

For ethical living **Veggie**

Pave Leith's

TOFU LAKSA

**& MORE FRESH
SPRING SUPPERS**

**{ 8 VEGAN
HEALTH MYTHS
BUSTED }**
Get all your vits
and feel great!

FAMILY FAKEAWAYS

Create healthier
versions of your
favourites

39
**MEAT-FREE
RECIPES**

26-PAGE SPECIAL

IT'S EASY BEING VEGAN

87 no-faff recipes & sustainable ideas

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THAN ANY
MOPED.**



**FOOD FOR
BUSY FOODIES**

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WELCOME

FOOD * WELLNESS * LIVING



The hosts of golden daffodils are well and truly in bloom, the sun is regularly peeking out from behind the lonely clouds, and I'm being inspired to write this using Wordsworth's poetry. It can only mean one thing: spring has sprung!

At this time of year, I find that the craving for comfort food wanes, and is replaced by a longing for fresh dishes that energise. So, this issue you'll find plenty of zingy dishes from Prue Leith (p45) and Amelia Freer (p59), alongside healthier vegan versions of your favourite takeaways to convert that winter mindset (p16).

Dive into our 25-page vegan special to keep the momentum going from Veganuary: it's packed with foodie inspiration, beauty buys, and expert advice on entertaining guests whilst you celebrate the new season. I particularly love the feature on vegan health myth-busting (p29) – there's plenty of practical tips and facts that I want to memorise!

Over the past few months, I've really noticed a shift in the behaviour of fashionistas: there is a lot more emphasis on sustainability. So, in this spirit, I spent a weekend overhauling my clothes to create a capsule wardrobe. You can read about my experience on page 105 – I'm definitely a convert!

Have a great month.

SIAN BUNNEY EDITOR



**DEPUTY EDITOR
RACHAEL SAYS:**

Spring has always been my favourite time of year: longer days with more sunshine, a variety of seasonal produce, and colourful flowers in bloom – what's not to love! I've been making a concerted effort to keep up my gardening tasks throughout winter, and hopefully this will pay off as I continue my efforts into spring, but with more determination. I'm especially excited to plant a honeybee haven to attract more bees, thanks to the advice on page 76. I've also started growing my own herbs, and I can't wait to put them to good use with the recipes on page 18!

Naturally, this is the perfect time of year to give my home a bit of a spring clean. I'm all about toxic-free alternatives, so have already begun to try the natural solutions and recipes on page 80 – and stocked up on industrial-sized bottles of white vinegar!

I'm also excited to cook with seasonal ingredients such as beetroot (page 48), and have friends over to enjoy the spring brunch recipes on page 53. Sounds like it's going to be a busy month!





CONTENTS

MARCH 2020



COVER:
Extracted from *The Vegetarian Kitchen* by Prue Leith and Peta Leith (Bluebird, £25).

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DIGITAL EDITIONS ARE AVAILABLE FROM:



7 IT'S EASY BEING VEGAN

We're showing you exactly how simple it is to live a plant-based lifestyle with a handy 25-page guide.

9 JACK MONROE

The author and recipe creator shares three vegan recipes you can cook on a budget.

13 GREEN, MEAN, AND SERIOUSLY SATISFYING

These rustic plates from Matt Pritchard prove that eating plant-based is anything but boring.

16 VEGAN FAKEAWAYS THAT REALLY DELIVER

Put down the take-out menu and opt for these homemade alternatives instead!

18 MAKE THE MOST OF FRESH HERBS

Don't let these flavour boosters languish in the fridge: use them up with these plant-based dishes.

21 FOODS YOU DIDN'T KNOW WERE VEGAN

From flaky pastries to classic crisps, these products are all vegan-friendly.

22 HOW TO HOST A VEGAN DINNER PARTY

Niki Webster shares her tips for hosting a foodie gathering without the stress.

24 PLANT-BASED PUDDINGS TO SAVOUR THIS SPRING

From fluffy mousse to a moist cake, these ideas are guaranteed to satisfy your sweet tooth.

26 THE VEGAN SWEET TREATS YOU NEED IN YOUR LIFE

Get your sugar fix with this amazing selection.

29 BUSTED: 7 VEGAN HEALTH MYTHS

From protein deficiency to constant hunger, we separate fact from fiction.

