cheezecake

Makes one 8-inch (20.5-cm) cake

This cake is any cherry lover's dream and is perfectly romantic. The almond base tastes like marzipan and complements the layers of fruity cheezecake and sweet cherry sauce. Although you can use fresh dark cherries and cherry juice for this recipe, frozen sour cherries give a nicer colour. Plus, you are left with the liquid cherry juice when you defrost the cherries, so you don't need to go out and buy the juice separately!

For the crust:

- 144g (5oz) **ground almonds** or **almond flour**
- ¼ tsp **Himalayan pink salt**
- 7 **Medjool dates**, pitted
- 1 tsp **almond extract**

For the cherry cheezecake filling:

- 255g (9oz) **cashews** (dry weight)
- 310g (11oz) **frozen cherries**, defrosted, juice reserved
- 1 (400ml/13.5fl oz) can **chilled coconut milk** (using only the thick cream from the top of the can)
- 120ml (4fl oz) **maple syrup**
- 2 tsp (10ml) **vanilla extract**
- 1 tsp **almond extract**
- 71g (2.5oz) **coconut oil** (solid)
- 15g (1 tbsp) **cashew butter**
- Pinch of **Himalayan pink salt**

For the cherry topping:

- 120ml (4fl oz) **cherry juice** (left over from defrosting the cherries)
- 30ml (2 tbsp) **maple syrup**
- 1 tbsp **cornstarch**
- 310g (11oz) fresh or frozen **cherries**, defrosted and pitted

1 Ahead of time, begin by preparing the cashews for the cheezecake filling. Soak the cashews in water for a minimum of 4 hours before rinsing with clean water and draining them, or quick soak in boiled water for 1 hour.

2 At the same time, fully defrost the 620g (1.3lb) of cherries for both the filling and the topping. Allow them to sit in a fine-mesh sieve over a bowl while they warm up. Reserve the juice for the topping of the cake. Squeeze the cherries to remove any excess juice — if there is too much liquid in your filling mixture, it may not set properly.

3 To make the crust, put the ground almonds and salt in your food processor and blitz for 1 minute, until it's a fine crumb consistency. Add the dates and almond extract and process for a couple more minutes, until the mixture starts to stick together and form a dough.

4 Line the bottom of an 8 x 4–inch (20.5 x 10.25–cm) cake pan with parchment paper and press the dough evenly into the bottom using a rubber spatula or the flat bottom of a glass. Once even, put the base in the freezer while you prepare the next layer.

5 For the cheezecake, put the cashews, 310g (11oz) of cherries (without the juice) and all the remaining cheezecake filling ingredients into your high-speed blender. Blend the mixture on high speed until it's completely smooth and creamy. Remove the cake base from the freezer and pour the cheezecake mixture onto it, tapping the pan gently on your work surface to knock out any air bubbles. Place in the freezer to set for 6 hours or overnight.

6 For the cherry topping, put the cherry juice and maple syrup in a saucepan and bring the mixture to a simmer over medium heat. Meanwhile, combine the cornstarch with 4 tablespoons (60ml) of the heated cherry juice in a separate bowl and mix well.

7 Add the cornstarch mixture to the saucepan and bring the mixture to a boil, whisking continuously. Reduce the heat and simmer for 5 minutes, making sure you keep stirring to avoid the mixture from sticking to the bottom of the pan.

8 Remove the saucepan from the heat and stir in the remaining 310g (11oz) of pitted cherries. Allow the cherry mixture to cool for about 10 minutes. Remove the cake from the pan while still frozen to keep the cake from sticking to the pan. Spread the cherry sauce mixture on the top of the cheezecake.

9 Allow the cake to defrost for 45 minutes to 1 hour before serving.

10 Store in an airtight container in your fridge and consume within 1 to 2 days. Alternatively, freeze any unused cake and defrost before serving.

Recipe from ***No-Bake Vegan Desserts*** by Christina Leopold (Page Street Publishing Co. 2020.). Photography by Christina Leopold.







Valentine's Day Fruit Board

Serves 2

If you're planning on either entertaining, or celebrating Valentine's Day with a loved one, this is for you! Using mini cookie cutters and a deliciously sweet strawberry fruit dip, you're guaranteed to have the cutest Valentine's Day ever!

- 1 package fresh strawberries
- 1 package fresh raspberries
- Several slices of fresh watermelon
- 1 dragon fruit

For the sweet strawberry fruit dip:

- 150g (5.3 oz) coconut milk yoghurt
- 2 tbsp strawberry (or any other fruit) purée
- 1 tsp maple syrup

1 Wash all produce well.
2 To make the sweet strawberry dip combine your coconut milk yoghurt, strawberry purée, and maple syrup in a bowl and mix well.
3 Use your mini heart shaped cookie cutter to cut hearts out of your watermelon slices and dragon fruit.
4 Assemble your fruit and dip around your platter and enjoy!

Recipe by Kelsey Riley, **Planted in the Kitchen, @plantedinthekitchen**

Blood Orange Cake with a Whipped Coconut Cream Frosting

Serves 4

Fluffy, light zesty sponge cake topped with an orange whipped cream frosting makes this Blood Orange Cake an absolute treat for any Valentine's meal (or to share with the whole family!)

- 150g (5.3 oz) **grated carrots**
- 300g (10.5 oz) **plain flour**
- 2 tsp **baking powder**
- ¼ tsp **nutmeg**
- 1½ tsp of **cinnamon**
- ½ tsp of **salt**
- 125g (4.4 oz) **brown sugar**
- 125ml (4.2fl oz) **oil** (both vegetable and coconut oil work well)
- 200ml (6.7fl oz) **plant-based milk** (almond or soya work well)
- 1 tsp **apple cider vinegar**
- 1 tsp **vanilla essence**
- 125ml (4.2fl oz) **blood orange juice** + **zest** of 2 **oranges**
- **Raisins** and **nuts** (optional)

For the cream cheese frosting:

- 225g (8oz) **cashews** (soaked in water)
- 3 tbsp **blood orange juice**
- ¼ tsp **beetroot powder**, for colour
- **Zest** of an **orange**
- 2 tbsp **coconut oil**
- 1 tsp **vanilla essence**
- 5 tbsp **maple syrup**
- 200g (7oz) **coconut cream**

You will need:

- 3 x 6-inch cake tins

1 Preheat your oven to 180°C/360°F/Gas 4. Line the bottom of three 6-inch round cake pans with baking paper.
2 Begin the recipe by grating your carrots.
3 Then, in a medium bowl, combine your dry ingredients: flour, baking powder, nutmeg, cinnamon, salt and sugar.
4 In a large mixing bowl, combine your oil, plant-based milk, vinegar, vanilla and orange juice until smooth.
5 Gradually add your flour mixture with a sieve to your wet ingredients and mix until just combined. Don't overbeat the batter at this stage.
6 Gently fold in your grated carrots, and any optional added ingredients.
7 Transfer your batter to the lined cake tins and bake in the centre of the oven for approximately 30 minutes or until a toothpick comes out clean. Cool completely before adding your icing.
8 To make the cashew icing: In a food processor blend your cashews which have been previously soaked for four hours, on high until a paste forms. Add all the remaining ingredients and continue to blend until the mixture is thick and creamy. Allow the frosting to thicken a bit in the fridge before layering on the cake.



Recipe by **Camilla Jane Lovell, @mmillyjane**



Garlic & Herb Pinwheels

Serves 6

A quick and easy recipe for a Valentine's Day side or starter, using new Cheddar style Sheese with Garlic and Chives. They are sure to be a hit!

- 1 x sheet **vegan puff pastry**
- 50g (1.7 oz) **dairy-free margarine**
- 3 cloves **garlic**, crushed
- 50g (1.7 oz) **Cheddar style Sheese with Garlic and Chives**, grated
- 2 tbsp **fresh parsley**, chopped

1 Preheat the oven to 170°C/325°F/Gas 3 and place a sheet of baking paper on a large tray.
2 Melt the margarine then mix in the garlic and herbs and set aside for 5 minutes.
3 Brush the pastry sheet with the melted margarine mixture (save a little!) then sprinkle over the grated Sheese all over the base.
4 Now, roll up the sheet carefully and evenly into a log, then slice into about 8 pieces. Brush each one with the remaining melted margarine mixture.
5 Place each one on the baking tray (leaving enough room for them to expand) and bake for 12-14 minutes until golden and puffed up. Enjoy hot or cold!

Recipe and image by Bute Island Foods, **buteisland.com**

Spag Bol

Serves 6

What says, 'I love you', more than a tasty bowl of spaghetti? Share this Spag Bol with your loved one or make it for yourself to enjoy at dinner. This makes up a big batch that can be frozen or served throughout the week (and it tastes better after a day or two, anyway).

- 1 tbsp **olive oil**
- 1 **large onion**, diced
- 1 **medium carrot**, peeled and diced
- 1 **celery stick**, diced
- 3 **garlic cloves**, crushed
- 1 tbsp **balsamic vinegar**
- 1 tsp **yeast extract** or **vegan miso paste**
- 200g (7oz) **chestnut** (cremini) **mushrooms**, sliced
- 500g (1lb 2oz) **frozen soya mince** or 1 recipe quantity of **Veggie Mince** (see recipe)
- 2 x 400g (14oz) cans **plum tomatoes**
- 150ml (5fl oz) **vegetable stock**
- 6 **fresh basil leaves**, finely chopped
- 1 tsp **dried oregano**
- 1 tbsp **tomato ketchup**
- 8-10 **fresh cherry tomatoes**, halved
- 400g (14oz) **dried spaghetti**
- **Sea salt** and **ground black pepper**
- **Vegan parmesan** or **nutritional yeast**, to serve (optional)

1 Add the oil to a large saucepan on medium heat and sauté the onion, carrot, celery and garlic for 5 minutes, until softened. Stir in the balsamic vinegar, yeast extract, mushrooms and mince. Cook for a further 10 minutes.
2 Pour in the tomatoes, vegetable stock, herbs, ketchup and tomatoes. Bring to a boil, then reduce to a simmer and put the lid on the pan. Cook for 1 hour, stirring occasionally, until thick and rich. Season to taste with salt and pepper.
3 Cook the spaghetti according to packet instructions. Serve a ladle of the Bolognese on top of the spaghetti, along with a generous grating of vegan cheese or nutritional yeast.

Veggie Mince

Serves 4

- 125g (4.4 oz) **walnuts**
- 250g (9oz) **shiitake** or **chestnut** (cremini) **mushrooms**, roughly chopped
- 1 tbsp **plain** (all-purpose) **flour** (gluten-free, if needed)
- **1 tbsp** balsamic vinegar
- 1 tsp **yeast extract** or **vegan miso paste**
- A pinch of **ground black pepper**

1 Put the walnuts in a food processor and pulse until chopped. Add the rest of the ingredients and pulse until you have a chunky mixture. If you don't have a food processor, finely chop the mushrooms and bash the walnuts, wrapped in a clean towel, with a rolling pin, until crushed, then mix with the rest of the ingredients.
2 Use in place of ordinary mince. Cooks in 10 minutes.

Recipes from ***Great British Vegan*** by Aimee Ryan (White Lion Publishing).





Recipe and images from
Made With Love & Plants by Tammy Fry
(Penguin Publishers)**, frysfood.com**



Sloppy Joes with Fry's Pea Protein Mince

Serves 4-8

This mouth-watering recipe for Sloppy Joe's is perfect for enjoying with a loved one — just prepare to get messy! Taken from Tammy Fry's new plant-based cookbook and lifestyle guide *Made With Love & Plants*. It uses Fry's new Plant-Based Pea Protein Mince which is non-GMO and soya-free and of course, delicious.

- 1 tbsp **extra virgin olive oil**
- 1 medium **brown onion**, finely chopped
- 2 **cloves garlic**, crushed
- 2 tsp **ground cumin**
- 2 tsp **smoky paprika**
- 1 tsp **ground coriander**
- 2 tbsp **tomato paste**
- 1 **green pepper**, diced
- 1 pack (300g/10.5 oz) **Fry's Plant-based Pea Protein Mince**
- 1 **long red chilli**, deseeded and finely chopped (optional)
- 1 tbsp **brown sugar**
- 1 can (400g/14oz) **chopped tomatoes**
- 100g (3.5oz) halved **cherry** or **baby plum tomatoes**
- 1 tbsp **balsamic vinegar**
- 2 tsp **soy sauce**
- 2 tsp **hoisin sauce**
- 1 cup **vegetable stock**
- 1 can (400g/14oz) **lentils,** rinsed and drained
- **Salt** and **pepper**, to taste

To serve:

- 8 **hamburger rolls**, sliced in half
- 1 **red onion**, finely chopped
- A handful of **fresh coriander**, finely chopped
- A handful of **micro herbs** to garnish

1 Heat the oil in a saucepan over a medium heat. Add the onion and garlic and sauté for 2 minutes.
2 Stir in the cumin, paprika and ground coriander and fry for another minute, taking care not to burn the spices.
3 Add the tomato paste and green pepper and sauté for 2 minutes to caramelise the tomato paste slightly.
4 Add the mince and fry for 2 minutes then stir in the chilli, sugar, canned and fresh tomatoes, balsamic vinegar, soy and hoisin sauces and stock.
5 Simmer for 12-15 minutes over a low heat until thickened.
6 Stir in the lentils and simmer for 3-5 minutes. Season to taste.
7 To assemble the Sloppy Joes, spoon some of the mince mixture onto the bottom half of each roll. Add a sprinkling of chopped onion, fresh coriander, and micro herbs. Cover with the top half of the rolls and serve.

