

VeganLife

January 2020 | issue 58 | £3.99

The lifestyle magazine written by vegans for vegans

**What to
eat in the
New Year**

**“2020 is the
start of us
thinking more
consciously”**

We catch up with
Earthling Ed

**FRACKING
DISASTER**

world on the rocks

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£600
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BE WON**

**Get fit
the vegan way**

The expert advice you need

**Could you date a
*non-vegan?***



*Banana & Peanut
Butter Pancakes p55*

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PRIMEIMPACT
EVENTS & MEDIA



Hello,

Happy New Year! Looking back on 2019 it was a time of enormous change, with Greta Thunberg on the cover of *Time* magazine, Extinction Rebellion grabbing the headlines and a huge backlash against single-use plastics and fast fashion. The collective consciousness has changed and priorities, for a lot of people, have shifted.

Veganism hit the mainstream in a way never seen before, as plant-based foods flooded the market and celebrities brought the conversation to the masses. Plant milks saw exponential growth, beauty brands displayed their vegan credentials, restaurant menus were altered and supermarket shelves heaved with new vegan options.

One activist and educator who has been at the forefront of fighting for change is Earthling Ed. We have long admired his work — the dignified and collected way he eloquently argues for animal rights and the diversity of his activism through Surge and, more recently, the delicious food served at his Unity Diner. So who better to grace our first cover of 2020? In our exclusive interview (p18) we discuss the future of veganism and how as the movement grows, we face bigger resistance, but also more opportunity for progress.

Finally, for all those who are new to veganism and taking on Veganuary, welcome. Within these pages and our brilliant supplement I hope you find the support and answers you are looking for. You've just made a life-changing decision for yourself, the planet and the animals.

Have a great month,

Phillipa Smith
Editor



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“All sentient beings should have at least one right — the right not to be treated as property.”

Gary L. Francione



Cover Image:
Earthling Ed Interview p18



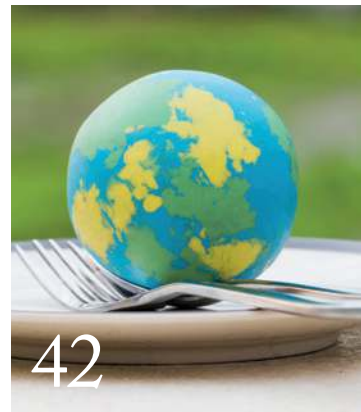
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Update your footwear this winter with some ethically-stylish shoes



Over to you

Your letters, emails and musings

Next Month's **Star** Letter Prize



Email your letters to **Gemma.Tadman@primeimpact.co.uk** to be in with a chance of winning a £50 Spicentice gift card to spend online at the spice kit retailer.

Spicentice sell a whole range of spice kits, ranging from gourmet chips and wedges to plant-based enchiladas. All of the products have 100 per cent natural ingredients, and their new vegan range is vegan approved by the Vegetarian Society.

Use the small packets of spices to cook traditional vegetable curries, layering up the spices as is done in traditional Indian cooking, or sprinkle over vegetables for a tasty roast.

For more info, visit **spicentice.com**

Star
Letter

For Everything by Stacey Langley

Billions of animals screaming, bleeding, reeling, because their life apparently has no meaning. They're just products, just food. Why has this made me feel so unglued?

I can't cope with this nonsense any longer, this vegan movement has got to get even stronger,

Their bodies, their lives are not for me and not for you. Let me show you what is true.

I can show you Dr Greger, Dr Klaper, Dr Bernard, too. They will show you studies proving eating animals one day will kill you. They will show you plants are the way to be healthy, and no, you don't have to be wealthy. If it's health you seek, potatoes, rice and beans are cheap.

I can show you that the earth is dying. Animal agriculture isn't even trying. They're causing greenhouse gases, ocean dead zones, deforestation. Is this more than your expectation?

Did you realise just what's going on? Did you know that if it carries on we won't have a planet to live on?

I can show you animals being enslaved, exploited and raped, babies stolen from mothers, sisters and brothers, all so we can steal milk from them more easily. The whole thing, to me, sounds kind of sleazy.

Why can't we just leave them be? Because there's money to be made off their backs, silly. But, what if there was another way? Another food source for which we could pay?

It would have to taste the same, look the same, smell the same, and more. What if eating vegan wasn't even a chore?

Imagine if we could eat burgers, ice cream and pizza without animals dying, without the companies lying. Oh wait, we can! We can eat everything that you can, just made out of plants instead. No products on our plates are dead.

None contain suffering or faeces, violence or fear. No animals were murdered, so no one need shed a tear. Yet, I still do — for the animals still going through hell for you.

You buy, they die, but, you can buy vegan food — just give it a try. If all this sparks something in you, if these words ring true, this can all be stopped and it stops with you.

Stacey Langley, via email

Stacey wins an adult and a child ticket to VFestUK 2020, worth £50!



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FISH ARE FRIENDS. NOT FOOD.

Every year millions of fish are caught and killed to make Omega 3 supplements. But with over 90% of the oceans' fish stocks now over exploited, we need to find a better way.

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Vegan News

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

Sales of sausages and bacon falling in UK

According to research from the Agriculture and Horticulture Development Board (AHDB), less people are buying red meat.

AHDB stated: "Bacon sales were in growth until the end of 2018, but have since been in decline, with volumes down 5.3 per cent in the year to November 2019. Media reports linking bacon to cancer appear to have resonated with consumers; when asked, 18 per cent claimed to have heard something about bacon in the media recently with over half of those people reporting the news had been negative."

Yet, the plant-based market is flourishing, with UK supermarkets stocking more meat-alternatives and established companies, like Quorn, seeing sales rise by 35 per cent since 2016.



Product of the month



Fry Family Foods

Mixed Mushroom Country-Style Pie

Fry's luxurious Mixed Mushroom Pie is newly available to the chilled plant-based section in Sainsbury's, and is easy to cook up for a decadent vegan dinner. It's filled to the top with chestnut, oyster, shiitake and porcini mushrooms and encased in a crisp golden pastry. To complete the hearty meal, enjoy alongside an array of your favourite veggies. Like all of Fry's products, it's 100 per cent vegan, non-GM, cholesterol-free, and delicious.

Available in Sainsbury's at £3.50, fryfamilyfoods.com



School in Florida bans use of real frogs for dissection

In a world-first, J.W. Mitchell High School in New Port Richey, Florida, has started using realistic 'SynFrogs' instead of dead animals for dissecting

in classes. The synthetics are supplied by the company SynDaver, who specialise in cruelty-free and lifelike models. The models mimic the properties of a live, female frog, and they are also reusable, saving countless frogs' lives and waste. Dr. Christopher Sakezles, CEO of SynDaver, comments: "We're excited to announce our revolutionary SynFrog, a far superior learning tool as it is designed to mimic living tissue, this makes it more like a live frog than the preserved specimens currently sold to schools for dissection labs."



Domino's are launching vegan pizza in the UK

PETA (peta.org) has confirmed that global pizza chain, Domino's (dominos.co.uk), are releasing plant-based pizzas this year. Following the announcement, PETA said: "By adding vegan choices to its menu, Dominos will help meet the booming demand for vegan food and make it that much easier to live an animal-friendly life. Consumers who choose to ditch dairy spare cows suffering on factory farms and help combat the devastating environmental impact of animal agriculture."

Rachel Townsend, a spokesperson from Domino's UK, also commented: "The rumours are true. We have been working hard to perfect a vegan recipe with the unmistakable taste of Domino's fresh dough and cheesy goodness."

The exact release date of their new options is yet to be made public, but sources suggest this month.

Selfridges launch UK's largest vegan chocolate counter

With more than 20 different varieties of plant-based chocolate available to purchase, Selfridges' new vegan chocolate counter is the largest in Britain. All chocolates are made by Brighton-based Be Chocolat by Michel Clement (bechocolatbrighton.com), Great Taste Award Winner 2018 and 2019. All their chocolates are made from ethically-sourced, 60 per cent Ghanaian cacao, with varieties on sale including almond praline squares dipped in chocolate, peanut butter truffles and caramel and honeycomb rock dipped in dark chocolate, to name a few.

Visit, bechocolatbrighton.com and selfridges.com



Vegan Entrepreneur

Culcherd

Culcherd are an artisanal dairy-alternative company, who pride themselves on producing deliciously tangy vegan cheeses and butters. Founded in 2015, Culcherd's products are made with the highest-quality, organic ingredients in the most environmentally sustainable way possible — with over one billion probiotics in each serving. The team strive for all of their products to have a short and clean ingredient deck, in order to consistently provide uncompromised quality products.

For more information, visit culcherd.com



“
It takes nothing
away from a
human to be kind
to an animal

”

Joaquin Phoenix

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£1.60, alpro.com



Koko Dairy Free

Koko's Coconut and Lemon Yoghurt Alternative pots are sweet, zesty and super smooth.

£1.25, kokodairyfree.com



Nush Organic

This Natural Cashew Milk Yoghurt is rich and creamy, and made from the highest quality organic cashews.

£3.99, nushfoods.co.uk

V-eat Out...

Wagamama

If you've not yet treated yourself to a meal at Wagamama, you need to! It's a fantastic place to sample delicious plant-based food. Their vegan menu has been designed around the concept that meat-free shouldn't mean taste-free, and the Japanese-inspired restaurant excels in this. The British chain is always adding to their menu, with the newest additions including the yasai nikko, comprising a fragrant coconut, lemongrass and turmeric soup served with white rice, and vegetable tempura — with crispy fried tenderstem broccoli, red pepper, sweet potato and asparagus, served with a tangy sweet and sour dipping sauce. If you can, make sure to save some room for dessert — the mango and matcha layer cake is an exotic experience, made with vanilla sponge with matcha and yuzu cream, mango and passion fruit purée, and raspberry compote.

wagamama.com



3 ways to eat... Greek



Dine: The Real Greek
therealgreek.com

Make: Greek White Tabbouleh
veganlifemag.com/greek-white-tabbouleh

Buy: Violife Greek White block
£2.50, violifefoods.com



8

**million lives
could be saved
by 2050 from
going vegan**

If the world went vegan, it could save 8 million human lives by 2050, reduce greenhouse gas emissions by two thirds and lead to healthcare-related savings and avoided climate damages of \$1.5 trillion (oxfordmartin.ox.ac.uk).



Animal in focus

Red lipped batfish

We take a look at the striking marine creature

Unusual to look at, though rarely seen, the red lipped batfish is light brown in body, with a white belly, but has luminous red lips which protrude from its face. Like other angler fish, it has structure on its head known as an illicium, which is used for luring in prey. They can reach up to 20.3cm in length, although their average weight, along with their lifespan, is currently unknown.

Behaviour:

- Red lipped batfish are usually found at depths of 3-76m in the Pacific Ocean around the Galapagos, or around edges of reefs to about 120m deep.
- They are capable of swimming along the sea bed in search of food, however, batfishes fins are more suited to work as pseudo-legs — used to walk and perch on the ground.

Population and threats:

- Population of this species is unknown.
- They have no direct threats, but indirect threats include rising

sea temperatures and coral bleaching, and the industrial fishing industry and pet trade.

- There are currently no projects specifically focused on the conservation of red lipped batfish. However, there are multiple campaigns working to alleviate the danger of marine plastic pollution (including the Plastic Pollution Free Galapagos programme, galapagosconservation.org.uk), which could benefit the fish.

Gender:

- According to some marine biologists, the red lips of the batfish are used to identify or attract mates during spawning.
- They lay eggs within a couple of weeks of mating.

Food:

- The species is a piscivore and insectivore, mainly feeding on other small fish and small crustaceans like shrimps and molluscs.

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Italy

The country has become the first to institute a mandatory climate change course into school programmes. Students must spend just under an hour per week learning about sustainable development and the climate crisis, with the course developed by the Education Ministry and scientific experts.

Raymond Blanc

The chef and president of the Sustainable Restaurant Association says veganism is a 'necessary change' in making food more sustainable. He comments: "Today, there is a realisation that we must change the way we eat. Veganism is not a trend, but an important change based on knowledge and awareness that we, be it chefs, home-cooks and retailers alike, must embrace."

Leona Lewis

The singer has partnered with Hopefield Animal Sanctuary and Humane Society International to promote a plant-based diet. The collaboration will share stories of the sanctuaries residents, in a bid for people to see them 'as friends, not food'.

HERO to ZERO

What's going up and down this month

Summer heatwave

The Met Office has warned 2019's heatwave, which caused crop failures and water shortages, will be 'normal' for the UK by 2050. Research suggests that whilst half of the increased temperatures were due to ordinary meteorological phenomena, Britain wouldn't have reached record temperatures without climate change.

Chinese coal

Over the past 18 months, China has been building its use of coal-based electricity, despite the rest of the world cutting back to meet Paris climate targets. Researchers report that the surge will threaten climate change reduction goals, as well as polluting the air of many Chinese cities.

Antibiotic resistance

Public Health England have announced that 165 new antibiotic resistant infections emerge each day in England, with livestock farming playing a big role in this. As the demand for meat rises, so does the use of antibiotics in its production, increasing the chances of bacteria becoming resistant to them.



Plant Powered Expo is coming to London

Plant Powered Expo, a brand-new plant-based festival will be descending upon Olympia London, on February 1st-2nd 2020. It will offer Veganuary participants, wannabe vegans and the plant-based curious support to ensure a smooth transition to plant-based living after January.

The festival will boast a Global Food Court, with 12 handpicked street food caterers offering vegan versions of Indian curries, pizzas, sushi, burgers and hot dogs, amongst a string of other cuisines. There will also be over 200 exhibitors showcasing cakes, snack bars, cheezes, mylks, 'meats', chocolates, supplements, juices and smoothies, alongside skincare, CBD products, clothing, bags, essential oils, shower products and more.

Visitors will have the opportunity to meet the biggest names in the plant-based community, including strongman Patrik Baboumian, Wicked Kitchen's Derek Sarno, Raw Living director Kate Magic, and clinical nutritionist Yvonne Bishop-Weston, with plenty more speakers hosting classes, talks, food demos, panels and workshops geared towards the basics, first timers and the ABC's of a plant-based way of life.

For tickets, visit plantpoweredexpo.co.uk

Elmlea launch vegan cream

In a move that shows how much the market is changing, and how in demand vegan alternatives are, dairy brand Elmlea have launched its first plant-based cream alternatives.

In the new Elmlea Plant range, the brand offers both single and double creams, which, according to the company, 'pour, cook and whip just like a dairy cream'. To attain the silky texture, the company used a blend of fababeen protein and plant oils, making it 'free from artificial flavours and preservatives'.

The products are reasonably priced, too, and not subject to the usual higher-pricing that veganised products are often subjected to — retailed within the same price point as their buttermilk-based creams. The single cream can be purchased for just 95p, and the double cream at £1.10. Both are available at ASDA and Iceland stores, and online at Sainsbury's and ASDA.





Follow me Socially

Helping others to live a balanced life is Serena's passion, and the vegan wonder-woman believes that living aligned with our values brings unparalleled happiness. On her social accounts, the plant-based blogger discusses cruelty-free beauty, mindfulness, sustainable living, food, travel, mother and baby, and yoga and fitness.



@imserenalee



serenalee.co.uk



Editor's choice

Ettitude Bamboo Lyocell Sleep Sets

Go to bed swathed in luxury, with an Ettitude pyjama set. Made with the eco-company's signature soft Organic Bamboo Lyocell fabric, both men's and women's shirts and bottoms are like wearing a cloud. Ettitude are also a company with morals — all their bamboo is WRAP-certified, and 100 per cent sourced from FSC-certified forests, and they are in close relationships with their manufacturing partner.

Tops from £35, bottoms from £27, ettitude.com



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The UK
vegan market
is predicted
to reach

£1.1bn

in value by
2023
([mintel.com](https://www.mintel.com))



WIN



Vegan Life Live tickets

Back again for 2020, taking place over 14th and 15th March, Vegan Life Live is an event bursting with everything plant-based. More than 250 exhibitors will showcase food, clothing, accessories and cosmetics, making it the perfect way to connect with the growing plant-based community. You'll find everything from vegan cheese, burgers and brownies to handbags, supplements and spices. There will be top presenters, including Juliette Bryant and Gaz Oakley, with many more to be confirmed, discussing important issues and offering their tips for your vegan journey. There will be cooking demonstrations from leading vegan chefs and bloggers, inspiring you to take new ideas home to your own kitchen. It's a weekend that you won't forget, and we've got over £480 worth of tickets to give away — so don't miss out!

To win a pair of two-day tickets to
Vegan Life Live, head to
veganlifemag.com/ticketcomp2020



What's happening?

Vegan events for your diary

Wednesday 8th January

But Where Do You Get Your Protein: Vegan
Guide To Pumping Iron, The Green Grill,
CRATE St James Street, London
Free entry
eventbrite.co.uk

Saturday 18th January

The Anti Hunt Ball
The Penny Theatre, Canterbury
Tickets £5
ticketsource.co.uk

Thursday 30th January

Vegan Nights — Celebrating Veganuary
The Truman Brewery, London
Tickets from £7
eventbrite.co.uk



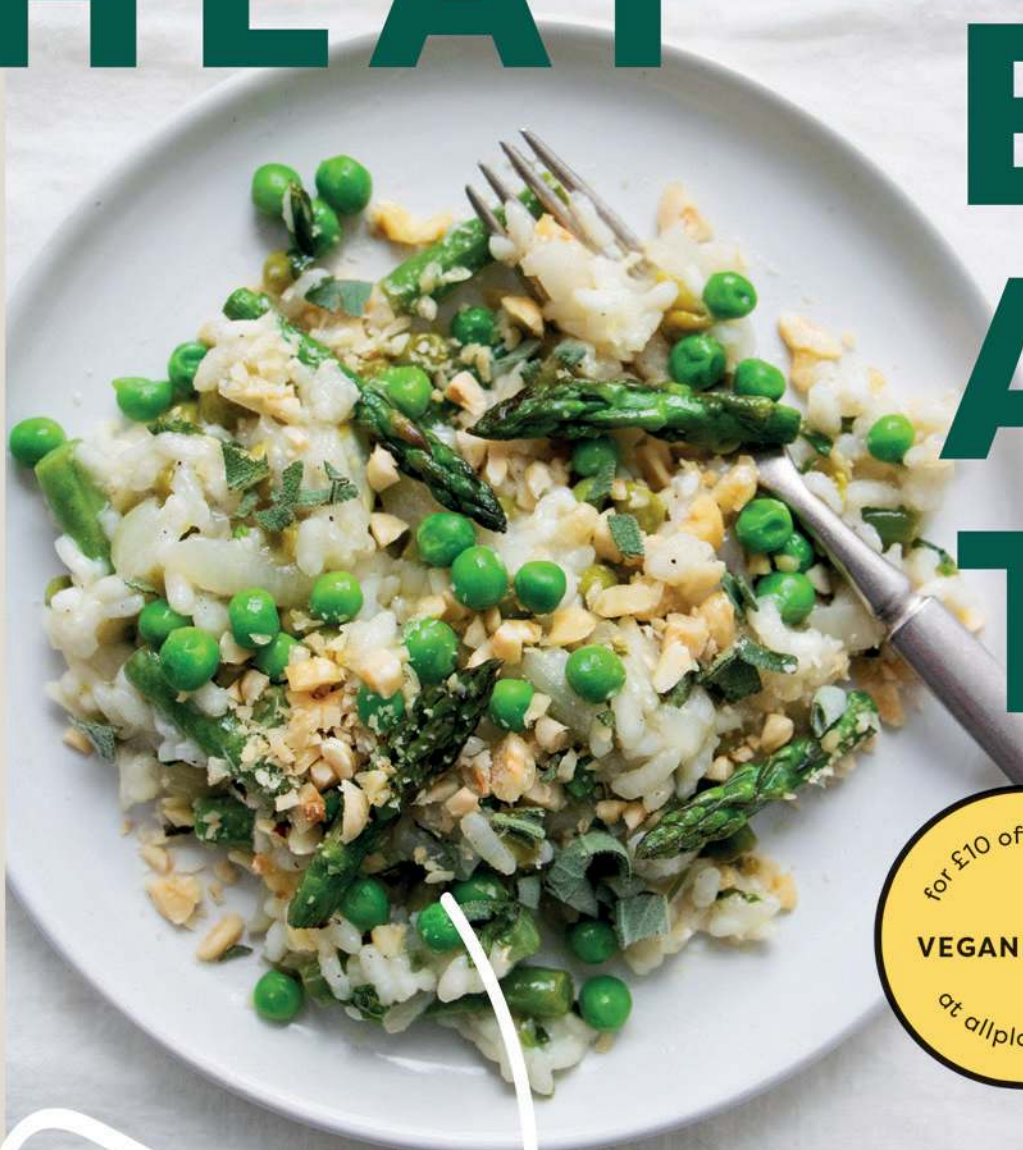
Moby

As a vegan since 1987, American musician and animal rights advocate, Moby (born Richard Melville Hall), is an inspiration to the movement. With a massive fan base stemming from his successful career in electronic dance music, and an Instagram following of almost 400k (at time of writing), the star uses his popularity to bring vegan issues to the spotlight. He regularly calls on his fans to march for animal rights, to vote and to go vegan. The musician has also given a TEDx talk titled '*Why I'm Vegan*', and he makes regular, large donations to animal rights charities. Back in November 2019, Moby actually got 'Vegan for life' tattooed on his neck, to cement his dedication to the cause of helping animals to live free from abuse. ■

For more from Moby, visit moby.com

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Antiac Activ Liquid Spray has been specifically designed to help anyone suffering from oily, congested, acne-prone skin. Packed full of natural oils and minerals such as Bisabolol, Sea Buckthorn, Lavender Oil, Tea Tree Leaf Oil and Aloe Vera, Antiac Activ Liquid Spray is part of a four-product collection in the Salcura Antiac range.

Simply spritz onto the affected area, then using a cotton wool pad, wipe the solution off the skin and be amazed at what comes off!

Voted Best Acne Product on Channel 4's Embarrassing Bodies, this unique cleanser sinks deep into the skin, which allows it to remove dirt and bacteria that normal cleansers often leave behind.

Salcura Antiac Liquid Spray contains nourishing nutrients that feeds the skin from the inside out, allowing sensitive and aggravated skin to gain strength. After regular use, skin will feel refreshed, deeply cleansed and revitalised.

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“ The number of people that are coming on side vastly outnumber the people who are becoming angry by us ”

Looking ahead to 2020, we catch up with Earthling Ed

We've all been there — discussing veganism with meat-eaters, working hard to get our point across but finding our frustration or passion getting in the way. If there is one person who has mastered the art of advocating it's Earthling Ed. The unassuming, unflappable vegan educator has done an incredible amount of work for the movement in the past year and has plans for so much more. We catch up with him at his restaurant, Unity Diner.

When and why did you go vegan?

In May 2014 I came across a story about a truck carrying around 6,000 chickens and crashing on the way to a slaughterhouse in Manchester. I remember reading it and feeling really horrified. The journalist was saying how hundreds of the birds had died on impact straight away, but there were hundreds more who were still suffering on the side of the road with broken wings and bones. Whilst I thought it was terrible that this was happening to them, in my fridge was a KFC, my favourite food at the time. I realised then, the only reason they were going to the slaughterhouse was because I was buying these products.

I went vegetarian because of that realisation, and about eight months later I watched a documentary called *Earthlings*, which talks about testing, entertainment, dairy and eggs, clothing, and everything we do to animals. I couldn't live in a state of hypocrisy, where I recognised what I was doing was wrong, so I went vegan.

How did you first get into outreach?

I started about a year or so into being vegan. At first, I was really paranoid that I was going to fulfil the stereotype of being militant and outspoken, so I was very quiet about it.

Then, *Cowspiracy* came out, and that changed a lot for me — I thought, 'this is a really big issue that needs talking about'. A lot of my friends were environmentalists, so I said to them 'you need to watch this documentary, it talks all about the environment and how animal products are destroying the world and if you want to help the planet, you should go vegan'.

A girl came up to me and said, 'Soya farming is really bad for the environment'. I'd never heard it before and I'd never really been in an argument about

veganism. I had no idea what to say, so I didn't say anything, and it really bugged me.

I went home and looked up the real information — I found out that soya farming is impactful because we feed it to animals, and it spurred me to research more. I discovered so much about veganism — how it affects our health and the animals, of course. I felt like it was wrong for me to keep this information to myself and not talk about it. It was around May 2016 that I first did street outreach, so quite a time after I turned vegan. It just came from learning more and wanting to do something about it.

Your outreach videos are very popular. Is it hard to deliver the message so calmly about something you are so passionate about?

Absolutely! When you are trying to have a conversation with someone and they are trying to justify the very thing that you know is so horrible and you want to end, it's difficult to compose yourself rather than reacting emotionally. It is a big challenge that we all face having these conversations, often with our friends and family, but even when we talk with >

strangers I think it's understandable that we might act really emotionally because we feel so passionately about this topic and when people justify acts of violence, it's easy to become angry.

But I think it's just a matter of being educated and making sure that we've researched all the different topics, then practising as much as possible. Even though I'd like to act emotionally, sometimes I've got to take a deep breath, compose myself and say 'it's not going to help'.

2019 has been a huge year for veganism, what have been your highs and lows?

I think we've seen a lot of progress — personally, I'm clued up about more issues and I'm a lot more confident. I think part of that has been because there has been a bigger resistance to what we are saying and the push back has become more intense. I don't think this is a bad thing, I think it is a sign of progress, but I also think it means that it pushes us, as vegans, to be more educated. A lot of the positives have come as a consequence of the harder bits, for example, the anti-vegan presence online or in politics. In my first few years of activism, it was about learning about animal rights issues, whereas now I can branch out and discuss the environment.

The Tesco's advert [where a dad is making his daughter a vegan sausage casserole] is a great example of progress — but it came with a ferocious comeback from the farmers. The good and the bad are tied together, and the number of people that are coming on side vastly outnumber the people who are becoming angry by us.

Looking into 2020, why do think veganism is more vital than ever for the future of our planet?

With every year that goes by, we get told about the plight of our environment, and that it is getting worse and not better.

2020 is the start of a new decade and the start of us thinking more consciously about our choices. There has been so much happening over the past year — Extinction Rebellion, scientists coming out with all the research that pushes veganism as the solution to the problem — and I think 2020 will really kick off in many ways. I hope that we keep the animal rights message alongside the environmental message. Both are so

important, you can't have one without another, so I think those two messages together are a big driving force — alongside the new plant-based products that are coming out all the time, they're really helping.

Do you think there is going to be more growth or more resistance to change?

Every year surprises me; I never really expect what is going to happen. But I think we will probably see the continuation of the progress we are making with veganism getting bigger and bigger each year. We had the Greggs vegan sausage roll come out in early 2019, now Greggs have released several different vegan products. I think we will see a bigger range of vegan products emerging and more people turning to veganism because of celebrities, as more people in the public eye are

becoming outspoken about it; Billie Eilish and Lewis Hamilton for example are talking about it all the time, and getting more spokespeople like that will really, really help. The flip side of that is that more people will become outspoken against veganism.

The environmental side of it means though that people are *having to* change, whether they want to or not, they are recognising that they have a responsibility to do so.

How will you be involved in Veganuary this year?