32 THE TOP 10 NATURAL BEAUTY INGREDIENTS

Holistic skin therapist Jess Arnaudin shares the plant-based extracts that are worth scoping out.

34 ETHICAL SKINCARE SENSATIONS

Discover the best vegan beauty tools and formulas to boost your complexion.

36 VEGAN MAKE-UP TO COMPLETE YOUR CRUELTY-FREE LOOK

The Veggie team investigates the products that live up to the hype.

39 NEW-SEASON MAKE-UP

Add a pop of colour to your look with these vegan beauty buys.

42 THE SCOOP

All the latest veggie news and launches you need to know about.

45 PRUE LEITH

The *GBBO* judge tells all on her new vegetarian cookbook.

48 BRIGHTEN UP YOUR PLATE WITH BRILLIANT BEETROOT

Choose from a veggie hash, breakfast yoghurt parfaits, and a tofu rainbow bowl.

51 VEGAN FOOD WE'RE LOVING THIS MONTH

Kick off the new season with these plant-based launches.

53 THE SPRING BRUNCH RECIPES YOU NEED

Serve up some sunshine with these protein-packed platefuls.

57 4 WAYS WITH JACKFRUIT

These recipes show just how delicious this vegan favourite can be.

59 AMELIA FREER

The nutritionist talks candidly about the practicalities of daily cooking.

62 SEASONAL SPREADS TO SAVOUR ALL YEAR

Relish nature's bounty by preserving seasonal fruit and veg.



65 CHEESE TO PLEASE

Make your Easter platter the best yet with this array of cheeses and accompaniments.

67 BEAUTY UPDATE

The latest on the cruelty-free cosmetics and skincare scene.

68 JUSTINE JENKINS

Our columnist rounds up her favourite CBD beauty products.

71 EVERYTHING YOU WANTED TO KNOW ABOUT TONERS

Find out more about this essential part of your skincare routine.

73 CRUELTY-FREE SHOWER PRODUCTS TO TRY

Scrub up for spring as we explore ethical bathtime goodies.

75 ECO GARDEN

The latest buys for living a more sustainable, zero-waste lifestyle.

76 CREATE YOUR OWN HONEYBEE HAVEN

Expert advice on how to turn part of your garden 'wild' to attract crucial critters.

80 GREEN IDEAS FOR THE ULTIMATE SPRING CLEAN

Be inspired to create homemade, natural recipes with these top tips.

85 KATE ARNELL

Our columnist shares nine fair trade picks.

88 WHAT IS GREENWASHING?

Veggie investigates the growing problem within the beauty industry.

90 ALL YOU NEED TO KNOW ABOUT FOOD PACKAGING

Discover what those numbers and symbols really mean.

93 PLASTIC-FREE ESSENTIALS

Everything you need to complete your eco kit.

94 THE MOTHER'S DAY ETHICAL GIFT GUIDE

Discover our pick of sustainable presents for your mum.

99 HEALTH BITES

All the up-to-date nutrition and wellbeing advice this month.

102 FOUR ETHICAL STYLES WITH SPRINGTIME BLAZERS

These sustainable jackets look great for smart and casual occasions.

REGULARS

41 GIVEAWAYS

We have a vegan afternoon tea, a juicer, wildlife-friendly garden netting, and an eco-friendly pillow up for grabs!

82 THE VEGGIE AWARDS 2020

Cast your vote for your chance to win a getaway to Dubai!

96 VEGGIE RECOMMENDS

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

105 MY WEEKEND OF... CREATING A CAPSULE WARDROBE

Our editor, Sian, culls her closet with sustainable results.

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)

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GRILL



FRY



ROAST



BAKE

*Based on using 10g butter and 1 garlic clove compared to 10 sprays of Frylight to cook one 25g serving of garlic bread. Nutrition as per myfitnesspal.com 17/01/2020.

IT'S EASY *being vegan*

BEAUTY MUST-HAVES • SWEET TREATS • DINNER PARTY DELIGHTS



Veganuary has been and gone, but we want to help you maintain the plant-based momentum this spring. So, flick through the next 32 pages for plenty of inspiration to keep things interesting in the vegan kitchen and beauty cabinet: we've packed in delicious everyday meals, indulgent 'fakeaways' and easy zero-waste ideas for using up herbs; plus, the vegan beauty must-haves for this spring and beyond, complete with bold make-up looks. We've also got helpful advice for throwing a stress-free vegan dinner party, and everything you need to know about common health myths when it comes to veganism. So, make yourself a brew with your favourite plant milk, and get reading!