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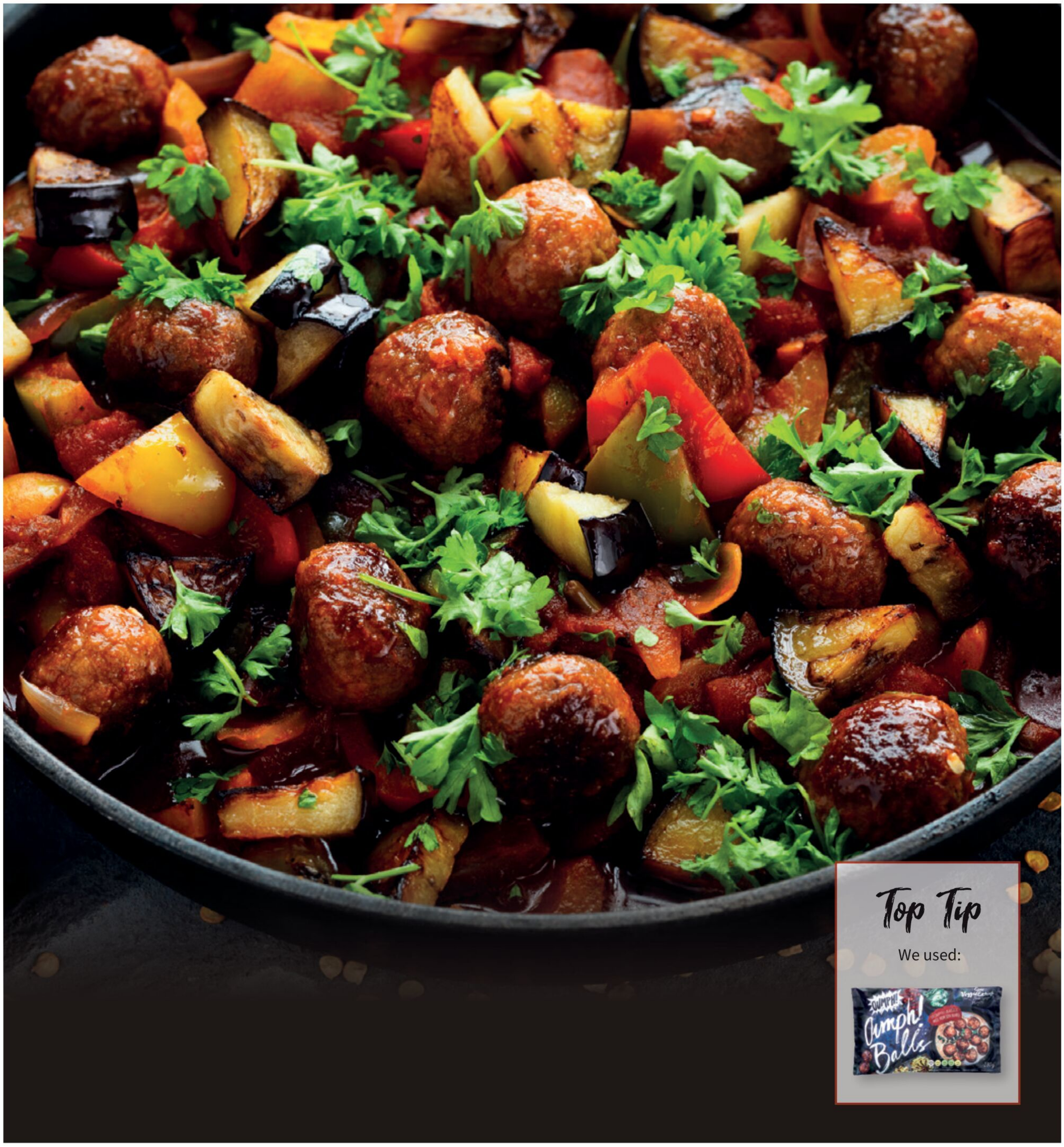
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Top Tip

We used:

Oumph! Moroccan Stew

Serves 4

Look no further for the perfect Valentine's Day dinner — these brand-new plant-based Oumph! Balls will roll perfectly into all of your favourite dishes, including this deliciously spicy Moroccan Stew. The dish is hearty, filling and wonderful shared with a loved one. Oumph! Balls are made from soya. They're high in fibre and free from gluten and dairy. Let the good times roll!

- 1 pack **Oumph! Balls** (280g)
- 1 tin (400g/14oz) **chopped tomatoes**
- 1 small **yellow onion**, chopped
- 6 **cloves garlic**, chopped
- 8 tbsp **olive oil**
- **Harissa**, to taste
- 3 **peppers**, different colors, diced
- 1 **aubergine**, diced
- 10g (0.3 oz) **ground cumin**
- 10g (0.3 oz) **ground coriander seeds**
- **Salt**, to taste
- 1 **plant-based stock cube**
- 20g (0.7 oz) **fresh parsley**, coarsely chopped

1 Fry garlic and onion in half of the olive oil, then add the tomatoes and peppers. Season with cumin, ground coriander and add a little salt and harissa, to taste.
2 Add vegetable stock and a little water. Cook on low heat for about 10 minutes.
3 Roast the aubergines in the oven or in a pan with the remaining olive oil until soft.
4 Fry the Oumph! Balls.
5 Place the stew in a large serving dish and place The Oumph! Balls on top. Sprinkle with parsley.
6 Serve with basmati rice.

Recipe and images from **Oumph!, oumph.uk**

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Recipe from ***Vegan Yum*** by Megan Sadd (Page Street Publishing Co. 2020.) Photography by Megan Sadd.

Top Tip:
Store-bought vegan parmesan works best in this recipe! It melts into the sauce and adds to the creaminess.

Pan-Seared Tempeh with Lemon-Parmesan Cream

Serves 2-3

This delicious meal is a based on a salmon dish, with tasty tempeh used in its place. Steaming the tempeh improves the flavour profile by reducing bitterness. It's not necessary when using bolder flavours, but in this case, it's nice because of the light flavours from the citrus, coconut and fresh herbs.

- 3 **small courgettes** (zucchini)
- 4 tsp **olive oil**, divided
- ¼ tsp **salt**, plus more to sprinkle
- **Pepper**, to sprinkle
- 283g (10oz) **tempeh**
- 300ml (10.1 fl oz) **water**
- 170g (5.7 oz) **whole-grain pearl couscous**
- 1 tbsp + 1 tsp **vegan butter**, divided
- 2 **lemons**
- 1 **shallot**, finely diced
- 2 **large cloves garlic**, minced
- 240ml (8.1 oz) **coconut milk**
- ½ tsp **red pepper flakes**
- 60g (2.1 oz) shredded **vegan parmesan** (store-bought, see top tip)
- ½ tsp **brown sugar**
- 2 tbsp minced **chives**
- 2 tbsp minced **dill**

For serving:

- 8g (½ tsp) **microgreens** or **arugula**
- **Crusty baguette** (optional)

1 Preheat the oven to 200°C/400°F/Gas 6. Line a baking sheet with parchment paper. Slice the courgette into ¼-inch (6-mm) half-moons. Place the courgette on the baking sheet. Drizzle with 2 teaspoons of olive oil and sprinkle with salt and pepper. Mix to combine, then roast for 15 minutes, until tender. Stir halfway through cook time.

2 Slice the tempeh into ½-inch (12-mm)-thick triangles. Steam the tempeh in a basket over a small amount of water for 10 minutes. Bring the 300ml of water to a boil in a small saucepan. Add the couscous, cover and reduce the heat to a simmer. Cook for 5 minutes, until the water is absorbed, then fluff with a fork.

3 Melt 1 tablespoon of vegan butter in a large frying pan over medium-high heat. Add the steamed tempeh. Sprinkle with salt. Fry until golden brown, about 3 minutes on each side. Cut one lemon in half. Cut the other into slices.

4 Push the tempeh to the sides of the pan. Melt 1 teaspoon of vegan butter in the centre. Add the shallot and garlic to the centre. Place the lemon halves and slices cut side down next to the shallots. Press them down to get a nice sear. Cook the shallots for 1 minute, stirring occasionally. Remove the lemons from the pan when they're browned.

5 Add the milk, red pepper flakes, parmesan, sugar and ¼ teaspoon of salt to the pan. Juice the halved lemon into the pan. Reserve the lemon slices to garnish the plate. Stir the sauce to combine. Flip the tempeh around to coat. Let the sauce reduce for a minute, then add the chives and dill.

6 Mix the courgette into the couscous. Add the remaining 2 teaspoons of olive oil to the couscous and sprinkle with salt and pepper. Divide the couscous and tempeh among serving plates. Spoon the sauce over the tempeh and garnish with microgreens and grilled lemon slices. Serve immediately with a crusty baguette (if using).



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Rose Geranium ticks a heck of a lot of beneficial boxes, which is why Friendly have created this luxury soap made with it! The heavenly scent of this bar is great for a luxurious, relaxing bath. So, use it to show someone you love them, by treating them to a tub filled with bubbles and accompanied by the lovely fragrance of Rose Geranium.
£2.25, friendlysoap.co.uk



HOLOS Kombucha
Sparkling Oolong

This Sparkling Oolong is HOLOS Kombucha's answer to champagne. Tasting sweetly floral, with notes of elderflower and lychee combined with the clean acidity of kombucha, Sparkling Oolong is the perfect non-alcoholic celebration drink for Valentine's Day.
£24 for 2 bottles, holoskombucha.com



The Green Woman
Organic 'Love' Skincare Gift Set

This 100 per cent organic skincare gift set from The Green Woman is the perfect selfcare treat. The kit contains bestselling Fit Pit natural deodorant, as well as indulgent Green Cream body butter scented with jasmine, frankincense and rose.
£11, thegreenwoman.co.uk

Vegan roundup:

Valentine's Day gifts

This month, we're rounding up gifts for the day of love

Whether you are looking for a Valentine's Day gift for a partner, someone you appreciate or yourself (self-love is so important!), we are here to help. Our roundup of gifts has something for everyone, from sweets to gin and from scented soap to skincare products.



Junimperium
Winter Craft Gin

Spicy and aromatic with a slight note of berries, this gin is romance in a bottle. Made by award-winning Estonian craft gin brand, Junimperium, it is the perfect Valentine's Day tipple — with warming spices, livening bitter orange, a bold-burst of juniper berries and a bittersweet Lingonberry infusion. Try it with an aromatic tonic, or in a spiked hot chocolate.
£41.95, masterofmalt.com



Wearth London
Lily Flo Recycled Gold Letter Necklace

Show someone how much you care, with an emblem of personal significance coming in the form of an initial. Each beautifully designed and sustainable gold necklace is handcrafted in London with your choice of 9ct recycled gold or rose gold finish. Not only is each necklace handmade, but it's also vegan-friendly and made from sustainable materials.
£241, wearthlondon.com



The Conscious Candy Co.
Pink Sweets Pouch 250g

Get in the spirit of Valentine's Day, with this assortment of pink vegan sweeties from The Conscious Candy Co. Each bag is filled with a random mix of sweet and sour gummy treats that are sure to put a smile on someone's face. The pouches are resealable to maintain freshness and are perfect for taking out and about.
£2.99, consciouscandy.co.uk



The magic of *mushrooms*

Dietitian Yvonne O'Halloran looks at the benefits of eating various types of fungi

Mushrooms come in many different shapes and sizes — with more than 2,000 different species, and around 25 widely accepted as food *(International Journal Of Microbiology 2015).* Mushrooms are a great addition to any diet due to their amazing taste, varied texture and incredible health benefits — they have been used throughout Asia for their medicinal purposes for thousands of years. Mushroom appearance can vary, but generally they are recognised for their stem, fleshy round cap and gills underneath the cap. Let's take a look at mushrooms to decide if it's worth including them into our diet.

