

For ethical living **Veggie**

**MAKE IT
VEGAN!**

35-PAGE SPECIAL

**19 healthy dishes
for a fresh start**

**WHIP UP
YOUR OWN:**

- ✓ Simple oat milk
- ✓ Plant-based mayo
- ✓ Quick vegan sushi

**Could you go
zero-waste
IN 2020?**

**EXPERT-APPROVED
SKINCARE
HEROES**
KIND, NATURAL
& CRUELTY-FREE!



Easy, vegan, so delicious
**COOK FEARNE'S
FAMILY FAVOURITES**

PLUS Miguel Barclay's £1 meat-free meals

*Tofu never
tasted better
than this p65*



Abel & Cole



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WELCOME

FOOD * WELLNESS * LIVING



2020 marks not only a new year, but a new decade, and I invite you to look back over the past 10 years and appreciate some seismic societal shifts. Were you dabbling with veganism in 2010? Did you seriously consider going zero-waste? Personally, in 2010 the only exposure to veganism I'd

had was in the form of Benjamin Zephaniah's poem 'Vegan Delight': now I'm editing an entire Veganuary special! In 2010, I was recycling as much plastic as possible, but it hadn't occurred to me that I could try sourcing alternatives to plastic. And yes, I'd seen *An Inconvenient Truth*, but the climate crisis wasn't discussed in day-to-day life.

What a different world we live in now. There has been a huge eco awakening, and most people agree that we need to live greener lifestyles if we want to flourish in the future. To this end, our January 2020 issue is packed full of inspiration: you'll find delicious vegan meals, beauty buys and sustainable fashion picks to start your year right. You might also want to take note of the ethical 'B corps' on page 79: individuals and brands are increasingly recognising their duties towards our planet. I can't wait to see the innovative ways we all go green over the next 10 years, harnessing the best that humanity has to offer in terms of technology, science, and thought.

Here's to a bright 2020 and beyond.

SIAN BUNNEY EDITOR



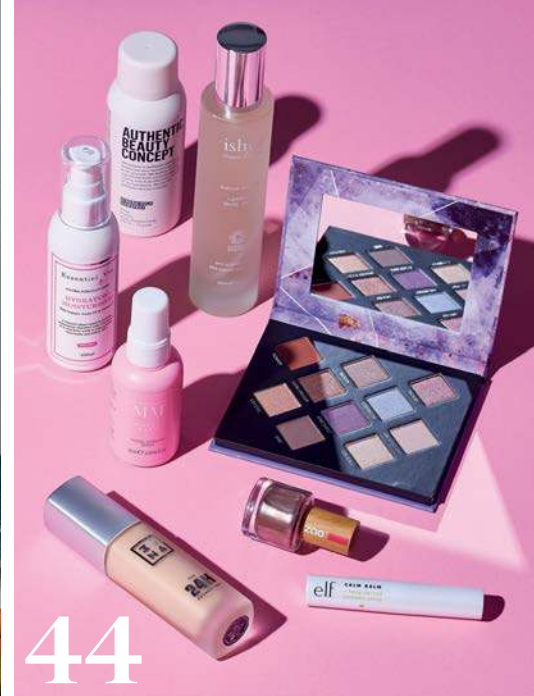
**DEPUTY EDITOR
RACHAEL SAYS:**

As we move into a new decade, I'm excited to set new goals. For me, 2020 is a time to stop making excuses and commit to a more zero-waste lifestyle. Part of this means taking a minimalist approach to my beauty routine, so I'll be trying out the 'skip-care' trend on page 70. And, of course, our columnist Kate Arnell always has great tips for living a less wasteful life, so I'll be heeding her advice on page 76.

I'm also a huge foodie and want to experiment even more, so I can't wait to whip up the vegan recipes in this feature, especially the lush gluten-free, plant-based platters by Niki Webster on page 18. I'm also all about cooking from scratch as much as possible, so I'll be arming myself with the DIY vegan dairy recipes on page 20.

This particular issue of *Veggie* was especially exciting for me to put together with the team, as it's all about Veganuary. I hope you find heaps of inspiration to live a more compassionate lifestyle that will benefit your health, as well as the planet's. Enjoy the issue!





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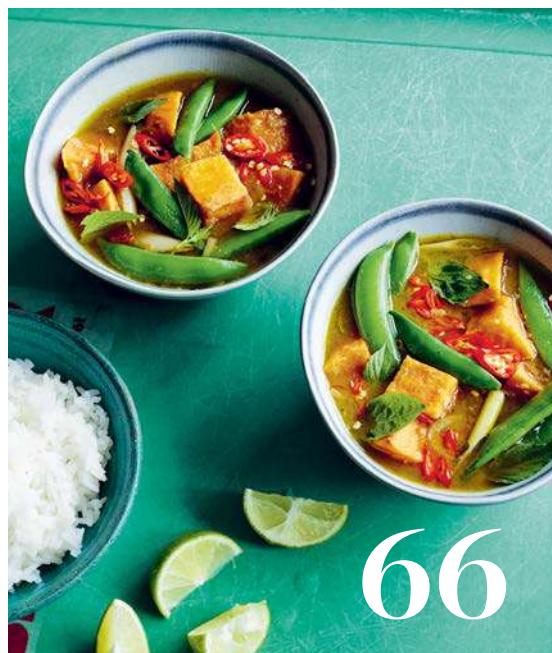
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Take a look at a range of products to try out now.

Here at Veggie we make every effort to ensure that all our recipes, products and events mentioned are vegetarian-friendly, however some cookbooks that the recipes originate from may contain meat and/or fish-derived products.

Use our easy-to-use symbol guide to find our vegan-friendly recipes.

RECIPE SYMBOL GUIDE

- EGG FREE
- DAIRY FREE
- VEGAN
- GLUTEN FREE
- TIME (READY IN UNDER 30 MINS)

EDITOR

Sian Bunney
sian.bunney@aceville.co.uk

DEPUTY EDITOR

Rachael Perrett
rachael.perrett@aceville.co.uk

CONTENT WRITER

Paisley Tedder
paisley.tedder@aceville.co.uk

PUBLISHING DIRECTOR

Helen Tudor

GROUP ADVERTISING MANAGER

Daniel Lodge
01206 505951
daniel@aceville.co.uk

ADVERTISING MANAGER

Ria Bentham
01206 505928
ria.bentham@aceville.co.uk

SENIOR ACCOUNT MANAGER

Thomas Hepton
01206 505487
thomas.hepton@aceville.co.uk

GROUP EDITOR

Charlotte Smith

ART EDITOR

Lloyd Oxley

DESIGNERS

Luke Rogers, Adam Barford

AD PRODUCTION

Angela Scrivener

LICENSING & CONTENT SYNDICATION

David Coe 01206 505948

ACCOUNTS

Joy Loveday 01206 505914

SUBSCRIPTIONS/BACK ISSUES

Tel: 0800 904 7000
Email: besmith@dctmedia.co.uk

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The Scoop

VEGAN EXTRAVAGANZA

Vegan fever officially lands this January; vegetarians and vegans across the world will rejoice as the shelves fill up with versatile plant-based launches. It's a great time of year to try out either diet, as the plethora of snacks, home-cooked meals, and alternatives on offer are no greater than during Veganuary. One company using the opportunity to expand its offerings is supermarket giant Sainsbury's, which recently launched an array of fresh, frozen, and grocery items. Personal favourites from *Veggie HQ* include: vegan steaks, vaccon rashers, fishless fingers, and meat-free chicken-style nuggets. Let us know your favourite new launches on social media, [@veggiemagazine](#)! We have plenty of exciting Veganuary content in this issue, too, and don't forget to check out our website for even more Veganuary exclusives at [vegetarianrecipesmag.com](#)



SENSIBLE SHOPPING

If you have just one New Year's resolution going into 2020, we suggest it's cutting plastic bags out of your life for good. Be strict with yourself: if you forget your reusable, train yourself by either going home and coming back, or only buying what you can carry. This will ensure that you don't forget again! Looking for a handy reusable bag that you can easily carry around? We love the Kind Bag: available in 12 bold designs, the shopping bags are made from six used plastic bottles that have been recycled. Since its launch in September, the brand has recycled 150,000

plastic bottles in the creation of its bags. They're ideal for carrying food and drink, library books, or anything else you're out shopping for. The bags cost £10 each, and are available to purchase from [kindbag.co](#)

WATCH YOUR WASTE

Do you pay attention to the 'best before' dates on your food? Research from Approved Food, the UK's largest online retailer of surplus food and drink, has shown that 20% of food bought in the UK is thrown away as a result of these dates. Food waste is a bigger cause of global warming in the UK than plastic, and one way you can help cut that down is to make sure you throw away less food, especially things that are still fine to eat. Overall, more than two million tonnes of edible produce is discarded by UK households every year, and this amounts to £810 annually for each family; money we could all afford to spend elsewhere. A lot of the time, the reason for abiding by the 'best before' date comes down to a lack of knowledge on how long food can keep. So, a bit of education on storage and freezing tips could help curb the problem, particularly since tinned, dried, or vacuum-packed food can often be safe to eat for months, or even years, after the best before date on the label. Think before you clear out the cupboards next time!



WHAT'S NEW FOR VEGANUARY?



Northern Bloc Vegan Salted Caramel & Almond Swirl Ice Cream, £5, Co-op

We've finally found the secret to getting through January! If you're not careful, you'll find yourself polishing off a tub of this deliciously smooth ice cream in one sitting. The packaging is biodegradable, compostable and contained in a paper-based, recyclable tub, too.



Califia Farms Oat Milk, £1.95, Whole Foods

We've known for a while that the best plant milk for coffee is oat, so we were thrilled when this new beauty landed on our desks. It keeps the creamy consistency we love, without the animal product – an office fridge essential!



Pip & Nut Dark Chocolate Peanut Butter Cups, £1.50, ocado.com

The snacking solution we've all been praying for, this mouthwatering treat is perfect for the afternoon slump. It's made from all-natural ingredients, and is completely free from palm oil – something we long for in vegan treats.



Galaxy Vegan Caramelised Hazelnut, £3, tesco.com

The new sweet treat on everyone's minds is guaranteed to break more than a few January diets. The combo of smooth and creamy hazelnut paste and rich chocolate is hard to resist, and this launch has set the vegan chocolate market alight.



VEGAN HIDEAWAY

The pedestrianised area of Hackney is lined with various shops and food outlets. But tucked away down an unassuming side street is a lovely little vegan hideaway: We Are Everything Vegan – a.k.a. WAVE. Started by the founders of Cupcakes and Shhht, a vegan café and bakery also located in Hackney, WAVE does what it says on the tin. The menu offers vegan breakfast, savoury dishes, sandwiches, and sweets as well as hot drinks and fresh juices.

The calm, communal atmosphere is conducive for a few hours' work or a casual catch-up with friends. The décor is bang on trend, too, with an eclectic mix of sofas, rattan rocking chairs, wooden tables and benches, and stools complemented by macramé wall hangings, plants and woven baskets. In the cosy courtyard, oversized swings and fairy lights make for a welcoming outdoor space. After logging into the free Wi-fi, deputy editor Rachael enjoyed a generous cup of smooth, mellow coffee and a wonderfully flaky plain croissant while enjoying her book in the peaceful atmosphere, before heading back out onto London's bustling streets.

As she left, she browsed the shelf of beautiful homewares, including candles and reusable coffee mugs, and tried to steer herself away from the display of deli-style sandwiches. Next time, we'll be visiting for lunch so we can try out the rest of the menu! Find out more about the café at weareveganeverything.com

SHARPEN UP

We don't know about you, but we think getting new kitchen equipment makes the long, drawn-out evenings spent in the kitchen that bit more interesting. Luckily, one of our favourite brands has launched a new range of knives in time for you to spend 2020 preparing intricate feasts! The Opinel Les Forges 1890 Kitchen Knives showcase high-quality French knife-making, which results in balanced, strong and durable blades that cut beautifully. The beechwood handles, a homage to traditional pocket knives, make for a comfortable grip, too, meaning vegetable prep will be that much easier! From £64.95, whitbyandco.co.uk



SIGN UP!

VEGANUARY 2020

In 2019, a record 250,310 people participated in the annual Veganuary challenge, and this year the numbers are set to reach new heights, something our recent Twitter poll backed up. As awareness grows, more people are consciously eating less meat and seafood, going vegetarian, and ultimately following a vegan diet. In fact, these lifestyles are growing so much that statistics from The Vegan Society suggest that by 2025, a quarter of the British population will be vegan or vegetarian! If you're trying Veganuary for the first time this year, we have a huge selection of recipes, advice, and details on the latest vegan launches on our website. Head to vegetarianrecipemag.com to discover a wealth of inspiration.

Q Will you be taking part in Veganuary this year?

41%

100% committed

30%

I'm vegan all-year-round!

29%

No

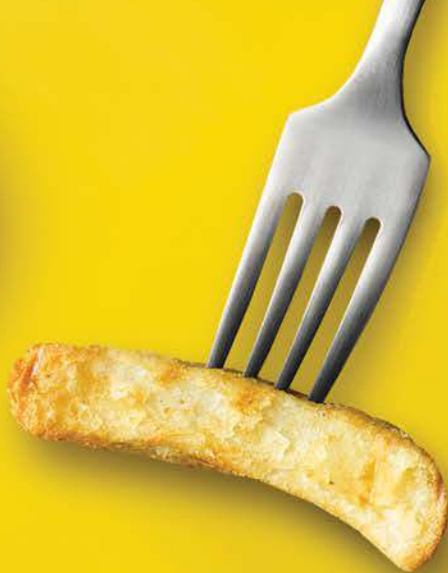
Date for the Diary

Fantasy Vegan Headline Show and Party

24th January, St George's Hall, Liverpool

The biggest vegan party is taking place in the north at the end of the month! It'll be a night of live entertainment, with musical theatre and pop performances throughout the evening, followed by a DJ until 1am. It's the perfect way to round off Veganuary, with psychic readings, and a licenced bar adding to the fun. Delicious hot and cold vegan food will be available all evening, too. The venue is one of the best in Liverpool, and the atmosphere will be incredible as live entertainment dance and music company, Fantasy, takes to the stage. Tickets cost £12 per person and are available from fantasyperformers.co.uk





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Cooked with Frylight
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GRILL



FRY



ROAST



BAKE

*Based on using 3 tablespoons of oil compared to 25 sprays of Frylight to cook 150g par boiled potato chips. Potato nutrition as per healthline.com information 25.11.2019.

Your Vegan Journey STARTS HERE

Every year, people around the world welcome the new year with a promise to reach new goals. While it may seem cliché, it's the perfect opportunity to set resolutions that will benefit your health and that of the planet.

We're all about making positive changes here at *Veggie*; that's why we love when Veganuary rolls around. No matter where you are in your vegan journey, we're here to help you along the way.

In this issue, you'll find plenty of ideas, tips and advice, from tasty vegan recipes and baking hacks, to the best vegan beauty products and apparel. Plus, we've enlisted the help of experts like Aine Carlin, Niki Webster, Rose Elliot, and cruelty-free MUA Justine Jenkins.

We'll also be sharing more advice online at vegetarianrecipesmag.com throughout the month. We want to hear how you're getting on, too, so tag in [@veggiemagazine](https://www.instagram.com/veggiemagazine) on Instagram, Twitter, and Facebook, and let us know how your Veganuary is going, as well as any tips for others, or questions you have about any element of the vegan lifestyle.

We wish you all the best on your vegan journey. Here's to a kinder future!

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The Happy Vegan

These delicious suppers from **Fearne Cotton** are easy, pleasing platefuls to make your vegan journey as simple as possible

Tomato Dahl with Flatbreads

Per serving: 578 cal | 25.8g fat



Makes 4

Ready in 30 mins

(1 hr with flatbreads)

260g red split lentils, washed
4 garlic cloves, crushed
2 tbsp soy sauce
2 tsp mild curry powder
1 tsp miso paste
400g tin chopped tomatoes
400g tin coconut milk
4 tbsp soya yoghurt or coconut yoghurt, plus extra to serve

4 homemade flatbreads (see Masterclass) or shop-bought flatbreads
small handful of flat leaf parsley, leaves only, roughly chopped
sea salt and freshly ground black pepper
extra virgin olive oil, to serve

1 Put the lentils into a pan with the garlic, soy sauce, curry powder, miso paste, chopped tomatoes and coconut milk. Bring to a boil, then reduce the heat and simmer for 15 minutes, stirring frequently to stop the lentils sticking to the base of the pan. Add the yoghurt and simmer for another five minutes until you have a creamy

dahl. Season to taste.

2 When the dahl is cooked, warm the flatbreads in a toaster or oven, and serve with the lentils, topped with extra yoghurt, chopped parsley and a drizzle of olive oil.

MASTERCLASS

FLATBREADS

Makes 4

200g white spelt flour, plus extra for dusting
½ tsp fine sea salt
2 tbsp extra virgin olive oil

1 In a large bowl, combine the flour and salt together. Add the oil and five tablespoons of water and bring together into a dough. Gradually add a further two tablespoons of water to form a smooth and soft dough. It should not be sticky. Knead for two minutes just to make sure everything is

well-combined. Cover and set aside for 15 minutes to rest.

2 Divide the dough into six equal pieces and roll each piece into a ball. Dust your work surface with flour, and roll each ball out into a thin round measuring about 22cm. Dust with flour as you go to ensure that the dough doesn't stick.

3 Place a large non-stick frying pan over a low-medium heat, add a flatbread, and cook for about one minute on each side until just cooked through. Remove to a plate and immediately cover with a clean tea towel. Repeat to cook the remaining breads.





Mac & Cashew Cheese

Per serving: 604 cals | 25.6g fat



Serves 4

Ready in 1 hr, 5 mins

100g cashews, roughly chopped
350g macaroni
220ml soya milk
1 tbsp miso paste
2 tbsp nutritional yeast
4 garlic cloves, crushed
2 tsp Dijon mustard
2 tsp lemon juice
30g fresh breadcrumbs
small handful of flat leaf parsley,
leaves only, very finely chopped
¼ tsp sweet smoked paprika
3 tbsp olive oil
sea salt and freshly ground
black pepper

1 Cover the chopped cashews in boiling water and soak for 30 minutes. While the nuts are soaking, bring a large pan of salted water to the boil and cook the macaroni, according to the packet instructions. Drain and set aside.

2 Preheat the oven to 200C/400F/ Gas 6. Drain the nuts thoroughly and transfer to a blender or food processor together with the soya milk, miso paste, nutritional yeast, garlic, mustard and lemon juice. Blitz until completely smooth.

3 Transfer to a saucepan and set over a medium heat. Bring to simmering point and cook for 6-8 minutes, stirring constantly, until thick and creamy. Remove from the heat and combine with the cooked pasta. Transfer to a medium casserole dish. Scatter over the breadcrumbs, parsley leaves and paprika. Season and drizzle over the olive oil.

4 Bake for 15-20 minutes until the breadcrumbs are crisp and golden. Serve immediately.

Broccoli Katsu Curry

Per serving: 527 cals | 13.4g fat



Serves 4

Ready in 1 hr

3 tbsp olive oil
1 onion, finely chopped
2 carrots, cut into 1cm pieces
3 garlic cloves, crushed
3cm piece of fresh ginger,

peeled and grated
1 tbsp mild curry powder
1 tsp garam masala
½ tsp ground turmeric
1 tbsp white spelt flour
400ml vegetable stock
2 tbsp soy sauce
350g Tenderstem broccoli
100g fresh breadcrumbs
3 spring onions, finely chopped
sea salt and freshly ground black pepper, to taste
brown rice, to serve

1 Put half the oil into a pan and place over a medium heat. Add the onion, carrots, garlic and ginger and cook gently for eight minutes, stirring frequently, until the onions are translucent, taking care not to let anything burn.

2 Add the curry powder, garam masala, turmeric and flour and stir-fry for another two minutes, until

fragrant. Gradually stir in the stock and soy sauce and bring to the boil. Reduce the heat and simmer for 10 minutes, stirring frequently, until thickened and the carrots are cooked through.

3 Using a handheld or upright blender, blitz the sauce until completely smooth, adding in a little water if it is too thick. Season well, to taste.

4 Preheat the oven to 200C/400F/ Gas 6. Line a baking tray with foil or baking paper.

5 Toss the broccoli in the remaining oil, and season well. Roll in the breadcrumbs until evenly coated, transfer to the lined baking tray and roast for 10-15 minutes, until golden and cooked through.

6 Divide the sauce between your plates and top with the katsu broccoli. Scatter the spring onions on top and serve with rice.



“It sounds and looks like it might be time-consuming or complicated, but once you’ve tried this recipe you’ll see just how easy it is”



Recipes extracted from *Happy Vegan* by Fearn Cotton (Orion Spring, £20).
Photography: Andrew Burton.



A TASTE OF VEGAN VARIETY



Culinary royalty, **Rose Elliot MBE**, has everything you need for a vegan feast this January...

Easy Vegan Sushi with Avocado

Per serving: 62 cals | 1.7g fat
(based on 20 pieces)



Makes 16-20 pieces
Ready in 40 mins

"I love sushi. It makes a great anytime snack, starter or light meal and looks far more complicated to make than it is. It's nice served with pickled ginger and some hot wasabi paste, which you can buy ready-made from any large supermarket."