I will definitely be sharing things about Veganuary and encouraging people to get involved. To the people who have signed up — don't overload yourself with thinking you have to change what you eat. When I first went vegan, I ate loads of quinoa and kale for some reason, so, >







after a week, I thought it was hard. But I quickly realised that I don't have to reinvent the wheel.

Going vegan doesn't mean you have to radically change what you eat — just change the meat you eat in spaghetti Bolognese to soya mince or lentils, play it safe and keep it simple.

Watch some documentaries to reaffirm everything; if you went vegan for the environment then keep on top of that and branch out — look at all areas. I became fully confident with veganism when I watched *Cowspiracy*, *Forks Over Knives* and all the different documentaries.

Tell us about Unity Diner.

We opened Unity Diner in October 2018 and it's an entirely non-profit, vegan diner. We do traditional American diner-style foods, like burgers, hotdogs and mac 'n' cheese.

The idea has always been that the money that we make from the diner can be put back into animal rights work. The past year, we've done a couple of

advertising campaigns in London, on the tube and on billboards, and the long-term goal is to open a sanctuary.

We have recently moved into new premises in Spitalfields, London, because we outgrew the old space, which is great. We randomly found this location and it was perfect — exactly in our budget for what we want to achieve. There were five other businesses competing for it, but they liked us and thought that our mission statement was really important.

Have you got any favourites on the menu?

Yes, I do — the tofish and chips! I used to love fish and chips and you assume that when you go vegan that it's one of those things that you can't really get — vegan burgers were always really good, but with fish, it can be a bit harder. We have this tofish on the menu though and I think it's the best thing ever. We gave out free portions of it around the coast earlier this year and people loved it. We had this elderly couple visit and the lady said of her

husband, 'He's a fish and chip connoisseur, he won't like it'. But he ate it and he said it was nice! I replied, 'Well, how about that!'

How did you devise your menu?

We sat down as a team and discussed what food we like eating, what food is great in London, and also what food we don't have as much of. We spoke about how to encourage more people to veganism and how to make it accessible to everyone.

The menu is a little tongue in cheek (they have a cocktail called 'Piers Morgan's Tears'), but we want to have as many non-vegans here as possible, so a lot of the food we create and the descriptions of the dishes and drinks are about animals and how they are affected by humans.

How are you planning to approach 2020 in terms of social media, campaigns and projects?

I think I'll just do more of the same. For me, 2019 was about building on what I'd learned previously, hopefully getting better and doing more respectable things. I think that social media is great, but I feel it lacks a bit of credibility for a lot of people. Last year, I tried to emphasise talking at universities and creating good business speaking opportunities, so this year, I want to do the same, but with extras.

What is your New Year's resolution for yourself and for veganism?

For me personally, I just want to practice what I preach. Activists need to look after themselves and take time to do things they enjoy outside of the vegan world. Otherwise, we lose our identities. That's what I want to implement more of — taking time for myself.

I always say to other activists that this is a long game. It's not going to be over in a couple of years — this is a battle, and probably one lasting decades. There's no point going really hard for two years, then burning out and being on the sidelines, watching. We need to be there for the whole duration.

I'm going to think of myself as that person I speak to, to be both honest and tough with myself. ■

For more from Ed follow [@earthlinged](https://twitter.com/earthlinged)

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Ask the experts

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Q What are your top tips for someone taking on Veganuary?

First, sign up at the Veganuary website. It is free to take part and you will receive loads of advice, support and resources via your daily newsletters. Plus, you will be able to connect with others all around the world who are also taking part.

Plan ahead. It's no good waking up on January 1st and realising there is nothing to eat. You will be setting yourself up for an immediate fail. Ahead of time, buy plant milk for your coffee and vegan butter for your toast. Lots of people also find it helpful to make a meal plan for the first week or so.

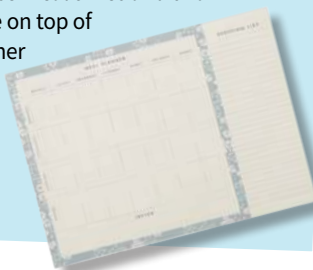
Keep it simple! If you love spag bol, make a vegan one using soya mince or lentils. If you like bangers and mash, choose veggie sausages and gravy. For pizza, use dairy-free cheese and look out for vegan pies, nuggets and burgers. In the first days and weeks, sticking to the foods you're used to, but in a vegan form, can help you transition smoothly. And, when you're ready, get creative! Check out some vegan recipes (there are millions freely available online) and use the opportunity to try new foods and recipes, and to expand your culinary repertoire.

Our star buy

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Q What's the best time to tell your family and friends you've gone vegan?

There isn't a 'best' time to tell your family you are vegan, but there is a worst time, and that would be at a big family gathering when someone else has sweated for hours to produce the meal in front of you. They certainly won't appreciate your announcement then!

As for how you tell them, we'd suggest you do so gently. You might start with: 'I've been thinking about going vegan for a while and I've decided to give it a go'. Then talk to them about your reasons, without making them feel bad about their own different choices. They are likely to have concerns about nutrition, so do your research first, and reassure them about protein, iron and B12. And finally, you may need to address some practical matters, including cooking at home and eating out. If you're not the main cook in your household, offering to help would be the way to go.

Interestingly, lots of people find it easier to say that they are just trialling veganism for one month to see how they feel. That way, everyone can adjust without the pressure of 'forever' hanging over them, and at the end of the month when you stay vegan it doesn't feel like such a big change. ■

For more from Veganuary, visit [veganuary.com](https://www.veganuary.com)

Email Gemma.Tadman@primeimpact.co.uk with your questions about veganism.

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“ Dogs teach us that there is undying love – they love us wholeheartedly and show us how to do it in return ”

The founder of the Wild At Heart Foundation, Nikki Tibbles, chats to us about the global stray dog problem

I've always wanted to do something with dogs — I grew up with them and I've been around them all my life. I went to Puerto Rico a while ago and spent the entire holiday literally rescuing dogs, and I even brought two back with me. I flew them from Anwar to Los Angeles and then to Paris, and I muddled them in through the channel to London. And then, when my lovely companion animal Rose died, I promised that I would get another rescue dog from abroad. Historically, all of my dogs have come from Battersea, but if you Google 'rescue

dogs from abroad' it's like unleashing the gates of hell. That's when you realise that there's a global stray dog problem, which really needs addressing.

We have 600 million stray dogs in our world, who are not treated humanely or justly. When I discovered the scale of this, I started getting more involved with existing shelters in Spain and then Romania, and I decided that I could help by rehoming them. By then, I had six rescue dogs from all over the world, but I wanted to do more. Considering that my business had

done reasonably well, I thought that I should give back, because I think that it's incredibly important that we all give something. And, it doesn't matter whether that is a smile, or saving the life of an animal or a person — whatever we can do, we should all do our bit. It was then that realised that I wanted to set up my foundation. However, I didn't want it to be just another UK-dog focussed organisation — there are so many UK-based dog rescue charities, which are all incredible and doing amazing work and there can never be enough of them, but



the principle behind the Wild At Heart, for me, was the bigger picture. I didn't just want to rehome dogs, I wanted to help alleviate the global problem in the first place.

Sterilisation is the main way that we can control the stray dog population in our world, and education is the only way that we will be able to make change from within. So, those are the two aspects that we as a foundation focus on. With rehoming dogs that are coming from countries where there is less than no animal care and abject cruelty is the icing on the cake, that's the thing that will get people involved, they want to stop this abuse — that's the tangible element of our charity. I didn't just want to be this girl from England who grew up around fluffy dogs, I truly want to do something that will be life changing, that will continue and we can leave a legacy for, because if we don't educate people about being kind and compassionate to animals, then we have an issue. That 600 million stray dogs in our world is only going to grow, unless we control it kindly and sustainably — that's really why I set up the foundation.

This year, we are working with existing charities in countries abroad. A lot of people ask us what we are doing to help here in the UK. We work with home-grown charities and, of course, kindness begins at home, but, we have so many organisations in Britain — Battersea, RSPCA, the Dogs Trust,

the PDSA and the Blue Cross — we have every kind of rescue for every breed, and most towns have their own rescue centre. We have so much of a support system for our 50,000 stray dogs, but elsewhere in the world, when there's a dog that might have been knocked over on the side of the road, there's nowhere to take it. There are public pounds where the dogs have absolutely no hope of ever leaving and they'll be gassed within seven days, or the small dogs are fed to the bigger dogs — it is quite horrific. That is why for me, working abroad and in countries where we can raise awareness and funds for existing charities, we can do much more good than by trying to set up shelters or trying to do more in Britain, because we're not as needed here.

Struggling, existing charities abroad will approach us for aid, and we decide what it is we can do to help — there's always something, we have so many incredible projects that we're working on. We rehome about 30-40 dogs a month, including from all over Europe, Thailand, the Netherlands and Puerto Rico. We have an amazing team, and that's the most important thing, I couldn't do any of this without the incredible people who work tirelessly for the cause, because they care so much. We also have a great group of ambassadors that promote our work and our foundation, and are always so kind and so generous with their time and support. We're very lucky, and I'm blessed to know that if I

save one life, that's fantastic — if I can save millions, then that's even better.

At the moment, campaign-wise, we're working on a lot in Puerto Rico. We have the clinic there every three months, which we run with an amazing team of vets and the Humane Society International (HSI, hsi.org). When we were last there, we sterilised around 3,500 dogs in six days — these were companion animals, but a cared for dog in Puerto Rico is obviously a very different creature to those cared for in the UK — they're let off the lead, they're not indulged in as animals and they go around copulating with the local village dogs when they're let loose at night. It's the lack of education, so, starting with 'kept' dogs, we educate carers, and we've seen how much that has grown and brought in a greater number people to the clinic. People even line up out the door now — at the last one, people started queuing at 7pm the evening before, and we weren't opening until 6am the next morning! So, we know there's an amazing demand for it, following the right education, which has just been phenomenal.

At the end of 2019, we were working at Bon Jardin Dog Rescue and Rehabilitation in Thailand (bonjardin.com), where we are actually going to start a ten year programme. There, we will hopefully be able to sterilise and neuter the local street dogs using a trap, neuter and release programme. We run a similar thing with all our partner shelters around the world. We choose who we work with carefully, so that we can actually do more to help, for example, we might take out a team of volunteers to rebuild a shelter, or we'll fly out a team of vets so that we can actually sterilise the local dogs. It's always the bigger picture we think of, that's what we try not to lose sight of, as well as bringing in the most amazing dogs to rehome. From one litter of puppies born on the street, on average, there will be 67,000 more homeless dogs within six years, and that's why we need to deal with sterilisation — that's the main way that we will make change. It's a hard programme we need to bring into play, but there are kind people out there who are truly wanting to make a difference, but it's education at the end of the day. Every dog that we bring over to the UK is sterilised, so no rescue dog is given to an adopter unsterilised, unless it's too young >

and then obviously when it matures it's done within five to six months.

We're also about to start work in an amazing clinic in Mexico called Coco's (cocosanimalwelfare.org), and with an incredible charity called Sidewalk Special (sidewalkspecials.org), who go and sterilise dogs on the side of the street in South Africa. In the last eight years, Sidewalk have basically rid the streets of stray dogs, but they are also trying to make people feel proud that they have looked after their dog, and I think that that's what's really important. Similarly, in Khayelitsha, Cape Town, we now have this programme with Sidewalk where when people bring their dogs to be sterilised, we send them home with a dog house. The kennel is provided by people from the township, and the dog carers can make the doghouse at home, and then write their companion's name on the house. So, the incentive is that if you bring your dog in to be sterilised, the pooch goes away with a little home, and that is something that we want people to be proud of.

Wild At Heart have accomplished so much — every day I feel blessed.

For example, this week we have 20 dogs coming over from Greece and Bulgaria, and that's amazing. An achievement that stands out is when we started our clinics in Puerto Rico — we didn't know how it was going to work out. Our first clinic, backed by the HSI, was just after the hurricane. After a lot of lobbying with the government, we were able to

bring foreign vets into the country for the first time. Now, because it's been so successful, they've actually allowed us to continue for another two years, and hopefully, after four years of clinics every three months we will have made a significant difference.

There are so many ways to help Wild

At Heart — we run a fantastic volunteer programme, we need people to help with fostering, and we always need funds. The more money we raise, the more work we can do, so if anyone wants to have a fundraiser that would be incredible. If you can't adopt a dog yourself, then simply telling someone about adopting rather than buying from a breeder or a puppy mill, is a way that you can save a life. At the end of the day, it doesn't come down to money, it comes down to that compassionate moment where if you can adopt and give that dog a chance at life, or you can persuade someone else to adopt and not buy from breeder, then that is everything. A dog is a dog, so for me, adopting from anywhere is important.

If people want to get involved in the foundation, we want people to be able to come out on projects with us and help us rebuild shelters. We need volunteers to help us fly dogs back or to do PR work at a recovery clinic. There's lots of ways to get involved, with a range of levels of involvement — even having a cake sale at school to raise money, buying a sweatshirt from us, or just talking about our work.

We can learn so much from animals. I think that it is so important to have

an animal in your life growing up as a child. Dogs teach us that there is undying love — they love us wholeheartedly and they show us how to love, how to be physical, how to take care of others, how to be sensible and responsible, and they educate us about loss. In this age where everyone walks around with their head glued to a screen — to have an animal that you are able to learn to love and to have that animal love you back, that's an invaluable lesson for everyone. I was fortunate enough to grow up with so many animals — my father was amazing, he would bring back any dog that he found on the street, and we had a house full of animals. Every morning, he'd wake up and find me a seat downstairs with my dogs near their beds. Nothing has changed today, there are still so many dogs in my house, but they come up to bed with me now!

The future is big for Wild At Heart, and as a foundation we have so much to do — we could spend 24 hours a day working to make our world a better place. We have a brand new website that's launching very soon, as well as a programme of incredible ambassadors and more projects in the coming weeks. Our aim is to work in more countries where we can significantly reduce the stray dog population. Very soon, we're returning to our project in Lebanon to bring back nine dogs, and to help to rebuild a shelter there. A big goal is to have a shelter and a sanctuary soon in the UK, where we care for rescue pigs, donkeys, cows, goats and chickens. I'd like for it to be a place where children can come from school to visit. I've been vegan for years — I could not eat an animal if my life depended on it, but I think there's a definite lack of awareness regarding where children believe food comes from. A lot of kids don't even know how potatoes grow, because they come in a plastic bag in their fridge, and likewise, meat — it's just a piece of flesh on a polystyrene tray. If we had a sanctuary that we could bring children out to, they could see animals and come to understand what and who they are seeing. If some kind of a compassionate programme could be instigated onto the national curriculum, then I would die a very happy person. ■

For more from Nikki, visit
wildatheartfoundation.org



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A *vegan* dating a *non-vegan*. Can it be done?

Sean O'Callaghan on navigating the dynamic

We have seen so many monumental shifts over the past few years when it comes to vegan living that it is as though our wildest dreams have come to life. Could you even imagine seeing some of these changes even just a few short years ago?

The first decade of the 21st century has been one unbelievable vegan development after another. Mainstream restaurants are falling over themselves to please plant-based consumers and you can't walk down the street without tripping over an A-frame advertising vegan options. As someone who has the job of staying on top of all the latest vegan developments, I'm having a tough time keeping abreast of all the never-ending stream of news items.

Even though these big changes we have witnessed seemed unlikely, if somewhat plausible, there has been one recent change in my personal life when it comes to veganism that I never even considered.

What would my life be like if I started a relationship with a non-vegan?

Following on from the end of a loving 20-year relationship with another vegan (please don't be sad — we are still best friends), I found myself as a vegan looking for love.

I met and fell in love with a wonderful and caring human with whom I had a lot in common. We shared a taste in almost everything (music, humour, travel) however there is one great big difference between us. He is not vegan.

After living in a plant-based relationship bubble for two decades, I've now been hit with two hard-to-swallow realities.

Firstly, a lot of people on the planet are not vegan. I know this sounds obvious, but when the person you spend most of your time with is also vegan, you can easily cocoon yourself from the real world.

Secondly, you cannot help falling in love and you mostly don't get a say when or how it happens. Love is an uncontrollable mystery that takes us on wonderful and challenging paths.

As a lot of people are switching to a vegan lifestyle in order to recognise Veganuary, a lot of new converts will suddenly find themselves in relationships with non-vegans. Not everyone goes vegan at the same time, so I wanted to give you a small insight into my experiences.

How has my vegan and non-vegan relationship been so far?

I'm not going to lie and say it has been without its hurdles. I believe deeply and unwaveringly in my commitment to living a vegan life in order to lessen my contribution to the suffering of non-human animals. I think it is even fair to say I have dedicated a huge part of my life to the cause.

Finding myself in an intimate relationship with someone who doesn't share that worldview has at times been confronting. He sometimes became frustrated at the lack of vegan late-night dining options when he was used to being able to grab food at any point on the 24-hour cycle.

Even though he no longer sees it this way, my partner reacted similarly to many non-vegans by seeing my choices as a comment on or derision of his choices. It has taken us a while, but he now understands that my choices are my choices and not judgements on him. I do what I do to help animals, not make him feel like a bad guy.

His family are at the furthest place from vegan that I think is possible, so we are also navigating how I fit into his broader life. Explaining to his family why I bring my own food for a family dinner has been at times humorous.

My partner, along with his friends and family, has been supportive and respectful of my veganism. He is at the point now where he excitedly sends me links to vegan stories and food news. Heck, he even sat through an entire screening of *The Game Changers* on Netflix at my request. He must be smitten.

I am always honest in this column with you, so I'll finish by saying that of course I wish my partner would adopt a vegan lifestyle, but it is more important that he loves and respects me for who I am and the choices I make.

I've experienced pressure from some people within the vegan community to stop dating a non-vegan (yes, really) but my relationship is one of mutual respect, understanding, and love.

Feeling loved and cared for is crucial for our overall wellbeing and loving relationships can be difficult to maintain. We can't afford to turn our backs on love when we find it.

Also, dating a non-vegan gives us the opportunity to convert another meat eater to plant-based living, but please don't tell my boyfriend I said that. You'll blow my cover! ■

Follow Sean's vegan adventures on Instagram [**@fatgayvegan**](#)



World on the rocks

Lily Woods looks at how fracking is destroying the Earth

The process of fracking has long been debated, and with the effects it has on our planet, there is no wonder as to why. However, while many people understand fracking to be a generally negative process, the definition can sometimes still be a little hazy.

But, what does fracking actually mean? Let's put it simply — essentially, it is the process of injecting hot liquid, oftentimes water, at extremely high pressure into rocks to force fissures to open up. This enables naturally-occurring gases and oil to flow more freely, and for them to be more accessible to oil companies. The impact of fracking in countries such as the United States has been significant, the rewards of which are generally perceived to be positive — economically, at least. Indeed, it is true that fracking enables companies to access previously untapped resources of hydrocarbons, thus driving down the market prices of oil and gas. Some have also said that it is an environmentally-friendlier option, as it replaces coal with natural gas, which emits half the

amount of carbon dioxide. Having said this, we cannot ignore the repercussions that fracking undeniably has on our environment, as well as the smaller ecosystems that exist within it. So, what are the impacts of fracking on the planet?

In terms of air quality and pollution, we can see that fracking is highly damaging, particularly in relation to our climate. For example, each time the process of fracking is performed — there have been over 2.5 million 'frac jobs' since 2012 — approximately four per cent of the methane that is released during the process escapes into the air. When we consider that methane is 25 times stronger than carbon dioxide in heating up our atmosphere, we can really begin to gauge the potential effect methane has on the temperature of our planet. Coupled with the number of large-scale beef and dairy farms across the UK, with the largest of the beef farms producing over 6,000 cattle for slaughter a year, the levels of methane produced is staggering. Therefore, while fracking may be proposed by some as

an environmentally-friendly alternative to other ways of mining for fuel, the actual process of fracking is quite the opposite — particularly, as the long-term effects of fracking on the scale that it is currently being used, are yet to be seen. Equally, the impact that fracking has on air quality is just as damaging. Due to the pollutants released during the digging process, as well as increased emissions from transporting oil and water to the site, it has been known for smog to linger above fracking sites for days afterward. As a result, residents are left, not only with the unpleasant experience of smog, but with reduced air quality, too, which in turn has the potential to impact their personal health.

What about the impact on water? When we consider the amount used for fracking, how does this impact local water supply? Of the millions of gallons used each time a frac job takes place, the majority is taken from local communities. As a result, they are left with less clean water for their everyday lives. Having said this, if these companies cannot source >



this water locally, they use large trucks to bring it from somewhere else — often from a fair distance away. In itself, the fuel used for these trucks only contributes to carbon emissions, not to mention how much the trucks themselves disturb local wildlife.

When the frac job has been completed, what happens to the water used? Oftentimes, it is brought back to the surface. Between 20 and 40 per cent contains harmful toxic contaminants, some of which inevitably seeps back into the water supplies of areas surrounding the fracking site. As for the rest of the water, it has proven extremely difficult to treat so that it is once again safe for consumption. This has created a prominent question mark above what to do with the water. Today, in places such as the United States, this doubt remains a massive issue.

As for the wildlife living in the areas around fracking sites, the process can prove particularly harmful for our beloved animal friends. For example, when water is unavailable close to a fracking site, companies will often take water from lakes and estuaries. This directly affects those creatures living in these bodies of water, such as various species of fish and frogs. What's more, as we saw in North Dakota in 2006, spills of this contaminated water have proven

to be highly destructive of wildlife. In the case of 2006, nearly a million gallons of wastewater from a nearby drilling site flowed into the Yellowstone River, which led to a mass killing off of plants and fish. Due to the extensive reach of this spill, it is hard to estimate its damage. However, when we consider that the clean-up for this was still going on in 2015, it is obvious that the damage was considerable. As for other forms of wildlife, some experts have suggested that the drilling noise and presence of trucks disturbs some sensitive species of birds. As well as this, in a very practical sense, the space used for fracking sites can be as large as 30 acres — acreage that would have otherwise been home to various species of wildlife. As a result, not only are animals driven away from their homes, but patterns of migration and reproduction are disturbed too.

But there is good news. Britain has recently taken a strong stance against fracking. While climate protestors and organisations, such as Greenpeace UK (greenpeace.org.uk), have fought a battle against fracking for many years, early November saw their hard work and commitment finally paying off. In an unforeseen U-turn, the government halted fracking in the UK. They also said that they would not support any future fracking projects. This stemmed,

to a degree, from the connections made between fracking and earthquakes, as well as the general effects on wildlife and the environment. Business and energy secretary, Andrea Leadsom, says that it is “Clear that we cannot rule out future unacceptable impacts on the local community.” The ban was implemented immediately.

Nevertheless, while fracking has been banned in the UK, it remains legal in numerous other countries. While we may not be able to go to protests or petition foreign governments directly, there are still many things we can do to help alleviate strains placed on the planet from other places. For example, there are multiple organisations that were involved in the UK protest against fracking, that do great work in other areas, too. These include Greenpeace UK and Friends of the Earth International (friendsoftheearth.uk) — follow them on their various social media platforms to stay updated with their work and future projects. Equally, if you want to try something a bit more hands on, encourage others you know to try veganism! Not only will it help them to feel great in themselves, but it will do something to help our planet and our furry friends, too. ■

For more from Lily follow
@lilynamhwoods



Reverse the **CYCLE**

Eco-friendly and good for your body, menstrual cups are the ideal choice for today's wellness warrior.

The recent news reports surrounding the war on plastic is changing the way we consume and dispose of products. Images shown on wildlife programs have also highlighted the devastating effects plastic is having on sea life.

Plastic Consumption

Every year, more than 45bn feminine hygiene products are disposed of globally and in just one day, Ocean Conservancy volunteers collected nearly 30,000 used tampons and applicators on the world's beaches (International Coastal Cleanup, 2013). This is especially worrying as this waste is now finding its way into the food chain as marine life are being found containing plastic bags, tampons, pads and panty-liners. In recent years, menstrual cups have revolutionised the way women use sanitary products and are not only good for your body, but also the planet. If you've not already heard of them, they're essentially bell-shaped cups that are inserted internally in the vaginal canal and collect, rather than absorb, menstrual flow. If you've never used a menstrual cup before, the Enna Cycle is ideal; it comes in a twin pack, complete with a storage device, which allows you to sterilise the cup and store it hygienically, and it is also available with an applicator to make insertion easier.

Sea change

Enna Cycle can totally remove the need to dump used sanitary products in landfill sites as they are reusable – all you need to do is simply wash them with warm soapy water and they're ready to use again. For this reason, they're also cost effective; Enna Cycle menstrual cups, for example, will last for 10 years, saving you trips down the sanitary aisle at the supermarket. The medical



grade silicone is free from chemical substances and keeps your body's pH in perfect harmony. This is at odds with traditional menstrual products, the absorbency of tampons, for example, can upset the natural balance of the vagina, which can lead to discomfort, itching, rashes and infections. Tampons can also leave microscopic fibres in the vaginal tissue, causing tiny cuts and creating a breeding ground for the bacteria that can cause Toxic Shock Syndrome (TSS). Not only this, but many tampons, pads and liners are bleached white by manufacturers, a process that creates a chemical called dioxin, which is a known carcinogen and been linked to health problems, such as immune system suppression, and reproductive issues.

Parent power

Each year, up to 300,000 young women start menstruation and this is a perfect opportunity for parents to offer their daughters an alternative to conventional sanitary protection.

Enna Cycle packs are sold at health food stores across the UK.



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What to eat in 2020

The New Year brings with it a host of exciting food
and drinks to try

From CBD-infused popcorn to meatless jerky, each January brings the promise of fresh and exciting foods to our supermarkets and plates. And this year is no different. Whole Foods Market's global buyers and experts (wholefoodsmarket.co.uk) have revealed the most anticipated and innovative food trends for 2020, so read on to find out what culinary delights are in store for the New Year.

Regenerative agriculture



As we move into 2020, environmental footprint is at the forefront of most of our minds. As consumers, provenance and impact are increasingly important and producers are taking note.

Whole Foods Market say: “Farmers, producers, academics, government agencies and retailers are taking a closer look at how to improve soil health and sequester carbon. While

the term ‘regenerative agriculture’ can have many definitions, in general it describes farming and grazing practices that restore degraded soil, improve biodiversity and increase carbon capture to create long-lasting environmental benefits, such as positively impacting climate change. You can help by seeking out brands that support regenerative practices.”

Try the trend

- Alara Scottish Porridge
- The Cheeky Panda Plastic Free Bamboo Toilet Roll
- Alara Organic Museli



Foods from West Africa



In 2019, we saw a focus on Sri Lankan and Burmese cuisines, and stepping into 2020 West African flavours are taking the limelight, from indigenous superfoods to rich, earthy dishes.

Whole Foods Market say: “The trio of tomatoes, onions and chilli peppers form a base for many West African dishes, and peanuts, ginger and

lemongrass are all common additions. The 16 nations within West Africa share similar foods, but each have their own specialties based on subtle influences from the Middle East and Western Europe. Brands are looking to West Africa for its superfoods too like moringa and tamarind, and lesser known cereal grains sorghum, fonio, teff and millet.”