Mushrooms may be considered a vegetable to many, but they are in fact, a type of fungus that contains something known as ergosterol, which is similar in structure to cholesterol in animals. You may have heard that it is possible to obtain vitamin D through mushrooms that have been exposed to ultraviolet light. This is true, because the ergosterol can be transformed into vitamin D through light exposure.

Mushrooms contain polysaccharides, indoles, polyphenols and carotenoids which have antioxidant, anti-cancer and anti-inflammatory properties (Molecules). There are many different mushroom types. The most common are:

- Button mushrooms
- Portobello mushrooms
- Cremini mushrooms
- Morel mushrooms
- Maitake mushrooms
- Hedgehog mushrooms
- King oyster mushrooms
- Shiitake mushrooms
- Oyster mushrooms
- Porcini mushrooms
- Lobster mushrooms
- Enoki mushrooms
- Chanterelle mushrooms
- Clamshell mushrooms
- Reishi mushrooms

Nutritional benefits

Mushrooms are naturally low in calories, but are also loaded with many health boosting vitamins, minerals and antioxidants, making them an important addition to everyone's diet. They contain protein, B vitamins (yes, even B_{12}!), copper, selenium (an important antioxidant) phosphorus and chromium *(International Journal Of Microbiology 2015).*

Health Benefits

Mushrooms contain a powerful antioxidant called ergothioneine, which helps lower inflammation in the body — reishi mushrooms, in particular, seem to have significant anti-inflammatory effects. Reishi is often referred to as the king of mushrooms — it has been linked with longevity, immune function and mental clarity *(International journal of molecular sciences 2017).*

Mushrooms may also be protective against Parkinson's, Alzheimer's, hypertension, stroke and cancer. Additionally, they can help lower cholesterol, act as an immune system enhancer and are anti-bacterial *(International Journal Of Microbiology 2015)*. Mushrooms can also protect the liver, are anti-diabetic, anti-viral and anti-microbial *(International journal of molecular sciences 2017).*

White mushrooms have the most potassium at 300 mg per serving, while cremini and portobello mushrooms have most of the antioxidant ergothioneine.

Beta Glucans

Mushrooms main polysaccharides are beta glucans, which are known to be anti-cancer, immunomodulating, antioxidant, and neuroprotective *(International Journal Of Microbiology 2015)*. These beta glucans also protect from infectious diseases.

Gut Health

Prebiotic foods ensure a healthy growth of microorganisms in our gut. Examples include chicory root, raw garlic, raw onion and raw Jerusalem artichoke *(International journal of molecular sciences 2017)*. Mushrooms are also considered a source of prebiotics as they contain chitin, hemicellulose, mannana, beta glucans and xylans which are different polysaccharides important for a healthy gut microbiome *(Bioact. Carbohydr. Diet. Fibre).*

Poisonous and Illegal mushrooms

Remember, some species of mushrooms can be poisonous, and others are psychoactive (because they contain psilocybin). Some of these mushrooms are illegal in numerous countries.

Cooking Methods

Research conducted by the *International Journal of Food Sciences and Nutrition* found that certain mushrooms (including button, shiitake, oyster and king oyster mushrooms) retain more of their vitamins and nutrients when exposed to short cooking times. Plus, microwaving or grilling significantly increased their antioxidant capacity when compared to boiling or frying.

Adding mushrooms to your diet

There really are endless ways you can incorporate mushrooms into your diet. Try these out:

- Make chunky or puréed mushroom soup.
- Add mushrooms to a stew or casserole.
- Use a portobello mushroom as a burger or use ground up mushrooms as a base for a burger patty.
- Add sautéed mushrooms to your breakfast (like tofu scramble) or top on toast with some avocado and seasoning.
- Add mushrooms to a salad — some people enjoy adding them raw.
- Incorporate mushrooms into pastries.
- Add as a topping to pizzas.
- Add to your evening meal for a 'meaty' texture (portobello works well).
- Add to lasagnas or spaghettis for a nice texture.
- Mushrooms go great in any pasta or noodle dish.
- Add to a panini or toasted sandwich for lunch.

Final word

So, in conclusion, we should definitely include mushrooms into our diet for their health promoting properties. As with fruits and vegetables, it's best to eat a variety of different mushrooms for a diverse and healthy gut microbiome.



Find Yvonne on Facebook at
@livingveganofficial





How do I nurture my body?

Simon Brandy from vegan supplement brand, Veganicity, talks us through the importance of vitamins and minerals

All vitamins and minerals have vital roles to play in keeping the body functioning and healthy, so it is extremely important to have a diet that is balanced to ensure the body is truly nourished.

Vitamins come in two forms — fat and water-soluble. The body retains and works off fat-soluble vitamins, but water-soluble vitamins need topping up daily, so having a varied diet is essential.

Any full-rounded diet has the potential to be nutritionally complete, however, most peoples are not. There are many reasons why people are not consuming the correct levels of nutrients — hectic lifestyles, disliking certain foods, allergies and intolerances among other reasons. It is important to try to ensure you are getting your vitamins and minerals through food, however, if an individual knows they are not, they should consider taking a suitable supplement to top the body up.

What do we need?

B12

Vitamin B_{12} helps keep the nervous system and blood cells healthy. If a person is deficient in this vitamin, they tend to feel lethargic and weak. Many foods are now fortified with vitamin B_{12}, so if a balanced diet is followed there should be no reason for a deficiency. Other than fortified foods like cereal and energy bars, B_{12} can be found in some non-dairy milk and rice.

A B_{12} deficiency is more commonly seen in raw food vegans who choose not to consume produced products that have added fortification. These vegans should consider supplementation.

Vitamin C

Vitamin C is needed in the body for many reasons. From protecting cells, to keeping skin, blood vessels, bones and cartilage heathy, it is vital to ensure you are getting enough.

Most vegans who eat an array of fruit and vegetables do not usually need to supplement as it is found in many raw foods. Citrus fruits like oranges are known for being rich in vitamin C, but it is also found in peppers, Brussels sprouts, sweet potatoes and more.

If a person finds their skin is looking tired or they are slow to heal, then they could be deficient. Vitamin C is water-soluble, which means it isn't stored in the body so needs topping up daily.

Vitamin D

Commonly known as the 'sunshine vitamin' vitamin D is required for healthy bones. In recent years, there's been a rise in vitamin D deficiency among everyone. We naturally get vitamin D from the sun between April and October when it is at its highest. Spending more time indoors and using higher factor sunscreens means we aren't exposing ourselves to enough vitamin D.

It is ironic that we need the vitamin from the sun, however, vegans can get it also from a vegetable that grows in the dark — mushrooms. Vegans who don't eat fortified foods are at risk of being vitamin D deficient which can lead to feeling lethargic. If this is the case, it might be worth topping the body up with a supplement.

Iron

The body uses iron to make red blood cells which carry oxygen around the body. A deficiency can lead to extreme tiredness in a person. Iron deficiency anaemia (IDA) is the most common vitamin deficiency in the Western world. Vegan-friendly foods tend not to be rich in this mineral, so people may have lower levels than their meat-eating counterparts.

Good sources of iron for vegans include lentils, beans, some nuts and seeds as well as figs, dried apricots and raisins. If a person is constantly tired, feels weak, has cold hands and feet or brittle nails they could be deficient and should consider supplementation.

Omega-3 and Omega-6

These long-chain polyunsaturated fatty acids (LCPs) play a vital role in brain function, but are also beneficial for eye health and have even been used to fight depression and trialled on those living with ADHD.

Vegans can often lack these good fatty acids as the foods they are found in aren't generally common in everyday foods. To combat deficiency, try adding hemp or sunflower seeds to your diet as well as peanut butter, tofu and even walnuts to top the system up. Unless you are very much aware of the nutritional content of the foods a vegan is consuming then supplementation is a good consideration.

Calcium

Calcium is known for its role in healthy teeth and bones. In the UK, all bread is fortified with calcium, so if a person has toast or regularly eats sandwiches then they should be getting an intake of calcium. Green leafy vegetables, pulses and sesame seeds are good raw sources of calcium, but it can also be found in fortified soya, rice and oat drinks, as well as white and brown bread.

Consideration could be given to supplementation if a vegan doesn't consume fortified foods or doesn't include enough leafy green vegetables on a daily basis.

Iodine

Iodine is often the mineral that is forgotten about, but it shouldn't be overlooked as it helps make thyroid hormones and is important for brain and bone development in pregnancy.

Although iodine is found in many fruits and vegetables, the amount contained within them tends to be low, so vegans can be at risk of lacking in it. Green beans, spring greens, watercress, kale, wholegrains, strawberries, and bananas all contain iodine. Expectant mums should take a pregnancy specific supplement, which will provide a plethora of vitamins and minerals specific to supporting both themselves and the baby.

Words by Simon Bandy, managing director for Veganicity, **healthplus.co.uk**, **veganicity.com**

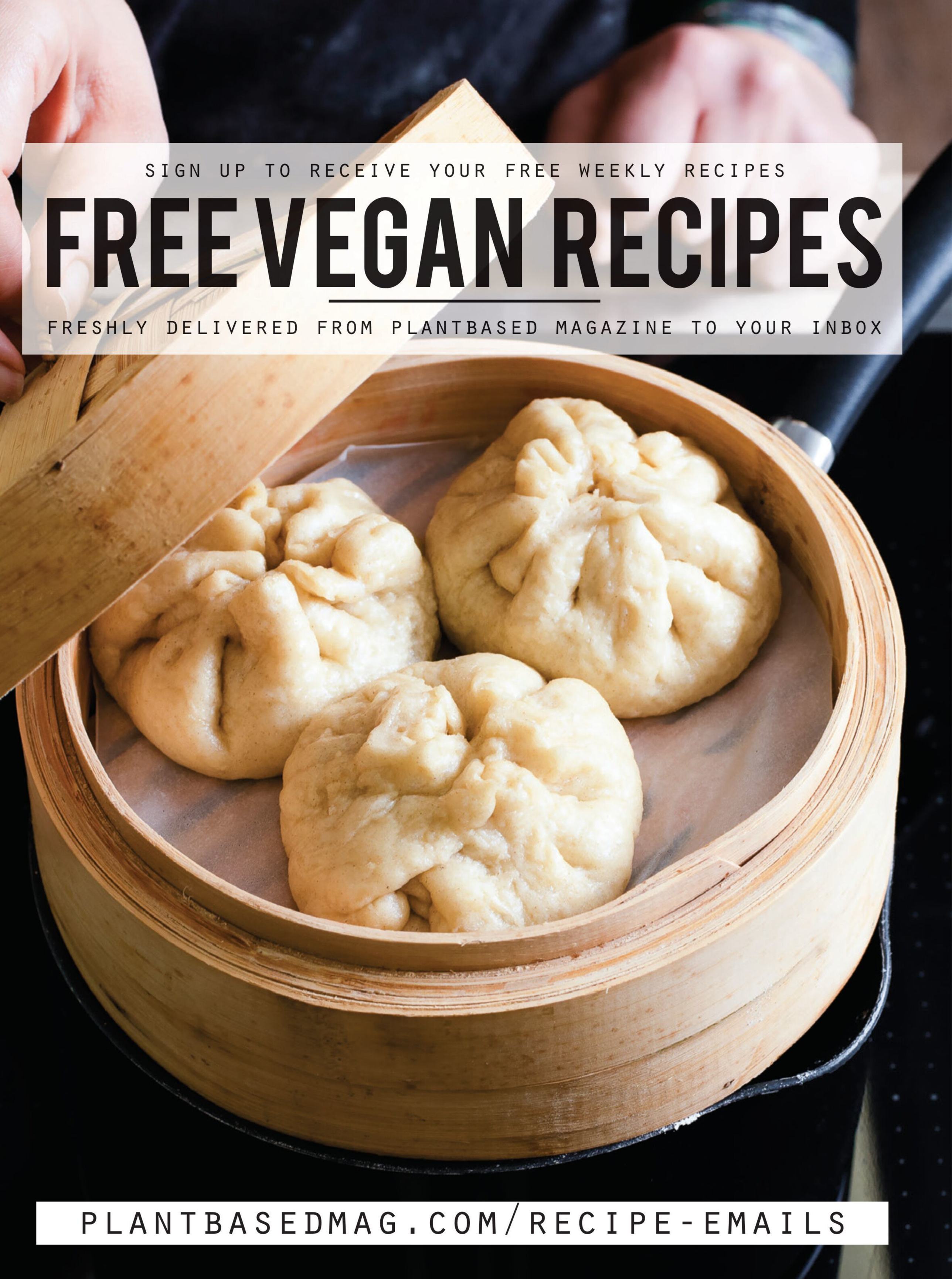


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Bulk cooking is super handy — on a day of your choice, simply cook a couple of portions of your chosen meal or meals. Then, throughout the week, enjoy the fruits of your labour, hassle-free! You can freeze portions if needed, to keep things tasting fresh.