225g sushi rice or pudding rice
300ml water
2 tsp rice vinegar or wine vinegar
2 tsp caster sugar
4-5 sheets of nori seaweed
1 red pepper, deseeded and cut into long strips
4-5 asparagus spears, cooked and drained
flesh of 1 avocado, cut into long strips
salt and freshly ground black pepper, to taste

To serve:

toasted sesame seeds, to garnish (optional)
soy sauce, for dipping
pickled ginger, to taste
wasabi paste, to taste

1 Place the rice in a saucepan with the water and bring to the boil, uncovered. Cover, reduce the heat, and cook for about 12 minutes, or until the water is absorbed and the rice is cooked. Allow to cool for a few minutes, then stir in the rice vinegar and

sugar. You can use the rice as soon as it's cool enough to handle.

2 To make the sushi rolls, place a piece of nori, shiny-side-down, on a board, and lightly cover it with the rice, leaving a 1cm gap at the end farthest from you. Place a row of red pepper strips on top of the rice, at the end closest to you, about 2.5cm from the edge. Lay some asparagus spears next to the red pepper, and a line of avocado strips next to that. Fold over the edge of the nori closest to you, quite firmly, then continue

to roll the nori up, like a Swiss roll. Continue to make sushi rolls until all the ingredients have been used up, then refrigerate until required.

3 To serve, trim the two ends of each roll (these tend to be a little untidy), then cut the rolls into four or five pieces. Place them, filling-side-up, on a serving plate, and sprinkle with a few toasted sesame seeds. Serve with the soy sauce for dipping – it's nice to give each person their own tiny bowl of sauce – and some wasabi paste and pickled ginger.





Artichoke & Asparagus Paella

Per serving: 408 cals | 8.5g fat



Serves 4

Ready in 35 mins

"Lovely to look at, full of flavour and very quick and easy to make, this can also be made in advance, covered, and gently reheated – perfect for relaxed entertaining. I don't think it needs any accompaniment, except perhaps a nice glass of wine."

1 tbsp olive oil
1 onion, chopped
1 garlic clove, crushed

300g paella rice
400g tin chopped tomatoes
900ml vegetable stock
1 red pepper, trimmed, deseeded and chopped
1 yellow pepper, trimmed, deseeded and chopped
1 leek, trimmed and cut into 2cm pieces
100g thin asparagus spears, trimmed as necessary
½-1 tsp dried chilli flakes, to taste
285g jar artichoke hearts in oil, drained
juice of 1 lemon, or to taste
handful of fresh flat leaf parsley, chopped
salt and freshly ground black pepper, to taste

1 Heat the olive oil in a large heavy saucepan, frying pan or paella pan over a low-medium heat, add the onion and garlic, and fry gently for five minutes.

2 Add the rice to the pan, stirring gently for a few seconds until all the grains are coated with oil, then add the tomatoes and stock and bring to the boil. Reduce to a simmer and cook gently for 10 minutes, stirring from time to time.

3 Add the peppers, leek and asparagus and cook for a further 10 minutes, until the vegetables are tender. Meanwhile, drain the artichoke hearts in a sieve and rinse under some just-boiled water from the kettle. Gently stir them into the paella.

4 Stir in a little lemon juice to taste, and season as necessary with salt and pepper. Serve scattered with the fresh chopped parsley.

Meg's Noodle Stir-fry

Per serving: 352 cals | 14.6g fat



"Meg is my middle daughter, a busy doctor and mother of three, and this is one of her fast after-work recipes. Meg uses ready-to-use or 'straight-to-wok' noodles; if you prefer to use dried ones, prepare according to the packet instructions."

Serves 2-3

Ready in 25 mins

2 tbsp olive oil
1 onion, chopped
125g slim broccoli stalks
3 garlic cloves, grated or crushed
1 red chilli, finely chopped
3cm piece of fresh root ginger, grated
1 red pepper, deseeded and thinly sliced
125g button mushrooms
125g sugar snap peas
125g baby sweetcorn, sliced lengthways
300g straight-to-wok noodles
soy sauce, to taste
handful of fresh coriander leaves, chopped, to garnish
roasted cashew nuts, to serve

1 Heat the oil in a wok or large saucepan over a medium-high heat, add the onion and cook, stirring, for 3-5 minutes until starting to soften.

2 Add the broccoli along with



a splash of cold water, cover the pan, and increase the heat to high. Steam the broccoli for five minutes, until the stems begin to soften and the water has evaporated.

3 Add the garlic, chilli, ginger, pepper, mushrooms, sugar snap peas and sweetcorn, and cook for 1-2 minutes until the vegetables are cooked. Stir in the noodles and warm over a low heat until the noodles are heated through. Add soy sauce, to taste.

4 Serve, garnished with the chopped coriander and roasted cashew nuts.

Lemon Cheesecake

Per serving: 695 cals | 59.4g fat
(based on 8 servings)



"I first invented this lemon cheesecake for some non-vegans – they weren't

even vegetarians, come to that, but they just couldn't believe that it contained no dairy. They have been making it ever since! I hope you enjoy the recipe just as much."

Serves 6-8
Ready in 2 hrs, 15 mins

For the base:
200g vegan digestive biscuits, crushed
100g vegan spread, melted

For the filling:
2 x 400g tins full-fat coconut milk, refrigerated
300g ground almonds
60g caster sugar
60ml coconut oil, melted
1 tsp vanilla extract
1 lemon, zest and juice, plus extra pared curls of lemon zest, to serve

1 Mix the crushed biscuits with the melted vegan spread. Pack the mixture into a 20cm round, loose-bottomed cake tin and press down well. Set aside in a cool place, ideally in the fridge, while you make the topping.

2 Drain the liquid from the tins of coconut milk and save for a different recipe. Put the solidified coconut cream into a food processor, along with the ground almonds, sugar, coconut oil, vanilla extract and lemon zest and juice. Process gently to combine all the ingredients.

3 Spoon the topping mixture onto the biscuit base and smooth the top. Chill thoroughly until set; about two hours. Decorate with some thin pared curls of lemon zest.



Recipes extracted from Rose Elliot's *Complete Vegan* by Rose Elliot (Watkins Media, £25).

Fresh & fragrant PLANT-BASED PLATTERS

Take time out to savour these delicious gluten-free, vegan dishes from Niki Webster of Rebel Recipes

Roast Veg Salad with Butter Beans & Hazelnut Dukkah

Per serving: 269 cals | 17.1g fat
(based on 6 servings)



Serves 4-6

Ready in 1 hr, 35 mins

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 of butter beans, rinsed and drained
a big handful each of fresh coriander, mint, dill and thyme, to serve
sea salt flakes and freshly

ground black pepper

For the dukkah:

40g blanched hazelnuts
1 tsp caraway seeds
1 tsp fennel seeds
1 tsp mustard seeds
1 tsp cumin seeds
a pinch of 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 the oven to 180C/350F/ Gas 4. Put the nuts and seeds for the dukkah on a baking tray lined with baking paper. Toast in the oven for 12 minutes. Remove and allow to cool, but leave the oven on.

2 Place the veg on a couple of baking trays in a single layer and coat in the oil, then season with salt and pepper.

3 Bake for 50-60 minutes, until soft in the middle and caramelised on the outside. Keep your eye on them as they will cook at varying times.

4 To make the zaatar dressing, put the ingredients into a large jar, secure with the lid and shake to combine. Add the butter beans and shake again. Set aside.

5 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.

6 For the dukkah, 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.

7 Serve by layering some of the roast veg on a platter, followed by some beans. Dress with tahini dressing and sprinkle with some dukkah, then repeat. Top with lots of fresh herbs.

Chana Masala with Coconut Chutney

Per serving: 661 cals | 46.5g fat



Serves 2

Ready in 1 hr, 15 mins

300g cherry tomatoes, sliced
400g tin of chickpeas, rinsed and drained
2-3 tbsp coconut yoghurt
½ tsp coconut sugar, optional
sea salt flakes

For the spice paste:

2 tbsp rapeseed oil
1 large onion, roughly chopped
2 tsp cumin seeds
6 garlic cloves, peeled a thumb-sized piece of ginger, peeled and roughly chopped
2 tsp ground coriander
¼ tsp dried chilli flakes
40g fresh coriander, including the stalks, roughly chopped
1 tsp ground turmeric

For the coconut chutney:

50g unsweetened desiccated coconut
a thumb-sized piece of ginger, peeled and finely grated





½ small green chilli, deseeded
juice of ½ lime
2 tsp rapeseed or flaxseed oil
½ tsp black mustard seeds
½ tsp cumin seeds
6 curry leaves

To serve:
toasted hazelnuts
fresh coriander leaves

1 Firstly, make the spice paste by adding all the paste ingredients to a food processor, blender or pestle and mortar. Blitz (or pound) to a chunky paste. Set aside.
2 Next, make the chutney. Add the desiccated coconut to a small bowl and cover with boiling water. Leave for 10-15 minutes for the coconut to rehydrate and soften. Drain and reserve about 125ml of the soaking water.
3 Add the softened coconut, ginger and chilli to a food processor or spice grinder. Blitz until smooth, then add some of the reserved coconut soaking water to loosen if needed. Add in one and a half teaspoons of salt and the lime juice.
4 Pour the oil into a small frying pan and, once hot, add the

mustard seeds. Fry gently until the seeds start to pop, then add the cumin seeds and curry leaves. Sauté for a few seconds. Add the tempered spices and oil to the chutney and mix well.

5 Heat a large frying pan over a medium heat and add the spice paste. Fry for five minutes, add the tomatoes and cook for 3-4 minutes, until beginning to soften. Pour in 200ml of water, turn down the heat to medium-low and simmer for 30 minutes.

6 Finally, add the chickpeas to the pan, stir to combine, then stir in the yoghurt and, if using, the coconut sugar. Taste and adjust the seasoning. Serve the chana masala topped with coconut chutney, toasted hazelnuts and coriander.

Malabi – Cardamom, Rose & Pistachio Custard

Per serving: 220 cals | 10.7g fat



Serves 4
Ready in 20 mins, plus chilling

500ml almond or drinking
coconut milk
150g coconut cream

2 tsp vanilla extract
20 cardamom pods, lightly
crushed and husks removed
1 tsp rose water
4 tbsp maple syrup
3 tbsp corn flour
4 tbsp pistachios,
crushed, to serve

1 Put all the ingredients except the corn flour and pistachios in a saucepan over a medium heat and stir to combine. Simmer for 2-3 minutes, stirring continuously.

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

3 Now add the corn flour 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. Now pour the creamy mix into four glasses. Allow to cool a little, then pop in the fridge overnight to set. Serve topped with the crushed pistachios.



Recipes extracted
from *Rebel Recipes*
by Niki Webster
(Bloomsbury, £26).
Photography:
Kris Kirkham.

PLANT-POWERED DAIRY

You won't be missing out with these delicious vegan alternatives!



When making the adjustment to veganism, dairy is often the food group that people not only miss the most, but also find the most challenging to replace. Luckily, today there are various plant-based alternatives on the market, so you can find everything from plant-based milk for your cereal and grated 'mozzarella' for homemade pizza, to vegan cream for desserts. What's more, making homemade alternatives is much easier than you think! Switching to vegan products also opens up a world of

possibilities: with dairy products, your options are typically limited to cow, sheep, or goats' milk; either skimmed or full-fat. With non-dairy versions, however, the world is your (vegan) oyster. Today, people are making plant milk, yoghurt, cream, butter, and even ice-cream with everything from oats, soya beans, almonds, and cashews, to coconuts, hemp, and hazelnuts. So rather than feeling deprived, you'll likely discover new tastes and textures that you didn't realise were possible! Here are some simple recipes so you can start creating your own DIY dairy delights.



Butter

Is there anything better than melted butter on toast? Butter is one of life's little luxuries, but it's also extremely versatile. Besides working its magic on bread, it can be used in various baking recipes. There are surprisingly few vegan butters on the market today, and many of them contain unsustainable palm oil. Luckily, making your own butter is quite simple, and there are various methods and ingredients, including coconut and olive oils. Keep in mind that as olive oil butter is soft and melts easily, it's ideal for use in winter. Soya butter, on the other hand, is great on toast or in pastries. To try your hand at making butter, here's a simple recipe to get you started...

Olive Butter

Makes about 180g

100g coconut oil, liquid or soft
40g olive oil
40g corn oil or another neutral-tasting vegetable oil
a pinch of turmeric (for colour)
1/8 tsp Himalayan salt

1 Mix all of the ingredients together in a stand mixer or blender until the salt has dissolved.

2 Put the mixture in small silicone muffin trays, and chill them in the fridge for several hours. The butter can then be kept in the fridge for about five days, or stored in the freezer until needed.



BOOKSHELF
Recipe extracted from *Homemade Vegan Cheese, Yoghurt and Milk* by Yvonne Hölzl-Singh (Grub Street, £15.99)

CHEESE, GLORIOUS CHEESE!

From toasties to pizza and cheeseboards, this is one versatile dairy product that can be particularly difficult to cut out of your diet. But, the good news is that vegan alternatives have come a long way in recent years. Today, you can find everything from grated and spreadable

cheese to sliceable blocks, plus there are less processed versions available, made with natural ingredients like cashews and coconut oil – though it's still worth checking the ingredients list for unnecessary additives. Remember that vegan cheese in no way perfectly mimics traditional cheese in taste or texture, so it may take you time to find one that you like.

Making vegan cheese at home is easier than you think, and there are plenty of recipes to help you along the way. As with plant milks, nuts and coconut make great bases, as they add flavour and texture; you can then make variations with ingredients such as herbs and garlic, plus you can add a 'cheesy' flavour with the addition of lemon juice or yeast flakes.

Milk

There are a plethora of plant-based milks on the market today; the majority of which can easily be used as replacements to traditional milk in your cuppa, cereal, or in cooking and baking. If you're buying commercial plant milk, be sure to check the ingredients list, as many will contain unnecessary additives and preservatives. They can be made with various nuts, seeds, and grains – including oats, cashews, coconut, hemp, and almonds – and the majority are made simply by soaking and blending the plant with water, before straining. You may find that you need to experiment a bit in order to find the right plant milk for you, as flavours and textures can vary significantly. For example, coconut milk arguably works best in hot drinks, while cashew milk is well-suited for cooking. Keen to make your own plant milk at home? To get started, here's a simple recipe to try. If you want to inject a bit more flavour into this basic recipe, you can try adding Himalayan salt, ground cardamom or cinnamon, vanilla extract, or maple syrup.

Oat Milk

Makes 300ml

60g oats
750ml water, plus extra to taste

- 1 Soak the oats in water for at least 30 minutes, or overnight, if you like. Drain and rinse, discarding the soaking water.
- 2 Mix the oats with the fresh measure of water, then strain the milk through a muslin cheesecloth. Store in the fridge.

Mayonnaise

From squeezing atop a lentil burger, to dressing up a potato salad, it can be helpful to have a vegan mayo at your disposal. There's an increasing number of plant mayonnaise offerings on the market today, thanks to the likes of Biona, LEON, Bonsan, and Mr Organic. But making your own mayo is incredibly simple; plus you can make just the amount that you need, and experiment with different flavours! Try this recipe by plant-based chef Bettina Campolucci Bordi at home...

Plant Mayo

Makes 250ml

"This is a real treat of a mayonnaise and super-easy to make. It lasts for a good week in the fridge, too. You can add lots of different flavours to this mayonnaise, such as herbs, spices and more."

3½ tbsp aquafaba (liquid from tinned chickpeas)
1 tbsp lemon juice
1 tsp apple cider vinegar
120ml organic rapeseed oil (organic is usually a lot yellower)
60ml olive oil
1 tsp Dijon mustard
a pinch of salt and freshly cracked black pepper

- 1 Put the aquafaba, lemon juice and apple cider vinegar in a bowl and whisk with an electric whisk until combined.
- 2 Whisking continuously, gradually begin to add in the rapeseed oil, until the mixture emulsifies and starts coming together as a mayonnaise.
- 3 Continue whisking and slowly adding the olive oil until it is all incorporated. Season with mustard, salt, and pepper to taste.



BOOKSHELF
Recipes extracted from *7 Day Vegan Challenge* by Bettina Campolucci Bordi (Hardie Grant, £15). Photography: Nassima Rothacker

Other Dairy Delights

When it comes to the plant-based game, commercial versions of yoghurt, cream, and ice cream are arguably some of the best in the vegan dairy realm. There are some great options on the market today that taste just as good, if not better, than the real thing (we're looking at you, Magnum Vegan). That said, there are also simple swaps to make at home! When it comes to making dairy-free cream, you first need to consider its use before finding a recipe – will you use it as a creamy filling for desserts, whipped cream atop cake, or as a savoury option like soured cream? One of the simplest ways to create a thick, sweet cream is to refrigerate a tin of coconut milk. Leave it overnight





to set, then when you need it, open the tin upside-down and scoop out the thicker coconut cream that has set on top, leaving the water. This can then be whipped with a bit of vanilla essence and icing sugar for a quick and easy cream that is beautiful served with homemade cakes and desserts!

If you're looking for a more savoury option, try this recipe from Áine Carlin. A wonderfully versatile recipe, it's a great base, which you can add various spices and pastes to. For a sweeter version, simply omit the cider vinegar.

Cashew Soured Cream

Makes about 250ml

150g soaked cashew
nuts, drained
125ml filtered water
juice of ½ lemon
1 tsp cider vinegar
½ tsp sea salt flakes

1 Place everything in a blender and blend until smooth, scraping down the sides from time to time.

2 With plant creams, it is crucial you get them as smooth as possible – they will go through several stages before they get there, so persevere until you reach the desired consistency. Check for seasoning and refrigerate until needed.



BOOKSHELF

Recipes extracted from
Cook Share Eat Vegan:
Delicious Plant-based
Recipes for Everyone
by Áine Carlin (Mitchell
Beazley, £14.99)

3 DAIRY TREATS TO TRY



Bonsan Organic Garlic Aioli,
£2.69, [ocado.com](https://www.ocado.com)



Jude's Vegan Chocolate Ice Cream,
£3, [sainsburys.co.uk](https://www.sainsburys.co.uk)



MozzaRisella Cheddar Slices,
£1.99, [thevegankind.com](https://www.thevegankind.com)

Vegan RECIPE OF THE MONTH

Impress your guests
with this vegan
winter warmer

Roasted Squash & Chestnut Risotto



Serves 4

Ready in 1 hr, 5 mins

Filled with vibrant colours and flavour, this vegan roasted squash and chestnut risotto will warm you up on chilly evenings.

1½ tbsp rapeseed oil
400ml Unsweetened
Almond Breeze
1 medium butternut
squash, roasted
150g arborio risotto rice
2 shallots, finely sliced
1 celery stalk, finely sliced
2 garlic cloves, finely sliced
1 tsp dried sage
90g vacuum packet
of roasted chestnuts,
roughly chopped
800ml vegetable stock
2 tbsp nutritional yeast
a pinch of black pepper
½ tsp salt
1 tbsp pumpkin seeds, toasted
10 fresh sage leaves

1 Preheat the oven to 200C/400F/
Gas 6. Peel and roughly chop three-
quarters of the butternut squash into
bite-sized cubes. Slice the remaining
squash into semi-circles. Place all
of the pieces onto a lined baking
tray, drizzle with a little oil, and roast
in the oven for 20 minutes.

2 Add the sage leaves and roast for
a further 10 minutes. Meanwhile, make
the vegetable stock with boiling water.
Whilst the squash is roasting, heat a
tablespoon of rapeseed oil in a large
pan over a medium heat. Add the
shallots and celery, then fry gently
for 8-10 minutes, stirring, until the veg
starts to soften. Add the rice and keep
stirring for a couple of minutes, until
everything is well-combined.

3 In stages, gradually pour the stock into
the pan. Each time, stir until the liquid
is absorbed, before adding more stock.
About halfway through pouring in the
stock, tip in the garlic and dried sage and
continue to stir. Add three-quarters of the
cooked squash and the roughly chopped
chestnuts to the risotto. Stir through and
mash the squash pieces with the back
of the spoon as it continues to cook.

4 Gradually pour the Unsweetened
Almond Breeze into the rice, allowing
it to be absorbed before adding more.
Sprinkle in the nutritional yeast, seasoning,
and remaining butternut squash pieces
(reserving the slices for serving). It will take
about 25 minutes until the rice is cooked
through, and has the desired creamy
risotto consistency.

5 Before serving, toast the pumpkin seeds
in a dry frying pan for 3-4 minutes, stirring
to make sure they don't catch and burn.
Serve the squash and chestnut risotto with
the remaining slices of butternut squash,
fresh sage leaves and toasted pumpkin
seeds. The risotto will keep in an airtight
container in the fridge for two days, and
can be frozen if required.