Try the trend

- Red Red's Super Stew Red Beans & Sweet Potato
- Aduna Moringa Mint Nettle Tea
- Red Red's Super Stew Okra & Lentils



Flour power



Tired of turning out the same cakes and bakes time and time again? This year, take a walk on the wild side and try something new. “Consumers on the baking bandwagon are seeking out ingredients used in traditional dishes, like teff flour used for Ethiopian injera,” say Whole Foods Market. “2020 will bring more interesting fruit and vegetable flours (like banana) into

home pantries, with products like red lentil flour in baking aisles, rather than already baked into crusts and snack products. Consumer packaged goods are getting in on the trend by replacing traditional alternative flours with purple corn in crisps and snack foods. As consumers look for more ways to boost their bake, ‘super’ flours delivering protein and fibre join the trend.”

Try the trend

- Amisa Organic Chestnut Flour
- Bob's Red Mill Teff Flour
- Lovegrass Teff Waffle & Pancake Mix



Into-the-fridge snacking



Grab-and-go foods for vegans often consist of cereal bars or crisps. We're not complaining on either count, but this year expect to see a much wider variety of fresh convenience food available. Whole Foods Market say: "The refrigerated section is filling up with the kind of wholesome, fresh snacks typically prepared and portioned in advance at home: pickled vegetables,

drinkable soups and mini dips and dippers of all kinds, all perfectly portioned and in convenient packaging. Even protein bars have made their way from the shelves to the chiller, thanks to the addition of fresh fruits and vegetables. These snacking innovations mean ingredients lists are shrinking and there's a lot less guesswork in picking up a quick snack you can feel better about."

Try the trend

- Bio Sabor Fresh Salmorejo
- Tickles' Pickles Carrot Soleniyia
- Protein Pow's Vegan Ready to Eat Doughs



Butters and spreads



If you can spread it, it's trending in 2020. Nut butters get fancier and more unusual, and vegan spreads become more mainstream. Whole Foods Markets say: "Think seed butters beyond tahini — like seasonal products such as pumpkin butter year-round. Look for creamy vegan spreads perfect for toast,

crackers, bagels, and celery sticks that get their full flavours from trending superfoods like pili nuts. Many brands are looking to either eliminate the use of palm oil or promote a Responsibly Sourced Palm Oil certification and use nuts that are grown in ways with less likelihood for environmental impact."

Try the trend

- Bonsan Sunflower Ghee
- Yogan Almond Cultured Butter
- Seed Sesame Butter



Zero-proof drinks



Keep the vibe of dry January going long into the year, as 2020 promises an ever bigger and better selection of alcohol alternatives. Whole Foods Markets say: "Many of these beverages seek to re-create classic cocktail flavours using distilling methods typically reserved for alcohol, creating an alternative to liquor meant to be

used with a mixer rather than a drink on its own. Think alt-gin for gin and tonics and botanical-infused faux spirits for a faux martini. Add to that options enjoyed straight from the bottle or can, like hops-infused sparkling waters and zero-proof aperitifs, and you can be sure guests avoiding the bar cart will never get bored." ■

Try the trend

- Rocktails Orangewood
- Longbottom & Co Virgin Mary
- Opia Alcohol Free Chardonnay
- Sohnlein Alcohol-Free Sparkling White Wine



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Are we eating our way to extinction?

Criminalising meat-eating and ‘sin taxes’ are on the agenda. But other threats loom even larger. John Keeble explains all

Meat-eating’s damage to global climates, forests and wildlife is forcing radical control measures onto political agendas — including criminalising it and imposing penally-high taxation.

At the same time, technology is on the brink of replacing animal flesh with lab-produced meats, and the plant-based food industries are already making huge inroads into meat and dairy consumption.

Consumer shifts are already being felt extensively in the dairy industry with many closures, including the US’s biggest milk company filing for bankruptcy. These are pushing meat producers towards what one influential report, by the independent technology think tank RethinkX, predicts will lead to the collapse of the meat and dairy industries within 11 years.

The UN Food and Agriculture Organisation says the livestock sector alone produces 14.5 per cent of global greenhouse gas emissions — more than cars, aviation, ships and other transport put together. In addition, overconsumption of meat is threatening a global epidemic of antibiotic-resistant superbugs as well as causing cancers in humans.

Despite the growth of alternatives, world meat production is running at record levels as poorer countries develop their economies and want a share of animal foods. Add population growth to this situation, and you can see the runaway dangers to the planet and its creatures.

It is clear that something has to be done. Are we, as a species, going to eat our way into extinction when all our resources have gone and the planet is an inhospitable hotspot?

Criminalising meat-eating

This idea was put forward recently in Britain by Michael Mansfield, a Queen’s Counsel once described as ‘the king of human rights work’ in Britain’s most senior courts. He says we should criminalise meat eating to save the planet and he is trying to get political support for it. He wants a law against what he calls ‘ecocide’.

It is the kind of idea that whips up a dramatic reaction — from fear and anger in meat-eaters to hope in those who see the damage to the planet and those who are horrified by the appalling cruelty to animals.

Mansfield’s campaign is unlikely to get much political traction at the moment, but the climate emergency could change that in the next couple of years.

‘Sin-tax’ on meat

Fitch Solutions, a marketing specialist firm, predicts that German political pressure to increase VAT on red meat from seven per cent to 19 per cent could be echoed worldwide as governments try to cut consumption.

Its report pinpoints reasons governments would want a heavy tax on meat: it is a proven cause of cancer, it damages the environment, and it is very cruel to animals.

In the difficult international efforts to cut climate damaging gases, higher taxes on meat — and possibly dairy — are easy to implement and present to populations as necessary and beneficial (especially, as suggested in Germany, if the tax money is used for animal welfare). >



Meat alternatives

Plant-based foods are taking consumers by storm across developed countries including the US, UK and in Europe. Meat and dairy businesses are going vegan — among the latest is Vion, the Dutch meat giant with a capacity to slaughter 2,500 cattle a week. It will be producing ‘vegan meat’ to cater for the vegan and flexitarian markets.

The trend towards plant-based food is most notable in the growth of veganism and, even more strongly, the growth in the number of flexitarians who want to eat mostly plant-based but still eat some meat and fish. Sainsbury’s, one of the UK’s biggest supermarket chains, said its poll found that 91 per cent of Brits claim to be flexitarians.

In the US, penetration by plant-based food includes the US Air Force, which is introducing vegan and vegetarian options to appeal to 18 to 24-year-old recruits who are ‘more socially aware’, Mike Baker, of the Air Force Services Center told *Fox Business*.

In commercial markets, plant-based food options are increasing rapidly and some — burgers, for example — are getting rave reviews. Restaurant and supermarket chains are chasing to keep up with demand.

Animal-free meat

The commercial production of meat and fish in laboratory-type factories are

about to become reality. RethinkX, which specialises in assessing the speed of technological change, predicts that the beef and dairy industries will collapse by 2030 because of new methods of producing animal-based foods. Other livestock industries, including pigs, chickens and fish, will follow.

Its report *Rethinking Food and Agriculture 2020-2030* points to emerging technologies for producing meat and fish in factories without any actual animals, birds or fish. It says precision biology and a worldwide computer-led production model are about to radically change the food industry. “We are on the cusp of the fastest, deepest, most consequential disruption of agriculture in history,” the report says.

Food engineers will construct meat at a molecular level and upload designs to databases for specialist designers to modify and develop into localised foods. “Instead of growing a whole cow to break it down into products, food will be built up at the molecular level to precise specifications,” says RethinkX. This will result in far more localised food-production “that is more stable and resilient than the one it replaces.”

The impact on the environment will be profound, virtually eliminating the

negative effects of animal industries and commercial fishing, it adds.

“By 2030, the number of cows in the U.S. will have fallen by 50 per cent and the cattle farming industry will be all but bankrupt,” says the report. “All other livestock industries will suffer a similar fate, while the knock-on effects for crop farmers and businesses throughout the value chain will be severe.” “[The new food production system] will have profound implications not just for the industrial agriculture industry, but for the wider economy, society, and the environment.”

The report says a driving force will be customer demand for factory-grown products being offered at between 20 and 50 per cent of slaughtered-animal prices. Farm values will slump, adds the report, with vast amounts of cattle land becoming available for a ‘reimagined’ America.

The combination of all these factors — damage to the planet, unacceptable cruelty, rising competition and political needs to control global warming — make the meat, dairy and fish industries look like uneconomic anachronisms. ■

For more from John Keeble, head to johnkeeble.net



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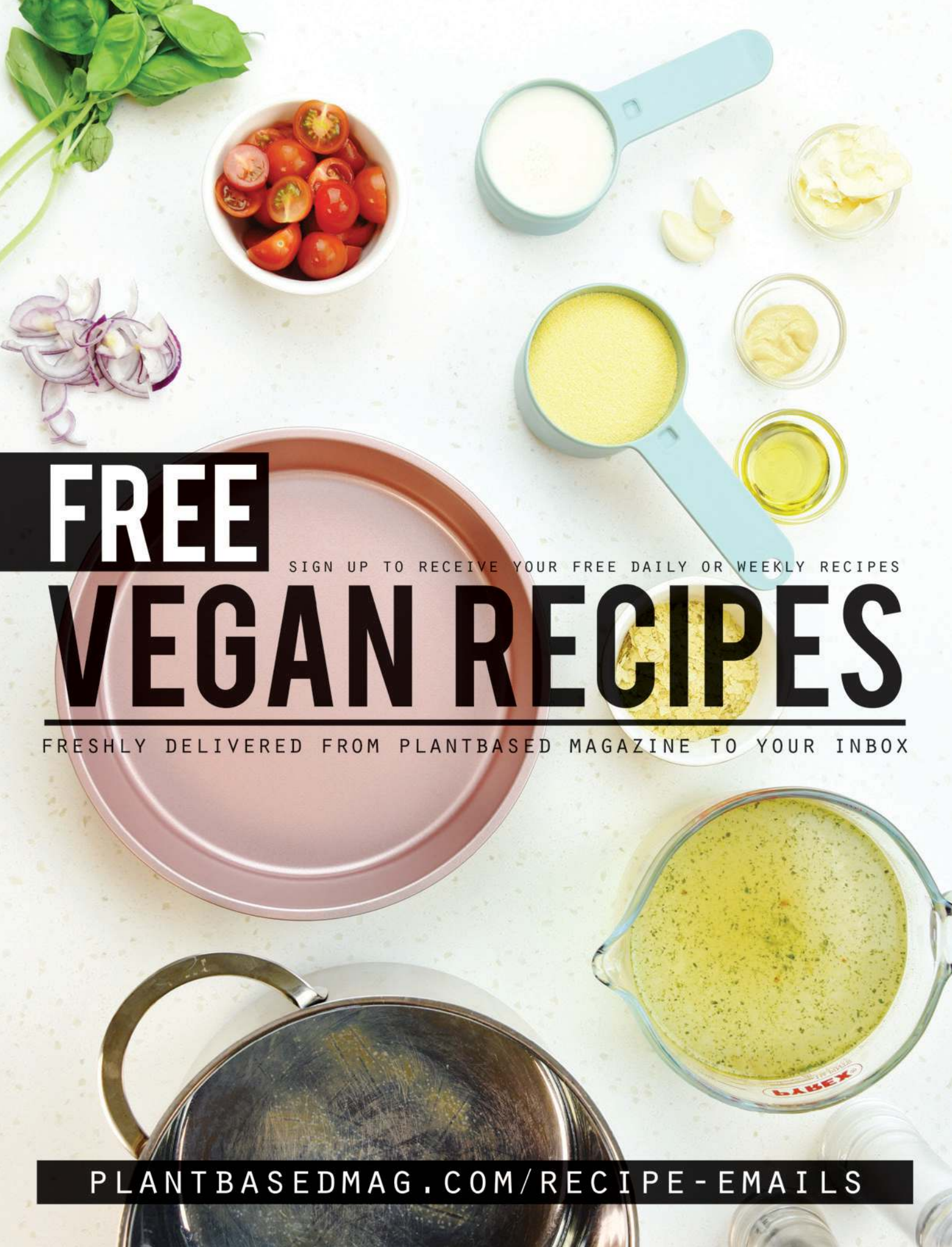


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PREP, COOK, EAT

with Vegan Life

Our favourite recipes this month





Mango, Coconut & Sultana Granola

Serves 12

This granola is delicious with plant-based yoghurt or milk and fresh fruit for a breakfast. It can also be used for making granola bars, or as a crunchy topping for a dessert.

- 2 tbsp **coconut oil**, melted
- 120ml (½ cup) **agave**
- 300g (10.5oz) **rolled oats**
- 6 tbsp **pumpkin seeds**

- 60g (2oz) **desiccated coconut**
- 80g (3oz) **sultanas**
- 80g (3oz) **dried mango**

- 1 Preheat the oven to 150°C/300°F/Gas 2. Mix all the ingredients together in a bowl and spread out onto a lined baking tray.
- 2 Place into the oven to cook for 15-20 minutes. Allow to cool before transferring to a jar.

Per serving (58g)

Calories: 237, **Carbohydrates:** 35g,
Sugars: 16g, **Salt:** 0.04g, **Fat:** 8.8g,
Saturates: 5.6g, **Protein:** 5.7g

Recipe created in-house by the
Vegan Life Chefs

Overnight Oats

Overnight oats are a minimal prep breakfast. The prep is done the night before, so when you're in a morning rush, your breakfast is prepared for you in the fridge.

Cherry & Chia Seed

Serves 1

- 30g (¼ cup) **frozen cherries**
- 1 tbsp + 2 tsp **agave syrup**
- 50g (½ cup) **oats**
- 2 tsp **chia seeds**
- 120ml (½ cup) **soya milk**

1 To make the cherry compote, add the cherries and one tablespoon of agave to a small saucepan over a medium heat. Cook for 3-4 minutes, until the cherries are hot and the liquid is thickened and syrupy. Leave to cool overnight.

2 To make the oats, add the oats, soya milk, two teaspoons of agave and chia seeds to a bowl and mix well. Leave overnight in the fridge, and top with the cherry compote when ready to eat.

Raspberry & Matcha

Serves 1

- 50g (½ cup) **oats**
- 120ml (½ cup) **soya milk**
- 2 tsp **agave syrup**
- ½ tsp **matcha powder**
- 30g (¼ cup) **raspberries**

1 Add the oats, soya milk, agave and matcha powder to a bowl and mix well

2 Leave overnight in the fridge, and top with the raspberries when ready to eat.

Apple & Cinnamon

Serves 1

- 50g (½ cup) **oats**
- 120ml (½ cup) **soya milk**
- 2 tsp **agave syrup**
- 1 **apple**, sliced
- ¼ tsp **cinnamon**

1 Add the oats, soya milk and agave to a bowl and mix well.

2 Leave overnight in the fridge, and top with the apple and cinnamon when ready to eat.

Almond Butter & Banana

Serves 1

- 50g (½ cup) **oats**
- 120ml (½ cup) **soya milk**
- 2 tsp **agave syrup**
- 1 tbsp **almond butter**
- 1 **banana**, sliced
- 1 tbsp **flaked almonds**

1 To make the oats, add the oats, soya milk, agave and almond butter to a bowl and mix well.

2 Leave overnight in the fridge, and top with the banana and flaked almonds when ready to eat.

Recipe created in-house by the
Vegan Life Chefs





Yuba Bacon Sandwich

Serves 4

Yuba, also known as tofu skin, is the skin that's formed when boiling soy milk, it can be purchased in Asian supermarkets and is very high in protein. It makes for tasty vegan bacon in this delicious sandwich.

- 2 tbsp **soy sauce**
- 1 tbsp **vegan Worcestershire sauce**
- 1 tsp **maple syrup**
- 2 tsp **liquid smoke**
- 1 tsp **smoked paprika**
- ½ tsp **onion granules**
- ½ tsp **garlic salt**
- ½ tsp **mustard powder**
- 3 sticks **yuba**, soaked overnight

- 1 tbsp **vegetable oil**
- 8 slices **bread**
- 4 tbsp sauce of choice (we used **tomato ketchup**)

1 To begin, add the soy sauce, Worcestershire sauce, maple syrup, liquid smoked, smoked paprika, onion granules, garlic salt and mustard powder into a shallow tray then cut the yuba into roughly 5-inch pieces, place them into the marinade and leave to marinate for 2 hours.

2 Once marinated, heat the oil in a frying pan over a medium-high heat,

then place the marinated yuba into the pan and fry for 2-3 minutes on each side.

3 To serve, place 2-3 pieces of yuba bacon between 2 slices of bread and spread with sauce.

Per serving (90g)

Calories: 201, **Carbohydrates:** 33g,
Sugars: 9g, **Salt:** 2.3g, **Fat:** 5.1g,
Saturates: 0.6g, **Protein:** 6.2g

Recipe created in-house by the
Vegan Life Chefs

Tofu & Vegetable Scramble

Serves 4

This healthy brunch has a good protein content because of the tofu, and a helpful amount of vitamins and nutrients from the vegetables.

- 100g (3.5oz) **kale**
- 1 head **broccoli**, cut into florets
- 1 tbsp **vegetable oil**
- 1 **pepper**, finely sliced
- 6 **cherry tomatoes**, halved
- 280g (10oz) **extra firm tofu**, crumbled
- ¼ tsp **turmeric**

- ½ tsp **kala namak**
- 3 tbsp **soya milk**

- 1 Bring a pan of water to the boil and add the kale, cook for 2-3 minutes then remove the kale from the water. Add the broccoli to the boiling water and cook for 3-4 minutes before draining.
- 2 Next, add the oil to a frying pan over a medium-high heat. Place in the pepper, cherry tomatoes, kale and broccoli and cook for 3-4 minutes. Then add the tofu,

turmeric, kala namak and soya milk and cook for 4-5 minutes, whilst mashing the larger pieces of tofu with a fork. Season to taste.

Per serving (306g)

Calories: 203, **Carbohydrates:** 16g,
Sugars: 4.4g, **Salt:** 0.18g, **Fat:** 10g,
Saturates: 1.2g, **Protein:** 18g

Recipe created in-house by the
Vegan Life Chefs





Chef's Top Tip:
Choose:



Organic Jumbo Oats

No-Bake Breakfast Cookies

Makes 10

The peanut butter, pumpkin seeds and chia seeds give these cookies a high protein content, and the oats and dried fruits contain slow and fast-releasing carbs that will keep you energised all morning.

- 200g (7oz) **peanut butter**
- 1 tbsp **maple syrup**
- 80g (3oz) **dates**
- 3 tbsp **pumpkin seeds**
- 2 tbsp **chia seeds**

- 100g (3.5oz) **White's Organic Jumbo Oats**
- 3 tbsp **sultanas**

1 Add the peanut butter, maple syrup and dates to a blender, and blend until smooth. Mix with the pumpkin seeds, chia seeds, oats and sultanas and combine until a thick, dough-like mixture is formed.

2 Split this mixture into 10 pieces, roll into balls and flatten slightly to form

cookie shapes. Chill in the fridge for 1-2 hours before serving.

Per serving (47g)

Calories: 216, **Carbohydrates:** 21g, **Sugars:** 11g, **Salt:** 0.01g, **Fat:** 13g, **Saturates:** 2.5g, **Protein:** 7.4g

Recipe created in-house by the *Vegan Life Chefs*

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9%	2%	1%	<1%	<1%

Reference intake of an average adult 8400kJ/2000kcal
*Typical values per 100g: Energy 1540kJ / 365 kcal



Breakfast Banana Split

Serves 2

Banana splits are a fun way to eat muesli, yoghurt and fruit for breakfast. The mixture of fruits and muesli give a good balance of fast and slow release carbs. They'll allow a quick morning boost and keep you energised throughout the morning.

- 2 tbsp **smooth nut butter** (we used **almond**)
- 3 tbsp **soya milk**
- 1 tbsp **maple syrup**

- 2 **bananas**, halved lengthways
- 240ml (1 cup) **soya yoghurt**
- Handful berries (we used **blackberries, raspberries**)
- 90g (3oz) **Dorset Cereal Blissful Berry Muesli**

- 1 To make the sauce, add the nut butter, soya milk and maple syrup together in a bowl and whisk until smooth.
- 2 Then to assemble the banana split, place the banana on a bed of granola and

fill the banana with yoghurt, top with berries and more granola to finish.

Per serving (312g)

Calories: 508, **Carbohydrates:** 45g, **Sugars:** 27g, **Salt:** 0.29g, **Fat:** 32g, **Saturates:** 6.3g, **Protein:** 18g

Recipe created in-house by the *Vegan Life Chefs*

Banana & Peanut Butter Pancakes

Makes 16

Bananas are a great source of simple carbohydrates — perfect for a quick energy boost and also a source of potassium, vital for speedy muscle recovery, making them a good for a pre and post work-out food.

For the peanut butter syrup:

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

For the pancakes:

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

To serve:

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

1 For the peanut butter syrup, whisk together the peanut butter, water and maple syrup.

2 Then, for the pancakes, add to a blender the agave, milk, banana, buckwheat flour and baking powder and blend 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 per side until cooked through. Repeat this with all of the batter.

4 To serve, layer pancakes and banana then top with the flaked almonds, raspberries and syrup.

Per serving (50g)

Calories: 126, **Carbohydrates:** 12g,

Sugars: 5g, **Salt:** 0.08g, **Fat:** 7.6g,

Saturates: 1.5g, **Protein:** 4.3g

Recipe created in-house by the
Vegan Life Chefs





Vegan Nachos

Serves 4

Camille Knowles conquered debilitating eczema after taking a CNM short course and then continuing to become a CNM Natural Chef. This recipe for delicious Vegan Nachos is from her new book, *The Beauty of Eating Well*.

For the cashew soured cream:

- 150g (5oz) **cashews**
- 2 tbsp **raw cider vinegar**
- Squeeze of **lemon juice**

For the cheese dip:

- 1 **sweet potato**, peeled and roughly chopped
- 2 tbsp **coconut cream**
- 2 tbsp **nutritional yeast**
- 1 tbsp **tamari**
- Pinch of **sea salt**

For the guacamole:

- 2 **avocados**, scooped
- 1 **lime**, juiced
- 4 **spring onions**, finely sliced
- 2 tbsp **olive oil**
- **Sea salt**

For the salsa:

- 4 **tomatoes**, deseeded and finely chopped
- 1 **red onion**, finely diced
- 1 **red chilli**, finely sliced
- ½ **lime**, juiced

- 1 small bunch **fresh coriander**, chopped
- **Sea salt**

For the beans:

- 2 tbsp **olive oil**
- 1 **onion** finely sliced
- 2 **garlic cloves** finely sliced
- 1 tsp **ground cumin**
- 1 tsp **ground coriander**
- 2 400g (13½oz) tins **black beans** drained and rinsed
- 150ml (5fl oz) **filtered water**
- 1 tsp **smoked sea salt**
- 1 **lime**, juiced
- Handful of **fresh coriander**, chopped

To serve:

- Handful of **black beans**
- 200g (7oz) **blue corn chips**
- **Jalapeños**, sliced

1 To prepare the cashew cream, place the cashews in a small bowl and pour over just enough boiling water to cover. Set aside for an hour to soften. Transfer the cashews along with their soaking water to a food processor and add the vinegar and lemon juice. Blend at high-speed until smooth and creamy.

2 For the cheese dip, bring a pan of water to the boil, add the sweet potato and cook for 5-7 minutes until tender.

Drain and place in a food processor with the rest of the ingredients and blitz to a smooth cream.

3 To make the guacamole, place all the ingredients into a bowl, mash together with a fork and season to taste.

4 To prepare the salsa, mix all the ingredients together in a bowl and season to taste. You can omit the tomatoes to make this recipe nightshade-free.

5 For the black beans, heat the oil in a pan and gently fry the onion and garlic over medium heat for 5-7 minutes. Stir in the cumin and ground coriander then cook for another 2 minutes, before adding the beans, water and salt. Stir well and bring to a simmer for 10-12 minutes, stirring frequently until the beans have broken apart and are thick and creamy. Squeeze over the fresh lime juice and stir in the chopped coriander.

6 To assemble the nachos, layer the corn chips on a platter then dollop over the beans, guacamole, salsa, cheese dip, soured cream and jalapeños.



Recipe and images by:
Camille Knowles, Natural
Chef Graduate and
author, CNM (College of
Naturopathic Medicine)
naturalchef.com

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Cornmeal Courgette Fries with Cajun Dip

Serves 4

Cornmeal makes a great gluten-free alternative to breadcrumbs, and gives these courgette fries a lovely crisp coating.

For the courgette fries:

- 240ml (1 cup) **soya milk**
- 1 tbsp **cider vinegar**
- 2 **courgettes**, cut into fries
- 100g (3.5oz) **fine cornmeal**

1 Preheat the oven to 200°C/400°F/Gas 6, then in a bowl, mix the soya milk and cider vinegar to make buttermilk. Dip the courgette fries into the buttermilk and then into the cornmeal and place onto an oven tray.

2 Place the courgette fries into the oven and cook for 20-25 minutes until the cornmeal is golden and crisp and the courgette is cooked, then season to taste.

Per serving (234g)

Calories: 153, **Carbohydrates:** 25g,
Sugars: 4g, **Salt:** 0.13g, **Fat:** 3.4g,
Saturates: 0.5g, **Protein:** 6.9g

Recipe created in-house by the
Vegan Life Chefs

Cajun Dip

A tasty accompaniment for chips and crisps.

For the Cajun dip:

- 175g (6oz) **silken tofu**
- ½ tbsp **lemon juice**
- 1 tsp **Cajun spice**
- ½ tsp **smoked paprika**
- ½ tsp **sweetener**

1 To make the Cajun dip, simply blend all the ingredients together and season to taste.



Recipe created in-house by the
Vegan Life Chefs

An advertisement for Mr. Fitzpatrick's Vintage Cordials. The background is a textured teal color. On the left is a glass bottle of green infused water with lemon and cucumber slices. On the right is a bottle of Mr. Fitzpatrick's Lemon, Cucumber & Mint Cordial. In the center, the text reads: "Vegan Drinks just got a makeover!" in a large, stylized font. Below this, it says "27 FUN & FLIRTY FLAVOURS" and "MRFITZPATRICKS.COM". At the bottom, it says "A Small Brand with a Big Heart" and includes social media icons for Twitter, Facebook, and Instagram, along with the text "GET SOCIABLE & BE INSPIRED @VINTAGECORDIALS".

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Mediterranean Bowl

Serves 6

This recipe packs all the flavours of a mezze board into a Buddha bowl-style dish. It is super filling, due to the beans and pulses, making it a satisfying meal.