Cheesy Mac & 'Cheese'

Serves 4

Whip up a batch of this super quick and easy mac 'n' cheese, and if you can resist eating it all at once, save the leftovers for lunch the next day.

- ½ **onion**, chopped
- ⅓ cup **margarine**
- ⅓ cup **flour**
- 750ml (1.3 pints) **soya milk**
- 1 tbsp **Dijon mustard**
- 2 heaped tbsp **nutritional yeast**
- 25g (1oz) **breadcrumbs**
- **Salt** and **pepper** to taste
- 4 portions **macaroni**

1 Preheat oven to 180°C/350°F/Gas 4.
2 Cook macaroni according to packet and put in a baking dish.
3 Heat soya milk in a saucepan with the chopped onion and bring to a slow boil then remove from heat.
4 Melt margarine in another saucepan. Add flour and whisk quickly to combine. Gradually add the milk and onion, whisking constantly. Bring to the boil continuing to whisk until mixture starts to thicken. Add nutritional yeast, mustard, salt and pepper and whisk until combined then remove from heat.
5 Pour over the macaroni in the disk and mix the cheesy mixture so all the macaroni is covered.
6 Sprinkle the breadcrumbs over the macaroni and bake in the oven for 20-25 minutes until golden on top.

Recipe by **Eleni McCallum, @veganella.nz**

Black Bean Dal

Serves 4

A Mexican twist on a classic Indian dish using store cupboard ingredients. Dal is definitely one of the most economical — and tastiest — dishes you can make when you're eating on a budget and is perfect for batch cooking and freezing.

- 1 **red onion**, sliced
- **Olive oil**
- 2 **garlic cloves**, crushed
- 2 tsp **ground cumin**
- 200g (7oz) **dried red lentils**
- 1L (1.7 pints) **water**
- 1 **veg stock cube**, crumbled
- **Salt** and **pepper**
- 400g (14oz) tin of **black beans**, drained
- Big handful of **green beans**, trimmed and sliced
- Handful of **flaked almonds**
- 1 **red chilli**, deseeded and sliced
- Handful of **fresh coriander**, chopped
- 2 tbsp **vegan crème fraiche**

1 Start by frying the onion in a large saucepan in a splash of olive oil for about 5 minutes until softened. Season, then add the garlic and continue to fry for a few more minutes until the garlic starts to colour.
2 Next add the cumin, lentils, water and stock cube. Simmer over a low heat with no lid for 20 minutes, or until the lentils are fully cooked and have a lovely rich, thick consistency. At this point check the seasoning and add more salt and pepper if required. Now, add the black beans for a final few minutes.
3 Meanwhile, pan-fry the green beans in a dry frying pan with a big pinch of salt. Once the skin starts blistering and the beans are cooked, remove from the heat and garnish with flaked almonds.
4 Sprinkle the dal with the sliced chilli and chopped coriander, dollop over the crème fraîche and serve alongside the green beans.



Recipe from ***Storecupboard One Pound Meals*** by Miguel Barclay (Published by Headline Home).



Frozen Veg Minestrone

Serves 4

This is a great one for batch-cooking. Make double the amount and have the leftovers for lunch the next day. Serve with bread, if you like, to mop up the sauce.

- 200g (7oz) any **pasta**
- 1 **onion**, roughly chopped
- **Olive oil**
- 400g (14oz) tin of **chopped tomatoes**
- **Salt** and **pepper**
- 2 **vegetable stock cubes**
- 2 handfuls of **frozen veg**

1 Start by cooking the pasta in boiling salted water according to the packet instructions.
2 Meanwhile, pan-fry the onion in a splash of olive oil over a medium heat for about 5 minutes or until it starts to soften. Add the tomatoes, then season, crumble in the stock cubes, add the veg and simmer for another 5 minutes.
3 Add the cooked pasta along with a mug or two of the cooking water (depending on how thick you want your soup). Serve sprinkled with plenty of cracked black pepper.

Recipe from ***Storecupboard One Pound Meals*** by Miguel Barclay (Published by Headline Home).

Chickpea & Tomato Bhuna

A quick, flavourful vegan curry that's delicious either on its own or as part of a larger spread, this recipe from Paul Foster takes top quality tomatoes and chickpeas and cooks them in a spice-tempered oil with plenty of lime juice for freshness and acidity.

- 200ml (6.7fl oz) **sunflower oil**
- 1 **star anise**
- 5 **cardamom pods**
- 1 tsp **cumin seeds**
- 1 stick of **lemongrass**, bashed
- 1 knob of **ginger**, 2 inches long, half chopped, half grated
- 4 **garlic cloves**, chopped
- 3 large **onions**, chopped
- 1 tbsp of **curry powder**
- 400g (1 tin) of **Mutti Polpa chopped tomatoes**
- 2 tbsp of **Mutti Concentrato tomato purée**
- 300g (10.5oz) of **chickpeas**, drained from a tin
- **Salt**, to taste
- 1 handful of **coriander**, finely sliced
- 2 **limes**, zested and juiced
- **Basmati rice**, and/or **flatbreads**, to serve

1 Pour the oil into a large heavy-bottomed saucepan and place over a medium heat. Add the star anise, cardamom, cumin seeds, lemongrass, garlic and the chopped ginger. Fry for a few minutes until very fragrant and the ingredients turn golden, then remove from the heat and set aside to cool slightly.

2 Pass the oil through a fine sieve into a clean pan, discarding the solids. Place the pan back over a medium heat and fry the onions for 5 minutes until soft but not coloured. Pour in enough water to just cover the onions, then leave to simmer until the water has evaporated and the onions start to release the absorbed oil, stirring regularly.

3 Add the curry powder and cook out for 2 minutes, then stir in the tomato purée and cook for a further minute. Pour in the tomatoes and chickpeas, give everything a good stir, then leave to simmer gently for 30 minutes.

4 When ready to serve, stir in the grated ginger along with the lime zest and juice. Season with salt, garnish with the coriander and serve with rice and/or flatbreads.

Recipe by **Paul Foster, Great British Chefs for Mutti**



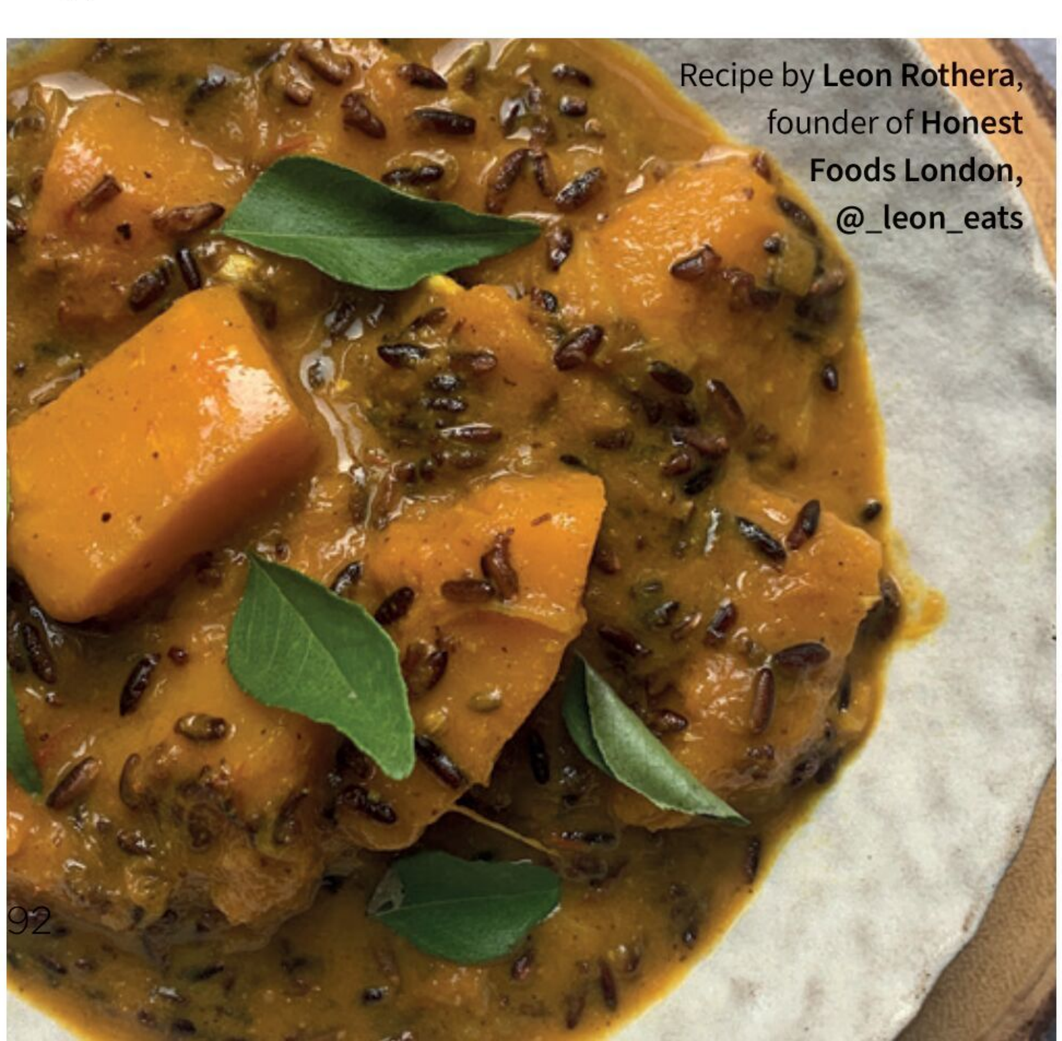
Pumpkin, Wild Rice & Coconut Stew

Serves 4

This dish is a great, healthy one-pot warmer. It's a similar flavour profile to a south Indian curry for the base and it goes amazingly with the pumpkin, but any squash would work well, too.

- 75g (2.6 oz) **wild rice** — cooked separately
- 4 fresh **tomatoes**
- 1 small bulb of **garlic**
- 1 medium **onion**
- ½ a medium **English pumpkin** (or any type of **squash**)
- 2 tbsp **vegetable oil**
- 1 tsp **turmeric**
- 2 tsp **mild curry powder**
- 1 tin of **coconut milk**
- A pinch of **fresh curry leaves**
- 2 tbsp chopped **coriander**
- ¼ small **Savoy cabbage**
- Juice of 1 **lime**
- 1 **red chilli**
- **Salt**, to taste

1 Start by boiling your wild rice in a small saucepan, covered with plenty of cold water to start. This will take about 15-20 mins simmering. Drain once cooked and leave to one side.
2 Roast your tomatoes and garlic bulb whole, just with a little oil drizzled over the top. Cooke at 180°C/360°F/Gas 4 until browned. Allow to cool and squeeze the garlic out of the skin and blend with the tomatoes to make a purée.
3 Finely slice your onions and cook until soft in the vegetable oil.
4 Next, in go your spices! Cook them out for a few minutes before adding in the tomato purée and coconut milk.
5 Peel the pumpkin and remove the seeds. Cut into large 4cm pieces. Add into your sauce, put a lid on the pan and give it 10 minutes to steam until soft.
6 Fold through your cooked rice. You may need to add a drop of water at this point to adjust the consistency. Season to taste.
7 For the hot and sour cabbage cut your cabbage as thinly as possible, on a mandolin if you have one. A good tip is to cut with a sharp bread knife to get really fine, long cuts.
8 Season the cabbage with lime juice, fresh red chilli and salt.
9 Fill a wide shallow soup bowl with stew and add a generous pinch of your hot and sour cabbage on top. Finish with chopped coriander.



Recipe by **Leon Rothera**, founder of **Honest Foods London**, **@_leon_eats**



Recipe by **britishleeks.co.uk**

Leek, Potato & Cavolo Nero Soup

Serves 2-4

Make a batch of this warming soup to keep you feeling full for days! It's packed with hearty veg and is oh so delicious.