Recipe and image: Blue Diamond Almonds
(bluediamondalmonds.co.uk)





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VEGAN SOUPS

to soothe your soul

These hearty bowls are sure to warm you up this winter

Maple Dahl Soup

Per serving: 509 cals | 25.8g fat



Serves 4

Ready in 40 mins

1 onion, diced
2 garlic cloves, finely chopped
25g ginger, finely chopped
1 large red chilli
1 tsp ground turmeric
200g red split lentils
1 litre vegetable stock

1 tsp garam masala
1 tbsp pure maple syrup
500ml coconut milk
1 lemon
coconut yoghurt (dairy-free)
200g baby spinach
black sesame seeds

1 Cook the diced onion until soft. Add the garlic, ginger and chillies, and cook for another two minutes.
2 Add the turmeric and garam masala. Stir in the lentils and pour over the stock. Cook for 20-30

minutes, or until the lentils begin to break down.

3 Add the coconut milk and maple syrup, bring the mixture to the boil, then take the pan off the heat and liquidise the soup, until the mixture is a thick but pourable consistency.

4 Wilt the spinach and stir it into the soup. Serve garnished with sesame seeds, chilli and yoghurt.

Recipe and image courtesy of Maple from Canada (maplefromcanada.co.uk)

Broth & Greens

Per serving: 451 cals | 13.1g fat



Serves 2

Ready in 15 mins

olive oil, for frying
½ onion, sliced
3 garlic cloves, chopped
1 tsp five-spice
1 cinnamon stick
500ml vegan stock
2 pak choy (bok choy), cut in half
100g Tenderstem broccoli, cut into bite-sized pieces
a handful of kale
260g pre-cooked brown or white rice
1 thumb-sized piece of ginger root, freshly grated
1 tbsp tamari
sriracha hot sauce, chopped chilli or spring onions, green and all, chopped, to serve

To serve:

hemp hearts
pumpkin seeds
sesame seeds

1 Heat a little olive oil in a large saucepan. Add the onion, garlic and five-spice, and fry gently for about five minutes.

2 Add the cinnamon stick and



stock, and bring to a simmer. Once simmering, add the pak choy, broccoli and kale, and simmer for a few more minutes. **3** Lastly, add the pre-cooked rice, freshly grated ginger and tamari. Serve immediately with your favourite toppings – sriracha, spring onions and chilli are great for an extra kick.



BOOKSHELF Recipe
extracted from *7 Day
Vegan Challenge* by
Bettina Campolucci

Bordi (Hardie Grant, £15).

Photography: Nassima Rothacker

Vegan Tomato Soup with Spinach Ravioli

Per serving: 251 cals | 12.1g fat



Serves 6

Ready in 1 hr, plus cooling

2 x 300g packs Waitrose
1 Red Choice Tomatoes, halved
3 medium leeks, trimmed
and roughly chopped
5 garlic cloves, peeled
and halved
4 thyme sprigs
2 tbsp olive oil
400g tin butter beans,
rinsed and drained
500ml Cooks' Ingredients
Fresh Vegetable Stock
2 tbsp extra virgin olive oil,
plus extra to drizzle
250g pack Waitrose & Partners
Vegan Spinach Ravioli
a handful of basil leaves

1 Preheat the oven to 200C/400F/
Gas 6. Put the tomatoes, along
with any vines (for extra flavour),
in a large roasting tray. Add the
leeks, garlic and thyme, then
drizzle over the olive oil and
season. Roast for 25 minutes,
then add the butter beans, stock
and 250ml water to the tray.
Return the tray to the oven to
cook for another 15 minutes.
Set aside to cool for 10 minutes.



2 Remove and discard any
woody thyme sprigs and tomato
vines from the tray, then tip the
contents into a large blender
with a tablespoon of extra virgin
olive oil. Whizz everything until
smooth, loosening with more
water if needed, and adjusting
the seasoning (you may need
to add a pinch of sugar, too).
3 Cook the ravioli according to
the pack instructions, then
drain the pasta and toss it with
the remaining tablespoon of extra
virgin olive oil. Reheat the soup
if necessary, and divide between
bowls. Top each bowl with a few
ravioli pieces and basil leaves.

Recipe and image courtesy
of Waitrose & Partners



SHORT ON TIME?

This plant-powered soup by BOL
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GREEN LIVING

with Áine Carlin



"Whilst it's wonderful to have plant-based recipes up your sleeve, practical techniques are even more useful"

Whenever I'm asked what tips I have for going vegan, I typically wheel out the usual tropes such as, 'get prepared', 'stock your cupboards' and 'invest in some cookbooks'. All of which is perfectly good advice that I completely stand by, but almost 10 years in, I actually think there's something else I should really add to the mix. Whilst it's wonderful to have a few solid plant-based recipes up your sleeve, I think it's even more useful to introduce some practical techniques that you can apply to just about anything.

Top of my list is 'griddling'. I use my griddle pan an inordinate amount. It's a heavy-based cast iron beast that can be used for a variety of vegetables, seasoned tofu or even thick wedges of bread... you haven't had bruschetta until you've sampled griddled sourdough bruschetta. Drizzle thick slices of sourdough with olive oil and



griddle over a medium heat until it's perfectly toasted on both sides, gently pressing into the ridges to deepen the marks. Rub generously with garlic and load it with seasoned cherry tomatoes before finishing with extra virgin olive oil and torn basil leaves.

Because I'm not a huge fan of doing the dishes (heck, who is?!), I tend to rely on one pan for everything. I possess a wide skillet with a lid that has opened up a world of possibilities for me. For example, if you think you need to blanch broccoli before tossing it in a skillet, think again. Simply toss it in olive oil and cook over a medium-high heat until it begins to colour. Add in a splash of orange juice, vinegar or even wine, before clamping on the lid and letting it steam to perfection until just tender. This trick can be used with green beans, sliced cauliflower or carrots and so much more, and is a great way of keeping all that flavour intact. Happy cooking!

Try Áine's recipe...

Chargrilled Little Gem

With a green goddess dressing & crispy breadcrumbs

2 little gem lettuce

For the dressing:

½ ripe avocado
1 spring onion

10g coriander, incl. stalks
10g dill
1 tbsp tahini
½ lemon, juice
125ml water
½ tbsp cider or red wine vinegar
½ tbsp agave
salt & pepper

1 Pre-heat the griddle pan to a medium-high heat. Halve the lettuce, drizzle over a little olive oil and sprinkle with salt.

2 Add all the dressing ingredients to a small blender and blitz until smooth.

3 Place the lettuce cut-side-down onto the

griddle pan and cook for several minutes until charred. Turn over each lettuce and cook for a further 30 seconds until it just begins to soften.
4 Transfer to a serving plate and spoon over the dressing. Finish with breadcrumbs and minced capers.

Follow Áine on Instagram @ainecarlin

I DIDN'T CHOOSE
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THE VEGAN LIFE Choos ME



to see our wide range of vegan products, head to [swizzels.com](https://www.swizzels.com)

The Versatile Vegan

Who said a plant-based diet was boring?
These diverse offerings prove otherwise...

1 Peter's Yard Seeded Sourdough Flatbreads, £2.45, Waitrose

Whilst many crackers contain milk powder, these sourdough flatbreads are completely vegan, making them ideal for dipping into hummus, or as a vessel for vegan cheese.

2 Swizzels Drumstick Choos, £1, swizzels.com

Sweets can be difficult to replace as a vegan: enter Swizzels! The brand's popular Drumstick has been given a twist in the form of a new vegan-friendly recipe that creates a soft, chewy texture.

3 Field Fare Vegan Cornish Pasty, £2.79, field-fare.com

Vegans shouldn't have to miss out on traditional dishes. The flaky pastry on this pasty encases a generous filling of potatoes, swedes, onion and a soya-based mince.

4 Good Hemp Barista Seed Milk, £2, Waitrose

Perfect for your morning brew, this smooth and creamy hemp milk lends a touch of sweetness to hot drinks, whilst adding a foamy top.

5 Clive's Organic Vegan Pie Club, £2.65, abelandcole.co.uk

Clive's Vegan Pie Club offers an ever-changing selection of plant-powered alternatives to the classics. Plus, the handmade pies are available in new fillings each week.

6 BOL Fire Roasted Cauli-Tikka Masala Dinner Box, £4, bolfoods.com

Sometimes you just need a speedy yet healthy solution to supper. This 100% plant-powered dinner delivers, with a lentil and chickpea dhal, turmeric rice, spiced cauliflower and more. Plus, the packaging is 95% plastic-free!



DID YOU KNOW?

Hemp is one of the planet's most sustainable plants: it absorbs four times more carbon dioxide from the air than trees! It's also packed with fibre, heart-healthy omegas, and vitamin E.



Styled Using...

Violife Creamy Original, £2.89,
thevegankindsupermarket.com

The Vitamins Bar, £1.75,
benefitchocolate.co.uk

My Week of... VEGAN SUBSCRIPTION BOXES

This month, deputy editor **Rachael Perrett** samples a sumptuous selection of vegan edible and cosmetic goodies

As a vegan, it can be difficult finding cosmetics and foods that are suitable... unless you look in the right places. I've recently discovered a horde of new brands and products – and it's all thanks to vegan subscription boxes. The concept is simple: choose which box you'd like to receive and how often, then sit back and await your bundle of surprise goodies.

It was an exciting morning when The Goodness Project's Maxi Vegan Goodness offering landed on my desk, bundled in a cute box printed with leaves, and carefully wrapped in green tissue paper: the minimal, plastic-free packaging was a great start. Inside were eight edible treats and one non-edible goodie. The products were a mix of brands I had used before, as well as ones that I wasn't familiar with, so I looked forward to trying something new. Included in this particular box were items like Belvas Belgian Chocolate Low Sugar Cocoa Hearts, Creative Nature Whole Grain Banana Bread, Hemp Chocolate Raw Cacao Spreadables, Organic Pumpkin Seeds in Dark Chocolate from Landgarten, and Organii Gentle Care Hand Cream. The fact that the box contained more than just snacks was great, but a few savoury additions wouldn't have gone amiss.

On the same day when my mid-morning cravings hit, I gleefully dug into the box to try my first snack: the chocolate-covered pumpkin seeds went down a treat with



The Nutribox Slim Box

all Beauty Box purchases every other month to Animal Free Research UK, a non-animal medical research charity.

In terms of variety, I found that Nutribox certainly came out trumps. My delivery box arrived jam-packed with 20 vegan and gluten-free snacks, which was perfect for someone like me with a bit of a snack fetish. They weren't your standard options, either: inside were bags like Growers Garden Broccoli Crisps, Planet Organic

Turmeric and Black Pepper Popcorn, Rhythm 108 Ooh-La-La Tea Biscuits, Mello Watermelon Seeds, Cheeky P's Curry Flavour Roasted Chick-peas and a squeeze pack of Pip & Nut Peanut Butter. Needless to say, I knew I wouldn't be wanting for snacks anytime soon. It was difficult deciding where to start, but over the next few days and weeks, snack time became that much more exciting as I dug into the box and tried to choose what to sample next. I also made notes of what I loved most (broccoli crisps might just be the best thing since sliced bread), ready to track them down in the future.

a cuppa! The cocoa hearts were a hit with my colleagues, too. Given the number of products, these could easily last me a couple of weeks (depending on how much I'm willing to share).

A few days later, The Vegan Kind (TVK) Beauty Box arrived in a cardboard box with shredded cardboard filling; I appreciated the simplicity of it. TVK sends out boxes of cruelty-free, vegan beauty treats every other month, such as lip balm, eyeliner and perfume. In my box were six little goodies, as well as an insert with information about each product, and even discount codes – a lovely added bonus. This

particular box included Feather & Down Sweet Dreams Pillow Spray, Green People Age Defy+ Soft Buff Exfoliator, and Oh K! Chok Chok Quartz Gemstone Slice Mask. Needless to say, I was eager to get home and put on the face mask, spritz my pillow, and slather myself with skin tonics.

Some of the goodies were sample-sized, which is great if you end up not liking them, but others will certainly last before the next box arrives, if not longer. What's more, the box was valued at over £45, and with the prices of boxes ranging from £12.75 to £15, that's pretty good value for money! The company also donates £100 from

TRY THEM YOURSELF!



The Goodness Project, from £8.50, thegoodnessproject.co.uk



The Vegan Kind Beauty Box, from £15.90, thevegankind.com



The Nutribox, from £14 for Slim box of 10 snacks, thenutribox.com

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VEGAN BAKING 101

Master your vegan baking skills
with these handy hacks

Fluffy sponge, flaky pastry, gooey brownies... there is nothing quite like a baked treat. But plant-based baking is arguably the most difficult area of vegan cooking to master. Don't despair though: you can continue to whip up beautiful bakes once you have a few tricks up your sleeve. We've put together handy hacks with some help from our columnist, Áine Carlin...

MASTERING THE ELEMENTS

"Getting to grips with the science of baking can be a headache at the best of times," Áine says. "Take away the usual binders, liquids, butters, and leavening

agents, and you'll soon be tearing your hair out. Whilst some vegan recipes require a simple swap, sometimes you have to think outside of the box.

"Coming from an Irish background, my first task on becoming vegan was finding an ideal buttermilk substitute – it's a well-known hack now, but remains a must for perfecting those fluffy American-style pancakes, or rendering an indescribably light scone-bread that could easily rival my granny's. Simply combine a tablespoon of good-quality cider vinegar to your chosen liquid (unsweetened soya works best), stir, and set aside for several minutes, until it begins to curdle. The acidity in the 'buttermilk' will react with

the bicarb in your batter, thus resulting in flaky scones or pillowy pancakes."

Binding agents, which essentially hold your bakes together, can be a bit more tricky: "Whilst I rely heavily on bananas, I also like flax egg (one tablespoon of ground flaxseed mixed with three tablespoons of water), and occasionally chia, aquafaba and sometimes other fruit/veg purées, depending on the recipe," Áine says. "For example, if you use one mashed (slightly under-ripe) banana, you're unlikely to notice the taste in the final product. If it's combined with chocolate for, say, a batch of brownies, chances are that the sugar and chocolate content will completely override any residual banana



flavour, but the texture will be nigh-on perfect. You could also use the equivalent amount of mashed sweet potato or even black beans.”

VEGANISING RECIPES

Dreaming about your grandmother’s Victoria sponge cake? Don’t be afraid of ‘veganising’ your favourite treat. In general, many recipes can be ‘veganised’ as long as you understand the components. That said, one ingredient that’s challenging to replace is egg: it’s better to avoid trying to veganise anything that requires more than three eggs, as you simply won’t be able to create the same balance.

Plant-based milks are typically interchangeable in baking recipes, though rice milk is best avoided as it’s too thin. “Soya milk is the most reliable option, with a high fat/protein content that really benefits any baked good, with Oatly coming a close second – although be sure to use the barista variety,” Áine says.

Keep in mind that different flours have different uses as well. Áine suggests using spelt flour, which is a great all-rounder that can be used in everything from muffins, to cakes and breads. When it comes to sprucing up your bakes with icing and fillers, try Áine’s easy cashew frosting. Simply combine soaked cashews, agave, lemon juice, vanilla extract, and a splash of water. Blitz in a high-speed blender until completely smooth, then chill for at least an hour before spreading over your cake. Alternatively, try a more traditional buttercream by beating together chilled margarine and icing sugar.

At the end of the day, experimenting makes the process that much more enjoyable. And if you fail, consider it a learning curve!

Simple Swaps

EGGS

- For chewy, fudgy baked goodies like brownies, use ½ a mashed banana in place of a whole egg.
- Apple sauce and other puréed fruits work well. Use ¼ cup in place of one egg.
- Ground flaxseed combined with three tablespoons of water also works well as a binding agent. Mix, then put it aside to set before using.
- For an egg-white consistency, mix a tablespoon of ground chia seeds with three tablespoons of water. Set aside for 5-10 minutes to set to a yolk-like consistency.
- Aquafaba can be whisked up similarly to egg whites – it’s ideal for making vegan meringues, mousse, fudge, and flourless cakes.

MILK

- Plant-based milks can be substituted 1:1. Oat milk works well for things like cookies, while soya and coconut milk work well in cakes.

BUTTER

- Simply swap butter for a vegan alternative.
- You can also use olive or coconut oil in cakes, though this will result in a denser bake. Substitute at a 1:1 ratio.

WHIPPED CREAM

- Refrigerate a can of coconut milk overnight. The next day, gently open it upside down, scoop out the thicker, set cream (save the liquid for a smoothie!) and whip it until stiff. You can sweeten it with powdered icing sugar or vanilla essence.

BUTTERMILK

- Combine cider vinegar or lemon juice with soya milk, and set aside to curdle. For every 100ml of soya milk, use about 10ml of vinegar.

Plant Powered EXPO

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Focus on fitness, recovery and performance with plant-based athletes and competitive sportspeople

Plant Powered Planet

Focusing on environmental health and how plant-based options can help fuel the planet's recovery, with a 1 day summit by The Vegan Society on Saturday

Plant Powered Health

Talks and presentations on the latest research and development surrounding health and plant-based diets; hosted by Plant-Based Health Professionals UK on Saturday and Foods for Life on Sunday

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12 handpicked plant-based caterers with cuisine from around the world

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Bring to life your culinary expertise with a dynamic programme of cookery classes with an international focus

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showcasing some of the best plant-based products in the market, with many special offers

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VEGANUARY





Hydrating SKINCARE HEROES

Find the perfect vegan moisturiser for you with these affordable, plant-derived formulas

An effective moisturiser is key throughout the year, but particularly during these harsh winter months. And when it comes to overhauling your beauty stash with vegan-friendly options, it can be rather mind-boggling. The list of unpronounceable ingredients can be confusing enough without trying to figure out which of them is animal-derived. Whilst many creams may be vegetarian, they can still contain ingredients such as beeswax, honey, goats' milk and buttermilk. Other avoidable ingredients include lanolin, a by-product of sheep's wool; stearic acid and non-vegetable glycerin made from animal fat; squalane, derived from shark's liver; and collagen and elastin, extracted from the muscles, ligaments and tissues of various animals. Vegan formulas, however, replace elements like these with more ethical alternatives such as palm stearic acid (sourced sustainably), olive squalane,

vegetable glycerin, and marine collagen; the vegan version of which is derived from seaweed.

You may be thinking that there's a reason many brands revert to animal-derived ingredients. However, the truth is that replacing common ingredients with plant-based alternatives doesn't make vegan products any less effective; in fact, quite the opposite! We spoke with Nicky Shearsby, founder of Nature's Kitchen (natureskitchenskincare.uk), to find out what makes vegan offerings so rich: "A vegan formulation usually contains a high level of natural and/or organic ingredients," she says. "Plant ingredients are much more powerful and important for the human body (and skin) than animal ingredients, so a vegan formula that's rich in plant extracts, oils and butters will result in healthy, radiant skin." What's more, you'll have the added bonus that many vegan products are created

by ethical brands that sustainably source their ingredients!

So, what's the key to finding a super-hydrating vegan moisturiser? While standard skincare brands will include cheap fillers and some form of dimethicone as a base, vegan offerings tend to infuse natural plant butters and oils to create a rich, yet gentle formula: "Look for products containing shea butter, cocoa butter, and olive, grapeseed, apricot, sunflower, jojoba or avocado oils," Nicky explains. "In addition, look for active ingredients from plant-based sources, such as pineapple extract, green tea, vitamin C, cucumber, oatmeal, kale, spinach, and even mushroom extract."

**TURN TO FIND EIGHT OF
OUR FAVOURITE VEGAN
MOISTURISERS...**



**1 FREYA + BAILEY REBOOT!
INCREDIBLE FACE
MOISTURISER, £26.99,
FREYAANDBAILEY.COM**

Formulated with natural, organic superfood ingredients, this new hyaluronic acid-based moisturiser includes skin-reviving retinol and vitamins A, C and E, as well as a powerful blend of antioxidants. Blueberries, figs and passion fruit strengthen your skin's outer barrier, protecting it from external aggressor damage – think clogged pores, hyper pigmentation and premature ageing.



**2 AFRICA EXTRACTS ROOIBOS ADVANTAGE
SPF15 INTENSIVE DAY CREAM, £12.99,
AFRICANEXTRACTS.CO.UK**

This plant-rich formula contains rooibos; an organic extract with antioxidants, as well as vitamin E, horse chestnut, green tea, wheatgerm, ginseng, and peach. Together, the ingredients help to keep skin looking youthful whilst protecting it from environmental pollutants.



**3 ANTIPODES
IMMORTAL
SPF15 NATURAL
SUN PROTECTION
FACE & BODY
MOISTURISER,
£28.99,
LOOKFANTASTIC.COM**

This natural sun protector is packed with plant power. Raspberry oil helps prevent sun damage; grape and kiwi extracts decrease facial flushing; reishi mushroom fosters healthy cell growth; and a plant-based hyaluronic acid keeps skin well-hydrated and firm.

**5 ALTEYA ORGANICS PURE
MOISTURE FACE CREAM WITH
ROSE & MULLEIN, £18.00,
LOVELULA.COM**

Brighten your complexion and keep irritation at bay with Bulgarian rose otto, mullein flower extract and candeia bark extract. The skin-reviving formula helps soften the appearance of fine lines and wrinkles, whilst keeping skin well-hydrated.