For the Greek fava:

- 1 tbsp **Bevelini olive oil**
- 1 **red onions**, chopped
- 1 clove **garlic**, chopped
- 1 tsp **dried thyme**
- 250g (9oz) **Bevelini yellow split peas**, soaked overnight
- 480ml (2 cups) **vegetable stock**
- 2 tbsp **Bevelini lemon dressing**

For the tahini dressing:

- 4 tbsp **Bevelini tahini**
- 4 tbsp **water**
- 1 tsp **garlic salt**
- 1 tbsp **Bevelini lemon dressing**

For the olive and roasted red pepper couscous:

- 1 tbsp **Bevelini olive oil**
- 1 **red onion**, finely diced
- 100g (3.5oz) **Bevelini roasted red peppers**, chopped
- 1 tbsp **dried oregano**
- 60g (2oz) **Bevelini Kalamata olives**, sliced
- 200g (7oz) **Bevelini couscous**
- 400ml (1½ cups) **vegetable stock**

For the Greek-style butter beans and chickpeas:

- 1 tbsp **Bevelini olive oil**
- 1 **onion**, finely chopped
- 2 **garlic** cloves, puréed
- 1 tsp **dried oregano**
- 1 tsp **ground cinnamon**
- 2 tbsp **tomato purée**
- 1 400g (14oz) tin **chopped tomatoes**
- 200g (7oz) **Bevelini dried butter beans**, cooked as per packet instructions
- 200g (7oz) **Bevelini dried chickpeas**, cooked as per packet instructions
- 1 tsp **sugar**

1 For the Greek fava, heat the olive oil in a small saucepan, and then add the red onion, garlic and thyme and sauté for 3-4 minutes. Add the yellow split peas, vegetable stock and lemon dressing and then bring to the boil, turn down to a simmer for 45-50 minutes until the peas have softened. Blend with a stick blender until smooth.

2 Next, for the tahini dressing, whisk all the dressing ingredients together until smooth.

3 For the couscous, heat the olive oil over a medium-high heat in a frying pan, then add the red onion, roasted red peppers, dried oregano and olives and

sauté for 3-4 minutes. Add the contents of the frying pan into a bowl along with the couscous and mix together.

4 Bring the vegetable stock to the boil in a saucepan, once boiling, pour the stock over the couscous and cling film the bowl. Let it sit for 10 minutes to absorb the stock. Once the stock has all been absorbed, use a fork to fluff up the couscous.

5 Finally, to make the Greek-style butter beans and chickpeas, heat the olive oil in a saucepan over a medium heat, then add the onion and garlic and sauté for 2-3 minutes. Add the oregano, cinnamon and tomato puree and sauté for a further 1-2 minutes. Next add the chopped tomatoes, butter beans, chickpeas and sugar and simmer for 10-15 minutes.

6 To assemble the bowl, add the couscous, butterbeans and chickpeas, fava and salad of choice, then drizzle with the tahini to finish.

Per serving (336g)

Calories: 588, **Carbohydrates:** 90g, **Sugars:** 13g, **Salt:** 1.6g, **Fat:** 16g, **Saturates:** 2.2g, **Protein:** 25g

Recipe created in-house by the *Vegan Life Chefs*

Tofu 'Halloumi' & Watermelon Salad with Mint Dressing

Serves 3

By marinating the tofu, it gives it similar flavour to halloumi with a much lower fat content. The finished dish makes for a deliciously lighter and lower calorie salad.

For the 'halloumi':

- 1 **lemon**, juice only
- 2 tbsp **white miso paste**
- 4 tbsp **nutritional yeast**
- 1 tsp **mint sauce**
- 1 tsp **garlic salt**
- 1 tbsp **dried oregano**
- 2 tbsp **water**
- 280g (10oz) **tofu**, sliced into 6
- 1 tbsp **olive oil**

For the mint dressing:

- 2 tbsp **olive oil**
- ½ **lemon**, juice only
- 1 bunch **mint**, chopped
- ½ tbsp **maple syrup**

- 1 tsp **Dijon mustard**
- 1 clove **garlic**, roughly chopped
- 2 tbsp **water**

For the filling:

- 400g (14oz) **watermelon**
- 150g (5oz) **quinoa**, cooked as per packet instructions
- 100g (3.5oz) **rocket**
- 50g (2oz) **pine nuts**, toasted

1 For the tofu halloumi, into a shallow tray add the lemon, miso paste, nutritional yeast, mint sauce, garlic salt, oregano and water and mix together well. Slice the tofu into 1cm thick pieces and place in the tray and leave to marinate for 1-2 hours.

2 To make the mint dressing, into a food processor add the olive oil, lemon juice, mint, maple syrup, Dijon mustard,

garlic and water and blend until smooth and emulsified.

3 Next, to cook the halloumi, heat the olive oil in a griddle pan or frying pan over a medium-high heat and cook for roughly two minutes on each side, until the sides crisp up and start to brown.

4 To assemble the salad, split the ingredients between the 4 dishes and finish with the dressing.

Per serving (394g)

Calories: 533, **Carbohydrates:** 34g, **Sugars:** 13g, **Salt:** 1.2g, **Fat:** 35g, **Saturates:** 4.2g, **Protein:** 27g

Recipe created in-house by the *Vegan Life* Chefs



Mexican Corn Salad

Serves 4 as a side

This simple corn salad has similar flavours to Elote corn, or Mexican street corn. It's a great side dish to have with tacos or a burrito.

- 1 tbsp **olive oil**
- 1 **garlic** clove, puréed
- 30g (1oz) **chopped jalapeños**
- 1 tsp **smoked paprika**
- ½ tsp **ground cumin**
- 300g (10.5oz) **frozen sweetcorn**
- 1 **red onion**, finely diced
- 1 **red pepper**, chopped

- 1 bunch **spring onions**, chopped
- 200g (7oz) **cherry tomatoes**, halved
- 3 tbsp **soya yoghurt**
- 2 tbsp **lime juice**
- Handful **chopped fresh coriander**

1 Heat the oil over a medium heat in a frying pan, and then add the garlic, jalapeños, smoked paprika and cumin. Fry for 1-2 minutes, then add the sweetcorn and cook for a further 3-4 minutes and allow to cool.

2 Next, add the corn, red onion, spring

onions, tomatoes, soya yoghurt, lime juice and coriander to a bowl and mix well until fully incorporated.

Per serving (241g)

Calories: 101, **Carbohydrates:** 12g,

Sugars: 6.8g, **Salt:** 0.05g, **Fat:** 4.5g,

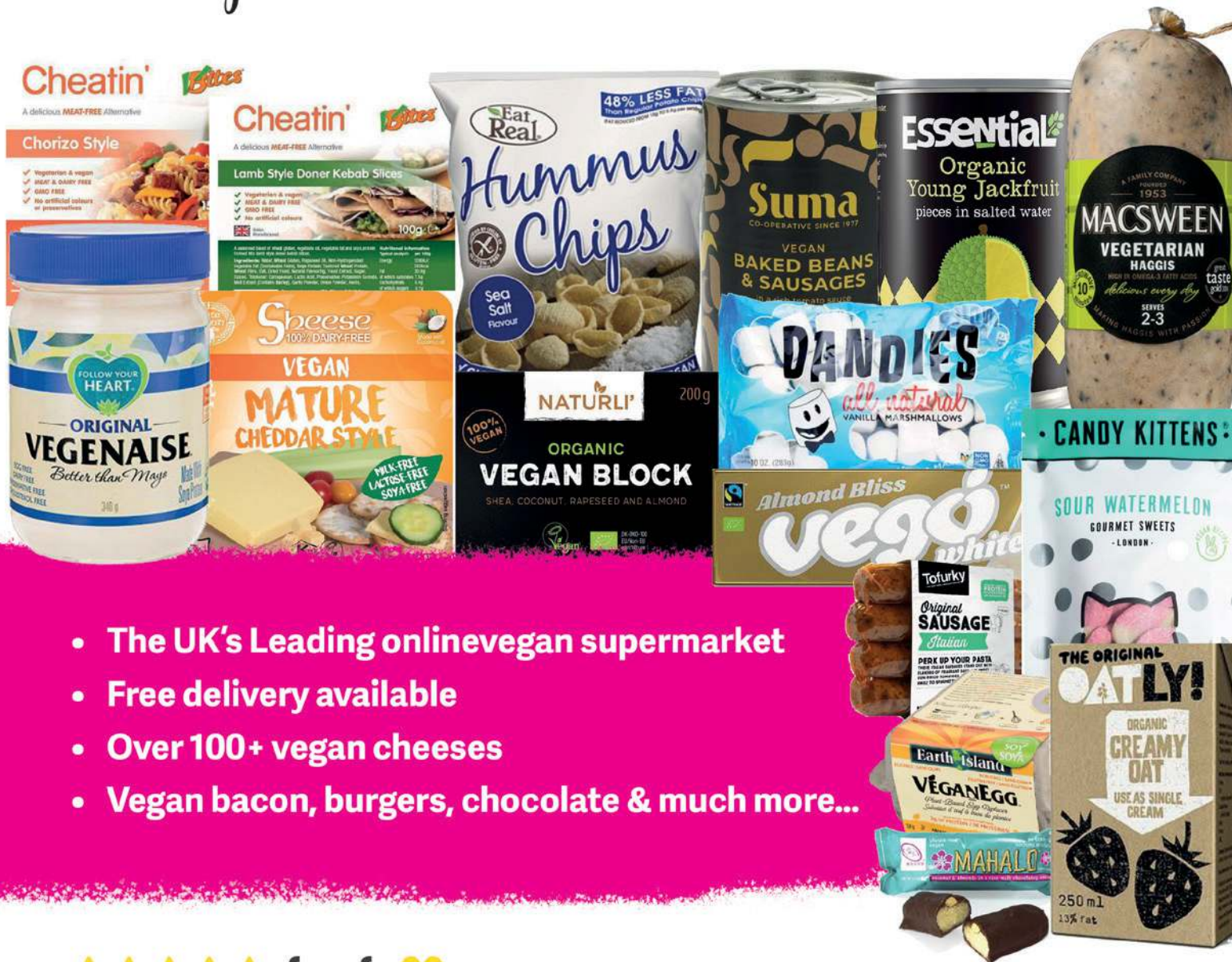
Saturates: 0.6g, **Protein:** 4.2g

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Orange & Chicory Salad

Serves 2

A healthy winter salad, packed with fruit, nuts and seeds, lovely made with the first of the blood oranges and bitter, colourful chicory.

- 2 oranges or **blood oranges**
- ½ **red onion**, finely sliced
- 1 tbsp **sherry vinegar**
- 2 tbsp **extra virgin olive oil**
- 25g **sultanas** or **raisins**
- 10 **black olives**, pitted
- ½ tbsp **pomegranate syrup**
- A handful of **fresh mint**, chopped
- 20g **flaked almonds**, toasted
- 1 tbsp **sunflower seeds**
- **Chicory, rocket, watercress**, washed

1 Place the sultanas or raisins and pomegranate syrup in a small saucepan, just cover with water and bring to the boil. Remove from the heat and leave to stand for 15 minutes. Drain the sultanas but put any juices into a bowl for the dressing.

2 Cut the oranges into segments, collecting any juice by working over the bowl where you have kept the sultana juice. Whisk in the sherry vinegar and olive oil to make the dressing and season well.

3 Toss the orange segments, sultanas, mint, sunflower seeds, flaked almonds, red onion and olives in a little dressing.

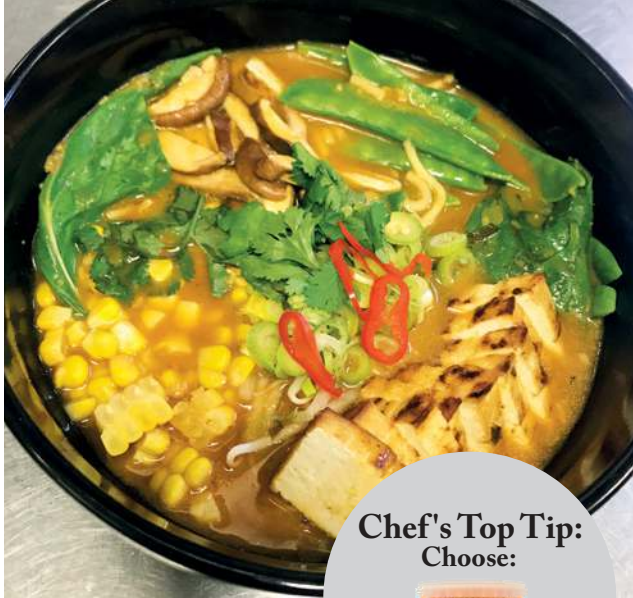
Arrange the chicory, rocket or watercress on a plate and top with the orange salad.

Recipe from:
Demuths Cookery School, demuths.co.uk,
Photography by Eat Pictures

Top Tip:

Pomegranate syrup is made from ripe pomegranates. The juice is concentrated by gentle cooking to a thick syrup. It has a sweet and sour flavor. It gives depth and character to a dish, enliven your tagine or drizzle over your roasted 'roots'.





Chef's Top Tip:
Choose:



Japanese Ramen

Serves 4

Using the Glorious! Japanese Rainbow Miso Soup in this recipe is a great way to create an authentic Asian-inspired soup, with minimal effort and maximum flavour.

For the broth:

- 1 600g pot **Glorious! Japanese Rainbow Miso Soup**
- 2 tbsp **oil**
- 2 cloves **garlic**, chopped
- 1cm **fresh ginger**, chopped
- 1 tsp **sesame oil**
- 1 **fresh chilli**, chopped
- 1 litre **water**
- 1 **vegetable stock cube**
- 1 tbsp **soy sauce**

For the Ramen:

- 600g **medium noodles**
- 200g **sweetcorn**
- 8 **shitake mushrooms**
- 8 **pak choi leaves**
- 160g **mangetout**
- 120g **beansprouts**
- 120g **spinach**
- 20g **coriander**
- 1 **spring onion**, fine sliced
- 400g **firm tofu**

- 1 Drain the tofu and cut into 4 blocks. Add a tablespoon of oil to a shallow frying pan and cook until golden brown, then set aside.
- 2 In a sauce pan add the oils and sauté garlic, ginger and chilli for 2 minutes.
- 3 Add the Glorious! Japanese Rainbow Miso Soup, water, stock cube and soy. Bring to the boil and set to one side.
- 4 Cook the noodles and divide them into 4 bowls.
- 5 Cook the mushrooms, mangetout, pak choi, spinach, bean sprouts, sweetcorn and place in the 4 bowls with the warm tofu.
- 6 Bring the broth back to the boil and ladle over the vegetables and tofu.
- 7 Top with chopped spring onions, coriander and chilli.

New Potato, Cauliflower & Spinach Curry

Serves 4

The Glorious! Indian Sweet Potato and Coconut Daal super soup is perfect in this recipe, as it means you can make a quick and easy mid-week meal that everyone will enjoy.

- 1 600g pot **Glorious! Indian Sweet Potato & Coconut Daal**
- 500g **baby Spinach**
- 2 tbsp **oil**
- 350g **cooked new potatoes**, quartered
- 1 **onion**
- 1 medium **cauliflower**
- 200g **plain yoghurt**

To top:

- **Toasted pumpkin seeds**

To serve:

- **Rice, naan or chapattis**

- 1 Add the oil and onion to a saucepan and sauté for two minutes.
- 2 Add the potatoes, cauliflower, soup and a little water to keep the consistency of a pasta sauce.
- 3 Bring to a simmer and cook for 15 mins.
- 4 Add the spinach until wilted.
- 5 Take off the heat and add the yoghurt, then return to the heat and simmer for 2 minutes.
- 6 Finally, scatter the toasted pumpkin seeds over the curry and serve with rice, naan or chapattis.

Chef's Top Tip:
Choose:



Recipe and images from:
gloriousfoods.co.uk, @Glorious Foods

Walnut & Greens Pesto

Serves 6

Walnuts make a great addition to this pesto — the combination of greens with nuts give a fresh, but savoury flavour, which goes great with pasta.

- 400g **pasta** of choice

For the pesto:

- 60g (2oz) **watercress**
- 60g (2oz) **spinach**
- 60g (2oz) **kale**
- 40g (1.5oz) **walnuts**
- 3 cloves **garlic**
- 2 tbsp **lemon juice**
- 4 tbsp **nutritional yeast**

- 40g (1.5oz) **vegan parmesan**
- 3 tbsp **olive oil**
- 3 tbsp **water**

To serve (optional):

- **Vegan cheese**
- **Sun-dried tomatoes**, chopped
- **Watercress**
- **Walnuts**, chopped

- 1 Begin by heating enough water to cook your pasta. Once the water is boiling, add the pasta and cook according to packet instructions.
- 2 While the pasta is boiling, make the

pesto. Add all the ingredient to a blender and blend until smooth.

3 Once cooked, drain your pasta and stir the pesto through.

4 Serve with vegan cheese, sun-dried tomatoes, watercress and walnuts.

Per serving (136g)

Calories: 238, **Carbohydrates:** 26g, **Sugars:** 1.3g, **Salt:** 0.21g, **Fat:** 13g, **Saturates:** 2.7g, **Protein:** 6.3g

Recipe created in-house by the *Vegan Life Chefs*





Tomato Galette with Pea & Mint Pesto

Makes 8 slices

By using coconut oil as the fat in pastry, it ensures it is extra crisp and crumbly. The pea and mint pesto gives a freshness and sweetness to the tart, which goes well with the roasted tomatoes.

For the pastry:

- 200g (7oz) **plain flour**
- 2 tbsp **nutritional yeast**
- 1 tsp **onion granules**
- 2 tsp **dried rosemary**
- 120g (4oz) **coconut oil**, solid from the fridge
- 4 tbsp **water**

For the pea and mint pesto:

- 140g (10oz) **peas**
- Handful **chopped mint**
- 3 tbsp **nutritional yeast**
- 4 tbsp **pine nuts**
- 4 tbsp **olive oil**

For the filling:

- 250g (9oz) **cherry tomatoes**, halved

1 To make the pastry, add the plain flour, nutritional yeast, onion granules, dried rosemary and coconut oil to a food processor and pulse until the mixture resembles breadcrumbs, and place in a bowl.

2 Add the water to the bowl, one tablespoon at a time, until dough is formed. Wrap the pastry and place into the fridge to rest for 20 minutes.

3 Whilst the pastry is resting, make the pesto. Add all the pesto ingredients to a blender and blitz until almost smooth.

4 Preheat the oven to 200°C/400°F/Gas 6.

5 Roll the pastry out into a circle roughly 6mm thick. Spread the pesto onto the circle leaving 4cm border, and

top with the cherry tomatoes and fold over the border.

6 Place the galette onto a lined baking tray and chill for 20 minutes. Pop the chilled galette into the oven to bake for 30-35 minutes until the pastry is cooked and crisp.

Per serving (107g)

Calories: 321, **Carbohydrates:** 24g, **Sugars:** 2.4g, **Salt:** 0.04g, **Fat:** 23g, **Saturates:** 14g, **Protein:** 4.7g

Recipe created in-house by the *Vegan Life* Chefs



Lemony Spiced Lentil & Chickpea Soup with Coriander Dressing

Serves 4

There isn't much that beats a warming bowl of soup on a cool winter's day, and this lentil and chickpea recipe will get you feeling toasty in no time.

- 2 tbsp **olive oil**
- 2 **onions**, chopped
- 3 **garlic** cloves, sliced
- Thumb-sized piece of **fresh ginger**, peeled and grated
- 1 tsp **black mustard seeds**
- 1 tsp **cumin seeds**
- 1 tsp **ground turmeric**
- 1 tsp **ground coriander**
- ½ tsp **dried chilli flakes**
- 4-5 **curry leaves**
- 250g **red split lentils**, rinsed and drained
- 400g tin **chopped tomatoes**
- 400g tin **chickpeas**, rinsed and drained
- 100g (½ cup) **spinach**, or **kale** with tough stalks removed
- Juice of 1½ **lemon**
- 2-3 tbsp **coconut yoghurt** or **coconut cream** (optional)
- **Fresh coriander leaves**
- **Sea salt flakes** and **freshly ground black pepper**

For the coriander dressing:

- Juice of ½ **lemon**
- 25g (⅓ cup) **coriander**
- 1 tbsp **tahini**
- 1 tbsp **extra-virgin olive oil**

1 Heat the olive oil in a large pan and sauté the onions, over a low heat, for 10 minutes, until soft. Add in the garlic, ginger, spices and curry leaves. Fry for a further few minutes. Add the lentils along with 1.25 litres of water. Stir in the tomatoes and bring to a boil over a medium-high heat. Reduce the heat to medium-low and simmer the soup for 20 minutes.

2 Finally, add in the chickpeas and spinach and squeeze in the lemon juice. If using, dollop in the coconut yoghurt. Season with salt and pepper.

3 Make the dressing by adding the ingredients along with 50ml of water to a mini food processor and blitzing until creamy.

4 Serve the soup with generous amounts of dressing and some fresh coriander to garnish.



Roast Veg Salad with Butterbeans & Hazelnut Dukka

Serves 4-6

Made with seasonal vegetables and fragrant spices, this is a hearty salad that you can sink your teeth into.

- 1 small **cauliflower**, chopped
- 2 **fennel heads**, sliced into thin strips
- 6 **carrots**, sliced
- 1 small or ½ medium **butternut squash**, seeds removed and cut into 2.5cm cubes
- 2 **garlic heads**, sliced in half horizontally
- 2 tbsp **olive** or **rapeseed oil**
- 400g tin **butterbeans**, rinsed and drained
- Large handful **fresh coriander**, **mint**, **dill** and **thyme**, to serve
- **Sea salt flakes** and **freshly ground black pepper**, to taste

For the dukkah:

- 40g **blanched hazelnuts**
- 1 tsp **caraway seeds**
- 1 tsp **fennel seeds**
- 1 tsp **mustard seeds**
- 1 tsp **cumin seeds**
- Pinch **dried chilli flakes**

For the zaatar dressing:

- Juice of ½ **lemon**
- 1 tbsp **zaatar**
- 2 **garlic** cloves, crushed
- 2 tbsp **extra virgin olive oil**
- 1 tbsp **fresh thyme leaves**

For the tahini dressing:

- Juice of 1 **lemon**
- 25g **coriander leaves**
- 1 tbsp **tahini**

- 1 Preheat oven to 180°C/355°F/Gas 4.
- 2 Put the nuts and seeds for the dukkha on a baking tray lined with parchment. Toast in the oven for 12 minutes. Remove and allow to cool, but leave the oven on.
- 3 Place the vegetables on a couple of baking trays in a single layer and coat in the oil, then season with salt and pepper.
- 4 Bake for 50-60 minutes, until firm in the middle and caramelised on the outside. Keep your eye on them as they will cook at varying times.
- 5 To make the zaatar dressing, put the ingredients into a large jar, secure with the lid and shake to combine. Add the butterbeans and shake again. Set aside.
- 6 Put all the ingredients for the tahini dressing and 3-4 tablespoons of water into a mini food processor (or use a hand blender) and blitz until creamy.
- 7 For the dukkha, add the toasted nuts and seeds and chilli flakes to a mini food processor or spice grinder. Pulse on one-second bursts. Check the consistency after each pulse, as you don't want it too finely chopped. Season with salt.
- 8 Serve by layering some of the roast veg on a platter, followed by some beans. Dress with tahini dressing and sprinkle with some dukkha. Repeat. Top with lots of fresh herbs.



Recipe from:
Rebel Recipes by Niki Webster is published December 26th (Bloomsbury, RRP £26).
Photos: Kris Kirkham

Sausage & Mash with Onion Gravy

Serves 4

Sausage and mash is a classic that vegans need not miss out on. The onion gravy is rich and the plant-based sausages have a great texture and umami flavour.

For the mash:

- 720g (25.5oz) **potatoes**, peeled and chopped
- 50g (2oz) **dairy-free butter**
- 60ml (¼ cup) **soya milk**

For the sausages:

- 2 400g (14oz) tin **kidney beans**, drained
- 120g (1 cup) **plain flour**
- 2 tbsp **tomato paste**
- 1 tbsp **smoked paprika**
- 3 tbsp **soy sauce**
- 1 tsp **nutmeg**
- 1 tbsp **sage**
- 2 tsp **onion granules**
- 1 tbsp **oil**

For the onion gravy:

- 1 tbsp **vegetable oil**

- 2 **onion**, sliced
- 1 tbsp **dried thyme**
- 3 tbsp **plain flour**
- 1 tbsp **Marmite**
- 2 tbsp **soy sauce**
- 120ml (½ cup) **red wine**
- 480ml (2 cups) **vegetable stock**

1 To make the mash, add the potatoes to a pan of water and bring to the boil. Cook for roughly 15 minutes until the potatoes have softened. Once the potatoes are cooked drain and mash them in a bowl with the butter and milk until the potato is smooth, then season to taste.

2 For the sausages, add all the sausage ingredients to a food processor and blend until almost smooth and season to taste. Shape the mixture into 12 sausages and transfer to the fridge for at least 1 hour to firm up slightly. Once firm, add the oil to a frying pan over a medium-high heat and add the sausages and pan fry for 3-4 minutes on each side until well coloured and cooked through.

3 Next, for the gravy, heat the oil in a saucepan over a medium heat, then add the onions and thyme and let cook for 7-8 minutes until beginning to caramelise. Stir in the plain flour and heat for 2-3 minutes to cook out the flour. Then add the Marmite, soy sauce, red wine and vegetable stock and bring to the boil whilst stirring. Cook for 3-4 minutes until the gravy has thickened.

4 Finally, to serve, top a portion of the mash with 3 sausages and pour over some onion gravy.

Per serving (573g)

Calories: 713, **Carbohydrates:** 109g, **Sugars:** 6.2g, **Salt:** 5.6g, **Fat:** 18g, **Saturates:** 3.3g, **Protein:** 27g

Recipe created in-house by the *Vegan Life Chefs*





Chickpea & Potato Hash

Serves 3

This hash makes a fantastic breakfast or brunch. Not only is it tasty, but the high carbohydrate contents will keep you going through the morning and keep you full till lunch time.

- 450g (16oz) **potato**, peeled and cubed
- 2 tbsp **olive oil**
- 3 cloves **garlic**, puréed
- 1 **red pepper**, diced
- 1 **red onion**, diced
- 100g (3.5oz) **chestnut mushrooms**, sliced
- 1 tsp **onion powder**
- ½ tsp **ground cumin**
- 1 tsp **smoked paprika**
- 1 400g (14oz) tin **chickpeas**, drained
- 100g (3.5oz) **spinach**
- 1 **avocado**, sliced
- Handful **chopped parsley**
- Pinch **dried chilli flakes** (optional)

1 Preheat oven to 200°C/400°F/Gas 6, then add the potato to a pan of water and bring to the boil, cook for 10-12 minutes, then drain. Transfer the potatoes, drizzle with one tablespoon of oil and roast for 20-25 minutes until crisp and golden.

2 Next, add the remaining oil to a pan over a medium heat and add the garlic, onion, red pepper, chestnut mushrooms, onion powder, cumin and paprika and sauté for 3-4 minutes.

3 Put the potato and chickpeas into the

pan and sauté for a further 3-4 minutes. Finally, add the spinach and cook for 2-3 minutes until wilted.

4 Top with the sliced avocado, parsley and chilli flakes to finish.

Per serving (505g)

Calories: 532, **Carbohydrates:** 71g, **Sugars:** 12g, **Salt:** 1g, **Fat:** 23g, **Saturates:** 3.1g, **Protein:** 17g

Recipe created in-house by the
Vegan Life Chefs



Malabi – Cardamom, Rose & Pistachio Custard

Serves 4

Creamy and delightfully flavoured, whip up this malabi for a light but delicious dessert.

- 500ml (2 ¼ cups) **almond or coconut milk**
- 150g (⅔ cup) **coconut cream**
- 2 tsp **vanilla extract**
- 20 **cardamom pods**, lightly crushed and husks removed
- 1 tsp **rose water**
- 4 tbsp **maple syrup**
- 3 tbsp **cornflour**
- 4 tbsp **crushed pistachios**, to serve

1 Put all the ingredients, except the cornflour and pistachios, in a saucepan

over a medium heat and stir to combine. Simmer for 2-3 minutes, stirring continuously.