- 15g (0.5oz) **vegan margarine**
- 2.5 **leek whites** (approx. 250g/ 8.8oz), washed and sliced lengthways, and then into half-moons
- 190g (6.7oz) **waxy potatoes** – (e.g., Charlotte, Maris Piper, or Jersey Royals) peeled and cut into cubes
- **Sea salt**
- 2 **garlic cloves**, peeled and crushed
- 750ml (25.3fl oz) **vegetable stock**
- 100g (3.5oz) **cavolo nero**
- 2 tbsp **coconut cream**
- **White pepper**
- **Chilli flakes** (optional)

For the potato rose:

- 1 large **potato**, peeled and sliced into super fine round slices using a mandolin, or a knife
- 3 tbsp of **vegan margarine**
- ½ tsp **salt**
- ½ tsp **black pepper**

1 Melt the margarine or butter in a large saucepan over a low heat. Add the leeks, chopped potatoes and a pinch of salt, then cook over a gentle heat for 10 minutes, or until the leeks have softened. Add the garlic and cook for approximately 1 minute.
2 Pour in the stock. Simmer on low heat for 10-12 minutes, and until the potatoes have softened. Add the cavolo nero and cook just until it has wilted, approx. 2-3 minutes.
3 Using a handheld stick blender, blend until smooth. If adding cream, stir in the coconut cream. Add more stock if you like your soup not too thick. Season to taste with white pepper, and salt.
4 Divide the soup between serving bowls, and top with the potato rose centre (see steps below). Top with a sprinkling of chilli flakes, if desired.
5 To make the potato rose, preheat the oven to 180°C/360°F/Gas 4.
6 Melt 2 tbsp of the margarine over a gentle heat.
7 Place the thinly sliced potatoes in a bowl. Add the melted margarine and toss the potatoes until they are all coated. Add salt and pepper. Toss potatoes again, until mixed through.
8 Lightly grease a muffin tray with the remaining margarine. Lay the slices of potato one on top of the other into a muffin hole, layering up until they reach the top.
9 Bake in the oven until they are golden, about 30-40 minutes.

Curried Leek & Potato Puffs

Makes 6

These Indian-spiced curry puffs are ideal to make ahead of time to take on a picnic or for a packed lunch.

- ½ quantity **Roasted Leeks & Potatoes** (see recipe)
- 75g (3oz) **frozen peas**, defrosted
- 1 tbsp **lemon** or **lime juice**
- 1 tbsp **curry powder**
- 500g (1lb) block of **vegan puff pastry**
- A little **plain flour**, for dusting
- 2 tbsp **dairy-free milk**
- 1 tbsp **sesame seeds**
- **Salt** and **pepper**

1 Preheat the oven to 190°C/375°F/Gas 5.
2 In a medium-sized bowl, lightly mash the roasted leeks and potatoes, leaving some large chunks. Fold in the peas, lemon or lime juice and curry powder. Season and set aside.
3 On a lightly floured surface, roll out the puff pastry into a large square (about 35cm/14in). Cut it in half, then cut each half into 3 to give 6 rectangles. Roll each rectangle out a little more to give you a squarer shape of thinner pastry.
4 Heap 1-2 tablespoons of filling in the centre of each pastry square and fold one corner in diagonally over the filling, making a triangular-shaped pasty. Using your finger or a pastry brush, put some dairy-free milk on the seam to help you to seal it, push gently with your fingers, then crimp with your fingers or a fork to seal tightly.
5 Repeat with the remaining pastry squares and filling, then brush all over with dairy-free milk and sprinkle with sesame seeds.
6 Bake on a large baking tray for 30-35 minutes until puffed and deep golden. Serve warm or at room temperature. These will keep in the refrigerator for up to 3 days.

Roasted Leeks & Potatoes

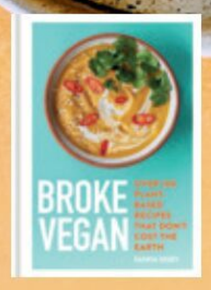
Makes 4 portions

Two of the cheapest vegetables out there, these deceptively simple flavours are the perfect base for so many things. If you'd rather not roast the leeks and potatoes, you can cook them in a frying pan instead.

- 1kg (2lb) **floury potatoes**, peeled and cut into 2.5cm (1 inch) cubes
- 2 **leeks**, thoroughly washed and thickly sliced
- 3 tbsp **olive oil**
- **Salt** and **pepper**

1 Preheat the oven to 170°C/340°F/Gas 3½.
2 Toss the potatoes and leeks with the oil on a large baking tray and season well. Roast for 30-40 minutes until golden and soft.
3 Enjoy hot or store in an airtight container in the refrigerator for up to 5 days.





Recipe from ***Broke Vegan*** by Saskia Sidey (Published by Hamlyn, **octopusbooks.co.uk**). Photography by Jo Sidey.

> “In the last 50 years, the growth of staple crops such as rice and wheat has increased exponentially”



What is *monoculture?*

Lily Woods investigates modern agricultural practices

For many of us, we often don't think about where our food is coming from. This may seem ridiculous to those of us choosing to live a vegan lifestyle — and yet, while we may spend time thinking about where our food is not coming from, how many of us really think about how the vegetables we eat are grown? Where do they come from? Are they grown sustainably?

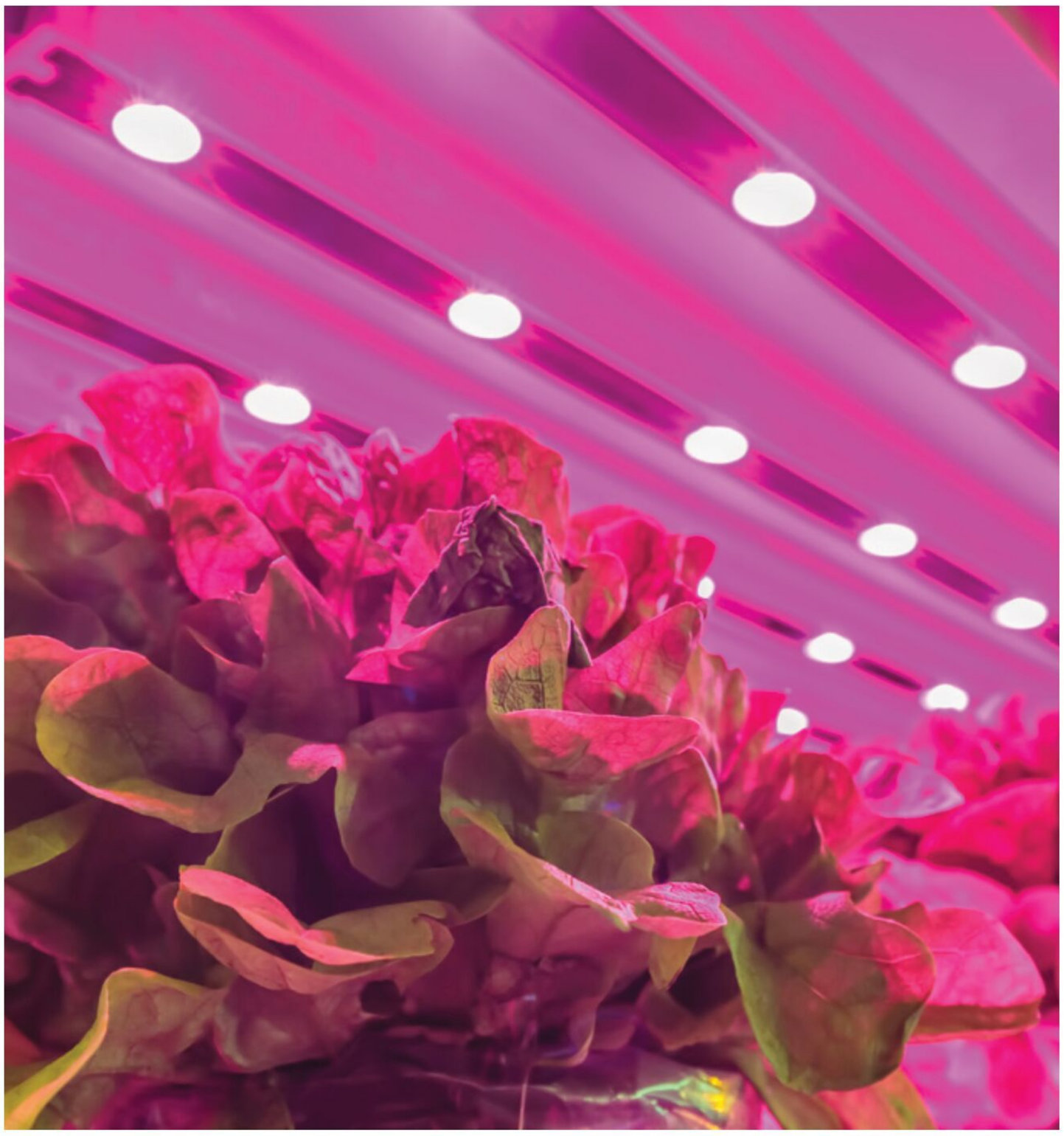
While it must be said that choosing not to eat animals and animal products is an important step in bettering ourselves, our planet and the lives of other creatures who live alongside us, it is becoming increasingly important to consider where other food is coming from, too.

When it comes to the majority of crops, many of them are grown by farmers who use monoculture farming or modern agricultural farming methods. This is a system of farming that enables farmers to grow crops quickly and efficiently, often using entire fields to grow one type of crop, standardising planting, maintenance and harvesting. Indeed, when matched to the right environment, monoculture methods of farming can be more successful than polyculture farming methods. For some crops such as cereals and wheat, it has been proven to improve their growth and harvest when grown using monoculture methods, or without different crops growing adjacently.

With a fast-growing population that has increased by over one billion since the turn of the century, the demand for food to be grown bigger and faster is pressing. Due to the advancements in modern agricultural practice, the growth and output of primary crops has predominantly succeeded in matching this demand. For example, in the last 50 years, the growth of staple crops such as rice and wheat has increased exponentially, both of which have since become key sources of sustenance in emergency food relief packages across the world. What's more, these methods of farming allow farmers to specialise in one crop, which enables an increased profit while simultaneously reducing costs. This is because when specialising in the growth of one crop, no additional machinery is required, and when we consider that 8.2 per cent of the world's population is currently living in poverty, with 2020 seeing a rise to 8.8 per cent, affordable food is more important than ever before.

And yet, while monoculture methods of farming are successful in some ways, they are also highly detrimental to our environment. From pest management to excessive water use, modern agricultural farming practices are hurting our planet. For example, while many farmers using these methods rotate their crop fields once a year or biennially, many still face huge issues with pest infestations. With their favourite food in one place for an extended period of time, parasites are able to reproduce more effectively and thus destroy far more crops as a result. ›





“When one crop is repeatedly planted in the same soil year after year, it upsets the natural balance of nutrients in the earth”

To combat this, many farmers resort to using pesticides. Not only are these particularly harmful to us humans, but they also prove particularly detrimental to the health of both the soil and the groundwater, which in turn has a devastating ripple effect on the surrounding wildlife and ecosystems. While it must be said that pests and crop growth have long been an issue amongst farmers, the use of polyculture methods of growth oftentimes provided a natural repellent to harmful parasites, and thus reduced the need for pesticide use.

What’s more, while one field may be particularly good for growing wheat, for example, agricultural monoculture prohibits this from being the case for long periods of time. Rather, when one crop is repeatedly planted in the same soil year after year, it upsets the natural balance of nutrients in the earth. This ultimately results in the reduced production of microorganisms and bacteria, both of which are needed for the maintenance of healthy soil.

Continuous planting of the same crop also leads to the soil being unable to absorb sufficient nutrients from water, which has in turn, led to an increase in the use of water by farmers. This means that local sources, such as rivers, lakes, and reservoirs are called upon to meet this demand, having additional consequences upon the ecosystems of these water sources.

While we know that monoculture farming methods have an impact on the surrounding wildlife, what exactly does this mean? For example, for bees and other pollinators, the increased use of pesticides in these farming methods has seen a significant reduction in their population over the past decade. Together with the fact that some insects thus find themselves in a sea of single-plant fields, and therefore in homogenous food territory, many also suffer from deficiencies as a consequence of a lack of food diversity.

Overall, there are a number of positives to monoculture farming, but these are quickly and rather radically outweighed by negatives. And while it may seem as though the use of monoculture farming practices may be hard to overcome, there are many ways in which farming practices can be altered to ensure that we continue to feed ourselves, while also limiting interference with the surrounding ecosystem.

So, what can be done? Firstly, we can moderate the use of herbicides and pesticides — this is both in our interest, and in the interest of the farmer. Less pesticide use is not only good for our personal health and the health of the environment, but also for the health of the farmer’s soil, which will ultimately lead to the yielding of healthier and therefore more profitable crops.

Secondly, we can limit the use of water by growing crops nearer to water sources, decreasing the need for groundwater. In this case, the decreased use of pesticides goes hand-in-hand with the decreased need for water, as the soil will be in better shape to absorb the nutrients it needs from a smaller volume of water.