**4 NATURE'S
KITCHEN SUPER
PROTEIN
SKIN BOOSTING
ANTI-AGEING
MOISTURISER, £26.99,
LOVELULA.COM**

Enriched with 34 natural extracts – including vitamins A, C and E, green tea, shiitake mushrooms and passion fruit – this anti-ageing cream tones and softens skin, whilst the addition of hyaluronic acid and collagen plumps and brightens tired skin.



**6 BEAUTY KITCHEN SEAHORSE
PLANKTON+ BRIGHT NIGHT
INTENSIVE CREAM, £20,
BEAUTYKITCHEN.CO.UK**

You'll wake up glowing with this powerful night cream. A complex of marine extracts, including sustainable microalgae, seahorse plankton, helps to reduce the appearance of fine lines and wrinkles, whilst lifting your complexion to create a radiant, dewy appearance.



7 UPCIRCLE FACE MOISTURISER, £18.99, UPCIRCLEBEAUTY.COM

Saving valuable skin-loving ingredients from going to waste, UpCircle has created a new range that includes this deeply-hydrating, fast-absorbing face cream. Made with the fine powder of discarded argan shells (a rich source of vitamin E), as well as cocoa butter, aloe vera and blood orange, the moisturiser helps to soothe, nourish and brighten skin.

**8 E.L.F.
SUPERHYDRATE
WITH SQUALANE,
£8, BOOTS**

Plant-derived squalane makes this lightweight moisturiser great for dry skin. The fast-absorbing gel balances moisture and maintains elasticity, resulting in a plump, hydrated complexion.





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- ✓ Straight from the root.
- ✓ Cold-pressed and Hot-pressed
- ✓ No Water or Apple Juice
- ✓ Made in UK



A unique formula, which began as a family recipe to support the career of The Turmeric Co. founder and professional footballer, Hal Robson-Kanu from a young age, now enjoyed daily by thousands of people throughout the UK and a firm favourite with many elite athletes, including the England rugby squad as a natural, nutritious source of turmeric root.

Available to purchase online: www.theturmeric.co

Also available in Whole Foods Market, Planet Organic UK stores and Dunnes, Ireland.
(RRP: £2.49)

Vegan-friendly fragrance



Content writer, Paisley Tedder puts 15 perfumes, creams, and home scents to the test

Throughout history, animal-derived ingredients including musk, civet, African stone, and ambergris have been used in perfumes. Thankfully, a lot of the barbaric practices which led to obtaining those ingredients no longer exist. But, it can be tricky to source totally vegan fragrances. Many products still contain honey or beeswax, which means that they are vegetarian, but not completely vegan. It's also thought that big companies only declare 50% of the ingredients contained in their fragrances, so if you want an authentic vegan, cruelty-free, natural fragrance, look for those that are officially certified. To get you started, Paisley has collated some of the best fragranced perfumes, shower gels, body creams, room sprays, diffusers and candles, so you can treat yourself this Veganuary.

PERFUME POWER

Floral scents are some of my favourites, so I was excited to try **Neal's Yard Remedies Pure Essence Eau de Parfum No.2 Rose**. The scent is sophisticated and uplifting, with hints of rose, cedarwood and pink pepper. While I wouldn't wear it every day, I would definitely enjoy it on special occasions. **Kierin NYC Sunday Brunch Eau de Parfum** is designed to inspire a celebratory mood, and it certainly didn't disappoint! The blend of jasmine, lemon and bergamot was really unique. If you already have a favourite scent, cruelty-free and vegan brand Eden produces fragrances that mimic top brands, minus the animal derivatives, and at a bargain price point. My favourite is **No. 487 Pear & Freesia**, which is the equivalent of Jo Malone's Pear & Freesia. I also love the combination of florals and sandalwood with sweet rhubarb in **Floral Street's Electric Rhubarb**. Plus, the perfume is contained in a beautifully designed glass bottle that will look great on your shelf. The



blend of scents in **Dolma's Amethyst Mist** were admired by many in the office when I wore it, and the patchouli, ylang ylang, and ginger lingered all day long. Last, but by no means least, I have to mention Lush's acclaimed soft and sweet **Amelie Mae** – with notes of crisp rose and fruity raspberries, it's definitely one for date night.

From left to right: Neal's Yard Remedies Pure Essence Eau de Parfum No.2 Rose, £39, nealsyardremedies.com; Kierin NYC Sunday Brunch Eau de Parfum, £52, feelunique.com; Eden No. 487 Pear & Freesia, £18, edenperfumes.co.uk; Electric Rhubarb Eau de Parfum, £58, floralstreet.com; Dolma Amethyst Mist, £68.95, dolma-perfumes.co.uk; Amelie Mae, £40, lush.com

TOP TO TOE

Whisk yourself away to a tropical island while washing your hands with **Arbonne Botaniques Passion Fruit Hand Wash**. The uplifting scent is derived from natural botanicals and essential oils, and really cheered me up. Tropic's deliciously fruity **Wild Mint, Lime & Pineapple Body Wash** also transported me to sunnier climes amidst the winter grey outside, and the aroma lasted long after stepping out of the shower. Another exotic scented product to brighten up your bathtime is the **Maui Moisture Calming & Frangipani Body Wash**. The fruity formula soothed my skin, and will make

your bath or shower smell supreme – you won't want to get out! Post-bathing, the **REN Neroli and Grapefruit Body Cream** had an invigorating scent, which I found uplifting and relaxing at the same time; it was ideal after a stress-filled day. If it's nostalgic fragrances that you're after, there's nothing better than The Body Shop's **Strawberry Body Yoghurt**: the scent always reminds me of Saturdays spent using up testers while working out how to spend my pocket money!



From left to right: Arbonne Botaniques Passion Fruit Hand Wash, £19, arbonne.com; Tropic Wild Mint, Lime & Pineapple Body Wash, £10, tropicsskincare.com; Maui Moisture Calming & Frangipani Body Wash, £8.99, boots.com; REN Neroli and Grapefruit Body Cream, £22, renskincare.com; Strawberry Body Yoghurt, £8.50, thebodyshop.com



HOMELY SCENTS

A sweet-smelling bod is one thing, but I also like to live in a clean, wonderfully fragranced home. Luckily, there are plenty of vegan-friendly room sprays, diffusers, and candles that helped me to achieve this sought-after task. **Made By Coopers Purify Space Cleansing Atmosphere Mist** was lovely: the earthy scents gave me a real positive energy, even on a particularly glum day. It also lingered for a while after spritzing, so my home smelled really fresh and herbal. Meanwhile, the blend of essential oils in the **Poo-Pourri Lavender Vanilla Spray** made sure the lavatory had a sweet odour. It was ideal for when I had guests over, saving embarrassment, and acting as a natural air freshener

for that part of the house. Candles are another way to keep your home smelling fresh, and **Sunday of London VIII Memento Mori Candle** fit the bill perfectly with its delicate, earthy notes. Ground frankincense, patchouli, and smoky juniper combined to create a fantastic essence. Another way to keep your home fragranced is by using a diffuser, such as the **VOYA Oh So Scented Cedarwood & Bergamot Reed Diffuser**. This balance of citrus and forest notes was refreshing and soothing, and left my living room with a balanced aroma.



From left to right: Made By Coopers Purify Space Cleansing Atmosphere Mist, £15, madebycoopers.com; Poo-Pourri Lavender Vanilla Spray, £7, sainsburys.co.uk; VIII Memento Mori Candle, £29, sundayoflondon.com; Oh So Scented Cedarwood & Bergamot Reed Diffuser, £38, voya.ie

BEAUTY INSIDER

with cruelty-free MUA, Justine Jenkins



ABOUT JUSTINE

Justine Jenkins is a highly-acclaimed make-up artist with 20 years' experience of beautifying the best of British and international celebs, including Fearnie Cotton, Keeley Hawes and Jodie Comer. Her passion is cruelty-free, vegan, and organic beauty.

"If you're on a vegan beauty quest, I've got you covered with these 14 make-up bag essentials!"



Axiology Lipsticks, £29, naturelleshop.co.uk



Inika Organic Baked Mineral Blush Duos in 'Pink Tickle' and 'Burnt Peach', £33, inikaorganic.com

When on the hunt for vegan beauty products, it can be difficult to work out the good from the great... and the downright terrible. I've pulled together my trusted, best-loved vegan products, together with some exciting new buys that I just can't be without.

1 Earth Mother Soul Sister Raspberry and Coconut Face Cream, £28, earthmothersoulsister.co.uk

I discovered this Soil Association-certified organic brand when judging a beauty awards last year, and it's been an essential ever since. It's great under make-up, and is super-hydrating, so it's especially brilliant for this time of year.

2 By Sarah London Organic Facial Oil, £32, bysarahlondon.com

This is the most gorgeous oil to nourish and soften your skin. The molecular structure of a good essential oil is like a gas rather than an oil, so it sinks into the skin rather than sitting on it. This oil is great for everyday use, and for when your skin needs an extra boost.

3 Green People Age Defy Hydrate and Renew Serum, £39, greenpeople.co.uk

For a fantastic lightweight serum that packs a hydration punch, turn to Green People. Try this under any moisturiser or on its own – I also use it on my body when I don't opt for an oil or cream.

4 Emani Perfect10 Primer Serum, £32, emanivegan.co.uk

I love a good primer to even out skin texture so that make-up applies better and stays on for longer. Emani Cosmetics Primer is one of my current favourites, as I love the texture and the feel of the skin after application. If you don't understand what a primer does, this one will convince you that it should have a firm place in your make-up bag.



Emani Perfect10 Primer Serum, £32, emanivegan.co.uk

5 Pai Skincare Buriti Balm, £20.40, ecco-verde.co.uk

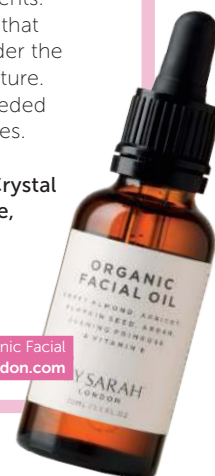
I never leave home without this. It's a soothing balm in a handy tube: pop on lips, cuticles and dry skin, or use it all over as a skin softener. It's great for travelling!

6 Tropic Illuma Light-diffusing Concealer, £18, tropicskincare.com

This is quite a recent find which I enjoy using on both myself, and my clients. What I love about this product is that it's effective but doesn't cake under the eyes, owing to the lovely soft texture. Pat on a small amount where needed to brighten and reduce dark circles.

7 Aether Beauty Rose Quartz Crystal Gemstone Eyeshadow Palette, £48, scentstore.com

Whilst on a trip to New York I discovered this brilliant, clean,



By Sarah London Organic Facial Oil, £32, bysarahlondon.com



CODE VLM Volumising Lengthening Mascara, £19.95, code-beautiful.com

sustainable brand, and I'm pleased to say it is now available online in the UK. The packaging is not only recyclable, but biodegradable and compostable, too! Plus, the ingredients are ethically sourced, the colour pay-off is superb, and you get an affirmation card inside each product to brighten your day.

8 Charlotte Tilbury Matte Revolution Red Carpet Red, £25, charlottetilbury.com

This is one of my all-time favourite vegan reds: they are hard to find, and they don't come better than this. Although Charlotte Tilbury isn't a 100% vegan brand, you'll be pleased to know it has a plethora of cruelty-free and vegan options.

9 Delilah Time Frame Future Resist Foundation, £34, delilahcosmetics.com

Another brand that isn't 100% vegan, but offers many vegan options, is Delilah. Its Time Frame Foundation is the one I use most on the red carpet. It has a lovely creamy texture, and good coverage without being too heavy, so the skin still looks healthy and glowing.

10 CODE VLM Volumising Lengthening Mascara, £19.95, code-beautiful.com

This is one of those products that immediately converts whoever I give it to. The brush is just the right shape, so you can get to the roots, and properly define lower lashes. It gives them great lift and volume, but coats them individually, so they still look natural.

11 Hourglass Arch Brow Micro Sculpting Pencil, £26, spacenk.com

The nib on the Hourglass Micro Sculpt Brow Pencil is so fine that you can easily fill in and shape brows with a feather-light touch, stopping them from looking overdone. Your brows will still look natural, but beautifully shaped, too. The brush on the other end is great to separate brow hairs and direct them to where you want them to go. There's a great colour range, too!

12 Kat Von D 'Anti-precision' Pencil Eyeliner, £17, debenhams.com

This is the product for anyone searching for a deeply-pigmented vegan black eyeliner that stays put.

It's a chubby crayon, so it's great for a smudgy look. For a more precision line, I use this in conjunction with an

Delilah Time Frame Future Resist Foundation, £34, delilahcosmetics.com



Aether Beauty Rose Quartz Crystal Gemstone Eyeshadow Palette, £48, scentstore.com

angled brush. Work quickly, though, as this sets like a dream. It's great for the waterline, too: it's a must when you need a liner that lasts.

13 Inika Organic Baked Mineral Blush Duos in 'Pink Tickle' and 'Burnt Peach', £33, inikaorganic.com

These are all you need in your blush kit. 'Pink Tickle' consists of a beautifully soft pink and peach, perfect for light to medium skin tones, while 'Burnt Peach' has a richer, deeper peach and pink, which is lovely on medium to dark skin tones. They work in any combination or as standalone colours, and the powder texture means they glide on with ease. They're error proof!

14 Axiology Lipsticks, £29, naturelleshop.co.uk

Axiology is a gorgeous brand with clean, natural lip-only products. Its crayons and lipstick colours are incredibly wearable and easy to apply. One of the few palm oil-free brands out there, the lipsticks are ethical through-and-through.

VEGAN BEAUTY EDIT

Switch up your routine for the new decade with these cosmetic handbag staples

1 Authentic Beauty Concept Strong Hold Hair Spray, £6, authenticbeautyconcept.co.uk

Keep your up-do looking good wherever you are with this salon-approved spray. It's an ideal size for keeping in your handbag, ready to spritz as needed.

2 Essential Vie Hydrating Moisturiser, £9.99, Boots

This blend of hydrating plant oils and extracts will nourish and rejuvenate dull, tired skin, and can be used on both the face and body – basically, wherever you need a boost!

3 Ishga Uplifting Body Spray, £45, ishga.com

Containing a fragrant blend of oils, this is perfect for using at home, in the gym, or on-the-go. The body spray is naturally

mood-boosting: the magnificent scent is a combination of lemongrass, rose geranium, mandarin, and sandalwood.

4 MegsMenopause Rosey Rain Facial Cooling Spray, £15, superdrug.com

This handheld spray will instantly cool you down and hydrate your skin. It's designed to help those suffering with hot flushes, and can be applied over or under make-up, as required.

5 Crystallized Amethyst Eyeshadow Palette, £10, justmylook.com

Crystal beauty has been on-trend for a while now, and this palette is inspired by precious amethyst, symbolising inner strength and courage. The shades are stunning metallic and matte purple

hues, so you can make a bold make-up statement this month.

6 Zao Nail Polish in 'Pink Champagne', £11.50, zaoessenceofnature.co.uk

Free from the 10 toxins you usually find in nail polish, this one contains 76% natural ingredients, and is rich in silica to strengthen your nails. The shade is elegant and sparkly, and we're big fans at Veggie HQ!

7 3INA The 24 Hour Foundation, £14.95, feelunique.com

Achieve medium- to high-coverage with a natural matte finish with this foundation. It's available in a whopping 26 shades, and does exactly what it says on the tin by staying on all day and night!

Peach & Rosemary Bath Bombs

Makes 6 bath bombs

There's no better way of escaping the winter chill than with a warm bath, and you can make it even better with the addition of a homemade bath bomb! Soap Kitchen has you covered with this amazing vegan-friendly recipe – let us know how you get on!

600g bicarbonate of soda
200g citric acid
25ml peach fragrance
1.5g tangerine red-coated mica
0.75g passion pink-coated mica
0.75g sericite mica
a sprinkle of rosemary water

1 Mix the bicarbonate of soda and citric acid in a bowl. Add the fragrance, and stir well to combine.

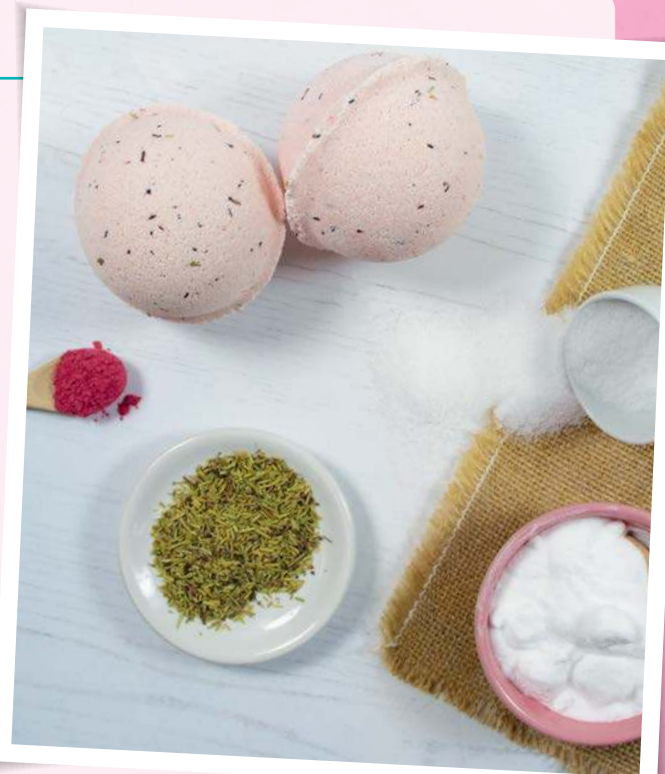
2 Separately blend your colours together, then add them into the bowl. Sprinkle in the rosemary, and mix well.

3 Spray the mixture with water, until you get a snowball-like consistency.

4 Scoop the mix into reusable bath bomb moulds, making sure that one is more heaped than the other. Line them up and press them together. Set aside to dry, and repeat until you have used up all of your mixture. Leave overnight.

5 Once the bath bombs are dry, you're ready for a bath!

All ingredients are available online at thesoapkitchen.co.uk



Head to page
54 for your
chance to win one
of three vegan
beauty bundles!



Styled Using...

Elf Cosmetics Calm Balm, £5,
available at **Boots** from **1st January**

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HIKING HERO

"I love nothing more than spending my weekends doing hikes and visiting National Trust sites across the country, so a pair of sturdy boots is really essential for me."

Luckily, M&S is paving the way on the high street with a vegan shoe collection the whole Veggie team is lusting over. These hiking boots tick my boxes for looking stylish, whilst

also being practical and super-comfortable. It's a yes from me!" **Faux Fur Hiking Ankle Boots, £45, marksandspencer.com**



DEADLINE ESSENTIAL

"As someone with multiple deadlines, keeping an eye on the clock is an essential part of my life. Thankfully, this vegan

leather watch is classically designed, and comes in an eco-friendly felt pouch and box. It's reliable, too: it has lasted well since I started using it five months ago. It's a special cruelty-free accessory to gift or to treat yourself."

The Pink & Rose Gold Watch by Votch, £120, mamoq.com



VEGGIE EDIT 2020: THE VEGAN ACCESSORY HOTLIST

Here's our guide to the real ethical favourites of the editorial team to give you slow-fashion inspiration through 2020 and beyond...



THE ULTIMATE HANDBAG

"I love my current work bag from LaBante London – it's a really practical tote that I can fit everything into, without it looking too bulky."