2 Add the cornflour to a small bowl along with 2 tablespoons of water to form a smooth paste, making sure there are no lumps.

3 Now add the cornflour mix to the pan, turn up the heat to medium-high and stir continuously to avoid lumps forming. Bring the mixture briefly to the boil then reduce the heat to low. Continue to stir until thickened, then remove from the heat.

4 Strain the mixture through a sieve into a large bowl to remove the cardamom seeds and any lumps. Now, pour the

creamy mix into four glasses. Allow to cool a little then pop in the refrigerator overnight to set.

5 Serve topped with the crushed pistachios.



Recipe from:
Rebel Recipes by Niki Webster is published December 26th (Bloomsbury, RRP £26).
Photos: Kris Kirkham

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White Chocolate Mousse

Serves 2

This delicious white chocolate mousse is made with whipped aquafaba, which makes a very light and fluffy dessert.

For the mousse:

- 120ml (½ cup) **aquafaba**
- 100g (3.5oz) **white chocolate**, melted

To serve (optional):

- 2 **biscuits**, crushed (we used **digestives**)
- 6 **raspberries**
- 1 tsp **freeze-dried raspberries**

- 1 To make the mousse, whisk the aquafaba using an electric whisk, until stiff peaks form — this may take 5-6 minutes.
- 2 Once the aquafaba is whipped, fold it through the melted chocolate, being careful not to knock too much air out.
- 3 Into a glass, add the crushed biscuit, top with the mousse and allow to set for 3-4 hours in the fridge. Top with the raspberries and freeze-dried raspberries.

Per serving (132g)

Calories: 124, **Carbohydrates:** 20g,
Sugars: 11g, **Salt:** 0.05g, **Fat:** 4.5g,
Saturates: 2g, **Protein:** 2.2g

Recipe created in-house by the
Vegan Life Chefs





Apple & Mint Granita

Serves 6

This simple dessert is very light and refreshing. The flavour of the mint makes a perfect palate cleanser after a heavy meal.

- 960ml (4 cups) **apple juice**
- 5 tbsp **caster sugar**
- 1 **lemon**, juice only
- 1 bunch **fresh mint**

1 Add the apple juice, caster sugar, lemon juice and mint to a saucepan and

bring to the boil. Boil for 2-3 minutes then remove from the heat and leave to infuse for one hour.

2 Remove the mint from the pan and pour the mixture into a dish.

3 Place into the freezer and stir the mixture every hour until the mixture is frozen.

4 To serve, use a spoon or ice cream scoop to scrape the ice to create shavings, add the shavings to a glass and serve immediately.

Per serving (173g)

Calories: 100, **Carbohydrates:** 25g,
Sugars: 25g, **Salt:** 0.01g, **Fat:** 0g,
Saturates: 0g, **Protein:** 0.2g

Recipe created in-house by the
Vegan Life Chefs



Chef's Top Tip:
Choose:



Veurre

Latticed Raspberry Bakewell

Serves 8

This Bakewell tart has a beautiful frangipane filling. Traditional frangipane has eggs and butter, but even without, this version still has the same texture and flavour of the classic.

- 1 block **short crust pastry**
- 75g (2.5oz) **Veurre**
- 75g (2.5oz) **ground almonds**
- 75g (2.5oz) **caster sugar**
- 60g (2oz) **plain flour**
- ½ tsp **baking powder**
- ½ tsp **cider vinegar**
- 60ml (¼ cup) **soya milk**
- ½ tsp **almond extract**
- 3 tbsp **raspberry jam**
- Handful **flaked almonds** (optional)

You will also need:

- 8-inch tart case

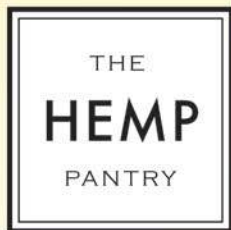
- 1 To begin, roll out the pastry ¼ inch thick and line the tart case, keep the excess to make the lattice. Prick the bottom with a fork and blind bake for 10 minutes.
- 2 To make the frangipane, add the Veurre, almonds, sugar, flour, baking powder, vinegar, soya milk and almond extract to a bowl and beat together until fully incorporated, then place the mixture into a fridge to chill for 30 minutes.
- 3 Spread the jam evenly in the bottom of the pastry case, and fill the pastry case with the frangipane.

- 4 To make the lattice, roll out the excess pastry and cut 8 strips of the pastry and use these to weave the lattice on the top. Sprinkle with the flaked almonds and place in the oven to bake for 25-30 minutes until the filling has set and the pastry is golden and crisp.

Per serving (114g)

Calories: 487, **Carbohydrates:** 45g,
Sugars: 14g, **Salt:** 0.53g, **Fat:** 32g,
Saturates: 9.1g, **Protein:** 6.5g

Recipe created in-house by the
Vegan Life Chefs



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We party at *Vegan nights*

Gemma Tadman shares what happened when *Vegan Life* attended the UK's hippest plant-based celebration

You will likely have heard of the highly-acclaimed London event, Vegan Nights, hosted at the eclectic Truman Brewery near Brick Lane. If you live close enough to the city to attend one Thursday evening and you haven't yet been, why not?

I admit, I have wanted to go to Vegan Nights ever since it began back in 2017, but somehow, I only managed to get myself there for the first time to attend their World Vegan Day/Halloween event back in October 2019. One thing is for sure, I will now be attending every single one of their gatherings. When Vegan Nights first opened its doors, nearly 3,000 people crammed into the 500-capacity venue, proving that the demand for such an event was there. Since then, it has gone from strength to strength, establishing itself as a fixture on the vegan calendar, becoming bigger and better each time it runs.

Upon walking through the doors, we entered into a space of happy faces and upbeat music, with an atmosphere akin to a friendly house party or festival. It was so refreshing to be able to step up to the bar and order whatever drink we liked the sound of, without a single worry of it containing any hidden cruelty. Beers in hand, we took ourselves off to explore the site, which was much more expansive than it first appeared. The whole arena was decorated with colourful streamers and artful lights, pumpkins and quirky, old oil drums. We entered the



infamous outdoor food court, comprising a myriad of vegan food trucks serving dreamy plant-based food and desserts. Before we settled on a van, we had to complete a few loops of the yard to ensure we had seen everything on offer (no mean feat, when confronted with so many delicious options).

Drawn in by our shared love of bao buns, we decided on Eat Chay (eatchay.com), who were selling a selection of their most popular dishes. Phillipa chose the Chick'n Bao, which came with grilled soya chick'n, pickled carrots, fresh coriander and sweet chilli sauce, whereas I opted for the Kimchi Bao, a bun comprising Korean BBQ seitan, kimchi, Sriracha mayo, sesame seeds and crispy onion. Packed full of hearty ingredients and powerful flavours, Eat Chay's was the best bao I've eaten, and I was gutted when it was over. We would have ordered two buns each, as alone, they are not enough to fill you up, but, we had to save room to sample some of the delights on offer from other vendors!

Before we headed to the undercover stall area, we visited Sacred Gin Cocktails (sacredgin.com), an artsy-looking gin

cocktail truck. Staffed by cheery mixologists, the van's menu featured an appealing array of drinks from mulled sloe gin to espresso and cardamom gin martini. I opted for the former — a warming and slightly spiced beverage with just the right amount of sweetness — perfect for heating up my cold hands. We took our drinks into the DJ unit, which, even at 7:15pm, was abuzz with people dancing and chatting, before visiting the inside night market.

The area was carefully curated with stalls stocking sweet treats and beautiful, ethically-made products like jewellery, candles and reusable produce bags. Immediately, we were drawn to Norah's Brownies (norahsbrownies.com), who had brought along a selection of their most decadent vegan cakes, bronuts (half doughnut, half brownie) and cake pops. We bought a stash of bronuts to give to the rest of the *Vegan Life* team the next day (as well as a few for ourselves...). It was incredible to see such an array of plant-based goodies all in one place — no one ever need say vegans miss out.

Before walking back to the station to catch our train home, we made sure to stop at Happy Maki's van (happymaki.co.uk), the makers of the freshest plant-based 'sushi' wraps. Phillipa and I both chose the Hoisin 'Duck' — made with crispy vegan 'duck', roasted sesame seeds, avocado, red pepper, cucumber, spring onions and hoisin sauce. We each ate half of our maki roll (it was so filling!), and saved the rest to take into work for lunch the next day. If Happy Maki's food wasn't great enough, they were also trialling a new incentive whereby customers pay by donation, depending on how much they feel is suitable. For every wrap sold, Happy Maki donate seven pence to Mary's Meals (marysmeals.org.uk) to feed a child in hunger, and they also donate eight pence to Eden Reforestation Projects (edenprojects.org), who aim to reduce extreme poverty and restore healthy forests in Haiti, Madagascar and Nepal by employing local villagers to plant millions of trees every year.



All in all, Vegan Nights exceeded our expectations in all areas — atmosphere, food, drink and ethically-made wares. The event welcomes people of all diets, families, children and dogs, and it certainly exudes a community spirit. It's a great way to show someone how inclusive and diverse plant-based food and drink is, and that you won't ever miss out if you turn to a vegan lifestyle. ■

The next Vegan Nights is taking place 30th January 2020. For more info, head to vegannights.uk



All images: Haydon Perrior / Vegan Nights

What I eat in a week...

The vegan writer, model and K-9 Angels charity founder shares her food diary

Monday

I had a day in London for meetings, so grabbed a quick lunch at Wasabi (wasabi.uk.com). I'd usually go for vegan tofu curry, but since I would be wearing an evening dress in the evening, I chose the lighter option of tofu teriyaki salad with brown rice.

In the evening, I attended red carpet event The London Lifestyle Awards (londonlifestyleawards.com) in Knightsbridge. I enjoyed some delightfully presented and delicious plates of vegan food. My starter was spiced avocado with confit tomatoes, micro coriander cress and shaved celery. The main course was sautéed sweet potatoes in roasted shallot purée, heritage baby carrots, a sweet sherry vintage reduction and confit tomatoes. The finale was a dessert of fruit with edible flowers and strawberry coulis — simply amazing.

Tuesday

At Luton airport, I grabbed the Pret a Manger (pret.co.uk) houmous and chipotle wrap, along with their vitamin volcano smoothie before my very early flight to Craiova, Romania. For the next couple of days, I'll be assisting the K-9 Angels mass spay and neuter campaign in the country. I always find Prets to be consistently good wherever and whenever I go, even when I'm half asleep on a flight somewhere. They have so many amazing healthy vegan sandwiches, soups, salads and smoothies to tempt even the earliest risers.

In the evening, I had a huge grilled vegetable platter and a freshly squeezed orange juice. At my hotel, there wasn't much in the way of plant-based food, but the vegetables in Romania always taste so fresh.

Wednesday

For lunch I had a veggie pizza without cheese, but covered in delicious chilli oil, and in the evening, after a long day on the cause, I had grilled vegetables and fresh orange juice.

It was a strong and healthy day, both mentally and physically, helping with K-9 Angels spay and neuter dog campaign. We are, after all, a product of the choices we make and we are what we eat!

Thursday

I caught an early flight home this morning, and arrived back at Luton airport from Romania at 7.30am. I couldn't wait to get home to my eight rescue dogs — they always act as if I've been away forever.

I had a lovely day of rest in my pjs, catching up on emails and K-9 duties. I recently purchased a soup maker and, I must say, it's brilliant. You literally just chuck in whatever ingredients you want with veg stock, spices and herbs, and in 20 minutes you have either super smooth or chunky soup. I had five ingredient creamy pea and potato soup — it was absolutely delicious. I even went back for seconds and thirds with Tesco garlic bread!



Victoria Featherstone Pearce

Friday

My husband and I went to one of my favourite chain restaurants — Wagamama (wagamamma.com). Their vegan menu is unreal! I tried the new tofu harusame glass noodle salad (comprising glass noodles mixed with kale, edamame, adzuki beans, mangetout, blackened carrots, pea shoots, fresh mint, fried shallots and spicy vinegar) with a side of the bang bang cauliflower. So, so yummy!

We then went to the new cinema locally to us, to see the movie *The Joker*, featuring incredible acting by vegan actor and activist, Joaquin Phoenix. During the film, we munched away on Butterkist Sweet and Salted popcorn.

Saturday

I always love attending and working at Vegfest (vegfest.co.uk) in London — this time, I was working on my PR Karin's celebrity quiz. There's so much amazing new vegan food at Vegfest, and I had been looking forward to testing plant-based Fitness Meals (veganfitnessmeals.com), the brainchild of fitness coaches, Nimai Delgado and Bianca Taylor, at their pre-launch. I tried the tofu dish, the quinoa with edamame and curried chickpeas, and the vegetables and quinoa meal. All their recipes comprise just the right amount of fats, proteins and carbs.

I also stocked up on Vego vegan chocolate (vego-chocolate.de) as it's one of my favourites (it's also my husband's fave chocolate, so I have to keep it well hidden!). I tried the Vego crunchy chocolate spread for the first time, and I must say it was very moreish!

Most days, I drink two to three litres of water. Up until recently, I was drinking two 1.5 litre bottles of branded water a day, but because I wanted to cut down on plastic waste I changed to the Biocera Alkaline Jug (biocera.co.uk), which transforms ordinary tap water into alkaline antioxidant water. The jug has been great, the water tastes the same as the branded stuff and I'm saving 14 plastic bottles a week!

Sunday

I just love a huge Sunday roast. As the main part I cooked a delicious Linda McCartney pie (lindamccartneyfoods.co.uk) with crispy roasted potatoes, creamy and 'cheesy' dauphinoise potatoes using oat milk and Tesco vegan-friendly cheese sauce mix with grated plant-based mozzarella cheese on top. I had this with roasted carrots, parsnips and onions, as well as boiled cabbage and sprouts with stuffing, and lashings of onion gravy. ■

For more from Victoria, visit victoriapearceofficial.com/blog or k-9angels.org

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Co-founder, James Fisher, says: "We have seen that ethical and vegan hair treatments are proving to be very popular across the beauty and hair industry, with many of our clients passionate about choosing good quality, ethical treatments. We have hand-picked our favourite sustainable brands that we use in salon. We have upcycled and re-used as much as we can within the creation and day to day running of WhiP. Obviously we recycle and use renewable energy, and we use as many local suppliers as possible for our beer, coffee and wine." ■

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Teeth, horns and blood

We investigate an industry that's decimating wildlife

The trade of ivory — it's a commercial, mostly illegal, corrupt and life-destroying industry that threatens the existence of some of the planet's oldest and most important species. It involves the legal and illegal import, export and sale of the ivory tusks and horns of animals, largely from elephants and rhinos, but also from walruses, narwhals and hippopotamuses.

Ivory has been traded by humans for hundreds of years, and is ultimately driven by the demand in consumer countries, mostly in the Far East, where it is sought after as a status symbol, for investment and for its believed 'medicinal' properties. In the past, ivory was globally used to make piano keys, billiard balls, jewellery, decorative ornaments and paintings, and in traditional Asian medicines. The horrendous act of poaching animals of their tusks is, quite rightly, now illegal, and in many countries the sale of 'new' ivory (from animals after 1947) is a criminal act. But this has not halted poaching or the industry, which has grown into a burgeoning underground affair. The international trade in illegal ivory is estimated to be worth £17 billion annually, being the fourth largest illegal trade. It is a serious and organised crime that is annihilating wildlife populations, as well as harming local livelihoods and fuelling similar global criminal networks.

Catastrophic consequences

Elephants and rhinos are two species' most targeted for their ivory, with terrible outcomes. In elephants, tusks are adapted incisors (front teeth made from dentin, embedded in the animal's skull with a nerve running down the centre) that continue growing throughout an elephant's life. Almost all African elephants grow tusks,

but only some male Asian elephants do. Every day, an African elephant will use its tusks to survive — to dig for water and roots, to move objects, to strip bark off trees for consumption and to battle with other elephants, as well as protect their young. An elephant's tusks do not grow back if removed, just like human teeth will not regrow.

Dr Ronald Orenstein, zoology expert and author of *Ivory, Horn and Blood*, says that removing an elephant's tusks doesn't necessarily outright kill the poor creature, but it is virtually impossible to remove them from a living elephant. Orenstein explains: "Removing a tusk from a living elephant is a major operation. It can take several hours, during which the animal must be continuously sedated, and requires something like a steam winch to get the job done. The open sore requires two to three months of post-operative care to prevent infection, so, doing anything like this to a wild elephant is next to impossible," (quora.com). Many people query as to whether it is possible to cut off a tusk from the point at which it emerges from the head, but this is also virtually a no-go. Orenstein continues: "If you cut the tusk off, the nerve is exposed — risking infection, not to mention causing terrible pain. The only part that can be removed without causing problems is the very tip, which is solid, and in Asia, captive work elephants have often had the tips removed to provide their owners with extra income."

Poachers want to get as much ivory as possible, with as little risk and the lowest chance of being stopped by anti-poaching units, consequently, they are unlikely to tranquilise a wild elephant, operate on and care for it during recovery. Hunters

are rarely going to leave a large part of the ivory behind, still embedded in the animal's head. Instead, they tend to shoot elephants dead and saw off their faces with a chainsaw, before fleeing.

According to WWF (wwf.org), an elephant is poached for ivory in Africa every 26 minutes, every single day. This equates to around 55 African elephants killed a day and 20,000 a year. A century ago, there were roughly five million elephants throughout Africa, but there are now less than 500,000 (The Born Free Society, bornfree.org.uk), with the species being listed as vulnerable. The numbers of Asian elephants are also dwindling — in the last three generations, numbers have decreased by 50 per cent, to around only 40,000 – 50,000 critically endangered individuals.

Unlike an elephant's tusks, rhino's horns do grow back; this is because they are made of keratin, the same substance that makes up fingernails and hair. However, more often than not, just as with elephants, poachers will kill a rhino whose horn they desire, even though cutting off the horn (as opposed to beheading) would preserve the animal's life and allow them to grow a new horn.

As one of the oldest groups of mammals, rhinos once roamed largely throughout Asia and Africa. At the beginning of the 20th century, they possessed a population of around half a million, but sadly, there are now only an estimated 29,000 left in the wild (Born Free), with black and white rhinos critically endangered. Research shows that an average of three rhinos are lost to poachers every day, with northern white rhinos becoming almost extinct in 2018, when the last male passed away. There are now only ›



two females remaining. Luckily, numbers of black rhinos and southern white rhinos are on the rise, following successful conservation efforts.

Both elephants and rhinos play essential roles in maintaining their environments, especially elephants. They're what experts call 'landscape architects' — as they move around and feed, elephants and rhinos create clearings in wooded areas, allowing for new vegetation to grow and forests to regenerate naturally (WWF). Additionally, owing to the fact that these creatures travel large distances, they play an enormous part in seed dispersal — when they eat seed-bearing plants and fruits, the seeds often re-emerge undigested, and can take root in the ground they're excreted onto. Without elephants and rhinos, the natural structure and functioning of their ecosystems would be completely altered, impacting other wildlife and the local people who depend upon natural resources found in their habitats.

Law, legislation and bans

Whilst the unrestricted international commercial trade in 'new' (raw and unworked) ivory is banned worldwide under the Convention on International Trade in Endangered Species (CITES 1989), numerous countries still allow some form of commercial trade within and across their borders. At first mention, domestic markets don't seem to add to the problem, since they do not directly cause raw ivory to be sourced nor do they handle it, but, the sale of any ivory is a driver of demand, leading to continued poaching of elephants and rhinos and ivory trafficking. Animal rights organisation, Born Free, explains: "Any commercial trade in both old and new ivory stimulates demand, compromises law enforcement, and provides a potential means by which 'new' ivory from poached elephants can be laundered into trade."

Within the UK

At present, laws in the UK prohibit the sale of raw ivory of any age. However, the country permits the trade of ivory objects worked before 1947 ('antiques' or 'relics') without any certificates, as well as post-1947 objects with a certificate. Yet, policy-makers have failed to recognise the fact that it is difficult to authenticate older ivory, as well as the ease with which such loosely-interpreted and poorly applied regulation serves as an opportune loophole for traffickers. A majority of UK ivory antiques are shipped to Asia, where demand for the



material is already high, and so this trade only seeks to fuel the fire. Even worse, is that recent evidence has revealed that the UK's legal ivory market has been used as a cover for trade in illegal ivory.

It might surprise you, but the UK is one of the world's leading exporters of antique ivory. A 2018 study carried out by the Environmental Investigations Agency (EIA, eia-international.org) looked at records under CITES 1989, and found that between 2010 and 2015 Britain was the largest exporter of legal ivory in the world. Between those years, the UK also sold 370 per cent more ivory than the next highest exporter — the USA — and it also sold more ivory than any other nation to Hong Kong and China, well-known hubs for smuggled 'blood ivory', leading to only an increased demand from consumers there.

“Between 2010 and 2015 Britain was the largest exporter of legal ivory in the world”

Fortunately, the UK government is finally starting to do something about the awful part it plays in an industry that causes so much death, with the introduction of a new ban. The instigation of the 2018 Ivory Act will prohibit the trade in ivory objects of any age, with a few museum artefact and artistic exemptions. The exclusions will be for musical instruments made before 1975 that have an ivory content lower than 20 per cent, and objects made before 1947 with less than 10 per cent ivory. There will also be an exemption for accredited museums in

the UK and internationally. According to *The Guardian* (guardian.com) there will be additional immunity for antiques at least 100 years old, deemed 'the rarest and most important objects of their type', categorised by specialists. Another exception will cover portrait miniatures on thin slivers of ivory at least 100 years old. The exceptions might seem problematic, leaving loopholes for further undercover trade and criminal activity, but overall the legislation has received support from animal protection organisations. Charlie Mayhew, chief executive of the African wildlife charity Tusk Trust (tusk.org), described the exemptions as pragmatic, saying: "The ban will ensure that there is no value for modern-day ivory and the tusks of recently poached elephants cannot enter the UK market. We welcome the fact that ministers are sending such a clear message to the world that the illegal wildlife trade will not be tolerated and every effort will be made to halt the shocking decline in Africa's elephant population in recent years."

Initial proposals for the ban were massively backed by a Department for Environment, Food and Rural Affairs (DEFRA, gov.uk) public consultation. There were more than 70,000 responses, making it the largest consultation exercise ever carried out by DEFRA, with 88 per cent of those who took part in favour of the proposals, showing the extent of public support. Sadly, no date has yet been set for introducing the legislation, with a spokesperson for DEFRA saying that it would be instigated 'when parliamentary time allows'.

In November 2019, a number of antique dealers belonging to Friends of Antique Cultural Treasures tried to overturn

the ban and prevent it from coming into action. Their main argument was based on the belief that the trade of 'cultural heritage' objects have no impact on the market for illegally looted tusks, and they claimed the ban would undermine the European convention on human rights by interfering with individuals' property rights. Thankfully, the High Court ruled the legislation does not breach European law, and so the ban will go ahead. Mary Rice, the chief executive of EIA, reacted to the judgement: "This is a victory for common sense and one which maintains the UK's position as a global leader when it comes to fighting the illegal ivory trade."

Based on the UK's Ivory Act, the European commission is proposing further limitations on ivory trade across the European Union member countries. Likewise, other countries, including Australia, New Zealand and Singapore, have introduced, or are considering similar legislation.

Within Asia

China, one of the countries with the highest demand for ivory, has come a long way regarding the trade. At the close of 2016, the Chinese government proclaimed a ban on the domestic trade of ivory, instigated on 31st December 2017. The prohibition led to the closure of all carving facilities, as well as retail outlets selling ivory. Following this, Hong Kong became the largest legal market in ivory products worldwide. However, not long after, Hong Kong's lawmakers voted overwhelmingly to ban it, phasing ivory sales out gradually with a deadline of 2021.

The Chinese ban has already had positive effects in reducing ivory trade since it came into action. Research released by organisations WWF and TRAFFIC (traffic.org) shows that the desire to buy ivory in the country has dropped to 26 per cent of citizens, compared to over half in pre-ban China. However, with the loss of the massive mainland Chinese and Hong Kong markets come 2021, some conservationists are predicting an increase in the activity of neighbouring countries, including Cambodia, Myanmar and Vietnam, where Chinese traders and tourists regularly purchase ivory to smuggle back into mainland China.

To combat this in Vietnam, in March 2019, TRAFFIC partnered with the British Embassy in Vietnam to launch the #MakeVietnamProud campaign, to encourage Vietnamese citizens to show off their national pride by rejecting ivory

products. The initiative ran throughout March and April on Facebook and messaging application, Zalo, and broadcasted a TV advertisement that featured Vietnam's top football players. Additionally, in November 2019, another initiative was launched throughout schools in Vietnam, providing children with lessons in threatened wildlife such as rhinos, elephants, pangolins, tiger and hornbills in an effort to tackle illegal wildlife trade, including the ivory industry. The national curriculum initiative between Humane Society International (HSI, hsi.org), the Vietnam Management Authority for the Convention on International Trade in Endangered Species (cites.org), and the Department of Political Affairs and Students (un.org), educates children about species conservation and threats, in the hope of instilling the next generation of Vietnamese citizens with an appreciation for wildlife. The idea is that this will lead to a decline in consumption of animal products, including rhino horn and elephant tusks.

"An elephant is poached for ivory in Africa every 26 minutes"

Phuong Tham, director of HSI Vietnam, said: "When it comes to consumer demand for illegally traded wildlife, Vietnam is one of the most significant countries in the world, and so if we are to have any hope of changing the mind set of Vietnamese citizens, we have to start in the classroom as early as possible. Our project has the potential to instil appreciation for wild animals among generations to come by changing attitudes towards the consumption of wildlife and how this trade can threaten the very survival of iconic species."

The curriculum project began with a trial involving 15,000 students in over 50 Vietnamese schools in 10 provinces across the country. The results were positive — surveys of students before and after the project, and a control group of students who did not take part, showed that children getting wildlife lessons had considerably higher knowledge about the threats to wild animals, including what human activities are contributing to their extinction.

Following HSI's wildlife awareness campaigns, HSI spoke to students, with promising feedback. Chan Nguyen, aged 10, from Tan Son Nhi Primary School, said: "I'm looking forward to learning more about

wildlife and threatened species. Last year, I watched a video series of *I'm a Little Rhino*. This was the first time my classmates and I learned that we humans are part of the Earth and we should take care of wildlife to protect them against extinction. I will tell my parents and relatives to stop buying and using wildlife products as that is the way humans are killing animals and pushing them to extinction. I would love to see them live freely and happily in the wild."