Indeed, although it may seem an uphill battle in the short-term to make a shift away from monoculture farming methods, smarter agricultural practices will be a success in the long-run — not only for us, but for our planet, too. And while it may feel as though we, as individuals, are far from being in a position to assume a role in making this change, we are always closer than we think: sign that petition, and where you can, buy organic! This puts pressure on the right people to change their methods. It may not seem like it, but changes like these always start with us.

Words by **Lily Woods**



Laura Gaga

Andy's Allotment

This month, Laura Gaga is raiding allotments instead of yellow sticker aisles

It was my work bestie, Andy, who introduced me to yellow sticker shopping; almost 10 years ago now! We'd lunch together and he'd regularly be eating reduced price food. He explained that stores mark down the price of food on its use by or 'best before' date, to avoid it going to landfill. I soon followed him into aisle 2. I was the Jedi to his Yoda, I like to think I have surpassed him now — but maybe don't tell him I said that!

Andy would also bring into the office harvest from his allotment for us to help ourselves to. Back then I'd not long started cooking for myself, so can't say I knew my way around his broad beans! But, he showed me how to de-shell them, and explained the best way to store, clean and cook other veg, too. We even used to boil and peel fresh beetroot on the mini oven in the staff kitchen. We have also been known to roast asparagus spears at work, then picnic on them in the local park in our lunch break.

If you sat with us at lunch, the conversation would centre around what are we eating? What are you eating? What are they eating? Andy would help me think of ways that I could create meals with food I'd bought reduced and his allotment goodies. An impressive idea was the stuffed pumpkin, topped with mashed potato, for a take on cottage pie.

Andy retired as we went into the first COVID-19 lockdown in March 2020, so not only had I lost my work bestie, but free fresh fruit and veg from his allotment… Cue the violins! However, a retirement and a worldwide pandemic were not going to stand in the way of work besties reuniting… Cut the violins! As soon as we could, we arranged a meet up at his allotment.

"Nothing's changed," said Andy, as I bounced in wearing pink wellies, chatting away, hurriedly updating him on life since we'd last seen each other, whilst demanding he gave me the spade so I could dig my own carrots. He was right, not much had changed. Andy was still tending to his huge allotment plots, generously sharing the food that he'd grown, and had even picked up a reduced price, pre-packaged, vegan sandwich for me. I went home with pumpkins, butternut squash, a variety of radishes, chillies, marrows, tomatoes, carrots, parsnips, leeks, onions, shallots, kale and green peppers. I made a range of meals with it all, including savoury vegetable muffins, squash pasta, roasted vegetables, curries and stew. There was no need for me to shop for some time; not even for yellow stickers!

In fact, unlike a lot of the fruit and veg sold in stores, there was no sticking an unnecessary 'best before' date on Andy's produce. And, there was no throwing away produce because it didn't meet a cosmetic standard. Andy won't even let me filter any photos of his produce that I upload onto my Instagram page, let alone throw it away because it's wonky! There's no plastic or pesticides used in Andy's veg, and low food miles getting it — approximately 22.

So much of our food is imported from overseas, contributing to greenhouse emissions and global warming. In 2003, *The Guardian* newspaper tracked the food miles of fresh food bought from a major retailer. The carrots they bought were from South Africa… 5,979 miles! (theguardian.com)

Not only was the haul from Andy seasonal and organically grown, but I got to see first-hand the conditions he was working in. Sadly, UK supermarkets have been said to be profiting from migrant workers exploited in Spain where much of the UK's fruit and vegetables are grown (ethicalconsumer.org).

The sustainable benefits of allotments do not end there. They are home to wildlife, can encourage recycling practices such as composting, and make use of rainwater, reducing running water (swcaa.co.uk).

The site of Andy's plots also houses a community allotment. Community allotments can be set up for a variety of reasons and promote inclusion, belonging, education, well-being and life skills. There are community allotments for ex-offenders, children in care, those suffering with mental health problems, elderly who are isolated and any number of people who may be disenfranchised or socially disadvantaged. Such communities can also encourage a greater connection with food, the act of sharing, an appreciation for the work required to produce food and lessen waste.

I'd be fibbing if I said that growing my own food extended much further than the chilli pot sat on my kitchen windowsill at this moment. However, meeting Andy and his allotment enabled my relationship with food and sustainability to nourish and grow.

If the green fingered life is for you, and you fancy tending to your own allotment, contact your local authority or apply on-line at gov.uk/apply-allotment.

And, let me know how you get on… I might pay you a visit!

> For more from Laura, follow **@reduction_raider1**



All the greens of Greece

Matthew Chalmers searches for Mediterranean vegan dining on the Greek island of Crete





“Go to Greece and dine on vegetables and you shall leave its shores as light as a leaf, with ouzo in your eyes and horta in your heart”

Buckets of adulatory ink have been spilled over Greece and its marvellous food through the millennia. Gourmets, gourmands and food-writers of every stripe have tried to do justice to the produce of this delectable land, from Archestrasus to Alexiadou. Greek menus regularly include an array of vegetarian and vegan dishes, making Greece one of the finest places to visit in the search for traditional, plant-based meals. Therefore, I hope you will forgive me for dashing another inkwell into the wine-dark sea of praise surrounding Greek cooking, this time from the vegan perspective. For Greece is a paradise for all, and vegans are permitted to enjoy many of the pleasures kept behind its olive gates.

I say Greece, but Crete was the island of choice, and the area around Falasarna bears rich fruit for any number of ravenous vegans. Long mornings of sultry sun and lounging away the hours doing sweet, hot nothing can engender a fierce appetite. After paddling in the fresh surges of the Mediterranean, giggling like a toddler/idiot as salt cured my slick hair, we decided lunch was required. Overlooking a strip of burning sand, tickled by the constant turquoise waves, I sat in Panorama Tavern Falasarna (falasarna.gr) thinking that its name made up for in accuracy what it lacked in imagination. The meal was a triumph — hunks of firm-soft white loaf drank up puddles of olive oil and vinegar before plunging into a bed of garlic potato dip. Warm breeze tousled diners’ hair and when my eyes closed — as cool, amber beer came tumbling from a frosted glass through my lips — I feared I would not open them again lest that moment end. A sensational beginning.

Although the skordalia (potato dip) stole the show I was also reminded of one of my all-time favourite Greek foods — horta, or mountain greens. These spinach-like plants come served in a large wilted pile, soaked in olive oil and lemon juice. The ones at Panorama were great — but the discovery the following day of Zaharias Tavern (look for it on Trip Advisor) would elevate these humble vegetables to new heights. Zaharias was to become the only twice-visited restaurant of my stay due to their fragrant grub and perfect host. Situated in the small village of Platanos, cosied into the olive latticed hills, the restaurant was the real deal: it grew its own vegetables, and made its own olive oil, raki and wine. The hospitality was exceptional, and you truly felt nestled in a provincial, Hellenic idyll.

The variation of horta served here was bitter, somewhat tart, and delicious. The branching, spiny arms of these greens made them look and feel more rustic, and with a fistful of chips and cup full of lemon juice their soft, iron flavour was ballad-worthy. ›

18+

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AVAXHOME-

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Accompanying the greens was a banquet that would make even the Minotaur forsake meat and return to his ruminant roots. Green beans from the garden with courgette, tomato, potato and onion in a kind of ratatouille — the sort of food that strangled whatever whisper of winter there was on the September breeze. The gemista — soon to become a regular fixture on my plates — was a symphony of oregano, onion, mint and rice embedded inside melting tomatoes and peppers in an operatic performance that would dwarf Beethoven, unman Mozart and make Bach bawl for his mummy's strudel. The humble lentil soup was a runny brown gush to gash your heart. It commanded the sort of sweet, earthy explosion of flavour that demands that you eat now and breathe later.

"Greece is a paradise for all, and vegans are permitted to enjoy many of the pleasures kept behind its olive gates"

However, the Koh-i-Noor of the dishes was the mushroom stifado. Imagine red wine tumbling in waterfalls of imperial purple into seas of the richest, sun-massaged tomato, slivers of garlic that burned like earth and fire and onions that could make you cry after cooking, all swimming round a cut of mushroom with bursting savoury flesh like a root from a nymph's garden. If I've oversold the place then let me retreat now into modesty; if you are in the area, make sure you go to Zaharias.

Although the restaurant scene was fantastic, evenings at the villa were hardly a drab affair. Twilights passed by with smiles over tapenade smothered grilled toasts, balsamic and olive oil and chunks of sublime tomato. Lounging, reading, trying to retain good humour whilst playing and losing chess, I helped myself to handfuls of grapes. These were large and squishy, sweet as syrup, and I washed them back with glasses of peach juice,





rich and soothing with a lightly furred texture and glacé flavour.

I touched on another area of Crete when making a pilgrimage to the pink sands of Elafonisi, that glamorous world-heritage beach. I will confess that the beach was a little miserable, with vast and thunderous crowds unexpected for September and murky waters with an appearance verging on sinister. Alas, even the small refuge we found in a clear and crystal lagoon was disturbed by the menace of a floating turd. We needed an escape — and found it in the shape of Kosmo's Fish Tavern, a mere five or ten minute drive away from that not-quite-paradise.

I have waxed lyrical on many a dish yet neglected the ubiquitous Greek Salad — the feta we left for the savages amongst us and dined, instead, on tomatoes so soft and fragrant that Softness and Fragrance themselves considered renaming themselves to "Kosmos' tomatoes". I also tried some spaghetti arrabbiata, just for a change, and found myself delighted by the al dente strands of pasta and the smoky, heated tang of the sauce. The imam bayildi, a relic of the Sultan, was enough to get lost in, and by the time the last strands of aubergine, garlic, onion and tomato had been mopped up I had donned a fez and gone galloping towards Mecca. In fact, imam bayildi means 'the imam's smile', and I was wearing a grin like the Cheshire Cat. Stuffed zucchini flowers provided a lovely, mild alternative to the funk of dolmades and as I glugged down beer the wind sung 'Careless Whisper' in my ear and generously warmed my walnut-brown body. Mamos beer was the final revelation from Kosmos tavern — Alfa and Mythos, the usual lagers, I find relatively indistinguishable and, though tasty, make good shandy fodder.

There is no cure for holiday blues, and I had the early-onset variety — our plane left in the evening, which meant that our last day was hard enough to enjoy as it was. Buckets of stormy rain and bolshie concertos from the Olympus orchestra, with Zeus as conductor-virtuoso, put a further downer on the mood. Yet even when lashed with rain Chania is a beautiful city. A spoonful of Venice and a dash of Istanbul on a Hellenic base with Byzantine dustings make the city uniquely classy and pretty. Watching lightning in the blue gloom from a seafront café with rich, tannin-filled coffee under-nose was not actually a bad experience. We tried our hand at the famous Pulse vegan (Search for Pulse Vegan on Facebook) restaurant but the weather had wiped out their seating arrangements and they reluctantly turned us good vegan comrades down. Crestfallen, like a pack of wet dogs we stalked with grumbling bellies through the antique streets and into Tamam restaurant (tamamrestaurant.com) — a final wet kiss from (vegan) Aphrodite.

There was a touch of Near Eastern about the restaurant and good lathering of upmarket cuisine along with it. The food was jolly. What salad is this that crunches so sweet and lightly? How can such dolmades exist, which make all prior dolmades akin to parcels of garbage? Wherefore does the aubergine dip remind me of the first time I said 'I love you' and heard it back from an impassioned partner? Surely, I should not be comparing tomato fritters to a summer's day? It was another success and I began to suspect that Greek chefs were actually shamans who, like Circe, turned us into pigs every time we entered their realm, so gluttonously and ravenously and happily did we eat.

I wish I had further songs to sing of food in Crete but all odysseys come to an end. All I will say is that the spectre of that old, curmudgeonly vegetarian Pythagoras lives on in those hills, where vegetables are treated with heaps of love and gallons of mastery. In fact, it is even rumoured by various Byzantine babushkas that eating vegan in Greece gains you that old sage's blessing, so that you'll never have to shrink from an isosceles or blush at a hypotenuse ever again. Go to Greece and dine on vegetables and you shall leave its shores as light as a leaf, with ouzo in your eyes and horta in your heart — leave the fish for the sharks and the goats for the vultures.

Words by **Matthew Chalmers**

Animal Justice Project

What happens to male calves born to dairy cow mothers? Ayrton Cooper from Animal Justice Project explains

It is well-known that male dairy calves are a 'by-product' of the dairy industry: 60,000 are killed each year in the UK and others are exported overseas. In 2019, 3,446 calves were exported. But with over one million calves born in the UK each year on dairy farms, where are the majority of them going?