The vegan leather has a beautiful finish, and there are plenty of compartments for all of my bits and bobs. I've been using this bag for around six months now, and some of the stitching is starting to fray a little, but apart from that, it's still in the same great condition as the day I got it. The punchy fuchsia lining is another plus point: it adds a splash of colour to my mainly monochrome workwear outfits! I lust after most things on the LaBante website, so I'll definitely go back for more soon!" **LaBante London Demi Grey Vegan Shoulder Bag, £129.90, labante.co.uk**



LEOPARD PRINT LOVER

"I'm a sucker for anything leopard-print patterned; it's not

unusual to find me padding into the office in trainers, tops and dresses, all covered in the sought-after print – not to mention my faux-fur leopard-print jacket. This scarf is an integral part of my collection, pairing perfectly with black jeans on a winter's day. The soft bamboo fibres are cosy around my neck without being itchy, and I know it'll be a staple in my wardrobe year after year." **Scarf - Leopard, £69, asquithlondon.com**



WALLET WISE

"This beautiful wallet combines both practicality and my ethical values in one sleek design. The wallet is

ideal for everyday use with its many pockets; plus the rectangular shape is easy to quickly reach for in my handbag. Matt & Nat is an entirely vegan brand, with no animal products used in the production of any of its items, and it also focuses on sustainably sourced materials, which is really important to me. I'll definitely be investing in more from the brand." **Matt & Nat Central Wallet in Pebble, £80, mattandnat.com**



4 VERSATILE STYLES WITH VEGAN COATS



1

VENTURE
OUTDOORS



Argon Hoody Windproof Insulated Jacket in 'Dark Jade', £130, jack-wolfskin.co.uk; Kharani Om Zip Tee, £60, sherpaadventuregear.co.uk; Rathna Green Nitya Handwarmer, £25, sherpaadventuregear.co.uk; The Hawksbill Turtle Socks, £12, criticallyendangeredssocks.com; Po-Zu VIM Grey, £89, po-zu.com



2

SUSTAINABLE
STYLE



Uma Shine Coat, £309.91, ecoalf.com; Double Handle Shopping Bag, £130, originalsatchelstore.com; Waterdance Trousers, £59.95, seasaltcornwall.co.uk; Veg Supreme Dream Classic Sneaker, £79.95, vegetarian-shoes.co.uk

Stay wrapped up indoors and out with these cruelty-free coats and jackets



3

COSY AND
COMFORTABLE

Komodo Endeavour Blue Recycled PET Wrap Coat, £115, mamoq.com; Helmi Organic Cotton Wool Jumper in 'Toffee Brown', £79.90, frankandfaith.com; Akins Selvedge Jeans, £150, finisterre.com; Herringbone Navy Organic Cotton Socks, £6.25, komodo.co.uk



4
THE CITY
SLICKER

Volumnia Organic Cotton Coat in 'Midnight Navy', £140, wearthought.com; Monkee Genes Emily Dark Wash Organic Cotton Jeans, £65, komodo.co.uk; Dorothea Shirt, £79, peopletree.co.uk; Silver Wide Hoop Earrings, £18, peopletree.co.uk

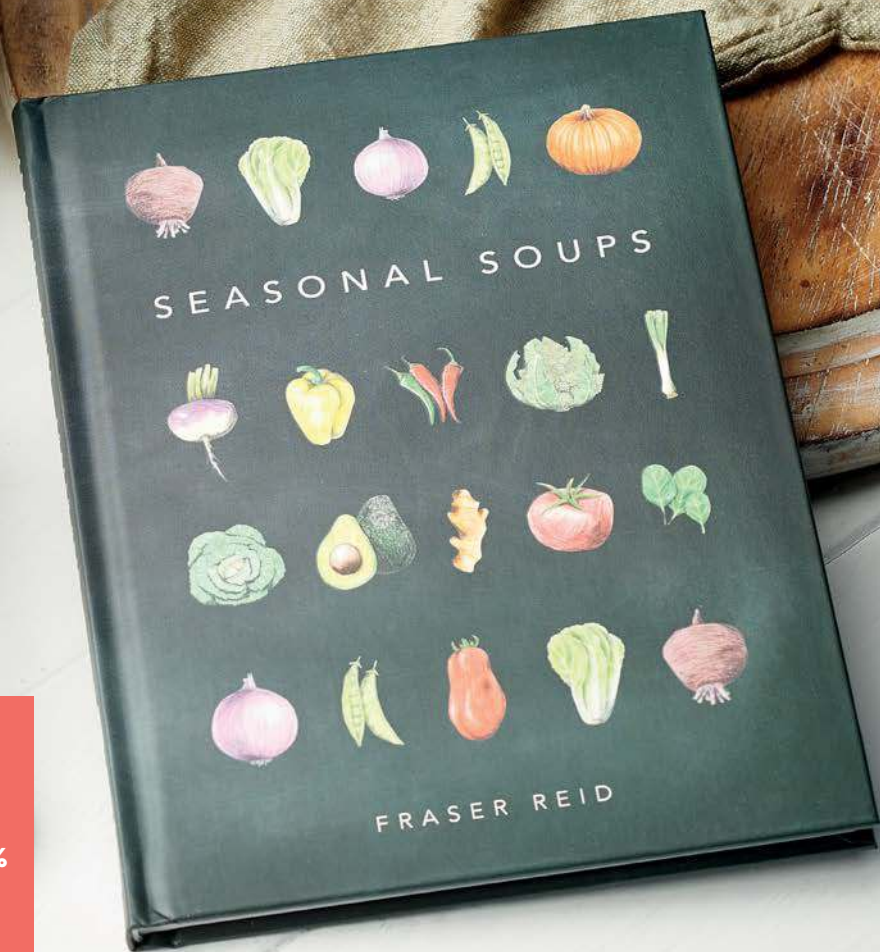
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VEGANISM:

trend or the new tradition?



There's no denying the rise of veganism, but what does it do for your health, and the planet's?

WORDS: RACHAEL PERRETT

Never has one word carried so much weight, stirred so many emotions, and had such commercial influence. As a vegan myself, I've noticed a stark change in the concept of veganism over the years. Thanks to marketing stunts like the launch of Greggs' vegan sausage roll – followed by the infamous incident with Piers Morgan and a bin – and the influx of documentaries like *What the Health*, *Dominion*, *Cowspiracy* and most recently, *The Game Changers*, veganism is firmly in the spotlight. And it's creating a rift that's seeing

believers and naysayers flock to complete opposite ends of the dietary spectrum. But while the publicity has divided opinions, there's no doubting the growth of the lifestyle. In fact, last year *The Economist* predicted that 2019 would be 'the Year of the Vegan', and the predictions were pretty spot-on. 2019 was certainly quite the year, with interest in the lifestyle soaring, and dedicated brands, products and events rising up to meet the demand. Veganism has clearly dug its claws into society, and refuses to release its grip.



As the lifestyle gains ground in the 21st century, it's worth noting that veganism isn't a new concept. There's plenty of evidence to show that people were living a vegan lifestyle as far back as 1806. In more modern times, the word 'vegan' came into official usage in 1944. Even then, the concept went beyond simply avoiding animal-derived foods. Instead, it revolved around the philosophy that animals should in no way be exploited, whether it be for food, entertainment, clothing, work, or any other element of our lives. In its essence, veganism from the beginning has been about living a more compassionate life; something we must never lose sight of as modern society attempts to profit from the growing trend.

A HOT TOPIC

The environmental impact of the meat industry is quite clear. And despite the concerted efforts of agriculture lobbyists, the veil is finally being lifted, and we're being made aware of the devastating impact that this sector has: the amount of deforestation to make way for beef cattle, and the levels of greenhouse gases resulting from the sheer scale at which animal products are being produced.

Last year, it was revealed that avoiding animal products was the single biggest step you could take to reduce your environmental impact. According to a study that was published in the journal *Science*, a vegan diet has a bigger impact than cutting down on flights or buying an electric car. They say that every small

step can make a difference; today, there are nearly 600,000 vegans in Britain alone, so imagine the impact we can create as a community.

THE POWER OF PLANTS

It's not only the health of the planet that's benefiting from your actions. The proof is in the avocado pudding when it comes to the health benefits of going vegan. Studies on the subject have revealed that we can find most of the vitamins and minerals that we need from a vegan diet. In fact, several studies have shown that vegan diets typically contain more fibre, antioxidants, magnesium, and vitamins A, C and E than meat- and dairy-centric ones. What's more, vegans are said to be less likely to suffer from depression, as well as health issues and diseases such as high blood pressure and cholesterol, diabetes, heart disease, gallstones, hypertension, and more. Vegans also tend to have better vision, and overall enjoy longer, healthier lives.

Of course, all of this relies on understanding what a balanced diet entails – after all, crisps, chips and chocolates can still be vegan. And with the growing number of processed alternatives today, it would be easy to switch to a vegan diet, yet make no improvement to your health. What's more, many of these alternatives are laced with palm oil; the production of which has its own environmental implications. So, instead of cramming your diet with processed foods, consider your vegan journey as the perfect opportunity to learn more about

nutrition while having fun exploring new foods, flavour combinations and cooking techniques. Provided you follow a balanced diet that's filled with plenty of colourful fruit and veg, wholegrains, plant-based protein, and is supplemented with the key vitamins you need such as iron and B12, you'll stay healthy.

A KINDER LIFE

Beyond food, this compassionate way of living also encompasses beauty, apparel, and your lifestyle in general, because animals are exploited for more than just food. Many people are still unaware of the ways in which they're used to create everyday products, from the inclusion of animal-derived ingredients in make-up, to the feathers used in down jackets and duvets. What's more, supplements, candles, laundry detergents, soap and wine are typically made from animal-derived ingredients. This may sound overwhelming, but don't let it deter you. There are many vegan versions of such products available these days, some by mainstream brands; others from smaller start-ups and online vegan supermarkets. If you're ever unsure, there are various resources that can help you navigate what's vegan-friendly, including PETA and The Vegan Society. But remember, too, that this is your own journey. The lengths you wish to go to in order to live a vegan lifestyle are up to you. And if you do slip up, don't feel guilty or let it deter you from your vegan journey.

At the end of the day, it can be challenging to live a vegan lifestyle in a non-vegan world, but luckily, views are shifting. Today, the changes across the board are incredible to see: schools and universities are catering to vegans; fashion designers are implementing bans on fur; even the legendary Raymond Blanc – who calls himself 'the Stella McCartney' of sustainable eating – advocates vegan fine-dining spots. It's clear that change is afoot. But what's more, together we can have a huge impact and create a better future for ourselves, and the planet we call home.

Become a CNM Vegan Natural Chef



Training with the College of Naturopathic Medicine



CNM Natural Chef is an accredited member of ICSA (Independent Cookery Schools Association).



CNM has a 22-year track record of training successful practitioners.



THE COURSE IS SUITABLE FOR ALL FOOD LOVERS



The College of Naturopathic Medicine is the leader in teaching therapeutic cooking and its Natural Chef ICSA-accredited course meets the growing demands of a society increasingly fascinated by health-promoting, nutritious food.

The course is suitable for all food lovers, whether you want to learn how to serve up truly delicious, healthy dishes or turn your knowledge into a successful career. Career options include becoming a chef in a restaurant or spa; working as a private chef; developing your own food-based business, from cooking instructor, product developer and consultant, to food and recipe writer, cookbook author and beyond!

"I have found the Natural Chef course to be all I hoped it would be and much more. I am amazed that not even half way through my course I am able to cook recipes to a high standard. I love the variation of different lecturers that we have. I love cooking in this team environment and get so excited by all the different food types we cook with. It's been eye opening. I am so grateful for the support CNM offers and really enjoy the friendly, helpful learning environment."

SUZANNE NOAKES, CNM NATURAL CHEF STUDENT.



Recipes created by CNM Vegan Natural Chef Graduates
© Photos CNM Natural Chef Kitchen

College of Naturopathic Medicine has a 22-year track record training successful health professionals - in class and online www.naturalchef.com | 01342 410505

GIVEAWAYS

This month, we're giving you the chance to win a vegan beauty bundle, a vegetarian cookery course, a skincare collection, and a sustainable beauty kit

WIN A VEGAN BEAUTY BUNDLE FROM ECOOKING!

WORTH
£500

Finding products that work for your skin can often seem like a difficult task. With so many brands out there, it can become a minefield trying and testing the ones that best suit your skin type.

That's where Danish skincare brand Ecooking comes in. Perfectly in line with Veggie's values, the brand is eco-friendly and vegan, plus each product is made up of 100% organic oils. The company is championing sustainability, and ensures that where possible, no products contain outer packaging; instead focusing on recyclable materials. Fancy trying some new skincare? We're giving away five bundles of Ecooking products, including the bestsellers: Ecooking Peeling Mask, Vitamin E Fragrance-Free Serum, and the Fragrance-Free Day Cream. It's everything you need to kick off the New Year with great skin. Find out more about the brand's full range at ecooking.com



WIN A VEGETARIAN COOKING CLASS AT LITTLE PORTLAND STREET!

WORTH
£500

We love boosting our skills in the kitchen and mastering new dishes, particularly as we head into the New Year. So, we've teamed up with the sustainably-minded Cookery School at Little Portland Street to offer three lucky winners the chance to master an array of veggie-packed dishes to spoil their friends and family throughout 2020 and beyond.

As more of us decide to live a meat-free lifestyle, it's more important than ever to make sure that vegetarian dishes are nutritious and delicious! You'll learn how to make vegetarian alternatives to traditional meat dishes, including pâté and lasagne, so the class is ideal for beginners, as well as experienced veggie cooks. You'll also learn to make Cheddar and herb soufflé, a spinach tart with olive oil pastry, and seasonal barley risotto. It's the perfect place to add some new dishes to your repertoire, whilst having fun at the same time. Find out more at cookeryschool.co.uk



WIN THE ULTIMATE 2020 SKINCARE COLLECTION FROM TROPIC!

WORTH
£500

It's no secret that the Veggie team are big fans of vegan beauty giant, Tropic, so we're thrilled to team up with the vegan beauty brand to make your Veganuary even more exciting!

Five lucky readers will win the Tropic Skincare Selection; a carefully curated collection that includes the essentials to make your skin shine.

You'll receive two skin treatments and a freshly made mask; the widely sought-after Smoothing Cleanser + Bamboo Cloth; Vitamin Toner Complexion Purifier; Skin Feast Nourishing Cream Concentrate; Rainforest Dew Hydration Serum; Skin Dream Age Defying Firming Cream Concentrate; and the Deep Hydration Soothing Cooling Mask.

It's the perfect introduction to Tropic if you've never tried the brand, and the ultimate way to kick off your 2020 vegan skincare routine. Discover more about the products at tropicskincare.com



WIN A SUSTAINABLE BEAUTY KIT FROM SKIN ACADEMY ZERO!

WORTH
£250

Feel good inside and out with this hamper of amazing skincare treats from Skin Academy Zero.

The range is ultra-nourishing, sustainably-sourced, cruelty-free and vegan, plus the packaging is both

recycled and recyclable. It's been taking the beauty industry by storm since the launch, and is one of the few mass-market ranges that is also 100% natural, making it perfect for even the most sensitive skin. As part of the prize bundle, you'll receive a day cream, night cream, eye cream, facial wash, facial scrub, and hand and nail cream. This fabulous prize offers sustainable skincare with zero compromise! Follow @skinacademy_ for more info, and to join the beauty revolution! View the products at skin-academy.co.uk



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Delicious Dining for One Pound

Discover tasty veggie meals that
won't break the bank with
these easy £1 dishes from
Miguel Barclay



Potato & Leek Slice

Per serving: 611 cals | 32g fat

Serves 1

Ready in 1 hr, plus chilling

1 potato, diced
1 leek, sliced
small handful of
Cheddar cheese, grated
20cm x 20cm sheet puff pastry
1 free-range egg, beaten
olive oil
salt and pepper

1 Season and pan-fry the diced potato in a splash of olive oil over a medium heat for about 10 minutes, until soft, then add the sliced leek and continue to pan-fry for another five minutes. Transfer the potato mixture to a bowl, add the Cheddar and mix everything together, crushing the potatoes slightly.

2 Line a rectangular dish approximately 10cm x 5cm with cling film. Transfer the filling to the dish and squash it down with the back of a spoon. Refrigerate for about one hour, until it sets into a block shape.

3 Preheat your oven to 190C/375F/Gas 5. Remove the block of filling from the dish and wrap it in the sheet of puff pastry. Place the slice on a lined baking tray, brush with beaten egg, and bake in the oven for about 30 minutes, until golden-brown, then serve.

Chinese-style Oyster Mushrooms

Per serving: 394 cals | 8.6g fat



Serves 1

Ready in 20 mins

"You can make this dish with any type of mushroom, or any veg really, but I find oyster mushrooms have a wonderfully meaty texture that makes this a satisfying and substantial alternative to a Friday night Chinese takeaway."

½ mug basmati rice
1 mug of water
handful of oyster mushrooms
splash of sesame oil

1 garlic clove, sliced
squeeze of golden syrup
or honey
squeeze of sriracha
soy sauce
pinch of sesame seeds

1 Put the rice and water in a saucepan and cook over a medium heat with

the lid on for about seven minutes, until all of the water has been absorbed and the rice is cooked.

2 Meanwhile, pan-fry the oyster mushrooms in a splash of sesame oil over a medium heat for a few minutes, then add the garlic and fry for a few more minutes, until the garlic starts to brown.



"This is my version of the famous Greggs cheese and onion slice, and is packed with so much flavour. It's best eaten in slices."

COOK'S TIP

Use golden syrup rather than honey to make this dish vegan.





Add the golden syrup and sriracha and simmer for a few minutes, until the sauce starts to thicken, then stir in a splash of soy sauce. Serve the mushrooms on a bed of cooked basmati rice, and sprinkle with sesame seeds and spring onion.

Spinach Orecchiette

Per pizza: 458 cals | 26.2g fat



Serves 1

Ready in 25 mins

"Frozen spinach is very different from fresh spinach: it gives the dish a much greater depth of flavour."

"I always keep some in the freezer to be used at a moment's notice."

a handful of dried orecchiette pasta
3 blocks frozen spinach (about 50g)
2 garlic cloves, sliced
big glug of single cream
small handful of vegetarian Parmesan-style cheese, grated
olive oil
salt and pepper

1 Bring a saucepan of salted water to the boil, add the pasta and cook until al dente. Meanwhile, defrost the spinach in a dry frying pan over a medium heat, and when it is almost

fully defrosted, add a glug of olive oil and the garlic. Fry for a few minutes until the garlic starts to colour, then add the cream, season with salt and pepper, and simmer for a minute.
2 Drain the pasta, retaining a little of the cooking water. Add the pasta and a splash of the cooking water to the pan of spinach and stir to combine. Serve drizzled with olive oil and scattered with the grated cheese.



BOOKSHELF

Recipes extracted from *Meat-Free One Pound Meals* by Miguel Barclay (Headline, £16.99).

Photography: Dan Jones.

On sale from 26th December.

The Breakfast Club

Morning goodies have certainly branched out from bland cereal. But what other options are out there? The *Veggie* team investigates...

THE HONEY



SIAN BUNNEY, EDITOR:

Mmm... this is quite sweet and subtle; it's definitely well-suited to breakfast. I like it on toast, but I can also imagine it working well on granola. It's delicious!

PAISLEY TEDDER, CONTENT WRITER:

I like it – I'm going in for seconds. It's not too overpowering; this would be nice as an everyday honey.

Hilltop Honey Blossom Honey, £2.50, Sainsbury's

THE BUTTER



SB: *I've never had goats' butter before! It's white but very butter-like; I thought it would be creamier. Plus, it doesn't smell like goats' cheese. It spreads quite easily, and it has a hint of goat dairy*

flavour. I like the texture, but I think it's an acquired taste.

Delamere Dairy Goats Butter, £1.90, delameredairy.co.uk

THE GRANOLA



RACHAEL PERRETT, DEPUTY EDITOR:

I like the sound of this: it contains oat flakes, desiccated coconut, cashews... but it also has fructose, which I try to avoid.

SB: *I love the coconut flavour, and it has a great texture: you can really distinguish the different elements. I'd definitely have this for breakfast.*

RP: *I expected it to be sweeter, so I'm pleasantly surprised. I'd have it with soya yoghurt and berries.*

Lizi's Digestive Health Granola, £3.70, Sainsbury's

THE PASTRY



RP: *My first concern is the amount of excess plastic packaging: each croissant is individually wrapped within the larger packet.*

SB: *And it says on the back that it's not recyclable. But there's no palm oil in it, which is good; it has shea fat instead.*

RP: *Well, it's exciting as a vegan to be able to eat a croissant! It's quite yellow compared to a normal croissant; it's still flaky, yet a bit more spongy and compact. But spread with some jam, it's quite nice.*

La Boulangère Vegan Croissants, £2.75, Sainsbury's

THE YOGHURT



SB: *This is so smooth. It smells amazing, too: fruity with a classic yoghurt whiff. It's not too sweet, either. It's lovely on top of granola.*

PT: *You're right, it's so creamy, but also has a nice tanginess to it that's quite different; probably owing to the fermentation process. I'd like to try the brand's other flavours, too.*

Yeo Valley Mango and Passion Fruit Kefir Yoghurt, £1.50, ocado.com

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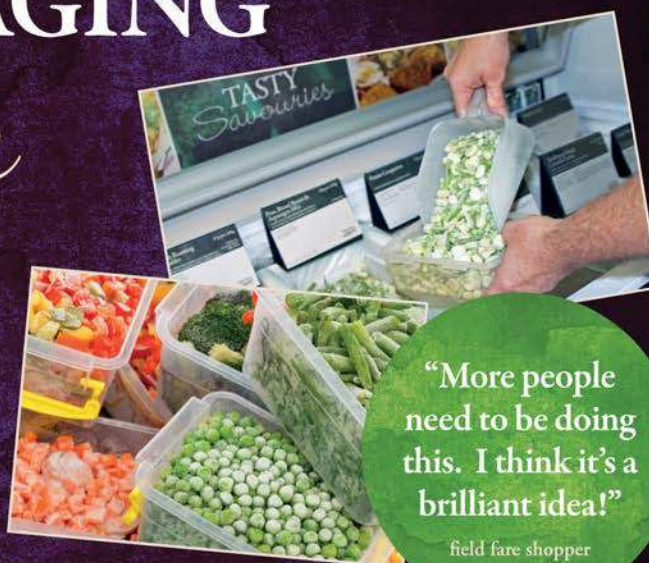
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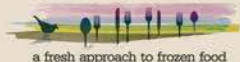
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The veggie's guide to **HEALTHY EATING ON A BUDGET**

Think a healthy lifestyle has to be expensive? Think again!



Let's face it: healthy ingredients can often be expensive. So, when you're predominantly plant-based and trying to avoid packaged, processed foods, it can be challenging. But the good news is that there are ways you can eat wholesome foods while sticking to a budget. Here's how...