The future

When the new UK ban on ivory eventually comes into place, it should decrease the demand for the material and stop illegal channels in their tracks. However, the trade must be continually monitored and any sentences enforced, with the exemptions in the ban not allowed to exist as loopholes for criminal activity. With such a strong ban in place in the UK, we can be hopeful that more countries worldwide will follow suit to adopt similar laws, and continue to educate their citizens about the life-threatening industry. There are a great number of organisations working to bring an end to the trade of ivory and with the conservation and restoration of species' most threatened. We must continue to support them with donations of time and money, and by spreading awareness of their vital work. The animals of the planet depend upon it. ■

Get involved

Learn more about poaching and support anti-ivory trade projects

- TRAFFIC, traffic.org
- Save The Elephants, savetheelephants.org
- Stop Ivory, stopivory.org
- Tusk Trust, tusk.org
- Big Life Foundation, biglife.org
- Amboseli Trust For Elephants, elephanttrust.org
- Game Rangers International, gamerangersinternational.org
- WWF, wwf.org.uk
- The Born Free Society, bornfree.org.uk
- Action For Elephants, actionforelephantsuk.org



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Earthling Ed

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Tomi Makanjuola Amazing Plantain Recipes

Plantain is a delicious and versatile ingredient used a lot in African cooking. In this demonstration, Tomi will be showcasing fun plantain recipes that are quick, easy and mouth-watering!

Juliette Bryant How to Heal The Gut

Join Juliette Bryant as she shows you simple fun ways that you can heal your gut and increase your nutrient absorption. She will demo how to make a gut healing tonic, and other fermented foods.

Aiyana Goodfellow Art and Activism for Liberation

Aiyana will be talking about and performing art that inspires veganism and animal liberation. She will share her experiences and ideas on how we can use our skills and talents to create connections.



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“ Every living creature has a right to its own life. These beautiful sentient beings are at our mercy and they can’t defend themselves ”

Maria Slough catches up with actor Eva Pope

Eva and I first crossed paths back in 2002. I had admired her work as an actor for many years and back then, sitting in her agent’s office, reading with her for a pilot I was producing for the BBC, we shared an instant meeting of minds and a lifelong friendship began. We have gone through the loss of loved ones and supported each other in new ventures and now, 17 years on, we have come full circle and are sitting across the

table from each other talking about our plant-based journeys.

“I grew up on a small-holding and our ‘pets’ lived outside, so we had no responsibility for them,” Eva explains. “I grew up with brothers and if I saw them shoot a bird out of the sky or kill a frog it would make me cry. I mourned the loss so deeply, but if you are brought up in an environment of farm life you just accept it as a way of life.”

Eva has been vegan since 2016, a decision she took after being vegetarian for nine years and something that she attributes largely to the deep bond that she shared with her rescue dog, Roxy.

“To stop eating meat was a big thing, coming from the childhood I had. I had a general awareness growing up that eating animals was a nasty thing to do and seeing the loaded pig wagons on motorways used to horrify me. Roxy



was my first companion animal away from my family and she had been tortured. Her vulnerability bore witness to how humans treat animals and I experienced an awakening within my relationship with her that was a major influence in my journey.”

“Roxy travelled with me everywhere. It was the knowledge that Roxy depended on me totally that I still miss. Animals love us and want us to love them. The purity of that flaws me. They feel, they love, they connect; they express like any other living creature — but we feel that it is ok to end their lives in the most horrendous ways.”

Years later, Eva lived in a cottage on a dairy farm, an experience that triggered the last part of her journey to veganism.

“I could see the calves being born from my window and heard the screaming as mother and baby was ripped apart immediately after birth. As a mother myself, that cut straight through me and I knew I was on my way to going plant-based. My daughter went vegan first and asked me to watch *Forks over Knives* and *What the Health* with her. I went vegan the next day and from then the house was free of all meat, dairy and eggs.”

“I struggle with the reaction I still get from some people who challenge me for doing something new. I explain that I do not feel that it is right for me to eat flesh or to hurt another creature and that

is the beginning and the end of it. It is sometimes hard to put logical answers to everything. The stronger my feeling becomes, the more I understand what I have to do. A mother feeds their child and you wouldn’t think to give that milk to anyone else, so why would you want to ingest what a cow feeds its baby? I look back in horror at what I have eaten historically and how stupid I had been to turn a blind eye to something that made me feel uncomfortable for so long, but I believe we become sensitised to things when we are meant to.”

“I believe we become sensitised to things when we are meant to”

How does Eva feel now when she sees cows or sheep in a field?

“I find it upsetting, it makes me sad. I still love the countryside but you can’t escape the vision of imminent murder and it makes me feel powerless. I think people should know exactly what happens in slaughterhouses and what animals go through before they are presented to the public neatly packaged. These animals fight to hold on to their lives, just as we would if someone was trying to kill us.”

2020 looks set to be a busy year for Eva, who has lit up our screens in

the nation’s favourite dramas such as *Coronation Street*, *Bad Girls*, *Waterloo Road* and *Silent Witness*.

Her company, The Actor’s Gateway (theactorsgateway.co.uk), is enjoying huge success and during her trip to LA she committed to helping to launch her brother in law’s vegan superfood condiment company, HLTHPUNK in the UK. You will also find Eva’s voice narrating *This is Not a Drill*, the latest Extinction Rebellion handbook. I ask her how that came about.

“My UK voice-over agent is brilliant. She asks all about your passions and beliefs and she put me forward. It was the best experience I have had creatively. It is very hard to get a job as an actor that you actually believe in or have strong feelings about and I was able to voice so much of what I believe in as me, not as a character.”

I wanted to know how Eva would sum up how she felt as a vegan.

“I felt relieved when I went vegan, like I was coming into myself properly and finally following instincts that had been nagging at me since I was nine years old. Every living creature has a right to its own life. These beautiful sentient beings are at our mercy and they can’t defend themselves. I believe that we step out of our humanity to treat them how we do in the name of food.”

“This is where the world has to change. If more people can understand that every life is sacred and deserves respect and tenderness, it wouldn’t just be veganism that would grow, it would be general care for each other, the animals and for the planet.” ■

For more from Eva head to evapope.co.uk

Follow Maria’s photography journey at mariasloughphotography.com and Instagram at [@mariasloughphotography](https://www.instagram.com/mariasloughphotography)



It's time to end the hunt

Melanie James looks into an archaic tradition that kills animals for 'fun'

It is widely believed that hunting was an essential part of life for the initial survival of the human race, with the men hunting and gathering to ensure that their families had food on the table. As civilisation evolved, agriculture took over, and farming became the primary source for cultivating food. Hunting became unnecessary, which, in turn, left only the 'elite' hunters and the people (traditionally men) that enjoyed hunting as a pastime to continue. This is how hunting for sport began, and with more than one million people taking part in the activity each year, it is still a great concern for animal rights and British wildlife.

As a community that disagrees wholly with hunting, or the use of animals for any purpose, it is easy to forget that it continues to happen — it is almost always hidden from the public eye, and usually takes place on private land due to the controversy and public discourse

that continues to surround the hunting community, especially since the Hunting Act 2004 banned the catching of foxes with packs of dogs. However, this ban did not extend to the ban of hunting foxes (and various other species) in different ways.

Blood sports continue in other forms around the UK, such as the shooting of game birds, known as 'shooting', and deer stalking. These activities usually take place on large estates. For the hunting of game birds, employees of the lands involved will walk through woods and encourage the birds to fly out of their nests or perches and towards the estate, where a line of around 8-10 shooters will be waiting with their guns in the hope of shooting the birds down as they try to flee. On these parklands, birds such as pheasants or ducks are usually bred in large numbers to ensure that there is a great enough supply of birds for the game to take place. Deer

stalking is a much lengthier type of sport, where the participants will pursue and 'stalk' deer, until they are certain they will be able to kill it, before finally making a kill shot to end the animal's life. There is little evidence to suggest that these deaths are carried out quickly and humanely, although the law states this must be done.

These events take place throughout England, Scotland, and Wales, and there are sites dedicated to providing the best hunting experience — one website claims that on well-managed estates in the UK they can produce 'bags of hundreds of birds'.

Many hunting associations argue that this sport is 'essential' and 'extremely positive' for wildlife conservation, as the owners of land on which events take place must ensure that they provide the correct habitat for species to breed — this ensures there are animals available for the 'hunt', and some even ›



go so far as to plant new forestation and woodland. Another argument made for hunting, is that it allows for the numbers of 'destructive' species of animals (animals that eat farmers' crops and plants), to be managed more effectively, as their numbers are kept down when they are killed. The British Association for Shooting and Conservation states that with their team, 'We can all work to ensure plentiful quarry species while benefiting the wider environment'. This is yet again, another example of humans interfering with nature, and poses the question, if the land wasn't unnaturally made perfect for the over-breeding of these species, would their numbers need to be managed at all?

It is clear that the effect this has on the wildlife of the UK is negative. Not only is unnecessary fear, suffering and death caused to the animals directly involved, but these games also disturb other forms of wildlife in the area. Winter hunts are known to disrupt hibernation patterns, and the stress caused from loud noises and changes to animal's habitat in the summer, leads to a compromise of animal eating habits and routine, causing difficulties in mammals being able to gather the food and store the fat that they need to survive the winter months. The breaking down of close animal relationships also occurs when a parent

animal is killed and litters are left to fend for themselves under duress. As the hunting season for deer falls in line with their mating season, it is also common for heavily pregnant does to be shot and subsequently killed. All of this is avoidable.

The Hunting Act 2004, was a fantastic step forward, and came into action in February 2005. This Act states that 'A person commits an offence if he hunts a wild mammal with a dog, unless his hunting is exempt'. Therefore, hunting with a pack of hounds is now illegal, but the lengthy exemptions do, unfortunately, mean there are many loopholes, which has allowed the hunting of hundreds of birds and mammals to continue legally, with pheasants, hares, geese, grouse, foxes, and deer, still being regularly hunted, among countless others.

Thankfully, there are numerous organisations taking a stand and fighting against these cruel practices, the largest organisation in the UK being the League Against Cruel Sports, (league.org.uk), founded in 1924. They were instrumental in bringing about The Hunting Act 2004, claiming they will continue to act even if just one animal is being used for sport. They have many sanctuaries across the UK where they allow animals to live freely without worry, and have a unique animal crime watch system, providing people

with the tools to report cruelty to animals for the use of sport directly to the League Against Cruel Sports via telephone, email or using an online form. PETA (peta.org) also has many campaigns in the attempt to abolish animal trapping, not only in the UK, but worldwide.

Another more controversial organisation, The Hunt Saboteurs Association (huntsabs.org.uk), have been in the media spotlight recently. This group use non-violent direct action to sabotage illegal hunts that still take place today. They do this with the use of horns to confuse the packs of hounds and have been known to stand directly in front of shooters to prevent them from killing birds.

Whilst the law has not abolished hunting, it is clear that the majority of the country oppose any form of it, with a poll carried out in 2017 stating that 85 per cent of the people who took part were in favour of the current ban staying in place. We do, however, have a long way to go, and we can achieve this by supporting organisations such as PETA, attending peaceful protests where necessary, and educating people on this issue where possible. It is time for a change and to make an end to the cruelty of hunting for sport. ■

Words by Melanie James





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Healthy New Year

Become the best version of yourself

That's it — in the blink of an eye, Christmas and New Year celebrations came and went. If, like many of us, you have emerged from the party season feeling a little less fit and healthy than when you entered it, you'll be looking to kick-start 2020 by setting goals, and getting back to your best. Over the next few pages, we've got an array of tips to help you have a healthier 2020, we uncover the importance of BCAAs and protein, and we chat to plant-powered athletes who are at the top of their game. >

It's time to take care of yourself



9 tips for a healthier and more productive 2020, physically and mentally

Upon entering a new year, we often create resolutions for ourselves, many associated with our health and fitness, of both the mind and body, and frequently, we ditch these before January is over. But, there are some goals that you should make the effort to implement into your daily life. We've gathered the most useful advice from a team of experts, whose recommendations you'll want to stick to the whole year through.

1 Have efficient, not lengthy, workouts

Annie Edmonds — fitness instructor and owner of F45 Maida Vale (f45training.co.uk/maidavale)

"It is important to find the health and fitness regime best suited to you, and one that can be easily incorporated into your daily routine. Many people believe that exercise needs to be a long-winded activity to gain results and achieve a healthier lifestyle, but that is not the case. It is essential to exercise smarter rather than longer, as it can feel uninspiring if you aren't getting any 'fitter' or shifting any weight, despite putting in a decent amount of time. Exercising smarter means using your time more wisely — one way to do this is

by upping the intensity of each session. High intensity interval training (HIIT) is one of the most effective exercise regimes for this."

"Studies have shown that there are many benefits of HIIT. These include: the ability to burn more calories than moderate forms of exercise, the ability to burn energy even after a workout is complete (often referred to as the 'after burn' effect), increase in cardiovascular health, development of lean muscle mass and fast-twitch muscle fibres and, lowering of blood pressure. Spending 45-60 minutes of your day exercising is what we all usually have to spare; these are precious minutes that, when used cleverly, can determine the results you get. To achieve your goals, I would suggest attending HIIT classes. So, in 2020, maximise your time, don't waste a moment doing exercise that feels like a chore and that does not inspire you to improve."

2 Snack smarter

Gudrun Jonsson — *Gut Reaction* author, and dietary advisor to Nibble Protein (nibbleprotein.com)

"Healthy snacking is hugely important for health, because it sets up your dietary rhythm for the day. Eating little

and often is recommended to keep your blood sugar stable, which can benefit your mood, energy and concentration levels, as well as helping to keep you fuller longer. If you don't snack at all, your blood sugar levels are likely to dip too low, encouraging you to overeat when you finally do consume your meal. And, choosing to eat unhealthy snacks will have a similar effect — your blood sugar will skyrocket then crash, leaving you much worse off."

"Finding truly healthy snacks can be difficult — there's a wide range of them that masquerade as healthy, but are packed with hidden sugars and additives. For people to make better snack choices, it's important to understand what you're fuelling your body with, taking a closer look at food labels and ingredients. Date-based products are often incredibly high in sugar, so don't assume a snack is healthy because there are 'no added sugars'."

"Healthy snacking can also be an excellent way to increase your fruit and vegetable intake. And, adding a bit of fat to the fruit or veg will slow down how quickly your body breaks it down, reducing your blood sugar swings while aiding satiation. For example, trying adding nut butter to an apple or

eating houmous with your carrots for maximum benefits.”

“And remember that if you choose your snacks wisely, they can also top you up with the essential vitamins and minerals that you might be missing from your main meals alone. This will help you to consume the macronutrients and micronutrients necessary to achieve your health and fitness goals: protein, carbohydrate, good fats, vitamins and minerals.”

3 Eat the rainbow

Ruth Tongue — director of health shake brand, FOGA (foga.co)

“Most of us know we should be eating more fruit and vegetables, but, how often do you think about the colours of foods on your plate and how this might be affecting your health? In fact, think about the last meal you had — was it a vivid rainbow of beautiful bright shades, or more of a bland, non-descript blend?”

“There are tonnes of reasons why we should aim for more colour in our diet. All bright fruit and vegetables contain antioxidants, which are linked to anti-ageing, reducing growth of harmful cells in the body and keeping our immune system working at its best. In particular, purple foods (think blueberries, blackcurrants, aubergine and red cabbage) contain antioxidants called anthocyanins. These special pigments have been linked to many health claims including increased longevity, better cardiovascular health, cancer prevention and even helping to reduce dementia risk. So, try to plate up meals or drink shakes that incorporate as many different colours of foods as possible, to get the most benefits possible.”

4 Master meal prep

Davide Alfonsi — personal trainer and stress management coach from Ki Force (ki-force.com)

“Meal prep, when done mindfully, can literally change your life. It allows you to track your food intake with incredible precision. By planning your food, you’ll know exactly the amount of macronutrient each meal contains. This is important when you’re trying to lose or maintain body weight, but also when you’re trying to improve your health and mental performance.

Excess energy often results in weight gain, lethargy and health problems related to the excessive production of insulin from carbs or ammonia from proteins. On the other hand, a drastic calorie deficit can also have unpleasant health consequences, like slowing down your metabolism, muscle atrophy and hormone imbalances.”

“You can also gain awareness around your food choices. I am a huge proponent of mindful eating and mindfulness in general. The simple act of meal prepping, helped by recording the food you eat in a journal, is enough to improve food choices by 50 per cent, or more. Upon realising your unhealthy eating patterns, it is way easier to come up with solutions to address them.”

“Prepping meals stimulates your creative and organisational thinking. You need to think about the ingredients to buy, the recipe you want to focus on, the days and places you want to shop and the times when you want to cook. This mental process and, also, the dedication you develop from regularly meal prepping, will inevitably translate into you being more creative and more efficient in many areas of your life.”

5 Look after your mental health

Davide Alfonsi — personal trainer and stress management coach from Ki Force (ki-force.com)

“Mental health is so important. A few years ago, I had to undertake an emergency surgery due to stress-induced internal bleeding. Surviving that opened my eyes to the fact that mental and physical health are strictly related. During my recovery, I started meditating and studying mindfulness, Buddhism and neuroscience. The more I learned about my brain (and therefore about myself) the better I was able to control my negative thoughts and shift them into positive ones. Transforming my daily thinking from a pessimist state to a completely positive and self-affirming one had a very unexpected additional benefit: it improved my physical health.”

“Surgery left me with a 5-inch long, 2-inch deep scar, no muscles and a muffin top. I decided to get back in shape as soon as my body was able to move again. I soon found out that, by working on my mental health with meditation, cognitive therapy and >

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breathing exercises, my cortisol levels (a stress hormone) drastically decreased. That meant improved metabolism, improved testosterone production, better recovery and better sleep. No wonder I started to look and feel amazing. For the first time in my life, I could achieve an incredible physical transformation without feeling stressed because of my diet or my performance. Instead, by working on lowering my stress levels I achieved the same results as if I were using steroids. The mind and the body are interconnected and, by working on both at the same time, you can double your results in terms of health, body composition and performance.”

6 Make time for rest days

Davide Alfonsi — personal trainer and stress management coach from Ki Force (ki-force.com)

“Rest days are underappreciated within the health and fitness community. Physical exercise is first and foremost a cause of stress for the body. This is due to the release of cortisol and catecholamine’s during exercise. In addition to that, exercise depletes precious mineral reserves of magnesium, sodium and potassium. These minerals are essential for different functions within our bodies and lacking some of them can result in poor sleep, poor digestion and low energy levels. Also, intense exercise puts a heavy burden on our central nervous system (CNS). This is due to the amount of signals our brain sends to the muscles to get them to fire when we’re exercising. The heavier the weight, the more muscles need to contract to lift it; therefore the more work on your CNS.”

“Note, that a rest day is not meant to be a day lying in bed. In the case of muscle and CNS recovery, an active rest day works much better. This is a day where, instead of hitting the gym hard, you spend the same amount of time you dedicate to your workout to doing stress relieving activities.”

A few examples of ideal rest day activities include:

- 30 minutes stretching and rolling, and 30 minutes meditation
- Get an hour-long massage
- Walking for one hour in green spaces, with your phone switched off

- Performing your normal workout, but with 20-40 per cent of the weights you are used to lifting.

7 Get better sleep

Cheyne Voss — head of physio at Ten Health & Fitness (ten.co.uk)

“Sleep experts argue seven to nine hours is the optimal amount of sleep required for people to feel refreshed and fully recovered from the day’s activities and levels of stress. However, the exact length of required sleep varies from person to person and more often than not, it is about quality over quantity. You can function effectively if you’re level of recovery is high, even if you have had less than the recommended eight hours.”

“The best ways to ensure effective recovery during sleep includes reducing stimulating activities close to bed time. You should limit high intensity exercise in the evenings as this gets your heart rate too high to allow your body to fully recover and relax enough to sleep. If you need to exercise close to bed, maybe consider taking down the intensity — yoga or stretching, or going for a walk is a good suggestion. Low intensity exercise will help to bring your heart rate down and prepare your body for rest. Activities like reading a book, listening to calm music, puzzles and sewing work well, too.”

8 Take phone breaks

Victoria Featherstone Pearce — vegan model, host and K-9 Angels charity co-founder (k-9angels.org)

“Try and have a phone-free day a week, if possible, or if it’s not, take long breaks away from your phone during the day if you can. Definitely do not look at your phone first thing in the morning, as it will

set the tone for the day, making you more inclined to keep checking it. Get up and have a tech-free routine, and once you’re ready, then check your emails.”

“Use the time away from your phone in other, more important, mental health boosting ways — spend more time with nature, even if you live in the city, take regular walks in the park. Enjoy more time with positive people who inspire you to achieve and become a better version of yourself. Stay away from negativity and energy vampires — breaks from your phone can help with avoiding negative social media. Take time to help others. Find your cause. Assisting others will not only change the recipient’s life, but it gives one a huge sense of purpose. Try new things, even if you feel you may not want to do your new thing forever. We learn from being uncomfortable and putting ourselves out there. You may learn new things about yourself that you never knew you liked.”

9 Be a vigilant vegan

Fiona Lawson — Gosh! Food nutritionist (goshfodd.co.uk)

“It’s important to understand that just because it’s vegan doesn’t mean it’s healthy. We all probably know deep down that the ultra-processed vegan food products that have recently flooded the market are not healthy — but to what extent? It’s becoming more and more important as the plant-based lifestyle continues to gain traction, to look behind the label’s clever claims to work out what you are eating. Read the labels and try not to eat food with ingredients that you don’t recognise. Wholefoods, plants, legumes, grains and vegetables are still the best way to go plant-based in a healthy way.” ■



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At the top of their game

Plant-powered athletes chat to us about how veganism affects their performance

Following the success of the inspiring documentary *The Game Changers*, there has been a massive shift in interest in vegan athletes. As studies are conducted and extensive information on the plant-based diet comes to light, more sportsmen and women are turning to diets lacking meat, eggs and dairy. We chat to two highly successful athletes about why they turned vegan, what changes they experienced, and what's the best fuel for a workout.

Paul Kerton

AKA Hench Herbivore — martial arts and personal trainer, bodybuilder and nutritionist

When you first went vegan, what effects did you notice on your health, training and fitness levels?

The immediate benefits were increased energy and decreased exercise recovery time, and the benefits accumulated over time. Twice I was prescribed weaker contact lenses, it cured my hay fever and got rid of the exercise-induced tendonitis that I would regularly suffer from.

Why do you think that so many bodybuilders believe that meat and dairy products are vital for gaining and maintaining muscle mass?

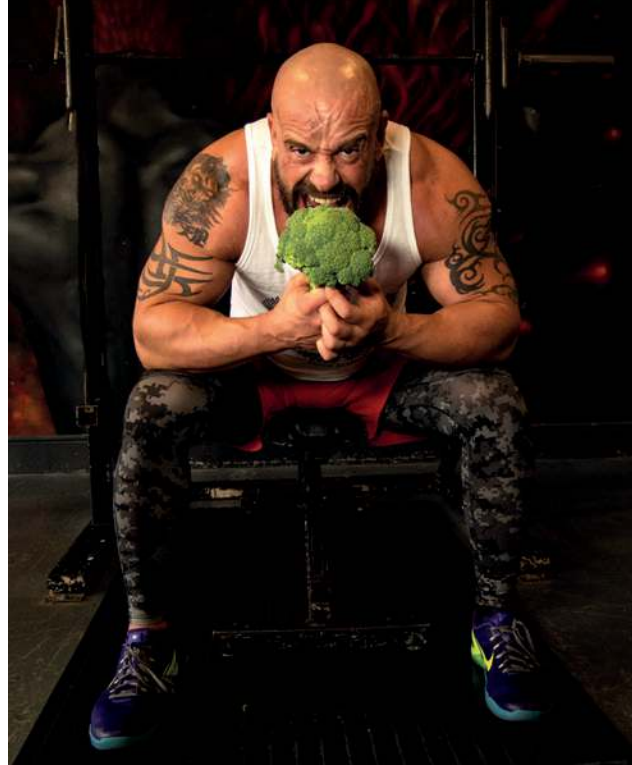
Marketing lies! The amusing thing is that only plants can make amino acids (the building blocks of protein) from scratch. We, and other animals, merely recycle them.

What top tips would you give to someone wanting to build muscle mass?

Eat in a slight caloric surplus, such that bodyweight is rising week by week. Aim to ingest around 1.62 g protein/kg body weight per day (any extra is redundant and possibly harmful to health) and be sure to eat a range of whole plant foods so that micronutrients, too, are covered. Get yourself a good workout plan from a reputable source and aim for progressive overload. That is to say, try to lift a little more weight every week or two, but keeping good exercise form as the top priority.

What's the best fuel for before a workout? What should we eat after training?

As a nutritionist, as well as a PT, personally I advocate for the same foods pre-workout, post-workout and even when not working out — a good amount of legumes, whole grains, fruits and vegetables along with some nuts or seeds. What I will say



though, is that timing is important. By training 1.5-2 hours after eating our glycogen will be elevated, fuelling the workout, while more calories will be seeping into the bloodstream, through the wall of the small intestine.

Are rest days important?

In the gym we are tearing muscle down, not growing — that happens when we rest. If we try to train the same muscles again before they are recovered then we will be getting progressively smaller and weaker. So yes, rest days are vital.

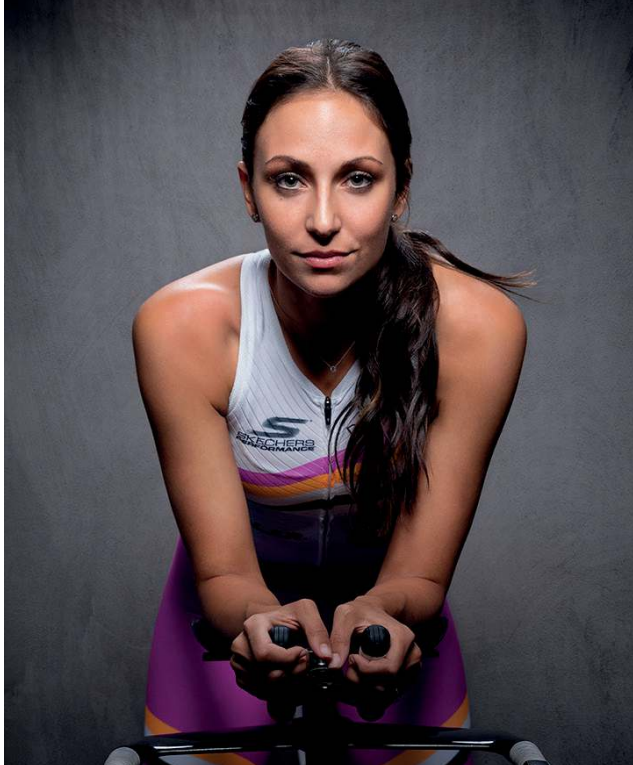
What foods are vital to consume for someone training and exercising regularly?

Legumes, whole grains, fruits and vegetables should be eaten in abundance along with some nuts and seeds (particularly ground flaxseeds and ground chia seeds, for their omega-3) or whole nut/seed butters. For a larger strength or physique athlete, the judicious use of some protein-rich processed foods may be of benefit. For protein powder, I highly recommend Vivo Life's Perform protein as it is third party tested for contaminants and is the most digestible I've used. Tofu, seitan and textured vegetable protein are some other products that would fit the bill.

Do you think that in the years to come, more athletes will turn to a vegan diet?

Undoubtedly — I've felt the benefits for myself and they are undeniable. There are more and more vegan champions and record-holders year by year. The recent release of vegan sports-performance documentary *The Game Changers* has opened many eyes and will continue to do so. While we are young, we can eat a terrible diet and still be great athletes. But, as the years go by, the harmful constituents take a toll on our bodies though and will have displaced many wonderfully nutrient-dense plant foods that could have been bullet-proofing us. Do you want a short-lived career? Or a career that you can continue to improve in into middle and possibly even older age? If yes, chose vegan.