Many female calves will be kept within the dairy industry to replace the 'spent' dairy cows — who are often only six or seven years old before being deemed not proficiently 'productive' enough and being sent for slaughter. These female calves will enter the same fate of exploitation as their own mothers. Some are kept in calf hutches where from just a couple of days old they will remain for many weeks alone in all weather conditions with no mother to comfort them. But the males are relatively worthless to dairy farmers. It can cost more to raise a male dairy calf than what the farmer will gain in return, so they are usually sold on or killed.

A 'kinder' option is marketed by the industry instead of getting rid of these new-borns. The 'Beyond Calf Exports Stakeholders Forum' in 2013 — a collaboration among Non-Governmental Organisations and stakeholders (supermarkets, welfare boards, farming groups) — created an initiative to reduce the number of exports of male dairy calves as well as the number being shot on farm. This brought about the integration of the dairy and beef industries. An increasing number of male calves are traded in large markets and sent to beef farms for fattening. A shocking statistic, and one which is largely unknown, is that 50-60 per cent

> **"If you buy dairy products, you are fuelling beef farms with every purchase"**

of the British beef herd at any one time is made up of male dairy calves. The dairy industry fuels the beef industry and the calf traders — who buy and sell these calves — provide a vital income for dairy farmers. These two industries are heavily reliant on one another and it is likely that they could not function effectively without each other. If you buy dairy products, you are fuelling beef farms with every purchase.

Calf trading in the UK is booming. Millions of pounds are made each year as young calves are bought and sold through traders. Calves who have been freshly taken from their grieving mothers on dairy farms are sent to collection centres or markets around the country to be auctioned off to beef farmers or collected by traders and exporters. Tens of thousands of calves are sent directly to slaughter from the markets or collection yards. These are calves who are either surplus to requirements or deemed 'not healthy enough' to enter the beef system or to be exported. Calves who were exported by large lorries could face journeys of up to 50 hours without adequate food and water. Their destination was Spain where they would be fattened for beef or veal. Buying British dairy supports the Spanish fattening industry.

Large UK traders include Meadow Quality and Buitelaar. They are key in taking calves from the dairy industry and putting them into the beef industry. Over one million every year reach this fate. They have created this widespread integration and are profiting from the mass-scale exploitation of babies. These large traders remain relatively unknown to the general public but are linked with many major outlets.



For example, Buitelaar is part of Arla's '360' programme, which enables dairy farmers to sell calves into the calf rearing units of Buitelaar, which, in turn, supplies meat to Morrisons including 'rose veal'. This giant corporation trades in 50,000 calves each year through two collection centres nationwide. Another large trader, Meadow Quality, trades in 50,000 calves between its two collection centres and has an annual turnover of over £80 million.

Animal Justice Project's (AJP) 'EXPIRED' campaign highlights this relationship and the abuse which awaits these male dairy calves once traded into the beef industry. It is vital to emphasise that more than half of British beef cows originate here: dairy equals beef. AJP carried out an undercover investigation which filmed over a period of five months at two Red Tractor Assured farms. The first was a calf rearing farm, Badgers Cross Farm, in Somerset.

> **"50-60 per cent of the British beef herd at any one time is made up of male dairy calves"**

This industrial-scale farm houses up to 1,100 calves at a time and rears up to 4,500 each year. Despite its Red Tractor Assurance and 'high welfare' standards, we filmed workers hitting, slapping, kicking and dragging calves by their legs. The young, fragile and distressed babies were shown no mercy as they cried out. Naturally, these calves would be by their mothers' sides and instead, they are locked in pens in large numbers and given milk sometimes just once per day. DEFRA states that 'People who care for livestock should demonstrate skilled, conscientious stockmanship and considerate handling' — a rule flouted by Badgers Cross' owner and workers.

Once calves are reared to around three months old, they are sent on to fattening farms. Berryfields farm is a beef 'mega farm' located in Daventry, Northamptonshire. It is a huge farm, much bigger than traditional beef farms. ›

This is where AJP filmed over a period of five months. It operates on a giant scale, rearing up to 4,500 animals a year. It is a zero-grazing farm — they never go out to pasture — despite the farm being surrounded by green fields. Instead, they are made to live their lives in concrete pens with little to no bedding. During our time filming, we never saw a fresh straw bed being put down once, not even in the 'hospital pen' where the sick and injured were left to suffer. Many of the individuals in the outer pens have no adequate shelter whatsoever. Berryfields Farm feeds its animals on a high concentrate feed to fatten them as fast as possible — this feeding system is associated with issues including fast growing hooves — something which was commonplace. The calves which enter this farm will be fattened and sent to slaughter at 12-18 months old.

The suffering we filmed was abhorrent and heart breaking. This will never be the 'kinder option'. No comfort, no enrichment, no mercy. A squalid and barren 'hospital pen' was where the sick, lame and those in desperate need of care were dumped. Lame individuals were even loaded for slaughter — a regulation breach. In total, 23 Red Tractor and DEFRA breaches were filmed at this facility.

The abuse from the workers themselves was commonplace. Individuals were kicked, punched, slapped, hit with sticks and had buckets thrown in their faces. They were verbally abused on a daily basis, with workers shouting and swearing to scare them into moving — much of the time they had nowhere to escape to. They were often highly distressed and panicking. This life in not a 'kinder option' for any individual. The fate of male dairy calves is a year-long life of misery.

Ultimately, we must end these industries. There is no right way to exploit anyone. The dairy industry discarding these calves, under pressure from the public, are sending them into the fattening system. The dairy industry is largely to blame for creating a life of misery for so many, but this blame also falls on consumers, too, who have pushed for less male calves to be shot on farms. Rather than finding different methods to exploit these individuals, we should be concentrating on ending the exploitation altogether.

For more information, visit **expiredcampaign.org**

Words by **Ayrton Cooper**, senior campaigner for **animaljusticeproject.com**

> "we should be concentrating on ending the exploitation altogether"





In the next issue:

We meet top vegan chef, Brett Cobley
Plant-based recipes: Breakfasts + Brunches, Gluten-Free Lunches, Traybake Dinners and Afternoon Tea delights
Mother's Day gift guide
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VeganLife

7 ways to…

Introduce *veganism* to family and friends

This month, we're helping you to discuss the plant-based lifestyle with those closest to you

Whoever you are and whatever your family and friends are like, it can sometimes be tough to talk about veganism with the ones you love, especially if they are not particularly knowledgeable about it. Perhaps you have just completed Veganuary and have decided to stick to veganism (congrats!) — at some point, you will need to let the people in your life know your decision and why. Maybe you have been vegan for a while now, but your nearest and dearest are still not fully understanding or up to speed with your lifestyle choice. Perchance you would like to introduce veganism to someone that you know has the compassion to become vegan, but they've just not seen the light yet. Whatever your situation, we are here to help, with seven ways to gently introduce veganism to your family and friends.

1. Cook them a delicious meal

Who can refuse being cooked for? Invite your friend or family member over (COVID-19 restrictions permitting), whip up your most impressive vegan dish and show them how the other half live. Many people are unaware of how tasty vegan food can be and think that vegans have must forgo a lot of the most satiating food. You could even veganise your guests favourite dish to show them how easy it can be to adapt to a plant-based lifestyle.

And, if you fancied, you could always ask your friend or family member to help you in the kitchen — if they are keen! That way, they can see first-hand that vegan cooking really isn't as daunting as they might think. Next time you go round to their house for dinner, your friend won't be so worried about cooking for you. If you're lucky, they'll love the meal you cooked them so much, that they will swap it into their diet in replacement of a meat and dairy dish.

2. Take them out for dinner

Many people think that vegans struggle to eat out, and whilst that might have once been the case, it is now so easy to find a restaurant that caters for vegan diets — whether that's at an entirely vegan restaurant or an establishment with vegan options. On top of this, a lot of non-vegans don't know just how incredible vegan food can be, being under the impression that vegan dining-out involves ingredient omissions and settling for plates of plain salad and tofu.

Take your friend or family member to your favourite vegan eatery, or even your favourite omni chain restaurant. Order them the best vegan food on the menu and blow them away with the choice, flavour and experience. If you aren't able to eat out, eat in! Grab a takeaway and enjoy opening someone's eyes to plant-based food.

3. Have a film night

How do people become vegan? Usually, through education and experience. Many of us only became plant-based through learning about the harm that comes to animals and the environment because of the meat and dairy industries; through having our eyes opened to the sentience of animals, or by hearing about the nutritional benefits of the plant-based diet.

Host a vegan movie night for your friend or family member — there are so many incredible documentaries and films about veganism, the environment, where our food comes from, plant-based athletes and animal rights. Start them off with something gentle and not too graphic to ease them in, and afterwards see if they would like to take the next step and watch something a little grittier.





4. Gift them a book or start a book swap

There are so many books about veganism, animal ethics and the environment these days, that it is very easy to educate yourself on the topics they discuss. Gift your friend your favourite animal ethics-based book, like *Eating Animals* by Jonathan Safran Foer, *Animalkind* by Ingrid Newkirk, *Allowed To Grow Old* by Isa Leshko, or Animal Liberation by Peter Singer.

Environmental-centred books are also great, for example, *We Are The Weather* by Jonathan Safran Foer, *No One Is Too Small To Make A Difference* by Greta Thunberg, *Eat for the Planet* by Nil Zacharias and Gene Stone or *The Uninhabitable Earth* by David Wallace-Wells. Or, if your buddy is more open to learning about veganism through food, gift them a vegan cookbook! To make it more fun, you could always set up a monthly swap, whereby they lend you their favourite book on a topic they are passionate about, and you lend them a book on veganism — it's win-win!

5. Take them shopping

One of the biggest misconceptions about veganism is that our food is difficult and expensive to buy. So, a great way to introduce veganism to someone and make it seem that little bit less scary, is to go shopping together. It doesn't have to be a 'big thing', just two friends catching up whilst shopping! Chat about whatever you would like, whilst showing your mate the sheer abundance of cheeses, milks, yoghurts, chocolates and other goodies we can easily find in shops these days.

Many non-vegans are unaware of what vegans can and do actually eat, so show them. Not only will it teach your friend a little bit about veganism, but it will also make it easier for them to shop for you — should they ever be having you over for dinner. Moreover, it might encourage them to try something new or swap in a vegan product for their usual meat or dairy one.

6. Take them to a sanctuary

Take your friend straight to the source — and introduce them to a family of rescued animals that simply want to be loved. In our modern lives, the majority of people don't actually have the chance to make compassionate and meaningful connections with animals. Our everyday interactions with most animals that aren't our companions are fleeting — a squirrel running past our feet, a far-off cow grazing on grass or a robin watching us from a tree. Plus, when it comes to the food on their plates, many meat-eaters have a big disconnection with the animal from which their meat came.

Show your friend that animals are just like us – they just want to be free, safe, happy and loved. Show them that animals are sentient, that they have feelings and that they can suffer. Ask the care givers at the sanctuary to tell you and your buddy a few of the animals' backstories — from where they came, and why and how they were rescued.

Who can resist the emotions that come with watching a previously caged animal running freely in a field?

7. Brew the kettle and have a chat

Sometimes, a good old-fashioned natter over a cup of tea or coffee, is the best way to introduce someone you know to something new, so invite your friend or family member over to do just that. Grab a pack of vegan biscuits, pop on the kettle and make your mate a brew — using plant-based milk, of course! Keep it relaxed and non-confrontational and be open to any questions they may have.

Start at the start — tell them why you have decided to go vegan, and how you found the transition. It's important to be honest and not to omit struggles you might have had, but make sure that you focus on the positives and what you found most enjoyable.

If your company is unsure of exactly what veganism involves, explain it to them as simply as possible, and tell them how it makes you feel to no longer be eating meat or dairy. If your guest has no other vegan friends or family, there's a good chance that this might be the first time they've ever really thought about veganism, so simply help them to understand what it is and why you have decided to take up the lifestyle.

It's important to remember that you have not invited your guest over to attempt to convert them there and then — but to simply introduce them to your way of life, so that they can be a better friend. You never know — by chatting to them about veganism so openly, they might decide to learn more about it themselves and give it a go in the future.

Vegan is Love

Having Heart and Taking Action

Written & Illustrated
by Ruby Roth

Illustrating compassion

Artist and author-illustrator, Ruby Roth, talks us through her vegan children's books

It's so important to start people on their journey of compassion towards animals from a young age — the only way for children to know that it's not okay to harm animals is to teach them this when they are young. This is where Ruby Roth comes in. The vegan artist and author-illustrator has penned and designed a myriad of wonderful books for kids to help them be better animal lovers. We find out more from the artist herself.

Hey Ruby! Tell us about your vegan journey.