PLAN AHEAD

Setting out your meals for the week can help you stay on track in more ways than one. First, check what's in your fridge or pantry and consider how you can incorporate these into dishes over the next week. Then, plan out what you'll cook for each meal throughout the week, making a list of exactly what ingredients you need. When you do your shop, stick to the list. Don't be tempted by special offers on products you never needed in the first place, and avoid shopping when you're hungry, as you'll likely reach for sugar-rich snacks. Instead, stick to your list and buy only what you need in the required quantities. Not only does this help you stick to a budget, it will help you reduce your food waste, too.

COOK FROM SCRATCH

Granted, we all have days where we're too busy or simply don't feel like cooking. But all of those takeaways and ready meals can really add up. By cooking for yourself at home, using plenty of fresh produce and plant-based dry ingredients, you can create tasty, healthy dishes for a fraction of the price. This also applies to making your lunches for the office: bringing a homemade option will save you money and help you avoid unhealthy takeaway options.

MAKE THE MOST OF YOUR LEFTOVERS

Even if you've planned out your meals and stuck to recipes, you may still find yourself with a surplus, but that's okay. Make the most of leftovers by thinking about ways you can reuse them – perhaps in a soup, sandwich, or stew? It's also worth batch-cooking and freezing foods in containers that are the perfect portion size. This is a handy solution on days when you don't feel like cooking!

“Shopping seasonally is not only better for the environment, but for your wallet, too! Seasonal produce is often cheaper, and you can even buy more of it to freeze and eat throughout the year”

CHANGE THE WAY YOU SHOP

You may be set in your ways, but it's worth rethinking how and where you buy food to help you save a penny or two. Shopping seasonally is not only better for the environment, but for your wallet, too! Seasonal produce is often cheaper, and you can even buy more of it to freeze and eat throughout the year. Don't be afraid of purchasing frozen fruits and vegetables, either. The nutritional value will be very similar to fresh produce, but check that there is no added salt or sugar.

Also, consider visiting shops that allow you to buy in bulk. Many world food stores cater to this, so you can stock up on ingredients such as rice, lentils, coconut milk, and spices at a better price. If you visit the farmer's market, try to go towards the end of the day. Vendors will likely be eager to get rid of stock that they don't want to take back with them, so you could find yourself a deal or two, plus you'll be supporting local traders. In supermarkets, browse the reduced-to-clear shelves to find items like a fresh loaf of bread for half-price; it's ideal for slicing and keeping in the freezer until you need it. When walking the aisles, it's also worth keeping in mind that the more expensive items will be at eye-level, so scan top-to-bottom to see if you can find the same item at a better price. Also consider more budget-friendly brands, as these are often the same nutritionally – just try to avoid those with excess sugar, salt and additives.



Frylite Sunflower Oil Cooking Spray,
from £2, Waitrose

Make your oil work harder with this one-calorie option. Frylite's healthy cooking oil spray has 95% less fat than a tablespoon of pouring oil, plus each bottle can last up to 190 meals – that's 1p per dish!

TIME-SAVING HEROES

In a rush? Try these healthy items...



Essential Waitrose Grilled Mix Vegetables,
£1.60, waitrose.com

Keep a bag of these frozen veggies on hand for days when you're short on time, but still want to enjoy a healthy, home-cooked meal.



Just Add Ginger Purée,
£1.40, ocado.com

If you don't want to buy fresh ginger in case it goes off before you can use it, ginger purée is the ideal solution! Add a squeeze into curries, stir-fries, marinades, and salad dressings.

COOK THE COVER

A quick and easy vegan supper is all yours, complete with aromatic, spicy flavour!

Oriental Vegetables with Tofu, Chilli, and Sesame Seeds



Serves 4

Ready in 20 mins

3 large carrots
3 baby cucumbers
3 tbsp rice wine vinegar
¼ tsp caster sugar
¼ tsp salt
1 pinch ground Sichuan peppercorns, optional
1 small handful coriander, torn
600g extra-firm tofu, patted dry and cubed
2 tbsp cornflour
2 tbsp dark soy sauce, plus extra to serve
2 tbsp sunflower oil
2 little gem lettuce, leaves separated and washed
2 red chillies, sliced diagonally
2 tbsp white sesame seeds
hoisin sauce, to serve

1 Peel and cut the carrots into thin batons. Peel the cucumber lengthwise into long strips.

2 Whisk together the vinegar, sugar, salt, and peppercorns (if using) in a mixing bowl, until the sugar and salt dissolve. Add the carrots, cucumber, and coriander, tossing to coat. Set aside.

3 In a mixing bowl, toss the tofu cubes with the cornflour to coat. Drizzle over the soy sauce, tossing again.

4 Heat a wok over a high heat until hot. Add the oil, swirling to coat, then the tofu cubes, stir-frying until golden-brown and crisp at the edges; about 3-5 minutes. Remove from the heat.

5 Divide the lettuce and dressed carrot and cucumber between plates. Top with the tofu, red chilli, and sesame seeds. Serve with pots of hoisin or soy sauce on the side.



FUSION FOODS

We caught up with food writer and TV chef, **Ching He Huang** to find out about her fondest food memories, and her favourite veggie-friendly dishes for Chinese New Year...



BOOKSHELF
Recipes extracted from *Wok On* by Ching He Huang (Octopus, £10.94)

My grandmother is my biggest inspiration. I grew up on her farm in southern Taiwan; she used to cook with her wok on a large wood fire burner, and make delicious seasonal food. She did this whilst wearing Chinese traditional dress, red lipstick and curlers in her hair: she was the ultimate matriarch. We had delicious juicy oranges and plenty of bamboo on the farm, but in terms of material wealth, we didn't have much; what we did have was amazing produce and her incredible cooking, and that was all we needed, really.



Vegetarian Chinese food is amazing. I love mapo tofu, sticky tofu with rice, General Tso's tofu and Hong Sao tofu – there are so many amazing Chinese options with tofu. It's one of my vegetarian staples and so delicious with rice and steamed greens. It's also incredibly healthy; we use it as a key ingredient in our house as my husband is a vegan.

Most Chinese vegetarian dishes can easily be made vegan; all you need to do is omit the eggs, as we Chinese use virtually no dairy in our cooking.

Asian cuisine is great when you're on a budget. You can cook an amazing selection of stir-fried vegetables, depending on the season, with delicious rice or noodles, especially if you stock up on Chinese cupboard essentials: good-quality soy sauce, vinegar, rice wine, five spice, chilli pastes, and soy bean pastes. This ensures you can make wonderful flavour combinations.

I eat around 80% vegetarian most of the time. I sometimes skip breakfast, but when I do eat it, I'll have porridge cooked with oat milk, a drizzle of honey, and sliced apples. Lunch is usually an aubergine and potato curry with rice, or if I'm out, I'll have a veggie mushroom burger or a veggie wrap on-the-go. My dinner will either be vegan mapo tofu with rice, mushroom tomato ramen, or a tofu, chickpea, and potato katsu curry.



My latest obsession is French Dijon mustard! I just love it: 'peppery hot' is one of my favourite flavour profiles right now, alongside 'hot and sour'. I also love to cook with rice vinegar, Shaohsing rice wine, sesame oil, and soy sauce.

Cutting down on sugar, and desserts in general, is one of the ways that I try to stay healthy. I substitute it by eating more fruit, and find that can help. In my cooking, I'll also limit the amount of oil I use – luckily, stir-fries only need small amounts of it. I also try not to snack in-between meals, as each time you eat, you spike your sugar levels, and I find that the more I eat, the more I want to eat, but I don't need to!

My grandmother always said, if you don't know how to cook, you can't feed yourself, and you can't be healthy. I would say that's a bit harsh, but you should work hard, hone your craft (especially your signature dishes), and remember that practise makes perfect! Enjoy the cooking process – I find it so meditative and relaxing – and use it as an opportunity to reconnect and nourish yourself after a busy day.

Thai Green Sweet Potato Curry

Per serving: 480 cals | 32.4g fat



Serves 2

Ready in 55 mins

"This dish is great on a cold winter's day. First, roast the sweet potatoes, then make a quick Thai green curry in the wok, and serve with jasmine rice. This is perfect in every way: it's wholesome, yet easy to make, and above all, vegan!"

300g sweet potatoes,
cut into chunks
pinch of salt
1-2 tbsp rapeseed oil

For the curry:

1 tbsp rapeseed oil
2.5cm fresh ginger,
peeled and grated
2 baby shallots, sliced
1 lemongrass stalk
2 tbsp Thai green curry paste
1 tbsp tamari or low-salt light
soy sauce
200ml coconut milk
300ml vegetable stock
pinch of salt
100g sugar snap peas or
mangetout, whole
Thai basil leaves
1 red chilli, seeds in, sliced

1 Preheat the oven to 180C/350F/
Gas 4. Put the sweet potatoes on
a baking tray and season with salt
and oil. Roast in the oven for
30-35 minutes.

2 For the curry, heat a wok
over a medium heat, add
the rapeseed oil and swirl it
round the pan. Stir-fry the
ginger, shallots or onion and
lemongrass for a few seconds
to release their aroma.

3 Pour in the Thai green curry
paste and tamari or light soy
sauce, and stir around in the
wok. Add the sweet potatoes
followed by the coconut milk
and vegetable stock. Bring the
curry to the boil, until the sweet
potatoes look lightly crisp and
browned at the edges.

4 Add the salt and sugar snap
peas or mangetout, and cook
for 30 seconds. Garnish with
the basil and sliced chilli. Spoon
out and serve with jasmine rice.

Vegan Smoked Tofu

Per serving: 298 cals | 23g fat



Serves 2

Ready in 15 mins

"This is a great low-carb dinner with a spicy kick! The courgetti noodles are full of fibre; the hot oil dressing is super-tasty; and the black rice vinegar provides a nice tangy-sour flavour. Children prefer courgetti hot and blanched, but you may prefer it uncooked – it's up to you."

2 large courgettes, cut thinly
lengthways to make the noodles
100g smoked tofu, cut into
julienne strips

For the fragrant hot oil dressing:

1 tbsp rapeseed oil
1 garlic clove, finely chopped
2.5cm fresh ginger, peeled
and grated

1 red chilli, deseeded
and finely chopped
1 tbsp tamari, or low-salt soy sauce
1 tbsp Chinkiang black rice vinegar,
or balsamic vinegar
½ tbsp toasted sesame oil
1 tbsp Sichuan chilli oil
pinch of ground toasted
Sichuan peppercorns
pinch of cracked salt
a handful of chopped coriander

1 Pour 500ml water into a medium pan
and bring to the boil. Keep on a gentle
simmer while you make the dressing.

2 Heat a wok over a high heat until
smoking, then add the oil, and give it a
swirl. Add the garlic, ginger and chilli, and
toss for a few seconds. Stir in the rest of
the ingredients, then set aside to keep hot.

3 Toss the courgette strips into the
simmering water for 20 seconds to
soften. Lift the noodles out, then drain
and add them to the wok with the
smoked tofu. Toss it all together well
to heat through, then eat immediately.



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Beauty UPDATE

Content writer, **Paisley Tedder** shares the latest on the cruelty-free scene

TRUST IN TRANSPARENCY

One of the UK's fastest growing online beauty retailers, Cult Beauty, has recently launched its new mission: to end the greenwashing epidemic in the beauty industry. To do this, the platform has teamed up with digital transparency forum, Provenance, to share honest details of each brand's origin and efficiency, including the environmental and social impact of products sold on the Cult Beauty site. This is the first move of its kind, and it's hoped that this will improve



consumer education, and trust in businesses that are doing the right thing. The system operates on a 'Provenance Proof Points' framework, and shoppers can click to see how something is qualified; for example, the specifics around something being labelled as 'recyclable'. With so many brands making claims, whether it be veganism or charitable donations, this is an open way to find out exactly what values each company holds. Explore the new system at cultbeauty.co.uk

STAY GORGEOUS

Keeping our locks looking fresh as we roll into 2020 is high on our list of priorities. Our hair is no doubt suffering from wind battles, as well as a dry spell after a month of heat-damage and product overuse that goes hand-in hand with a December spent socialising. So, it's safe to say that our locks could do with some TLC! Our answer to that is the new Phil Smith Be Gorgeous Cocolicious range, infused with soothing coconut oil, to leave our tresses nourished and soft. The collection, which is both cruelty-free and vegan-friendly, includes a shampoo, conditioner, hairspray, and heat defence spray, so you're completely covered for every haircare need. Purchase the range exclusively at Sainsbury's.



REUSE & RECYCLE

One of our favourite vegan brands, BYBI, has launched a circular recycling scheme, and we couldn't be happier! From now onwards, every BYBI UK order placed for products housed in glass bottles (70% of the range), will come with a free Royal Mail returns label, so empty bottles can go back to the brand. They will then be fully sterilised in-house and reused, omitting the energy-intensive industrial recycling process. On the whole, BYBI is hoping to greatly reduce the production of virgin packaging materials across its entire range. Any excuse to make another order, we say! Browse the collection at bybi.com



3 OF THE BEST VEGAN CONDITIONERS

Lavender & Geranium Conditioner Bar, £4.95, friendlysoap.co.uk

This handy little bar is kind to the planet, gentle on your scalp, and leaves hair super-soft. It's also a great zero-waste option, and smells amazing!



Penny Price Frankincense & Orange Conditioner, £5.94, penny-price.com

Designed specifically for oily hair, this will both moisturise and balance your locks, leaving them silky-smooth.



Only Curls All Curl Conditioner, £16, onlycurls.com

A must-have for those with natural waves, this promises to keep curls hydrated with a blend of jojoba, coconut, avocado, and macadamia oils.



67% OF PEOPLE CONSIDER WHETHER AN ITEM IS VEGAN OR VEGETARIAN TO BE MOST IMPORTANT WHEN SHOPPING FOR SKINCARE PRODUCTS*

*Statistic obtained from cosmetify.com



NEW PRODUCT ALERT!

Look after your skin in the winter months by using soothing products that nourish a weathered complexion. Start as you mean to go on with your skincare and invest in this new, sustainable Facial Cleansing Balm from UpCircle! Suitable for all skin types, the balm effectively removes make-up, whilst also soothing skin with a fruity blend of discarded ground apricot stones. It's an ideal winter investment. £18.99, upcirclebeauty.com



Streamline YOUR SKINCARE

Embrace the 'skip-care' trend by targeting the areas you need with our expert advice

Sustainability is becoming paramount in the cosmetics industry. While switching to zero-waste packaging and choosing vegan beauty products are important elements, cutting down on the number of items we use is one of the biggest ways to make our beauty routines meet this criteria. But how do we do this? Many of us have been led to believe that we need 12-step regimes for perfect skin, so is it really that easy to cut down? What happens if you are prone to breakouts, or suffer from sensitive skin? We sought answers from advanced skin and laser expert, Debbie Thomas, to find out how you can reduce the number of products you rely on. Here's how you can use more of what you really need for your skin type, whether it's dry, prone to breakouts, mature, or sensitive.

1 DRY SKIN

"It's common to suffer from dry skin, especially during the extreme seasons when the weather has a big impact," Debbie says. "Whilst drinking plenty of water can make a positive difference, product-wise you need to make sure that what you use contains the right ingredients. Look for ceramides or oat lipids in ingredient lists, as these help to repair the uppermost layer of the skin, strengthening it so it can better retain moisture. Hyaluronic acid will also bind moisture to the skin, holding up to 1,000 times its own weight in moisture, which it will slowly release into your complexion, as needed.

"It's also important to regularly exfoliate. If you want your hydrating creams to penetrate deeper into the skin, look for acids like mandelic or gluconolactone, which will draw water in." Maintain a fresh and dewy complexion with regular application of Previsé HydroFoam Rejuvenating Hyaluronic Moisturiser (£42, wolfandbadger.com) and The Ordinary Hyaluronic Acid 2% + B5 (£5.90, boots.com). Be sure to exfoliate regularly with Aurelia Refine & Polish Miracle Balm (£57, aureliaskincare.com).



2 OILY & BREAKOUT-PRONE

"Reducing blockages is the essential first step in rescuing breakout-prone skin, so think exfoliation. The best acids for the task are salicylic, azelaic, and mandelic, as these will all lightly peel the skin whilst penetrating the pores to break down blockages. They also have anti-inflammatory and anti-bacterial properties to keep your complexion clean and shiny. Post-exfoliation, use hyaluronic acids to bind moisture to the skin; unlike oil-rich hydrators, these won't add to the congestion in your skin. It's also a good idea to use probiotics to help balance the skin's bacteria, as this can help to reduce irritation, similar to how they work in the gut." The BareMinerals Poreless Exfoliating Essence (£22, bareminerals.co.uk) is a gentle exfoliator that's ideal for daily use; it minimises pores and balances oils, whilst not being too harsh on the skin. Combine this with the Indian Clay Non-Foaming Cleanser (£6.99, botanicallab.com) for a detoxing, unclogging cleanse. Then, keep your complexion moisturised and radiant with the Morning Expert Hyaluronic Serum (£37, thisworks.com).



3 MATURE SKIN

"It's a common myth that older skin requires the most products; as long as you're using those with targeting elements, you too can have a 'skip-care' regime. Retinol is one of the most proven age management ingredients, and its benefits include balancing hydration, stimulating new cell production, improving microcirculation, and protecting against free radical damage. As with dry skin, ceramides or oat lipids will repair the skin's barrier; this means locking in essential hydration, but keeping out irritants like the micro particles in pollution. Look for antioxidants to help repair and protect against free radical damage (caused by things like UV damage or poor diet). Vitamin C is the most common antioxidant; as well as adding protection, it will help to stimulate collagen and brighten your complexion." Be sure to cleanse thoroughly morning and night with a nourishing offering such as Dr Hauschka's Soothing Cleansing Milk (£25.50, drhauschka.co.uk). The Grounded Egyptian Gold Retinol Serum (£39.99, groundedbodyscrub.co.uk) is ideal for applying in the evening, and contains hyaluronic acid for added hydration. Seal in the moisture with the Vitamin C Glow Boosting Moisturiser (£16, thebodyshop.com) to give your skin a daily boost and a natural-looking, healthy glow.



4 SENSITIVE SKIN

"Those with sensitive skin need to be careful about what they apply, depending on their sensitivities. Be sure to keep your skin hydrated, and lock out irritants like the micro-particles in pollution. I've spoken about it a lot already, but hyaluronic acid binds moisture to the skin; be wary of oil-rich hydrators, as these can often unbalance the skin more, thus leading to more sensitivity. I'd also strongly recommend using anti-inflammatory ingredients such as silymarin and rosehip to reduce any redness and inflammation in your skin." Calm your complexion with the Akamuti Calendula & Chamomile Balm (£7.50, akamuti.co.uk); an ideal winter solution for softening and protecting irritated or dry skin. Pair it with the Botanicals Rosa-Renew Anti-Ageing Serum (£34, botanicals.co.uk) and the Chamomile & Rosehip Calming Day Cream (£38, paiskincare.com), which is ideal for daily use to ensure your complexion stays soft and nourished.

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While expensive brands manufacture perfumes using traces of animal substances, Dolma fragrance is the natural result of cultivating essential oils with ethyl alcohol and a unique blend of perfume compounds.



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DOWN-TO-EARTH

BEAUTY

From chanterelle shampoos to enoki eye creams, the humble 'shroom could be your new skincare saviour

WORDS: JOANNE GOULD

Mushrooms have been used in Chinese medicine since ancient times, but it's only now that we in the UK are waking up to their magical powers. As something of a superfood, mushrooms are packed full of vitamins and minerals, making them frontline defenders in the immunity and energy stakes. But there's no need to knock up a mushroom risotto to reap the benefits. Mushroom extracts are now being harnessed for topical application, making this clever fungus a glow-getting hero of the beauty industry. Here's why...

HEALTH BOOSTERS

"Mushrooms really are magical!" says Link Nutrition nutritionist, Libby Limon. "With anti-inflammatory properties, mushrooms can help prevent acne, rosacea and eczema. They're also rich in vitamin D, selenium and antioxidants that protect against wrinkles and discolouration." Different mushrooms boast different health-

mushroom; a long-stemmed fungus that likes to grow under trees, it's particularly popular in Japan and Korea for its illuminating properties. Songyi extract is known to promote cell growth and rejuvenate and brighten skin while healing from within. We like SheaMoisture's Coconut & Hibiscus Illuminating Body Lotion and Body Wash with Songyi Mushroom.