For more from Paul, head to henchherbivore.com



Madi Serpico Whalen
Professional triathlon and Ironman competitor

Why did you first turn vegan?

The number one reason I went vegan was for the animals — I have always been an animal lover. Almost eight years ago, my family and I watched *Cowspiracy* and I saw what actually goes on in animal farms and what it's doing to the environment. After watching that, it was literally a no-brainer for my whole family — we all went vegan, so it was easier to stick with the diet and change our habits.

When you first went vegan, did you notice any changes on your health and fitness levels?

I did notice a huge change in my performance and recovery. I was able to push harder at every workout and be recovered in time for my next session, even if they were back to back. I didn't feel as fatigued as I normally would have. The jumps in my fitness were way higher than before and I felt lighter and stronger. Being a female athlete, I noticed my skin was cleaner and brighter, I had less inflammation and my iron levels went way up.

How does a plant-based diet fuel your extensive training regime, and your performance as a triathlete?

Eating a balanced plant-based diet and staying away from processed foods when training and racing provides me with excellent fuel sources from healthy fats and carbohydrates, which enable me to perform at a higher level for longer.

What foods are vital to consume for someone training and exercising regularly?

I would recommend good protein sources such as spinach,

lentils, tofu, beans, rice and oats. Also, good carbohydrates like sweet potatoes, oats and rice and fruits. Healthy fats like avocados, chia and flax seeds, nuts and lots of greens and veggies.

What tips would you give to people wanting to improve on their fitness in endurance sports?

People tend to focus more on the training aspect, but I think that's only half of the equation — the other half is recovery. In my opinion, the best way to improve your recovery is to improve your diet. I focus on reducing inflammation as much as possible and making sure I eat enough protein. Most plant-based foods are alkaline, which speed up the recovery process. Exercising creates swelling in the body, so eating highly acidic foods like dairy and meat just add to this and delay recovery even more. Reducing inflammation is incredibly important to speeding up the healing process, allowing you to train better and harder each day.

What's the best fuel before a workout? What should we eat after training?

Because you use a combination of fats and carbs as fuel, you need to eat good sources of both. Things like grains, oatmeal and toast with peanut butter, sweet potatoes and fruits and fats like avocados and chia seeds for before a workout or race. After your workout you need protein to rebuild your muscles and more carbs to replace what you just used. An example would be a plant-based protein smoothie, because it absorbs quicker.

How do you prepare for a triathlon?

I have a coach that puts together a training schedule for me every day. During my peak training months I swim every day, sometimes twice a day, bike usually 4-5 times a week and run almost every day with at least 2-3 gym/strength sessions. Mentally, I prepare every day, even during my workouts. Confidence and consistency is key for me, especially if I know when I'm going into a race that I've done all I can in training to prepare for it.

Do you think that in the years to come, more athletes will turn to a vegan diet?

Definitely, there are so many that are trying this type of diet. It is growing at a fast rate. Athletes are always looking for a competitive edge and a quicker way to recover.

What advice would you give to athletes or fitness enthusiasts wanting to transition to veganism?

I really feel that most people have no idea how good their body is designed to feel. I would encourage them to do their research. It's crazy how much of the information we grew up learning about nutrition is false and influenced by industries with lots of money, for example, the dairy industry. Avoid processed foods at all costs, if you want to perform well as an athlete. Lastly, I would recommend buying cookbooks, and experimenting with recipes. A few of my favourites are *Superfood Snacks* by Julie Morris and *Oh She Glows Every Day* by Angela Liddon. ■

For more from Madi, visit madiserpicowhalen.com

Power up



From BCAAs to protein, we help to clear up the confusion

If you're looking to get fit in the New Year, or you just want to work out more often, you need to make sure that you are eating correctly and consuming enough of what your body needs to repair and grow muscle. With so much conflicting information about protein in the media from clever marketers trying to get us to buy into the latest protein-infused gimmick, it can be difficult to know if, why and when we need to consume protein, and how that relates to the functioning of our bodies. Ruth Tongue, nutritionist at FOGA (foga.co), and Bethan Hamilton, associate nutritionist at Vega (myvega.com), chat to us about the importance of branched chain amino acids and protein in keeping you healthy and fuelling your muscle growth.

Why is protein important?

Ruth: Protein is needed in every cell

of the body — for growth, repair and structure. Made up of amino acids, not only is it an essential building block for muscle, skin, bones, teeth, blood and cartilage, but it also makes up enzymes and hormones — all of which are essential for everyday functioning.

Bethan: As a part of a balanced lifestyle, protein is such an important macronutrient, as it helps us to build and maintain muscle. When we exercise, our muscles breakdown, and we require protein in our diets to help rebuild them.

Why are BCAAs important?

Ruth: Branched chain amino acids (BCAAs) are what proteins are made up of — there are 20 in total, nine of which can't be made by the body, so it's essential that we get them from our diet (the 'essential amino acids', including leucine, isoleucine and

valine). Without all of the BCAAs, we could suffer from impaired growth and muscle wastage.

Is it possible to get enough protein from a vegan diet?

Bethan: When eating a plant-based diet, many people worry that they're unable to fulfil their protein needs, especially if they take part in a lot of physical activity. However, there are many delicious sources of plant-based protein — and often, we're consuming a lot more than we expect!

Legumes like beans and pulses contain considerable amounts of protein, and many other important nutrients such as iron, zinc and B-vitamins, plus, they're so versatile when it comes to cooking up a plant-based feast. The possibilities are endless, from veggie burgers to chickpea curries, and if you're looking to top up your protein intake you can serve with

a side of rice or quinoa. Nuts and seeds are great for grazing when you need an afternoon snack. Almonds, for example, are packed full of protein, with a handful providing 3-6 grams. These plant-based sources of protein are generally lower in saturated fats and have a higher fibre content, too — so a win, win!

Should people who exercise regularly consume more protein?

Ruth: If you're exercising regularly you need to make sure that you're consuming enough protein, but this doesn't necessarily mean eating more than non-exercisers. However, you may find that by consuming slightly more protein, before and after workouts you notice that your muscles perform better and recover more quickly.

Bethan: The recommended protein intake is 0.8g of protein per kg body weight per day. However, if you are doing lots of exercise, it is worthwhile increasing to 1-1.2g of protein/kg body weight to ensure you have enough to help build and maintain muscles.

Is it possible to get BCAAs from plant-sources?

Ruth: Yes, this is possible, although it is harder to get all of the essential BCAAs from plants. The most important thing is that you have a variety of different plant sources of protein, as, unlike animal sources, most won't contain all the

essential BCAAs (with the exception of quinoa, buckwheat and soya).

Bethan: It's easy to underestimate just how much protein is contained in different vegetables — for instance, one cup of peas contains 9g, a cup of spinach as 5g, and a cup of broccoli has 4g. But, if you're still worried about hitting your protein macros, a great way to ensure you're getting the BCAAs you need is to include a plant-based protein powder into your training plan.

When should these be consumed?

Ruth: Ideally, protein should be consumed at every meal to help slow down the absorption of glucose from carbohydrates and keep blood sugar and energy levels steady. If you're looking to get the most benefits from exercise, you may find that having a small portion of protein before and after exercise helps with performance and also recovery. But don't neglect the carbs — for optimum recovery, we should have a ratio of 3:1 carbs to protein in a recovery meal or snack.

Should people who exercise regularly or are looking to build muscle consume more BCAAs?

Bethan: Rather than focusing solely on BCAAs, if you're looking to build muscle it's important to look at consuming high quality, plant-based protein sources — and enough for your personal needs.

BCAAs don't build muscle on their own, although research suggests they help to signal our bodies to start building muscle, we still need all the other amino acids to do so.

Ruth: Taking a BCAA supplement a couple of hours before exercise can help to improve recovery and muscle growth. Yet, studies have found that taking the same BCAA supplement post workout doesn't have these same effects.

Do supplements/powders need to be taken?

Bethan: The need for supplements is dependent on your nutritional intake, personal dietary factors and the amount of physical activity you are doing. If you're unsure on what you need individually, I'd suggest monitoring your diet for a couple of weeks so you can clearly see if you're getting a wide variety of protein, and the fruit and vegetables you need.

Ruth: Unless you are really struggling to gain weight or are actively trying to stop losing weight, the chances are that you are getting enough protein already and do not need to be introducing extra protein shakes, powders or bars which are laden with unnecessary grams of protein and many added sugars. ■

For more information, visit myvega.com and foga.co





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From £24, foga.co



CNP
Plant Protein, Chocolate Peanut
£27.99, cnpprofessional.co.uk

A helping hand

Give your workout a boost

Struggling to get in enough protein? Don't think you're consuming enough BCAAs from your diet? Or, perhaps you just want to up your game in the gym? These products are here to help.



Form Nutrition
Insulated Stainless Steel Shaker
£29, formnutrition.com



Bulk Powders
Vegan Protein Powder, Banana Caramel
£14.99, bulkpowders.co.uk

Support your vegan diet with these essential nutrients

A vegan diet is often wonderfully rich in a host of natural nutrients found in vegetables, fruit, nuts, seeds and wholegrains. On the other hand, vegan diets need to be carefully planned to ensure adequate intake of protein, vitamins A, B12, D3, iodine, iron, zinc, calcium and omega-3 fatty acids.

We recommend an all-round multivitamin and mineral as a foundation, along with omega-3 from plant marine algae and a vitamin B12.



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Be there

Our newest columnist, Karin Ridgers talks to us about how to successfully complete Veganuary

When I first chatted with Matthew Glover, the founder of Veganuary (veganuary.com), it wasn't even an official thing yet. The website wasn't ready, and there were only weeks to go before they announced this wonderful way of introducing people to a plant-based way of eating.

Fast forward six years, and restaurants have exciting Veganuary specials, supermarkets have month-long vegan deals, and as a PR, I receive tonnes of media releases with news surrounding the plant-based pledge — it is just incredible. In 2019, there were 250,000 participants, with nearly a quarter of them staying vegan, and this year, numbers are expected to be even higher.

Perhaps this is the first time you have picked up *Vegan Life* magazine, and you're in need of some inspiring tips for your first Veganuary. Or, maybe you've got a friend who has taken the pledge, and they are in need of a bit of supportive information. Here are a few essential pointers to pass along, or absorb for your own journey.

Food to avoid

In a nutshell, vegans won't eat anything to do with an animal, whether the being is dead or alive, so:

- No meat, including: chicken, beef, pork, bacon, mince, sausages, fish etc.
- No animal products, including: eggs, cow's milk, dairy yoghurt, dairy butter, dairy ice-cream, honey.
- No products that contain any of the formentioned, as well as hidden ingredients.

If you're struggling to find alternatives to your favourite foods, do a bit of research online on the Veganuary website, or purchase a plant-based cook book that can show you the way.

If a newly-vegan friend is finding it difficult to shop, why not suggest visiting

the supermarket together? That way you can show them what sort of foods you buy and where to find the tastiest products.

'Meats' and 'milk'

Vegans don't miss out on anything — there are vegan meats and fish-free fish made from soya, which is great for protein, lower in fat, cholesterol-free and tasty. Try making a spaghetti Bolognese with vegan mince — I bet no one says 'Where's the meat?'

Whether you're taking part in Veganuary yourself, or you have friends joining this year, why not throw a plant-based dinner party? Show them the different meat-alternatives there are, introducing them to exciting ways of cooking each one. Finish with delicious desserts and coffees made from different plant-milks.

There's an array of non-dairy products such as soya, rice, coconut, hemp, oat and almond. Try out various ones to see which you like the best. For any you don't like, don't waste them — blend the product with a banana and berries into a smoothie — you won't taste the milk.

Packaging and labels

Labelling has improved a great deal over the years, with many non-vegan ingredients highlighted, and more products are stated as vegan. Sneaky vegan-unfriendly ingredients to look out for include:

- Whey powder — from cow's milk.
- Gelatine — the boiled bones, tendons, ligaments and skins of dead animals.
- Cochineal —squashed beetles.
- Rennet — curdled milk from the stomach of an unweaned calf used in curdling milk for cheese.

There are also various E-numbers that you will need to avoid — but don't feel overwhelmed. So many products are now

labelled as vegan, so you can feel secure in your purchases and empowered in your compassion.

Know your reason why

People can sometimes find the first few months of becoming vegan a little challenging, especially if temptation is put in their way. So, the best advice I give to someone newly transitioned is to 'know your why'. As a PR manager, this is what I advise journalists and celebrities who I coach to go vegan, too.

Ask yourself, why are you going vegan? Is it to improve your health? Is it to stop being a part of animal suffering? Are you trying to reduce your carbon footprint? Do you want to cut your cholesterol? Or, perhaps you have another reason?

Write down personal reasons for taking the Veganuary pledge on sticky notes and pop them up on your computer and your fridge, and type them out on your phone. That way, if you are tempted in the early days, you will have good access to remembering your motivations, and this will give you more strength to continue.

To those of you taking the challenge, I wish you luck in your vegan journey, and to those who know people who are completing Veganuary, continue to be as supportive and as helpful as you can. ■

For more from Karin, head to karinridgers.me



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Butter Me Up The Hemp Pantry Vuerre

The Hemp Pantry has launched Veurre, the first allergen-free and palm oil-free vegan butter-alternative that uses sustainable hemp. Veurre contains none of the 14 major allergens, such as dairy, soya, nuts or gluten. It is organic and made from high-quality, 100 per cent natural plant ingredients. It's versatile and can be used for spreading, melting, baking and cooking. It has a smooth texture and a delicious natural taste with a mild coconut, olive and earthy hemp flavour.

£3.80, thehemppantry.com

Vegan Spotlight

Our favourites this month



Happy Gut Biome! Probiotic drink

Biome!'s delicious dairy-free probiotic drinks are perfect for when you're in need of a sweet pick-me-up, and are great for improving your gut health. They are 100 per cent natural, free from stomach irritants (like dairy and gluten), vegan-friendly and taste amazing. Probiotic shots are available in dark chocolate, salted caramel, natural coconut and pure vanilla.

£1.20, biomel.life

Tea Time Pure Chimp Matcha Green Tea

Packed full of benefits, make Pure Chimp's Matcha Green Tea your go-to tea. Matcha is well-known for helping to boost metabolism, to provide feel-good energy — without the anxiety that can follow drinking coffee — and can help to clear your mind and improve concentration. It's also brimming with antioxidants, and tastes great to boot!

From £9.95, purechimp.com



Sweet Treat LoveRaw Peanut Brownie Butter Cups

The newest flavour variant in LoveRaw's range of butter cups is the heavenly Peanut Brownie. Joining Salted Caramel, Peanut Butter, Hazelnut Butter and Cookie Dough, Peanut Brownie boasts a unique nutty and brownie chocolatey centre, offering those with a sweet tooth a double hit. It's indulgent, yet, at only 99 calories and refined-sugar-free, you needn't worry about post-treat guilt.

£4.99, eatloveraw.com



Shake It Up Planted Plant-based milks

If you love a chilled drink that not only feels healthy but tastes delicious, then pick up one of the new Planted range. It comes in four very drinkable flavours and is a dairy free alternative to milk shakes. Choose from Oat Drink with Banana, Coconut Drink with Cocoa, Almond Drink with Coffee and Oat Drink with Date & Vanilla — perfect for a morning pick me up. Planted drinks are approved by the Vegetarian Society as suitable for vegans and 1p from every carton is donated to the Woodland Trust, the UK's largest woodland conservation charity!

From £1.50, planteduk.com

Brain Power Cytoplan Omega 3 Vegan

Cytoplan's omega-3 is derived from plant marine microalgae, grown in a controlled environment to eliminate the risk of oceanic contamination, and it offers an excellent source of DHA and EPA. Take it to boost your levels, if you struggle to get enough natural omega-3 in your diet.

From £24.80, cytoplan.co.uk



A sweet soak Stick Man Bubble Bath Sweet Fig & Elder

Kids won't ever complain at bath time again — with this new product from Good Bubble. The frolicking foam Stick Mawn Bubble Bath contains extracts of sweet-smelling fig to entice children to hop into the tub and soak up the mild and gentle, sulphate-free suds. Suitable for new-borns, toddlers and children alike, the bubbles are hypoallergenic, vegan-friendly and cruelty-free.

£3.99, goodbubbles.co.uk

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Grow Your Own

Piers Warren gives us his top tips for nurturing apples

One of the most consistently popular fruit trees, apples can be grown in a wide variety of forms to suit any garden. When you buy an apple tree it will either be bare-rooted, which should be planted in the dormant season (late autumn to early spring) or as a potted plant, which can be planted at any time. Some varieties have been developed to stay in pots, which can fit in even the smallest garden.

When choosing apple trees take note of the rootstock, this will affect the eventual size the tree will grow to. A rootstock is the stump of a related species which already has an established root system, and to which a separate tree is joined by grafting or budding. Common ones for apples are:

- M27 is extremely dwarfing and good for pots or small gardens.
- M9 is also dwarfing and suitable for small gardens.
- M26 and MM106 are good rootstocks for small to medium sized gardens/allotments.
- MM111 and M25 are for standard trees, only for large gardens.

Recommended Varieties

There are numerous varieties available offering a wide range of flavours, textures and uses. Here are just a few well known ones:

Eating Apples:

Cox's Orange Pippin: A superb dessert apple that keeps particularly well.

Worcester Pearmain: Bright red fruits with a sweet flavour.

Egremont Russet: Crisp, sweet fruits with a nutty flavour.

Cooking Apples:

Bramley: Large fruits which keep particularly well.

Lord Derby: Heavy crop of bright green fruits with a sweet flavour.

If you plant bare-root specimens, they should be staked for their first two years. Do not put compost in the hole you dig to plant each tree in, as this can discourage the roots from spreading out into the surrounding soil. Mulch around the base of the tree regularly. Pruning should be carried out in winter, the main aim being to remove diseased or damaged branches/twigs, any that are crossing and rubbing each other and to improve the shape of the tree. They can also be trained, by a combination of pruning and tying to canes/wires, into certain shapes such as espaliers or cordons, often against a wall.

When to harvest apples will depend on which varieties are grown, as they ripen at different times, but generally it occurs between late summer to autumn.

Storage: Place apples in crates or on shelves in a cool, frost-free, but not too dry place. They should keep until spring. Check regularly and remove any showing signs of rot.

Other methods of storage include drying apple rings, adding them to jams and chutneys, freezing them as stewed apple or juice, and, of course, making them into cider. Windfalls and early maturing varieties do not store so well, so use these for jams and chutneys. Cooking apples are the best for jam-making because of their high acidity. Late maturing apple varieties will be sweeter, and therefore are the best for juice and making cider. ■



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



Good for your gut

Dietitian Yvonne O'Halloran uncovers the benefits of a vegan diet on gut health

The human microbiome is the collection of microorganisms that include bacteria, protozoa, fungi, viruses and other one-celled organisms in and on the body. Human-microbe interactions play a crucial role in individual health. The microbes are both external on the skin, mouth, genitals and internal in the lungs and digestive organs.

Our gut microbiome is like our second brain. It contains tens of trillions of microorganisms, including at least 1,000 different species of known bacteria with more than three million genes (150 times more than human genes). Microbiota can, in total, weigh up to 2kg, therefore, it's easy to see how our gut bacteria can impact on our health! The diversity among the microbiomes of two different individuals is vast compared to their human genomic variation; humans are about 99.9 per cent identical to each other in terms of their genome, but their gut microbiome can be up to 80-90 per cent different.

Research suggests that gut health may play a role in our mental health

(depression and anxiety), inflammation, IBS, IBD, obesity, diabetes, metabolic syndrome, and even liver health.

Vegan health benefits

A study published in the journal *Nutrients* in 2019, found that a vegan diet can help to promote beneficial gut hormones responsible for regulating blood sugar, satiety and weight. Healthy plant-based diets contain high levels of fibre, as they are known to promote stable gut bacteria. High intakes of fibre on plant-based diets increases the growth of beneficial bacteria that reduces inflammation and cardiovascular disease risk. Short chain fatty-acids (SSFA) also encourage the growth of species that ferment fibre into metabolites including acetate, propionate and butyrate that leads to improved immunity and intestinal function. Butyrate for example, is critical for reducing inflammation throughout the body and keeping gut tissue healthy. It also helps kill off cancer cells, hampers the growth of unfriendly bacteria, stimulates appetite-lowering hormones,

and promotes fat burning in muscle cells, which lowers insulin resistance.

Plants also increase the diversity of the gut microbiome, so it's important to include a variety of different plants and herbs to increase gut diversity. Specific foods that increase SSFAs include fruits, vegetables, legumes, bread (sourdough), nuts, wine and cereals.

Prebiotic foods such as oats, asparagus, beans, sweet potatoes, leeks, onions and garlic foster the growth of friendly gut bacteria.

Probiotic plant foods such as sauerkraut, kimchi, kombucha, non-dairy yogurts, and tempeh deliver live, beneficial bacteria to the gut. Probiotics can also be found in pill form, but the most effective way to increase healthy gut bacteria is simply to eat the right foods.

Animal foods and gut health

Higher intakes of meat, fast foods or refined sugar decreases beneficial bacteria and increases inflammatory markers. There has been links between the lack of diversity of microbiota and



obesity, and in people with inflammatory diseases (IBD, psoriatic arthritis, diabetes, atopic eczema, Coeliac disease).

Trimethylamine N-oxide (TMAO) is formed after you eat foods containing a substance called choline or carnitine which is a nutrient found in red meat, but also eggs, fish and poultry. As bacteria in your gut feast on the choline/carnitine, they produce a substance called trimethylamine (TMA). Your liver takes that TMA and converts it into TMAO. High levels significantly increase the risk of major adverse cardiovascular events. Studies indicate that TMAO alters cholesterol and bile acid metabolism, upregulates inflammatory pathways, and promotes foam cell formation, all of which worsen atherosclerosis (cholesterol).

It has been found as you eat more red meat, the more of these meat-eating bacteria your body produces in your gut. Exposure to red meat changes the gut flora and your body grows more microbes that can metabolise meat. It has been found that people who eat an exclusively plant-based diet appear to form little TMAO. In fact, when researchers fed steak to a vegan, virtually no TMAO was made. It seems that vegans do not select for the specific gut bacteria that lead to the formation of TMAO, whereas meat eaters do.

So, what happens if a vegan eats steak? The trillions of bacteria in our gut change very quickly. In fact, they may meaningfully shift even within one to two days, so if a vegan started to eat meat their gut could start upregulating TMAO production in just two days!

The good gut guide

Look after your microbiome

To ensure healthy gut bacteria:

- Avoid all animal products
- Eat a variety of different fruit and vegetables for gut diversity
- Include a variety of herbs and spices
- Choose probiotic and prebiotic rich foods
- Aim to consume a high fibre diet — 40g+ a day is great
- Avoid junk food, processed foods and alcohol
- Enjoy sourdough bread

Find Yvonne on Facebook at
@livingveganofficial ■



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Vegan Argyll

Josh Wood travelled around Scotland for cycling, but discovered a wildlife, history and plant-based oasis

Look at a map of Scotland and move your gaze west from Glasgow and you will find Mid-Argyll — an area that is far easier to reach than you may imagine. Upon hearing that an exclusively vegan bed and breakfast had opened in the region, I decided to pack my bike and go. Taking the (metaphorical) bull by the horns, I caught the stunning train ride from Glasgow to Loch Awe — it is the first train journey I have taken where all passengers move from one side of the train to the other to take in the views.

A beautiful and easy 25-mile cycle down the Southern side of Loch Awe brings you to Kilmichael Glen, and the Kings Reach Vegan Bed and Breakfast (kingsreachbedandbreakfast.co.uk). The owners of Kings Reach, Sean and Sara, could not have made me feel more welcome, and they have ample secure and covered storage for bikes. They also possess a wealth of knowledge about the region and can be sure to give you recommendations of where best to visit. All the minor details make your stay a vegan delight, from a mini-fridge stocked with every type of plant milk imaginable to the vegan shortbreads in your room. The breakfast was also

superb, with guests given several menu choices of cooked or prepared options to accompany fruit, cereal, yoghurts, fresh baked breads and pastries. Sara told me that she bakes something different for guests each day, with this day being cinnamon swirls. I chose to have the tofu-scramble, but other options included chia pudding, overnight oats or a fry-up. The cinnamon swirls came in handy to fuel my day out on the bike!

Kings Reach is situated beside the Moine Mhor nature reserve — a wild bogland home to dragonflies, sea otters and hen harriers. It can be hard to get a full sense of the beauty of the Moine Mhor at ground level, so it is lucky that Dunadd Hill is just a mile from the bed and breakfast. The site of Dunadd Hill is a 2,000-year-old fort and the former seat of power for Gaelic Kings. The view from the top is breathtaking, and you can see ancient stone carvings of boars and place your foot in the hollow that was used as part of the coronation process.

Dunadd is just one of many incredible historical sites in the region, and these are best explored from the Kilmartin Museum as a starting point (kilmartin.org). The fascinating local history is really brought

to life by the museum, and gives you a better understanding of the standing stones and burial cairns, all within walking or cycling distance. It just so happens that their café always has several vegan-friendly options on the menu, and a family of very inquisitive robins in their garden who are sure to keep a watchful eye on whether you leave them any leftovers or not.

Just two miles from Kings Reach is the Crinan Canal. Described as ‘Britain’s Most Beautiful Shortcut’ the canal runs from Ardrishaig to Crinan and was designed to reduce the journey length for ships in the Atlantic reaching the Clyde. The canal is one of the most beautiful, almost entirely traffic-free and family-friendly cycle rides imaginable, along a well-laid towpath. Beginning at Ardrishaig, you can start your cycle with a coffee in the Steamer Terminal Café (scottishcanals.co.uk, vegan options available) and learn about the fascinating history of the canal at the Egg Shed (scottishcanals.co.uk) — a brand new community hub in the region. Ardrishaig is also home to the Ardrishaig Bothy, a Cycling UK (cyclinguk.org) project designed to get more people walking and

cycling in the region — be sure to contact them for route suggestions.

Follow the canal the nine miles to Crinan and you pass incredible views of ancient woodland, boglands, tidal flats and, finally, views out to the Western Isles of Jura, Scarba and Islay. In the right weather you may be able to see and hear the Corryvreckin — the world's third largest whirlpool. You could easily sit for hours looking out at the views, but I had been given a tip-off about a vegan-friendly café nearby.

Six miles off the canal, along stunning single-track lanes hugging loch sides and ancient oaks, brings you to the postcard perfect village of Tayvallich — a beautiful harbour dotted with boats and home to the Tayvallich Café (facebook.com/tayvallichcafe). The chef previously worked at one of Glasgow's premier vegan restaurants and this adds a heavy influence to the imaginative menu — rarely have I genuinely not known what to choose, as it all sounded so fantastic. The menu changes regularly and is supplemented by daily specials and a great selection of cakes and bakes.

Tayvallich is situated next to the Taynish nature reserve — the perfect place to explore waymarked walks and spot some of the incredible local wildlife. I was lucky enough to see sea otters out on the loch. Taynish is one of those rare places where each corner you turn offers a different but equally beautiful panorama, and the short hill

walk rewards you with unparalleled views of the surrounding islands. A gentle meander back to the canal takes you past the Scottish Beaver Sanctuary (scottishbeavers.org.uk), where beavers have been successfully reintroduced to the region — difficult to spot, but surely worth the effort.