Although I had grown up around vegetarians and vegans, it had never occurred to me, personally, to make that choice. In fact, I was proud of eating meat — and as somewhat of a tomboy — it often made me feel like 'one of the guys'. But I was always interested in health, and I was also interested and involved in political and social activism. It wasn't until I was 20 years old, that someone pointed out to me that my diet did not match my morals and values. I took that very seriously and did my research. Once I witnessed what I was participating in, I remember thinking that none of my previous activism had ever mattered, because I hadn't been truly embodying foundational change, from the inside out. I went vegan for a summer as an experiment, and felt so good, and learned so much, I never went back.

When did you decide to combine animal activism with the arts?

I was teaching art at an afterschool programme and the kids took notice of my eating habits and started asking questions. When I searched for a book we could read together, I barely found anything, and what I did find focused on a talking animal or vegetable, and I felt my kids were too smart for that. It hit me then to combine my art with my political activism and create the books I wanted to read to my students.

What do you aim to achieve with your work? Why children's books?

I know from working in schools and closely with children, that Western society doesn't give kids the credit they deserve when it comes to what they're capable of processing, understanding, and conversing about. Before veganism even came up, I was having conversations with my kids about their lives — and they would bring up topics like family issues, history, meditation, stories about friendships — we were having very meaningful conversations about a broad spectrum of subjects. And then I'd look at their schoolbooks, and listen to how their teachers spoke to them, and felt that everything directed at them was being dumbed down below their capabilities. The books I wrote came out of the respect I have for children's intellects.

> "Art in all forms is a great teacher. Art, music and bands, books, film and media"

How does the art in your children's books approach veganism?

I made sure to paint images that were neither sugar-coated nor too graphic, as photographs would be. The aim was not to scare children into veganism, but to present facts about the emotional lives of animals, factory farming, the environment, and endangered species, so that coming from a place of being informed, they could begin to formulate opinions and make decisions of their own as they grow.

How useful are the arts (including literature) in spreading awareness of animal welfare and vegan issues?

Art in all forms is a great teacher. Art, music and bands, books, film and media — I've learned from and been influenced and formed by all of them, throughout my life. We need people working in all kinds of fields, though — from business to economics to sports, medicine, law, etc — to voice their values in their respective communities in order for there to be the kind of global shift toward a more sustainable and sane world that we aim to see. I value all the different types of voices explaining veganism to the masses. Together, it's working. I know change can't come soon enough, but I've seen swift change over the past decade, and expect more to come.

Tell us about your newest book, *Bad Day.*

Broadening my themes from physical and planetary wellness to emotional wellness, this book is about helping kids learn to manage their inner lives. It follows a little boy named Hennie (which means 'Ruler of the Home') through a meltdown as he uses the help of a paper bag to look inward and take a pause and a deep breath. From there, he makes sense of his feelings and gets himself to a good place. There are no adults in the book. I wanted the process to represent a journey we can all take using our own strengths.

For more from Ruby, visit **@ruby_roth** and **@wedonteatanimals**



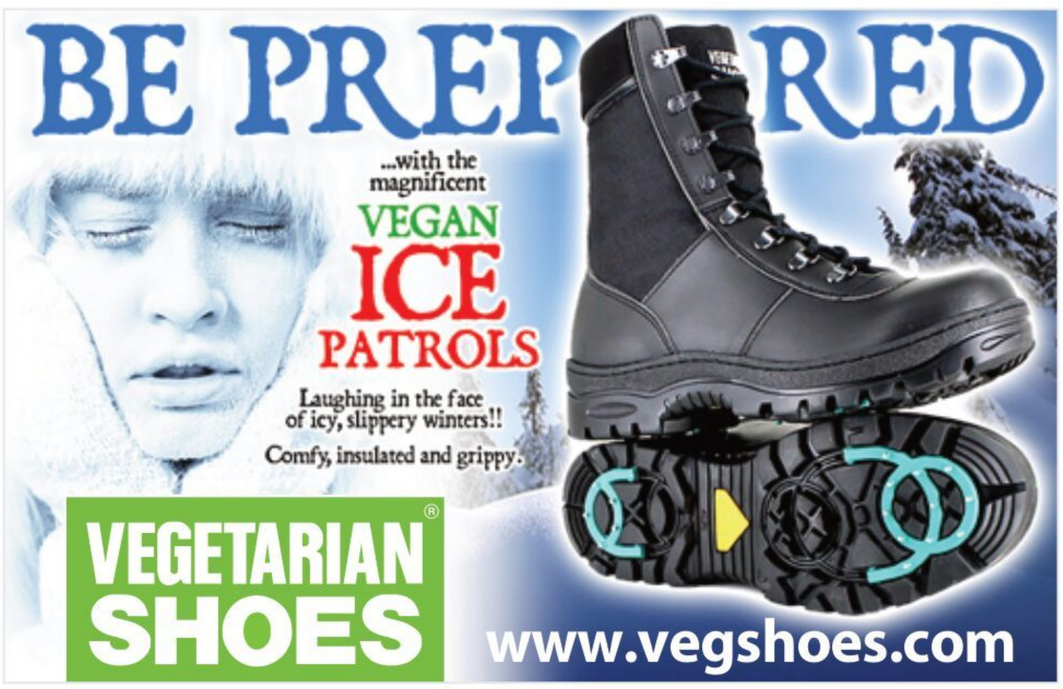
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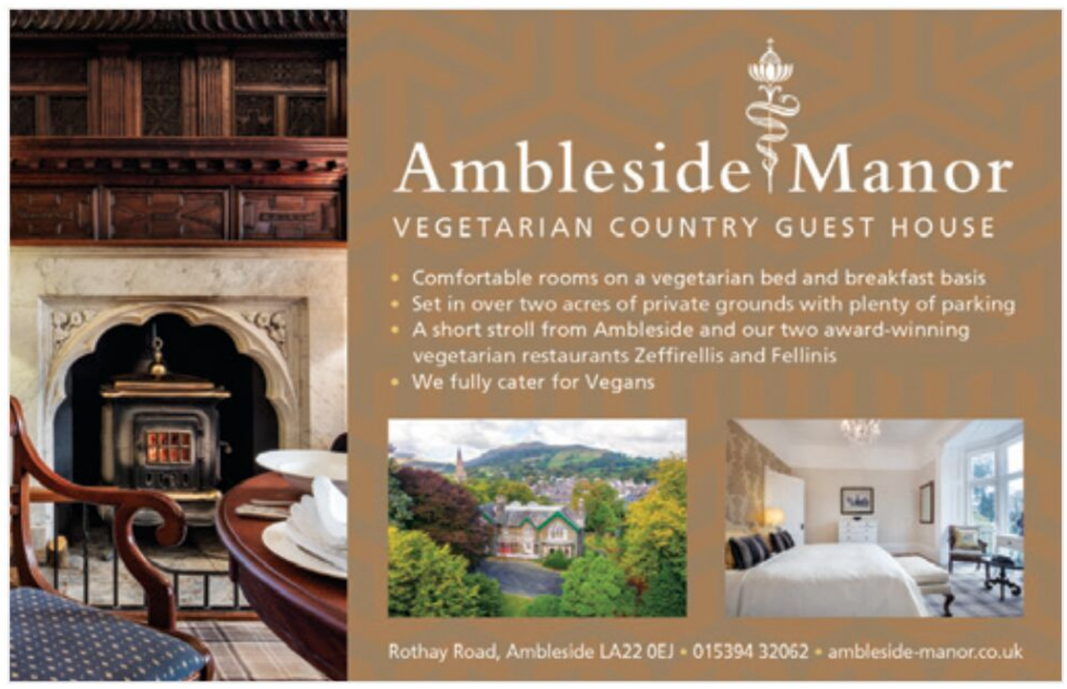
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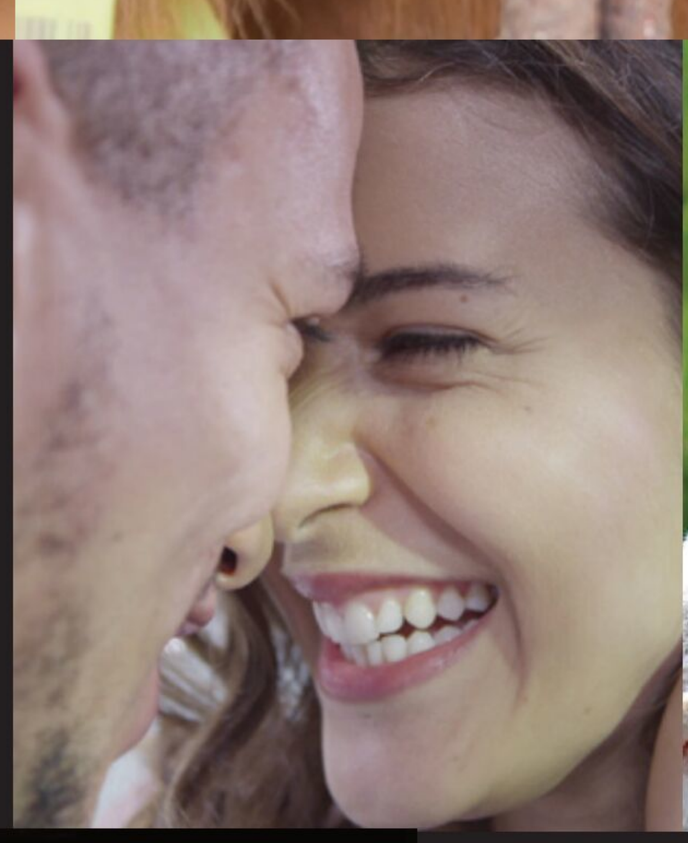


We should all be born free

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Jake Yapp

Vegan thoughts with Jake

Too Humid for Aquafaba

I thought you should meet Gretchen Price, founder and owner of Gretchen's Vegan Bakery (gretchensveganbakery.com). I can attest to the insane deliciousness of her recipes, having tried several, and found myself unable to stop consuming the results, even when I felt sick. And you HAVE to respect anyone who has something like 15 different buttercream recipes (try the ermine — I am not kidding that you can just eat it with a spoon, and it melts in your mouth. DO NOT JUDGE ME).

She also has a lovely, personable YouTube account (search for Gretchen's Vegan Bakery) where she shares her successes, and occasional rare failures in a charming, open and funny way. She kindly agreed to be interviewed from her home in Florida where, apparently, it's fabulous, save for the fact that it's really hard to secure vegan cream cheese.

How did you start out?

I ran my own non-vegan bakery for 10 years. I was vegetarian, but over time I realised it wasn't as virtuous as I'd thought. When I realised the toll — the death toll — it took on animals to produce dairy and eggs I decided to become vegan. It became increasingly hard to reconcile what I was doing professionally with the values I had personally — I didn't want to eat my own products anymore. And so, in 2016 I decided to take the plunge and go completely vegan in my business. I sold the bakery and committed to veganising all my recipes, my website and my videos, effectively starting from scratch.

How did your audience react?

I got a lot of hate. My followers — I had a quarter of a million on YouTube. 'How dare you switch? You're forcing everyone to go vegan'... But at the same time, I got a lot of new followers who were vegan.

How easy was it to convert your recipes?

Several years before I made the switch, I had dabbled with veganising recipes, and I'd had a nightmare of a time! It was one disaster-fail after another. But when I made the commitment to myself — that's when suddenly it fell into place. I literally said, 'I can't do this anymore' and it was like the universe said 'Ok! You're ready!' My cakes were better than before. It was literally rainbows and unicorn farts everywhere.

Are unicorn farts vegan?

Absolutely they are. And they taste delicious!

I like how — with your videos, especially — you share the sense of experimentation with your recipes. You kind of play with your food...

Yeah. Like when I pulled my eggnog cake apart at midnight to fold whipped cream into the custard filling. I said — this is way better. If you do it the first way, it's totally fine, but if you do it the second way... waaait a minute!

What non-vegan food do you miss?

Strangely, and disgustingly — tuna salad out of a can. Tuna salad sandwiches. Isn't that weird? I think if you actually put tuna salad in front of me now, I'd probably throw up, but yeah. I really miss that. I've tried fake tuna but... My cat eats better than that stuff.

And what vegan substitutes have you struggled with?

Aquafaba is a pain in the *ss. I mean, it was so magical when we all learned that you can whip it up and it acts like egg white in the form of a meringue. But when you bake it — forget about it. It's tricky and touchy. If you use a dehydrator, it kind of works, but I don't rely on it any more. I get mad at people posting their pictures and I think 'You know damn well it took you a hundred tries to get that result!' I don't know anybody who's had great success with it, and anyone who says they have is lying! Now I'm in Florida, I tell people 'It's too humid'.

So that's the phrase we should use to get out of our aquafaba disasters?

Yeah, haha. 'It's too humid!'

For more from Jake follow **@jakeyapp** on Twitter.



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