Luxuriously rich, the moisturising formula includes ingredients like coconut oil and shea butter, while the songyi mushroom extract evens skin tone and boosts radiance. What's more, the brand is sustainable, invests in communities, and its products are tested on family members rather than our furry friends. **£10.99 each, Boots**



PICK YOUR OWN

One of the more exotic mushrooms, Asia's *Tremella fuciformis*, also known as silver ear or snow mushroom, is traditionally picked for Chinese and Japanese soups thanks to its healing

properties; but it's also the latest secret weapon in skincare. A known adaptogen – which helps the body manage various types of stress – silver ear mushrooms are said to restore your natural glow by supporting circulation, which encourages firm,



plump-looking skin. Silver ear extract is also renowned as nature's hyaluronic acid: it's almost identical in chemical structure, and is incredibly moisture-binding, to give skin a potent injection of bio-hydration. Give your skin a glow-up with Naya Everyday Glow Serum; a gorgeously lightweight vegan and silicone- and fragrance-free serum infused with silver ear extract to transform dull skin. **£64, nayaglow.com**

FRUITS OF THE FOREST

The Japanese are onto something with their practise of 'shinrin yoku', otherwise known as 'forest bathing'. It has proven benefits for mental and physical wellbeing, but our increasingly hectic, urban lives mean that we often miss out on the benefits of nature. While you may not be able to dedicate a few hours a week to soaking up the soul of the forest, you can still embrace some of its healing powers in mushroom form. Reishi mushroom is a particular gem, known to boost cell regeneration, reduce inflammation and protect the skin's barrier function. Combining the star ingredient with its fellow forest-dwelling snow mushroom, Eminence Organics has harnessed reishi's potent soothing and detoxifying benefits in a new Pure Forest Collection Snow Mushroom & Reishi Mushroom Masque for a firm, radiant complexion. Eminence Organics plants a tree for every product sold, too: win, win! **£62, theskinsmith.co.uk**



NATURAL HEALERS

While skin brightening is a relatively new trend for the UK, it's pretty popular worldwide. One of the key ingredients traditionally used to obtain radiant skin is the prized songyi

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Effortless style, MADE SUSTAINABLE

Give your home a seasonal boost
with these eco-friendly finds

HOME COMFORTS

This recycled throw is comprised of material and yarn left over from the production of blankets. Made in Wales and inspired by the colours of the Clwydian mountain range, the throw features a traditional pattern and technique. As each one is made from recycled materials, they differ in colour, so you'll know your piece is unique! British Made 100% Recycled Wool Throw, £18, thefuturekept.com

BASKET CASE

We love practical storage solutions – especially when they're this stylish! The Astrid Sea Grass Baskets from Broste Copenhagen are excellent for adding a natural touch to your home, whilst providing more space to keep rooms tidy and organised. The neutral shades of the materials and the handwoven frames add to the rustic look, too. Astrid Sea Grass Baskets, from £79.20 per set, brostecopenhagen.com



TEXTILE FOCUS

Warm colours and handwoven textures combine in this beautifully designed cushion cover. The decorative piece is created from jute, and can be mixed and matched in various shapes and styles for an interesting display that will uplift the decor in any room for a cosy, warm vibe.

Kamba Eku Cushion Cover, £39.95, nkuku.com

SCANDINAVIAN SCENTS

Inspired by Scandinavian simplicity, Join's soy aromatherapy candles add a relaxing scent to any space. Ideal for those who enjoy creating cosy hygge moments, bringing nature indoors, and looking after their wellbeing, the Bay + Rosemary candle is made with 100% vegan, carbon-neutral soy wax, cotton core wicks, and high-quality essential oils. Join Bay + Rosemary Soy Candle, from £10, chalkandmoss.com



THE ULTIMATE ECO NEW YEAR'S RESOLUTION

Hit six resolutions in one swoop with the help of **Kate Arnell**



It won't come as a surprise that the most popular new year's resolutions tend to be a riff on the following: get healthy, spend less and save more, get organised, learn new skills, read more, and live life to the fullest. But what if I told you (without sounding too smug!) that I was able to do all of those things simply by living a more zero-waste lifestyle?



1 GET HEALTHY

Have you ever tried to buy zero-waste junk food? It's actually quite difficult to find, as most processed foods tend to be heavily packaged. The easiest foods to buy zero-waste are usually wholefoods, which means that I often cook from scratch. This allows me to avoid many of the additives found in processed foods, and according to some studies, homemade meals could be making me much healthier, too!

By avoiding packaging and making your own cleaning products, you also ditch the chemicals. Isn't it crazy that so many of us focus on what we eat, how much we sleep, and our amount of exercise, but then slather a chemical cocktail onto our bodies or spray concoctions around our homes on the daily? Many synthetic chemicals are linked to serious health issues, and a 2017 study by the University of Adelaide suggested that exposure to chemicals found in plastic packaging may also be linked to type 2 diabetes. So, where possible, go loose when it comes to food, and consider making your own cleaning items.

2

LEARN NEW SKILLS

I got skills! They're multiplying... since going zero-waste, that is! Whether it's making flour tortillas from scratch, or rustling up a batch of DIY dishwasher powder, a zero-waste lifestyle generally gets me thinking outside of the (reusable!) box, and working out how to do something myself. It feeds my natural curiosity and is strangely empowering.

3 GET ORGANISED

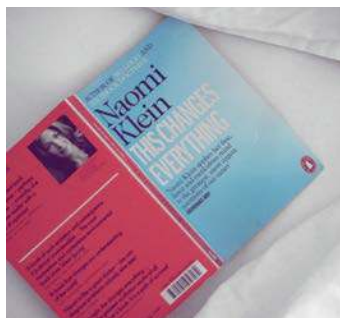
I'm not sure if I've mentioned this before, but I'm not the best at being organised! So taking on a zero-waste lifestyle has certainly helped me hone my 'planning ahead' skills.

Taking a few moments to think through my day, and asking myself questions such as 'will I be buying any groceries today?' or 'maybe I'll grab a takeaway coffee?' means I'll only carry the reusables I need for that day. I can't leave the house now without saying 'phone, wallet, keys, water bottle.' I never forget it!

4 READ MORE

For years, I avoided reading as I thought I found it boring, but I've realised I was simply reading books I wasn't truly interested in. Since going zero-waste, I've discovered that I love reading factual books instead of fiction.

I wanted to learn more about our disposable culture, as well as related topics such as toxins, pesticides and soil health, so now I choose books based around those subjects. I've raced through so many!



LIVE LIFE TO THE FULLEST

The zero-waste lifestyle tends to focus more on experiences rather than accumulating stuff, and for me, days out with my family, learning a new skill, exploring a new part of the world or simply enjoying a walk in the woods leaves me feeling far more fulfilled than buying things. Materialism is being replaced by 'experientialism' according to researchers, who have found that those who consumed less to help the environment were generally happier than those who simply bought more 'green' products.

I have also found that dedicating time towards activities that 'give back', such as picking up rubbish on a beach, is rewarding and leaves me feeling like I'm making a small but important difference. In fact, volunteering is known to leave people feeling more fulfilled. Could a zero-waste lifestyle be the most fulfilling resolution ever? I like to think so...

5

SPEND LESS / SAVE MORE

Let's do the maths: with disposable items, we're basically throwing money into the bin every time we use it. Whilst reusable alternatives may seem costly at first, they usually pay for themselves after a few months' use, and in some cases reusing something you already own instead of buying a new reusable item means you can save even more cash.

When it comes to the weekly shop, there are savings to be made by choosing refills or loose produce, too. This is especially true for items such as herbs and spices, or dish soap, which can be far more expensive when purchased in packaging. Keep your eyes peeled, as many supermarkets and coffee shops now offer discounts to customers bringing a reusable container or coffee cup, too.

Replacing expensive beauty products with affordable, versatile ingredients bought from bulk is another great way to save money! For example, olive oil can also be used as a make-up remover. Buying items second-hand (and less frequently) wherever possible is a big part of a zero-waste lifestyle, and is a fantastic way to save money as well as resources.



Meet the B Corps

Ever wondered what would happen if businesses put people and planet before profits? Change is afoot – and you can help, as **Anna Blewett** discovers

It's easy to see the struggle for our planet's future as a straight fight between good and evil: a handful of enlightened individuals taking on big business in a true David-and-Goliath fight. But some corporations are more compassionate than you might imagine. So, should we be considering switching our allegiances as we move into the new year?

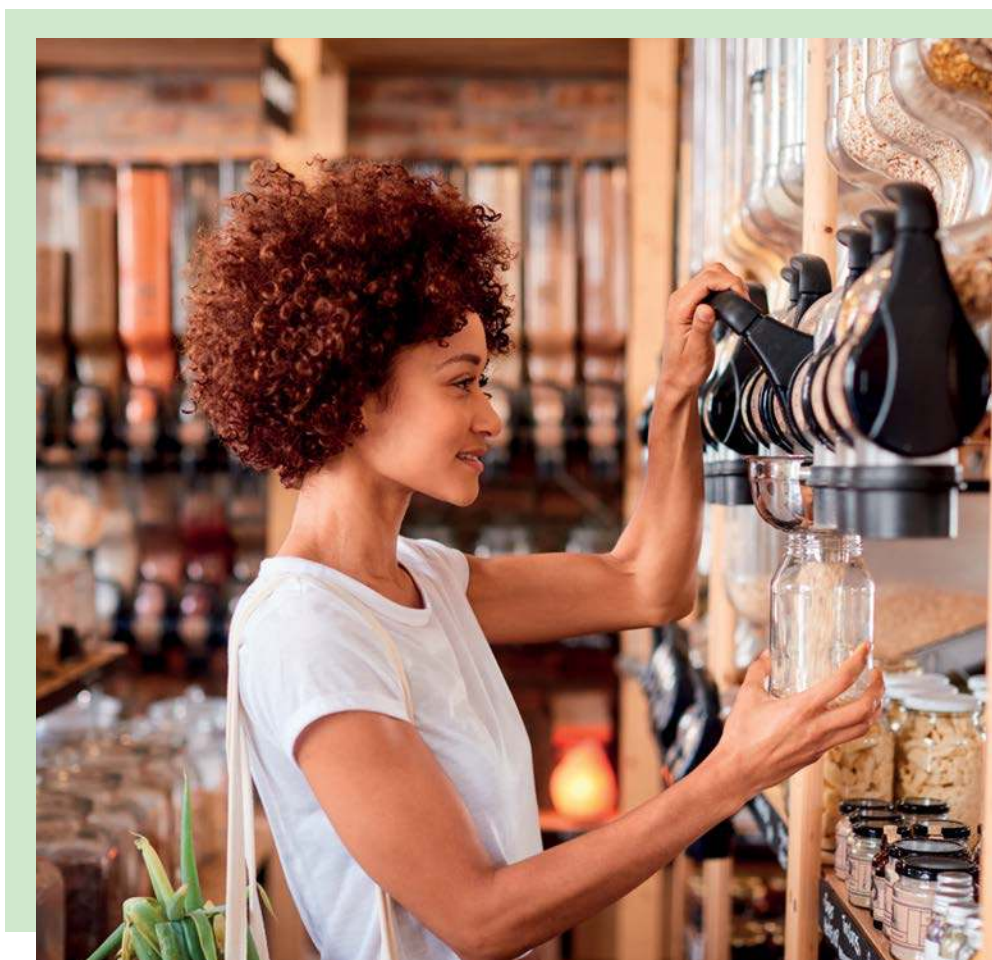
WHAT EVEN IS A B CORP?

Great question. A B Corp, or B Corporation, is a business whose commitment, transparency and performance on a range of key social and environmental issues has been checked and rubber-stamped by B Lab: a global not-for-profit organisation working to create a more sustainable economy. You could consider B Lab a little like the Soil Association (which certifies organic foods) or The Fairtrade Foundation (whose logo reassures us that producers in developing countries have been dealt with according to its standards), but with a wider scope. You might see the B Corp logo crop up on a website or a product in your hand – it tells you that B Lab is happy with the company's accountability on issues that benefit all of us, and not just their owners or shareholders.

DO I KNOW ANY B CORPS?

You most certainly do. The scheme started in the USA in 2007: to date, 244 British companies or subsidiaries are certified B Corps, including The Body Shop, Innocent, Café Direct, The Big Issue, Rebel Kitchen and Allplants. You can drink a B Corp cup of herbal tea (thanks, Pukka and Teapigs); have a B-Corp veg box (hello, Abel & Cole); shop for B Corp baby bits (we see you, Jojo Maman Bébé and Ella's Kitchen) and even treat your four-legged friend to B Corp pet food (nice one, Lily's Kitchen).

"There's huge diversity within the community," says Kate Sandle, director of programmes and engagement for B Lab UK. "Around 60 of our UK B Corps



are consumer-facing, and the rest are business-to-business. Obviously, it's been incredibly popular with sustainability consultants – people ahead of the curve are realising how important this is – but we're also seeing a surge in finance and investment companies taking notice."

WHY DO COMPANIES GET STATUS?

Most of us would love businesses to simply put their profits second and their responsibilities to our planet and its people first, but what's in it for them? Well, first up are those companies that are deliberately created to galvanise

change. Take Toast Ale, a brewing company whose founding mission is to reduce food waste and support food charities by brewing with waste bread instead of input-intensive barley, whilst donating all profits to food projects. "B Corp was the one certification that enabled us to look across the entire business," says Toast Ale's brand and sustainability director, Louisa Ziane. "It looked at our impact, not just on the environment, but on society as a whole: our focus on people and planet. It's a process that involves taking a health check across all of your business policies, and asks you to benchmark against other



businesses, and learn from their experiences. Once we were assessed, we joined a community of businesses that all share a purpose. Together, we're more powerful – there have been a number of campaigns that were led by B Corps, such as when we jointly declared the climate emergency. We have a much louder voice together."

NO REALLY, WHY DO THEY GET STATUS?

OK, so not every business is set up in the service of our planet. But, according to Charlotte Baker of corporate consultancy Contextis (a B Corp itself), many leaders of big businesses do have a higher purpose than profits at the heart of their empires, even if it gets lost along the way. "We'd say a company's 'purpose' is a timeless mission statement of why they exist," says Charlotte. "Often for entrepreneurs, it's less about profits. What's really interesting is the kind of companies that are becoming certified. As we were getting ours, the Guardian Media Group became certified – that's fascinating. It feels like there's a slight change in the size and type of companies becoming B Corps now. For us, becoming a B Corp was all about being the change we want to see. It's not an end point, but something we have to keep living. It's great to have a purpose, but if that's just a bunch of words that are posted up in reception and forgotten about, they won't make a difference."

SO WHY DON'T COMPANIES GET STATUS?

Gaining certification takes at least a year – longer for organisations with complex corporate structures – as B Lab needs to see proof of sustainability strategies in action. For that reason, start-ups never have status from the get-go, though they can apply for 'pending' status that lets us know about their commitment to the process. It also requires serious long-term commitments written into a company's constitution. Plus, as with all certification schemes, it costs money. Fees are scaled to business size – Toast Ale paid around £500 for status last year – but with trading becoming tough for many ethical businesses, cost can be a barrier for some. There are also plenty



The Body Shop

of other schemes that make sure businesses talk the ethical talk, rather than retro-fit a few eco policies to greenwash their operations. For example, Social Enterprise UK has a core mission to create a more equal society, and works with UK businesses and governmental departments to instigate change. Plus, plenty of businesses are doing a great job of implementing genuine change in their own way. Then, of course, there are those who continue their dastardly dealings regardless of the current climate emergency, increasingly under a thin greenwash of platitudes. That's where we, as consumers, come in.

WHAT CAN WE DO TO ENCOURAGE BETTER BUSINESS?

"Everyone has agency in where and how they choose to spend their money," says Kate. "Now, more than ever, is the time to do that wisely: that means asking more questions; doing your research; asking



them to pay a living wage, or certify as a B Corp; or address the materials that they use, or waste they create... and if a company isn't doing what it should, let them know. Consumers have the power to demand change. Social media is a hugely powerful tool, and we all have to start asking questions."

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BOTTOMS UP

Swap your wine and sugar-filled drinks for healthier alternatives this January!



*Tried and tested
by content writer, Paisley*

1 Acilis by Spritzer, 60p, silicawaters.com

This silica-rich water is said to boost collagen production, whilst detoxing the body from aluminium. I found it thirst-quenching, and I'd like to try more to test the effects.

2 Equinox Peach & Turmeric Kombucha, £38.40 for 24 cans, equinoxkombucha.com

I've always been sceptical about kombucha, but this was a pleasant surprise.

The sweet peach drew me in, and the earthy taste of turmeric was aromatic. I'd definitely have it as a 'dry Jan' alternative.

3 Genie Kombucha Dry Apple, £28.80 for 12 bottles, geniedrinks.co.uk

The smell of this was not appealing – like something that had gone off – but I persevered, and I'm glad I did. My inner sweet tooth was satisfied by the sour apple flavour, and the fizz was a welcome change. I'd definitely have it again.

4 Planted Almond with Coffee, £1.50, planteduk.com

I'm a sucker for cold coffee, so I was thrilled to discover one made with almond milk, which is often a rarity. It was perfect for enjoying on my way to work and tasted sweet, whilst not being too heavy for first thing in the morning.

5 Innocent Bolt from the Blue, £1.79, waitrose.com

Suffering from a cold, this was exactly what I needed. It was full of vitamins, and after drinking just half of the bottle, I felt healthier and less sluggish. I will certainly be stocking up for the season!

6 Purearth Lemon & Spirulina Kefir Water, £3.25, abelandcole.co.uk

I was intrigued by this, and impressed by the high vitamin content. The subtle lemon flavour hit me at first, but the fermented aftertaste kicked in. I'd try it again to get more of the vitamin and bacteria benefits, but it's definitely one for fans of kefir.



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RECOMMENDS

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Fresh bread dipped in balsamic vinegar is one of our favourite things to eat at Veggie HQ, which is why we love the Belazu 1.34 Balsamic Vinegar of Modena. It's smooth, rich, and viscous, with a pronounced sweet flavour that fades into a pleasant acidity that we can't get enough of. It's made using handpicked, wine-quality Lambrusco and Trebbiano grapes, which are crushed before maturing in oak and chestnut barrels to create a rich blend of flavours. £13.75, belazu.com



PIZZA PARTY!

As January rolls around, and the New Year cleanse kicks in for a lot of us, we can't help but miss our favourite treats; doughy pizza being one of them! Luckily, Dr Oetker's new range of Momenti pizzas is perfectly portioned for you to enjoy in moderation (that's what we're telling ourselves, anyway!). Available in two tasty veggie flavours – Tomato, Mozzarella & Pesto and Grilled Vegetables & Ricotta – each pizza contains just 450 calories. It's ideal for a speedy dinner after a busy day. £2, asda.com



Vegetarian Society Cookery School

THE ADVANCED VEGAN

Ready for a challenge? If you've mastered the essentials in vegan cooking, and are looking for inspiration to wow at your next dinner party, then look no further than The Advanced Vegan. This fun, hands-on cookery class allows you to showcase your skills in plant-based cooking, and teaches you how to create stunning mains and sumptuous desserts to make vegan food the star of the show. Book now to secure your place – upcoming dates include 21st January and 1st February. Find out more at vegsoc.org/cookeryclasses



3 of the best eco-friendly bathroom products

Try these essentials to make your bathroom fully green for 2020!

1 Bio-D Bathroom Cleaner, £2.85, biodegradable.biz

Convenient and versatile, this will keep your bathroom sparkly clean without the chemicals! The ultra-effective cleaner is tough on limescale and watermarks, and can be used on glass, ceramics, and most non-porous surfaces.



2 Natracare Safe to Flush Moist Tissues, £2, natracare.com

Truly flushable, these wipes can go safely down your toilet without blocking sewers or polluting our oceans. They're made from 100% paper, and were the first wipes to pass Water UK's 'Fine to Flush' standard, meaning they're guaranteed to break down safely post-flush.



3 Whiteglo Pure & Natural Whitening Toothpaste, £6, whiteglo.co.uk

Keep your teeth sparkling white without the harsh chemicals using this great toothpaste. It comes with a bamboo toothbrush, too, so you can brush knowing that you're having a minimal impact on the environment – win, win!



DRESS TO IMPRESS

It's no secret that January is known as 'the healthy month'. So, while we're shovelling in salads at lunch time, why not ramp them up a notch? The new



innovative sauces from Tigg's are low in calories and saturated fat, and contain no added sugar; what's more, they're veggie- and vegan-friendly! They come in three tasty flavours: Bold Beetroot & Honey; Subtle Pepper & Mustard; and Smokin' Tomato & Chilli. Try them yourself for £1, tesco.com

SNACK ATTACK

Finding treats that fit nicely into our desk drawers and help beat the 3pm slump is one of our consistent missions, and we think we've found our latest addition!

The Peanut Caramel natural protein bars from Squirrel Sisters are entirely plant-based, gluten-free, and full of fibre. They're sweetened only with dates, so they're an entirely healthy treat! Check them out in-store at Waitrose from 1st January!



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BEND AND FLEX

BAM's bamboo leggings are a firm favourite of the Veggie team's. Sustainable and super-soft, they're a comfortable option for various fitness activities. The bamboo jersey fabric is breathable, whilst a four-way stretch offers freedom of movement. They come in fun designs, too! We love the High Waist 7/8th Enduro Leggings, £50, bambooclothing.co.uk



HIT THE GROUND RUNNING

Part of eco-friendly fitness brand Sundried's Eco Charge range, this stylish top is made from recycled coffee grounds.

The lightweight, sweat-wicking vest controls your temperature and stretches with you as you move.