Luckily, all the walking, cycling and fresh air gets your appetite ready for dinner. Halfway along the canal, the Cairnbaan Hotel (cairnbaan.com) is a perfect location to watch the world go by and boats passing through the locks. The restaurant always has a vegan option for each course on the menu, but the chef's imagination really comes into its own if you ring ahead to let them know your dietary requirements. Each bespoke dish was flawless — I opted for the Thai corn and green bean salad to start, followed by the fannata pancakes with garlic mushrooms, roast cherry tomatoes and rocket. Other dishes included the spiced tomato, aubergine and apricot soup, and a Thai chilli basil aubergine, with rice and cashews. The chocolate, cashew and pistachio nut cheesecake was the perfect way to finish the meal. You can also stay at the hotel, should you wish to have one or two of the local drams to end your day, or some of their vegan-friendly wine.

Through my life and work as a freelance cycling instructor, I have been lucky to travel Europe with my bike and my appetite, but rarely have I been somewhere as stunning as Mid-Argyll. Beautiful

wildlife, important archaeological sites and perfect walks or cycles for all abilities are accompanied by some delicious and imaginative plant-based food.

Words by Josh Wood, freelance cycling instructor

Travel Tips

Getting there: Mid-Argyll can be reached by car in roughly two hours from Glasgow. Go by train and cycle as described above, or, via train to Oban and then by following National Cycle Route 78 from Oban. West Coast Motors (westcoastmotors.co.uk) will carry bikes on board their buses (provided they are in a bag) from Glasgow, Oban and Campbeltown. Tarbert in Mid-Argyll can be reached by ferry (calmac.co.uk) from Portavadie.

Where to stay: Kings Reach Vegan Bed and Breakfast (kingsreachveganbedandbreakfast.co.uk), Cairnbaan Hotel (cairnbaan.com) and the Argyll Backpackers Hostel (argyllbackpackers.com).

Where to shop: Tayvallich Café (facebook.com/tayvallichcafe) also has a shop stocked with vegan-friendly goodies and the Marmalade Deli (marmaladedeli.com) in Lochgilphead is treasure-trove of plant-based food.

Vegan extras: Catchacarrot vegan pop-up café in Ardfarn Village — check their website for opening times (facebook.com/veganfoodargyll) and the Wild Rowan Café on Loch Awe (facebook.com/Dalavichshop).

Similar trips: The Isle of Jura can be reached by passenger ferry from Tayvallich (jurapassengerferry.com) — complete with distillery, a beautiful cycling and walking, and a vegan-friendly pub and café. It is also host to the house in which George Orwell wrote 1984. ■





Veganuary beers

Oliver Coningham offers his guidance for the New Year

Welcome to the New Year, and what most of our readers will be familiar with Veganuary. If you're new to the vegan lifestyle you have probably discovered the delights of tofu, seitan and nutritional yeast. You may also have become aware of just how reliant we are on animal products from food and drink to clothing and cars. It may not be immediately obvious, but nowhere is this truer than in the humble British pub.

The majority of British cask ale (those that are usually pulled with a hand pump) are not vegan due to the use of isinglass. This gloopy substance

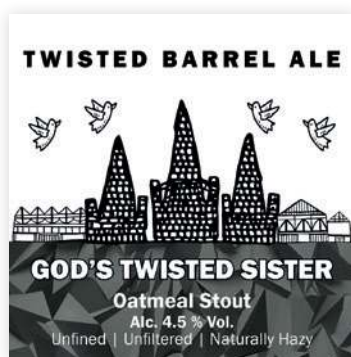
is derived from the swim bladders of a specific species of fish and is used to help make your pint appear crystal clear.

If you previously enjoyed a pint of traditional real ale, it may be worth getting familiar with some of the main vegan-friendly producers. Their beers may not always be obvious, as some will be labelled as unfiltered or naturally hazy, but don't explicitly state vegan. Breweries to look out for include Moor, Boudicca, Twisted Barrel, Brass Castle, Vibrant Forest, Roosters and Tyne Bank Brewery.

Keg lagers and beers, those served via a flick switch, are more commonly vegan, though always check with the

breweries. Stella Artois, Budweiser, Heineken, San Miguel and Peroni are all safe options. It pays to be vigilant for non-vegan additions including lactose and honey. When all else fails, you can, of course, fall back on Guinness, which became vegan back in 2017.

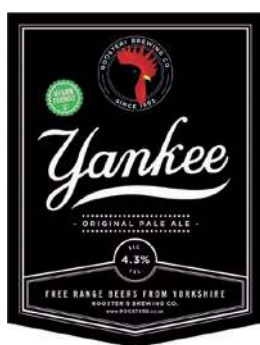
Find out more about vegan drink and food on the [forkandcarrot.com](https://www.forkandcarrot.com) website, or follow Oliver Coningham on Instagram and Twitter [@forkandcarrot](https://twitter.com/forkandcarrot). ■



God's Twisted Sister (4.5%)
— Twisted Barrel

Based in Coventry, Twisted Barrel brew small batches of hand-crafted, flavourful beers. Originally brewing on a 60-litre kit, they've expanded several times to increase their cask output and also provide cans for the national and international market. God's Twisted Sister is their core Oatmeal Stout with smooth roasted coffee and liquorice notes.

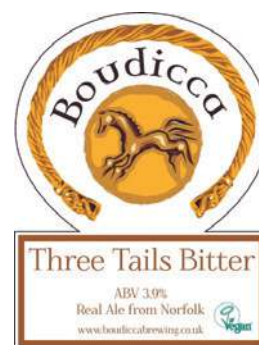
Vegan owned, all Twisted Barrel beers are, obviously, suitable for vegans.



Yankee Original Pale Ale (4.3%)
— Rooster's Brewing Co

After being repeatedly asked the same question, 'Are your beers suitable for vegans?', Rooster's decided to move over to a vegan-friendly fining agent earlier this year. Yankee is one of the original, new-style Pale Ales to be brewed in the UK that showcases the floral and citrus fruit aromas of the American grown Cascade hop.

All of the beers in Rooster's core range are suitable for vegans. Unless otherwise stated, the majority of the limited-edition beers are too.



Three Tails Beer (3.9%)
— Boudicca Brewing Co.

Boudicca Brewing Co. are an independent brewery based in Norfolk, dedicated to producing outstanding vegan beers as sustainably as possible. Named after the three tailed horse, a popular symbol on Icenic coins, Three Tails Beer is a classic English Bitter with a touch of peppery spice.

Boudicca Brewing Co. does not use any isinglass finings in their beers.



Raw (4.3%)
— Moor Beer Co

Moor Beer Co are pioneers of unfiltered beer and have been championing the benefits of naturally hazy beers for many years. Described as their untraditional Best Bitter, Raw is brewed with more flavour than you would expect in this traditional style. Expect notes of freshly baked wholemeal bread with hints of toasted nuts and citrus fruits.

Moor Beer Co's unfiltered 'natural' beers do not contain isinglass cask finings and are all, therefore, suitable for vegans.



Hazelnut Mild (4.2%)
— Brass Castle Brewery

Brass Castle Brewery believe that the use of animal products in beers is simply unnecessary, lazy and often negatively impacts on the final product. Hazelnut Mild is a luscious nut brown Mild with a delicate hazelnut aroma upfront and subtle notes of coffee beneath.

Brass Castle beers are all suitable for vegans.



Dutty (4.2%)
— Tiny Rebel Brewing

Tiny Rebel's Vermont Style IPA, Dutty, is unfiltered and hazy to retain more flavour and a silky smooth texture. The low ABV was purposely chosen, so that it would be a beer that can be repeatedly enjoyed. As is characteristic of the Vermont style, the bitterness is very mild to allow the big, juicy citrus fruit flavours to shine.

Dutty is Tiny Rebel's only vegan-friendly cask beer, but the majority of their keg and can beers are vegan-friendly and indicated as such on their website.



Only time will tell

With many of us celebrating our veganniversaries this January, it's a perfect time to reflect on how a New Year's resolution to ditch animal products has lead to more than just a change of diet

Doesn't it feel good to start afresh? As we box up our memories of 2019 and put them away with the Christmas decorations, I wonder how many people will be facing big changes at the beginning of this new year. For those of us that follow the tradition of making New Year's resolutions, January has become the birthplace of new routines and rituals; a time where we dust off our running shoes, take up a new hobby or set more time aside for the people that we love. Two years ago, in January 2018, I began the only resolution I have ever really stuck to: being vegan.

The decision was long overdue; after years of guiltily avoiding conversations about the origins of my food and making half-hearted proclamations of love towards species whose slaughter I was actively paying for, I decided it was finally time to put my money where my mouth was. My diet changed overnight, followed closely by my cosmetics and household products, and then my clothing — as each of my non-vegan possessions wore out, they were replaced with cruelty-free alternatives. I worked to make my home and body compassionate spaces. I reassured my friends and family that,

yes, I really was going to stick to this 'veganism thing'. And, two years later, here I am — still sticking to it.

Over the past two years, I really have heard it all. There were the warnings at the very beginning; like how the weight was going to 'fall' off me (it didn't), and that being vegan would massively restrict what I would be able to eat (it hasn't). There have been countless conversations with non-vegans who 'would love to go vegan but couldn't give up X, Y or Z', and those who ask 'but, don't you miss bacon?'. I've even been questioned about my future — whether I'll raise my kids vegan if and



when I have them, and if I can really imagine living the rest of my years without ever consuming meat again. Despite how popular veganism has become, it still invites the same old questions, as well as the occasional groan and eye-roll from an intolerant meat-eater.

However, amongst all the tired anti-vegan tropes I have encountered, there are also things I have experienced that I didn't expect when I first gave up animal products. Like how veganism would be the catalyst for becoming a more spiritual, empathetic and mindful human being. Or how it has toughened and softened me at the same time; pushing me to be honest about my feelings and beliefs even when it's uncomfortable, and not to look away when I'm a witness to the struggle of others, especially when it's uncomfortable, because doing so is what prevented me

from being vegan in the first place. For a long time, I thought veganism would be a label that I wore but, in fact, it's become an integral part of who I am and who I want to be.

Between January 2018 and January 2020, my decision to go vegan has led to countless other changes in my life, from things as small as the products I keep back ups of in my kitchen cupboard (I will never be without nutritional yeast again, for as long as I can possibly help it) to the monumental, like the fellow vegan I choose to share my home, my heart and two cats with. I've tasted food, visited sanctuaries, and listened to the voices of people I would never have otherwise met if it wasn't for choosing veganism. These are all things I could never have possibly anticipated, but are reminders of what is possible when presented with a choice to try something new.

Two years, while it may feel like it passes by fast, allows for a lot of personal growth, and is plenty enough time for some massive changes in a person's life. New Year's resolutions can often jump start a big change; whether it be new-found health and fitness after deciding to go for a run one chilly January morning, finding our life's passion through taking up a hobby we've never tried before, or making treasured memories with our loved ones that we don't see often enough, the promises we make in 2019 can end up shaping us as people in 2020. And, as for anyone making veganism their New Year's resolution this January, hopefully the change will have as profound and lasting an impact on you as it did me — only time will tell. ■

Words by Jessie Keogh



“Through art we are able to create awareness and bring to light the reality of important issues”

Ivo Dias talks to us about how tattooing has the power to spread veganism

I'm from Oporto in Portugal, but I've been living and working in London for almost five years now. Back in 2015, I made the switch to being vegetarian, and it took me around one year for the full transition. I come from a country that is all about an all-encompassing meat-based diet. Having spent a great part of my life eating traditional Portuguese food made by my godmother, it was hard to leave behind all the dishes and flavours that gave me childhood memories. However, after one year of being vegetarian, it was time to take the next step and become vegan. I started questioning the everyday animal exploitation, why brands still use animal-testing, why so many diseases are associated with animal-based diets and the whole industry surrounding it. Veganism caused me to search out as much information as possible — I started watching a number of documentaries, including *What the Health*, *Cowspiracy*, *Food Inc.*, and *Earthlings*. My fiancée went vegan earlier than me, and with her support, knowledge and food experiences, I was able to go through with the transition in a smooth and easy way. She has always been an inspiration for me, and she passed on to me all the knowledge that I now have about vegan lifestyle. I was able to carry over some traditions from Portugal and incorporate

them into plant-based dishes and veganise Portuguese delicacies. I am proud of being vegan of my new food-related memories, new favourite meals and flavours, still with the Portuguese tradition on my plate, and, most importantly, being able to eat amazing food without having to kill or torture any animal.

“An image is worth a thousand words — that’s my motto, and it’s my reason for creating vegan art”

I have always had a strong bond with art. It blows me away that you can transform a piece of blank paper into something beautiful, multidimensional, and full of texture and emotion. I took a course in visual arts for three years to improve my skills and quickly started to become more interested in how images can speak for themselves and prompt feelings, memories and powerful messages and make the viewer travel into their own mind. Painting and drawing became a part of me and a way to express the vision of my own reality. However, owing to their material nature, I grew tired of paintings getting lost or seeing them get damaged, so I started

searching for an art form that was more spiritual, such as a life experience. That journey took me to tattooing and the excitement that always surrounds it. My first encounter with it was at the age of 17 — I had a friend who went to get tattooed and he took in one of my drawings as a reference to the artist. I watched him being inked and it was love at first sight. While in the shop, I picked up a magazine called *Tattoo Times* and became obsessed by all of it, from the initial creation of the image, going through the process of tattooing, all the way to the finished piece of art forever embedded in the skin. I left the shop feeling that I had found what I was looking for and wanted to do for the rest of my life. The real journey began then, and I searched every shop in town looking for an apprenticeship, which sadly couldn't happen because I was underage. I decided to buy every book and magazine I could and study all of the styles, shapes, types of images and elements of tattoos. I have been a tattoo artist for eight years now, and there is nothing that provides me with greater artistic satisfaction.

I already was a tattoo artist when I became vegan and everything made sense for me. I discovered that I could use my skills to spread the word, using only cruelty-free and vegan-certified products, >



explaining to my customers why everyone should go vegan and what we eat. I often talk to clients about my own journey, how I transitioned and what makes the products and suppliers I use vegan.

My style is easily recognisable by bold and thick lining, clean and simple imagery and strong and incorporated messages. All my tattoos are custom-made and tailored to fit the soul of every customer. As a tattoo artist, you have to learn all the styles of tattoo including traditional, realist, Japanese and blackwork, so you can find the one that is the most suited to you. The structure of my style comes from a mixture of the old school sailor tattoos and Japanese traditional art. I get a lot of different reactions to my work, from big smiles to emotional tears, jumps of happiness and a lot of thankful hugs. It's very gratifying work.

My inspiration comes from the way I see the world, my soul and all the five elements of the planet. I always try my best to develop something that is more than just an image, and it's fundamental the work has meaning and spirituality embedded in it. I like to look to old Japanese paintings and tattoos, mainly because all of them are full of spirituality, life stories and mythology. I try to keep myself up to date on social issues like global warming, gender equality, support for LGBT communities and Black Lives Matter. Those causes have a strong meaning for me as a human being, and

I'm open to tattooing anyone, no matter what their beliefs. I want to support them and let them know they're not alone — that's why tattooing is so inspiring to me, because you can make a difference.

Creating art that spreads the messages of veganism, sustainability and respect to all animals and our planet is very empowering. I've also created vegan artwork which I sell on Etsy and Big Cartel, and I regularly do tattoos of animals, which helps the whole process of this cause. An image is worth a thousand words — that's my motto, and it's my reason for creating vegan art.

I use my work to highlight issues in animal exploitation. Some of my works are directed at the dairy industry — focusing on the way cows are exploited (as in my piece, *Not your milk*), as well as the meat industry and slaughter houses (*Friends not food*), the cosmetic industry's testing on animals (*Be cool not cruel*), how the fashion industry uses wool and fur (*Pathetic humans*), and palm oil associated to deforestation and endangered species, like orangutans (*Hemp users save me from the animal abusers*). I'm trying to spread these matters as far as I can through my tattoos and illustrations.

Many of the messages behind my work are about celebrating life — we should celebrate the good ones and learn from the bad. They often involve the notion that we must always respect all living beings and their ecosystems. When

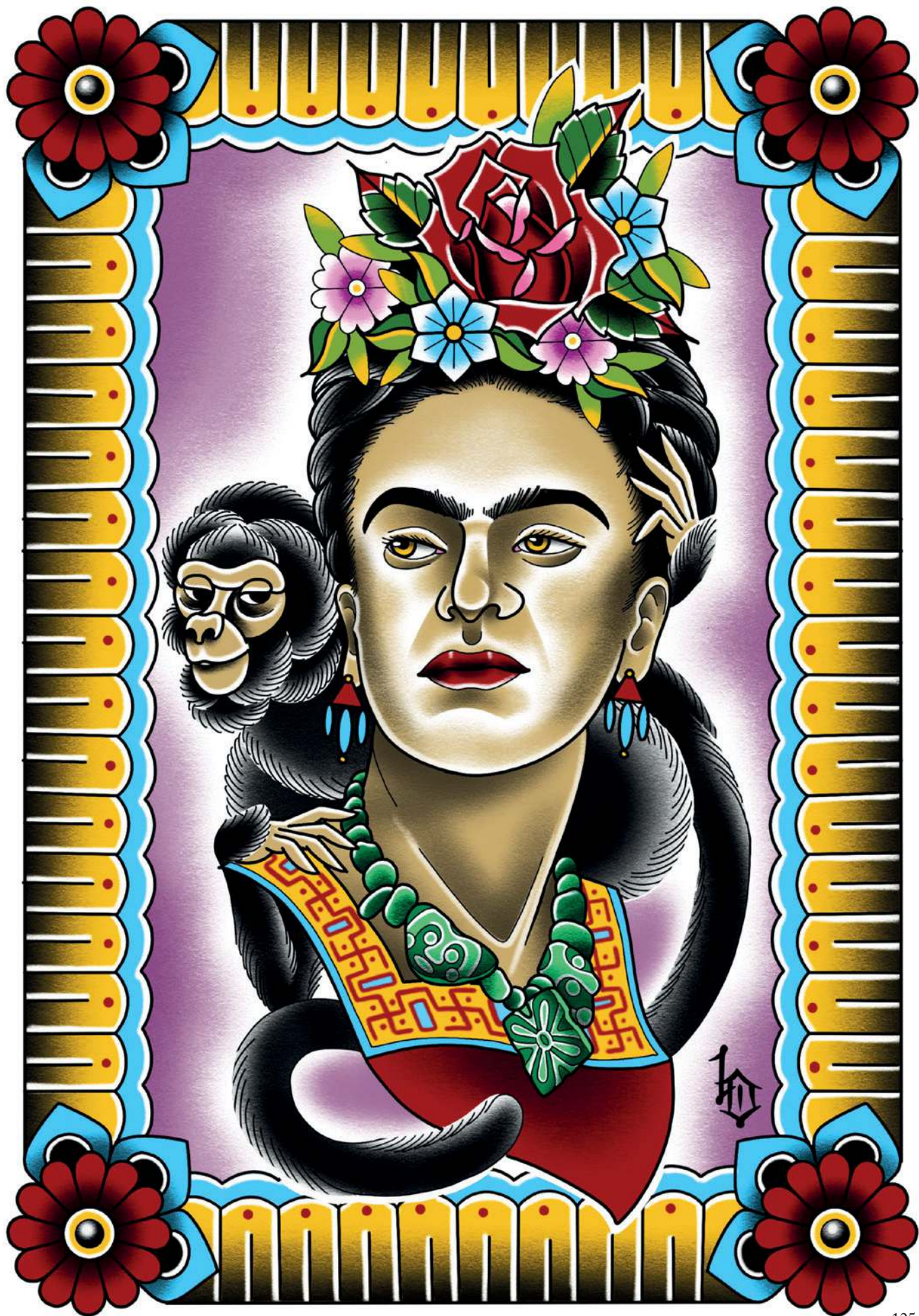
I'm tattooing, a quote that always comes to my mind is from Allan Watts: "Better to have a short life that is full of what you love doing, than a long life spent in a miserable way."

Art is a really strong way to show yourself and what you believe. Most of history, and many cultures and traditions tell you that it's okay to kill animals for the food, fashion and cosmetics industries, and even for art, but we never see the way they're treated or killed, or, how much animals are suffering. Through art we are able to create awareness and bring the reality of important issues light, in a tattoo or a painting. People need to understand that it's not cool to think that it's normal or natural to hurt innocent beings. Non-abusive art is always better, for example, a deer head hanging on a wall can easily be replaced for an amazing painting of a happy deer enjoying their freedom. I often create pet portraits and I always ask the animal's carer if they're vegan and if not, why not? I try to discuss with them how important it is to have knowledge of what's around us and fight for a better and fairer world.

My principle form of activism is my art, mainly because I believe in it and it comes from my soul. People can see it and I think they will be able to take away a deeper meaning of the message, because they can take it anywhere and always remember it. I try to give my point of view to every customer who is interested in veganism and the environment, as well as my friends and family. I also try to participate in all the animal rights and global heating marches in London, and I regularly attend vegan festivals and support local organisations whenever possible.

My hopes and goals as an artist is that my art can continue to inspire other people, to speak for the voiceless animals, and make people see that art is full of messages, kindness, life experiences and spirituality. As a vegan, I want to help people to fully understand the purpose of a vegan lifestyle — it's not just a diet, but a way of living that respects all kinds of animals and environmental issues. ■

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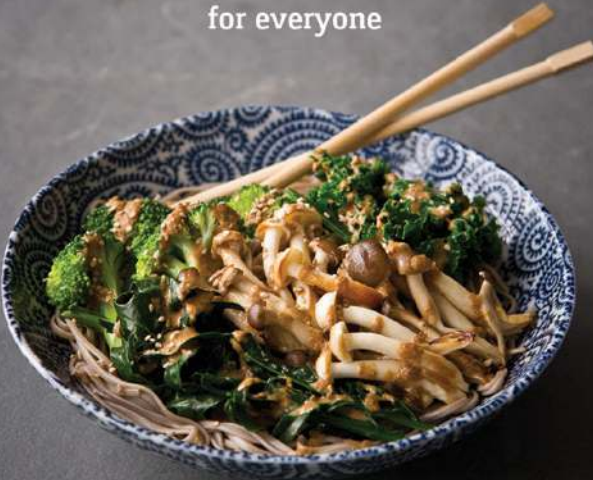
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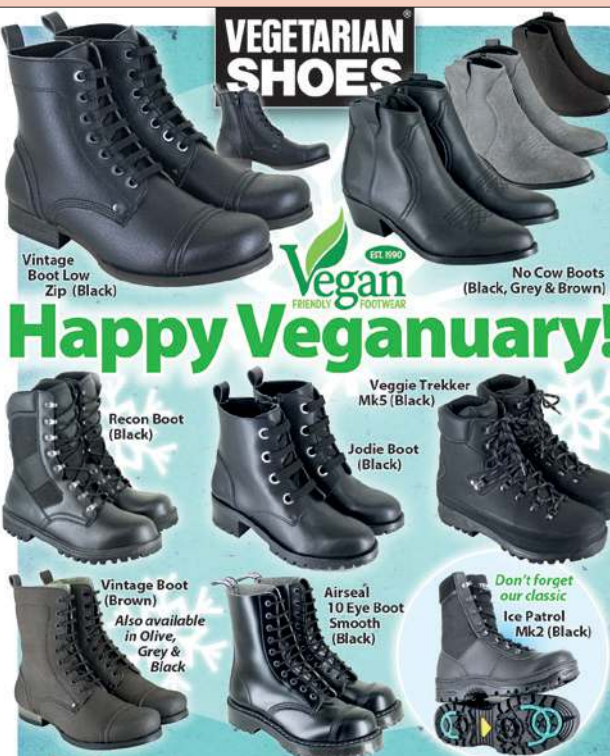
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Have a little patience

Jake Yapp gives his advice for new vegans

I do hope you are having a pleasant Veganuary. Frankly, I'm surprised we need it anymore. Yesterday I ate some Richmond Sausages and Applewood cheese and rounded it off with a Magnum. Now even vegans can risk coronary failure.

Do we need Veganuary? Everywhere you go now, there's vegan stuff. People aren't even bothering to mention it anymore. It's just become part of mainstream culture. OR HAS IT? Mmm? HAS IT?

No. Not so much. I think the truth is that my bubble has grown bigger. But it's still a bubble. If you've just popped into it by having a go this January, then welcome! It's lovely to have you here. You are probably more conscious of the bubble than I am, since you just slipped in. The little rainbow membrane between vegans and non-vegans probably feels painfully thin.

But you're on a good side of that little membrane.

Something you'll find tricky, if you're new to all this (and also if you're an old lag) is the almost impossible task of Not Judging people who haven't taken the same decision as you. It's SO HARD. And there's a degree of Cassandra syndrome — once the scales have fallen from your eyes and you see the, frankly, unanswerable arguments for veganism, it becomes ever so frustrating when you're surrounded by people you feel are wilfully sticking their heads in the sand.

The secret is patience. Hahahahahaha. The truth is, it's really hard. One of the reasons vegans have a reputation for being ranty, is because we're so frustrated (and often distressed) by the world we have

to live in, that it becomes impossible to remain mute. Incidentally, not to deter you, quite the opposite, but apparently as a social group, vegans are apparently the second-to-most-hated, after drug users. Welcome aboard!

The hardest people to deal with are often the ones who are the closest to us, but who haven't taken the final, logical step. I used to do a stand-up routine about veganism, and I'd poll the dietary habits of the audience. Once I'd found the vegetarians, I'd tell them I was COMING FOR THEM, because, quite honestly, they're the ones who OUGHT TO KNOW BETTER.

Your uncle whatsisname is never going to come over. But your woke millennial cousin? I mean, COME ON. Patience.

I recently met a really lovely woman, a staunch feminist, whose values as a champion of the working class and defender of rights for minorities and the voiceless were unimpeachable. I quietly (because here I am preaching patience, and I couldn't leave it) asked if she was an intersectional feminist. God forbid I should mansplain intersectional feminism, but my understanding of it is, in a nutshell, that if you were to embrace the idea of equal rights for women, you should also embrace it on the basis of race, physical ability, sexuality etc.

She didn't answer, saying it was a long conversation, so I jumped in and said that some people argue that if you're to be an intersectional feminist, you should also be vegan, because of the appalling way female bodies are abused and exploited in the meat and dairy industry.

"That's not happening," she replied. "I'm never going vegan."

I did manage to hold myself back. "Okay," I replied, as mildly and reasonably as I could.

But — you know what? I could see a little seed had been planted in her head. I could be wrong. But as we left, I got a lot of explanations of how little dairy she ate. All the usual stuff.

Patience. I told her it wasn't my place to judge her. Of course I did. I'm HUMAN. But, I also remember myself saying 10 years ago 'I could never go vegan. That's just miserable', not realising it would be the most joyful decision I'd ever take.

So, I shall be patient with my feminist friend. And see if my little seed manages to germinate in her head.

In any case, be you new to the fold or a lifer — you're doing the right thing. And may your bubble grow ever bigger around you. I am CONVINCED mine will expand by a feminist in the next year. ■

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