Plus, it dries 200 times faster than cotton, so you won't need to worry about sweat patches! Sundried Tour Noir Women's Vest, £15, sundried.com

ECO Fitness

The latest buys for living a more conscious, sustainable lifestyle while keeping fit

STEP UP

Put your best foot forward with Vivo Barefoot's Primus Lite Women's shoe – an ultra-lightweight, flexible option. The barefoot style, which features a slim 3mm sole, means you'll receive sensory feedback as you move. Better yet, the vegan shoe is made from recycled PET plastic bottles. Vivo Barefoot Primus Lite Women's, £90, vivobarefoot.com



HYDRATION ON-THE-GO

A functional, reusable water bottle is a must for every fit kit, and this timeless one is a great option. Made of sustainable materials, the stainless steel bottle contains no paint or plastic. Klean Kanteen Insulated Reflect Bottle, £36.95, kleankanteen.co.uk



Complete the kit



Magnesium Oil Body Spray, £12.95, betteryou.com

Boost your magnesium levels with this high-concentration body spray, which helps to support natural muscle recovery and alleviate stiffness – perfect post-workout.



Green People Quinoa & Prebiotics Deodorant, £10.50, greenpeople.co.uk

While many deodorants contain hazardous chemicals, Green People's Quinoa & Prebiotics Deodorant is a great eco-friendly option: the organic roll-on formula lasts for 24 hours, and includes powerful antibacterial ingredients.

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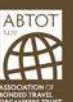
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Health Bites

The latest nutrition, diet and wellbeing advice

Fasting Fever

Every year as January rolls around, gym classes fill up, the fruit and veg aisles are ransacked, and Brits take another journey on the wellness wagon. We're advocating a different approach to the typical detox diet this year – check it out on page 95 – but there's also a new diet that's sweeping the nation. Fasting began as a celebrity-led concept, and the principle means you'll eat within a 10-hour period, then fast for 14 hours. A recent trial at the University of California saw 19 participants – most of whom were obese – follow a fasting diet, with all of them witnessing reductions in weight, improved blood pressure and reduced blood sugar levels while following the diet. During the 10 hours that they were allowed to eat, they could have whatever they pleased, which meant many ate breakfast later and dinner earlier than they normally would to fit in with the schedule. Two-thirds of the participants carried on with the pattern for up to a year after the trial ended, suggesting that they enjoyed the lifestyle change. While fasting isn't for everyone, and we wouldn't recommend trying anything like this without first consulting a doctor, the concept of limiting yourself to eating between certain hours is an interesting one. Have you tried it before? Let us know your thoughts by getting in touch on social media: [@veggimagazine](#)



49% of Brits don't know the correct portion size to eat*

*Statistic obtained from SWNS Digital



GREEN INHALER

More than five million people in the UK suffer from asthma, and now an environmentally-friendly inhaler is in the works. Both the public and Asthma UK have welcomed the news as a chance for sufferers to be sustainable with their medication.

A company in Italy is developing the product, which could cut the carbon footprint of the vital asthma device by 90%. The device could be ready in just five years' time, replacing the current common type, known as a 'metered dose'. These release a huge amount of carbon dioxide into the atmosphere every year, and although there is currently an alternative – the dry powdered inhaler – it lacks effectiveness. Veggie HQ will be sure to keep you updated with this as we learn more!



TRY THIS HEALTHY BREAKFAST

Berry Cashew Smoothie Bowl



Serves 1

Ready in 5 mins

For the smoothie:

200g frozen mixed berries
1 banana
2 tbsp Meridian Cashew Butter
150ml almond or cashew milk

To serve:

berries
a handful of granola
extra cashew butter

- 1 Put all of the smoothie ingredients into a blender, and whizz until smooth.
- 2 Tip the smoothie into a bowl and top with berries. Scatter over a handful of granola, drizzle over a little extra cashew butter, and serve.

Recipe and image courtesy of Meridian Foods ([meridianfoods.co.uk](#))

COOK'S TIP

If you prefer to drink your smoothie, just add more almond or cashew milk.

Brits get just 6 ½ hours of sleep a night*

*Statistic obtained from SWNS digital

3 of the best...

PROTEIN BOOSTS

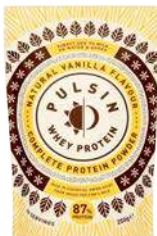


Fitbakes Low Sugar Hazelnut Spread Cakes, £1.49, fitbakes.co.uk

This light vanilla sponge is topped with Jim Jams low-sugar hazelnut chocolate spread. Each pack contains four tasty cake bites, all packed with protein, so you can get a boost at the same time.

Pulsin Vanilla Whey Protein Powder, £14.99, ocado.com

Post-workout, there's nothing better than a homemade protein shake, and this is one of our favourite powders for the purpose. The deliciously sweet vanilla is rich in amino acids, and is a great source of calcium – it's a yes from us!



UFIT High Protein Banana Milkshake, £1.80, ocado.com

Sometimes you just need a quick hit, and this is perfectly suited to those days. Containing 25g of protein, as well as vitamins, minerals and fibre, this nourishing drink will keep you at the top of your game all day long.



HERBAL REMEDY

Turmeric is a hot topic on the health scene right now! Despite what many believe, it's not a new concept, having been used for thousands of years in medicine for its anti-inflammatory and antioxidant properties, owing to its curcumin content. Although you can get these benefits from adding a grating of the root to your dinner, the concentration of curcumin in this is thought to be very low, at just 3%. However, by adding a supplement to your diet, you are much more likely to see the effects. One way of taking it is through the convenient 60ml turmeric shots from The Turmeric Co. Designed to support your daily wellbeing, each shot contains natural, fresh ingredients, including 35g of raw turmeric root, without the addition of sugary juice or preservatives. From £2.49, theturmeric.co

Keto is the most searched-for diet on Google, with 623,050 queries for all related terms*

*Statistic obtained from Chewy Gum

Ask Our Expert

Have a question?

Email paisley.tedder@aceville.co.uk



Q: "I'm taking part in Veganuary for the first time; can you offer some advice for healthy dinners so I don't end up relying on processed food?"

"Well done for taking on the challenge! I think you'll be surprised how many easy and delicious dishes you can make. The secret is to plan ahead and have some ideas up your sleeves with ingredients that are readily available. Keep some big baking potatoes on hand – simply prick them and bake in a hot oven for about an hour, until the skins are really crisp, then break them open and serve with baked beans, grated vegan cheese or just olive oil and some salad leaves. Roasted veg is another easy option: put sliced peppers, courgettes, red onions, and aubergine in a roasting tin, drizzle with a tablespoon of olive oil, roast in the oven until tender, and serve."

"One of my favourite dishes is broccoli and coconut curry. Simply slice a head of broccoli, simmer in water until just tender, then add a tin of coconut milk and a good spoonful of curry paste from a jar, and serve on rice. I also love a lentil dahl: simmer a cup of split red lentils in water to cover generously until pale and tender, add a chopped fried onion and curry paste to taste, and extra water as necessary, then serve with crunchy poppadoms."

Your expert: Rose Elliot MBE, vegetarian cookery writer and author, roseelliot.com





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MIGHTY MATCHA

What's all the hype around the Japanese health food? *Veggie* investigates...

It's no secret that the world of food and drink revolves around trends, particularly healthy ones. We've seen ingredients like açai, spirulina and goji berries have their turn in the spotlight; some of which lasted longer than others. While matcha tea first became a hot topic a few years ago, the trend shows no signs of waning in 2020. So, is it really worth the hype?

WHAT IS MATCHA?

As a stone-ground, powdered green tea, matcha is used in traditional Japanese tea ceremonies. Unlike drinking traditional green tea, where the leaves are infused in hot water and then discarded, with matcha, you're drinking the whole leaf, albeit a powdered version.

Matcha is known as an antioxidant powerhouse as it's rich in catechin, a polyphenol compound. Plus, matcha contains small traces of other vitamins and minerals. In fact, it contains 137 times more antioxidants than regular green tea! Some studies also show that matcha could lower cholesterol and blood pressure, enhance mood, boost energy, and help balance your blood sugar levels. That said, studies on the specific health benefits of matcha are still quite limited, though research in general suggests that consuming green tea on a regular basis could help to protect against various health conditions, including age-related cognitive impairment, heart disease and osteoporosis.

DIFFERING TASTES

Keep in mind that while matcha may be rich in antioxidants, the way it's prepared will affect its nutritional content. While typically consumed as a drink, the powder is now being used to add an earthy colour and taste to

foods, and is found in recipes like brownies, muffins, chocolate and ice cream. But, don't go chowing down on matcha brownies under the illusion that they're healthy, as the addition of other ingredients dilutes the benefits of matcha. So, to truly reap the rewards, drinking pure matcha tea is probably the best way to go if it's the nutritional benefits you're after. If you're still adjusting to the taste of matcha, or just want to experiment, then the good news is that there are plenty of food and drink options on the market for you to try! But remember that matcha still contains caffeine, so it should be consumed in moderation, particularly as it's concentrated.

PREPARATION IS KEY

If you want to go down the traditional route, it can be overwhelming to find the

right matcha powder. There are actually several types, including usucha, koicha and matcha lattes, and each uses a slightly different technique. What's more, because of matcha's unique, grass-like taste, many matcha powders on the market are sweetened with sugar and milk powder. When purchasing matcha tea, look for a high-quality powder (otherwise it may be bitter), and ensure that there are no additives. And if you've ever wondered what the bamboo brush is for, it's a key tool in the preparation of matcha tea, helping to whisk the powder into water to create a silky drink with foam on top!



MATCHA MATES

Try these hero products infused with the powerful powder...



Matcha Oat Latte, £2.50, matchaworks.co.uk



Teapigs Organic Matcha Powder, £20, ocado.com



FUEL + FOCUS Sparkling Yerba Mate, Matcha & Green Coffee Bean Sparkling Water, £1.69, Holland & Barrett

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GOLD
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Is a detox diet RIGHT FOR YOU?

This January, a more holistic approach to your wellbeing could be the key to getting back on track

The start of a new year seems like the perfect time to begin afresh. Many of us commit to a January detox diet, spurred on by the guilt of our holiday indulgences. The ideal solution? A cleanse, of course! Or is it?

Before you head down this route, it's worth considering what this detox really entails, and whether it's actually beneficial to your health.

FOOD FOR THOUGHT

The detox concept usually revolves around drastically altering your diet, eliminating entire food groups (or drinks, for some), or limiting your calorie intake. And while it's always a good idea to ensure you're adopting healthy habits, a detox is typically short and sharp. So, while you may lose weight over the month, you're likely to put the weight back on afterwards. What's more, many studies show that detoxing doesn't actually benefit us in the ways we may think. In fact, limiting your intake of certain food groups can be detrimental to your health. Side effects could include fatigue, dizziness, muscle aches, and low blood sugar. So, if your aim is to overhaul your health, then detoxing is probably not the way to go. In essence, your body is pretty efficient at ridding itself of toxins and works 24/7 to do so, whether you're actively detoxing or not.

THE WHOLE PICTURE

Rather than jumping on the January detox bandwagon, many experts advocate a holistic approach instead, encouraging us to adopt healthy habits that can be maintained in the long run. If you splurged over the festive period (who didn't!), then get back on track by getting plenty of rest, drinking lots of water, and taking part in regular exercise. It may be worth reducing your intake of alcohol,

caffeine, processed foods, saturated fats, sugar, and salt. In their place, ensure you are consuming plenty of fresh fruits and vegetables, healthy fats, fibre, protein, and wholegrains.

The new year is certainly the ideal time to set new goals. But, rather than thinking of this as a time to purge, consider it as an opportunity to declutter your life, be more conscious of your priorities, and make time to do the things that make you happy.

We spoke to life and wellness coach, Elisabetta Franzoso (elisabettafranzoso.com) to find out how this could benefit you in the new year: "I believe physical and mental health are closely connected, and should be considered as a single entity. Instead of a typical physical detox 'diet' that cleanses the body after a season of indulgence, look at a detox that cleanses your overall wellness and mental health. If you're struggling with your mental wellbeing, the new year may be a time to seek counselling or coaching to work on something you might be denying inwardly.

"Having a guide is always helpful, so choosing a professional coach or a counsellor is advisable as a first step. The next step would be a wellness assessment, which allows you to look into yourself, analyse your mind and body balance, and decide what needs to be targeted as a priority: this could be your body, thoughts, emotions, communication, relationships, sexuality, or spirituality."

In essence, a holistic detox is a great way to start your new year, and provides a healthier alternative to the traditional January diet.

"Undergoing a detox that focuses on mental wellbeing enables you to let go of negative

burdens you may not even be aware of, and allows you to gain freedom and confidence," Elisabetta says. "By opening your mind through detoxing mentally, you can start the new year being more open, curious, and joyful towards yourself and the people around you."



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1 Holland & Barrett Ultra Maximum Acidophilus, £9.49, hollandandbarrett.com

A whopping 20 billion bacteria can be found in each of these tablets, making them ideal for improving your digestive health. They also help prevent ailments such as yeast infections, irritable bowel, and UTIs – a friendly bacteria, at its best!

2 Rejuvenated Skin Perfecting Complex, £24.95, rejuvenated.com

Boost your skin from within with this vegan supplement. It's said to improve collagen production, and to calm and alleviate skin conditions such as acne, rosacea, and eczema.

3 Better You Vegan Health Oral Spray, £14.95, betteryou.com

Scientifically formulated to support vegan health by providing you with vitamins D3 and B12, as well as iron and iodine, this easy-to-use spray is a must-have. It has a pleasant mixed berry flavour, and the packaging is made using ocean waste plastic!

4 Vegums: Multivitamin Gummies for Vegans, £9.95 per month, vegums.com

These eco-friendly gummies are an easy and tasty way to top-up on essential nutrients, particularly if you're reluctant to take capsules.

Plus, the natural strawberry flavour means you'll never forget to take your vitamins again!

5 Together Vitamin K2, £8.99, togetherhealth.co.uk

Research suggests that almost all of us are deficient in vitamin K, which plays a vital role in the health of our blood. This vegan supplement made from fermented chickpeas is a great way to boost your levels!

Essential Vits for Vegans & Veggies

Vitamin D

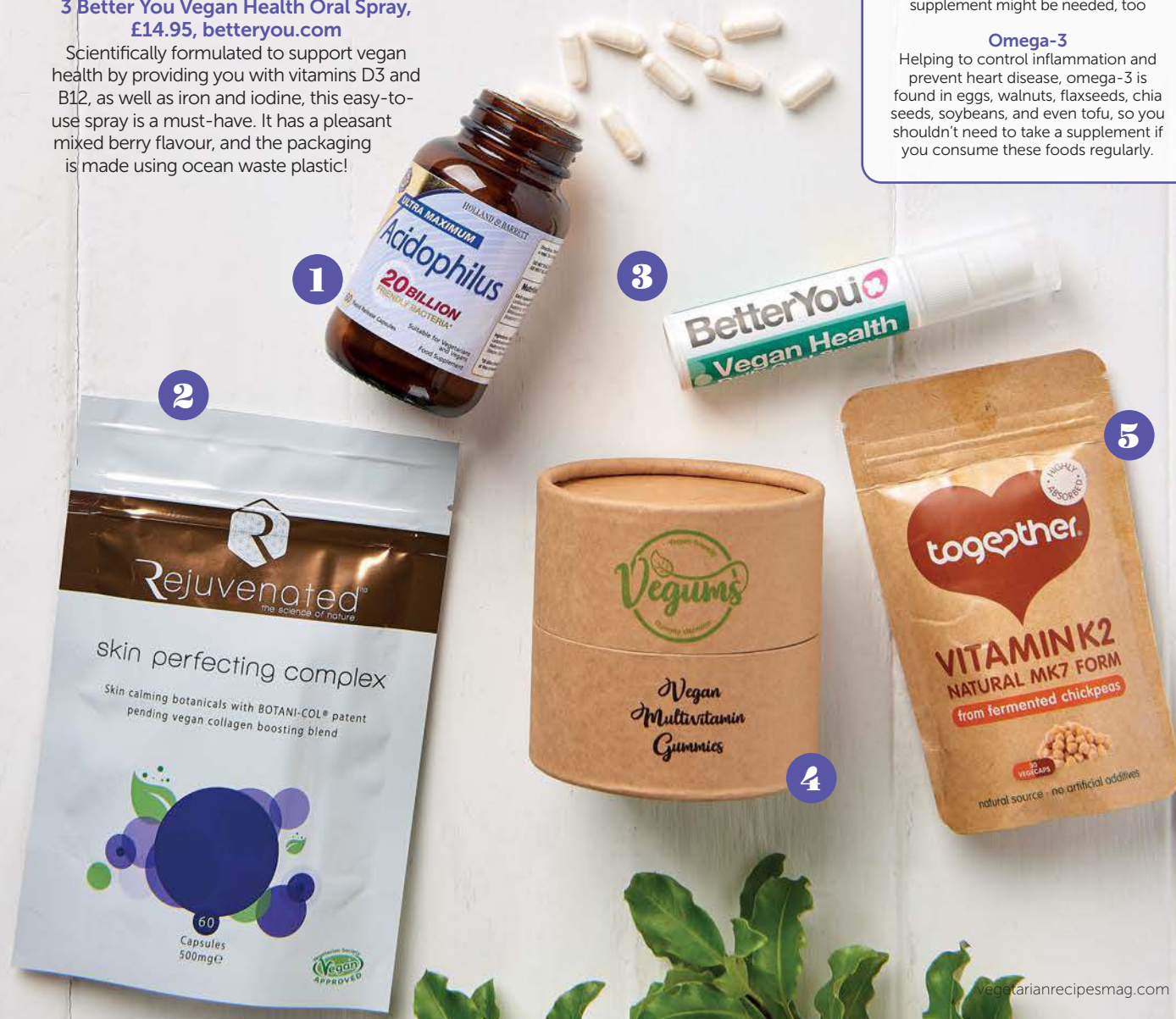
Giving you strong bones and helping you to absorb calcium, vitamin D is a must. It's found in fortified dairy and soy milk products, orange juice, egg yolks, and even the sun! Us Brits might struggle with the latter, and vegans may need to take a supplement.

Vitamin B12

This is needed for your brain and nervous system to function. It's found in foods such as cow's milk and eggs. Vegans can obtain it from fortified nutritional yeast flakes, soy milk, and cereals, but a supplement might be needed, too

Omega-3

Helping to control inflammation and prevent heart disease, omega-3 is found in eggs, walnuts, flaxseeds, chia seeds, soybeans, and even tofu, so you shouldn't need to take a supplement if you consume these foods regularly.



Online this month...



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Live a Plastic-
free Life



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Beetroot Shakshuka



Gooey
Chocolatey
Raspberry
Pudding

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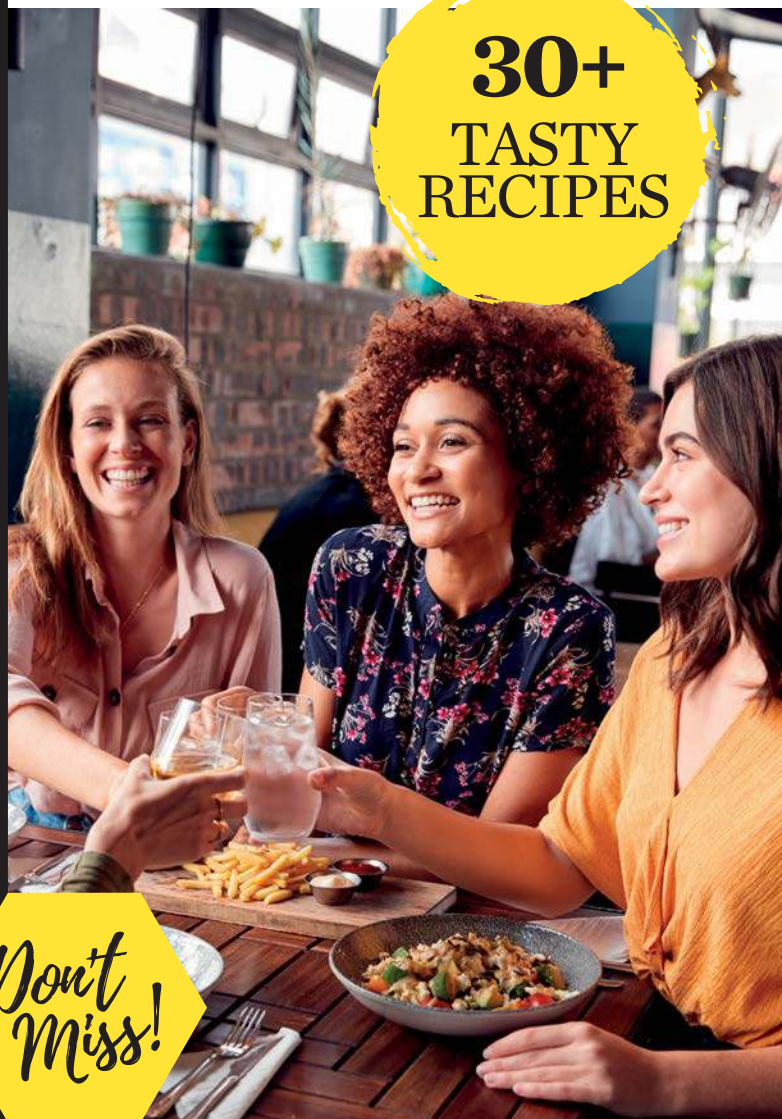
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