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Vegan

dishes

on a

budget

These delicious recipes from Jack Monroe prove that plant-based eating can be affordable



Mock Duck Wraps (p9)

Per serving: 456 cal | 17.7g fat



Serves 2

Ready in 35 mins, plus marinating

1 x 400g tin jackfruit in brine
1 tsp oil (sesame is best but any will do), plus extra for frying
½ tsp Chinese five spice powder
5 tbsp hoisin (or teriyaki sauce)
2 fat garlic cloves, peeled and grated
2cm piece fresh root ginger, peeled and grated
½ tsp Szechuan peppercorns, crushed
2 tbsp vegan mayo
2 tortilla wraps (or 4-6 rice

paper wraps, if available)
½ cucumber, very finely sliced into matchsticks
a couple of spring onions (or a small amount of red or white onions), very finely sliced into thin strips

1 Drain the jackfruit and squeeze firmly between your hands over the sink to remove any excess liquid. Shred it into a mixing bowl with your fingertips, taking care to separate as much of the jackfruit as possible into small pieces.

2 In a small bowl, combine the oil, five spice powder and three tablespoons of hoisin or teriyaki sauce. Stir in the grated garlic, ginger and crushed

peppercorns. Whisk well to combine the ingredients, then pour the mixture over the jackfruit. Mix well to coat, and allow it to marinate for an hour in the fridge. If you're in a rush, you can skip this step, but it does give a deeper, richer flavour as it permeates the whole fruit.

3 Add a splash of oil to a large frying pan or wok, and heat for a moment. Add the jackfruit, cook on a high heat for five minutes, then reduce the heat to low-medium and cook for a further 15 minutes, until the jackfruit has absorbed the liquid marinade and is quite dry-looking. You want it almost



BOOKSHELF
Recipes extracted from *Vegan(ish)* by Jack Monroe (Bluebird, £16.99)

crispy at the edges – if in doubt, taste a piece and cook for a little longer if required.

4 Combine the remaining two tablespoons of hoisin or teriyaki sauce with the vegan mayo to make the sauce for the wraps. Spread over the wraps, then place the cucumber and onion strips in the centre of the wraps. Add the warm mock duck, then fold or roll up, sealing with a blob of hoisin mayo. Serve warm.

Beetroot and Lentil Lasagne

Per serving: 615 cals | 19.7g fat
(based on 8 servings)



Serves 6-8

Ready in 2 hrs, 5 mins

250g dried red lentils
1 litre vegetable stock
1 large onion
1 fennel bulb (or 1 extra onion or 1 leek)
6 fat garlic cloves
1 tbsp cooking oil
a pinch of salt
2 large raw beetroots
2 x 400g cartons passata (or tins of chopped tomatoes)
250ml red wine
2 tsp mixed dried herbs
1 box lasagne sheets
500ml smoky vegan 'cheese' sauce (see Masterclass)
200g greens, finely chopped (kale, spinach or chard are best)
2 tbsp breadcrumbs
rocket or green leaves, to serve (optional)

1 Rinse your lentils thoroughly to reduce the amount of scum that accumulates when they cook. Pop them into a pan with the stock, or the same volume of water. Don't add salt. Bring to the boil, then simmer for 20 minutes, until soft.

2 In a separate pan, cook the veg. Finely slice the onion and fennel, and peel and finely chop the garlic. Transfer to a large non-stick frying or sauté pan with the oil and salt. Grate the beetroots – or blitz them in a small blender or food processor – and add to the pan. Cook low and slow for 20 minutes, while the lentils simmer.

3 When the lentils are swollen and the veg is soft, drain and rinse the lentils to get rid of any scum, and tip them into the veg

pan. Cover with the tomatoes and wine, add the herbs and bring to the boil. Reduce to a simmer and cook for a further 20 minutes to combine. Preheat the oven to 180C/350F/Gas 4.

4 Spread a 1cm layer of the beetroot-lentil mixture on the bottom of a 20cm x 30cm ovenproof dish or roasting tray. Lay enough lasagne sheets over the top to cover. Top with a thin layer of 'cheese' sauce, then the finely chopped greens. Repeat until all of the mixture is gone or the dish is full; usually around four layers of pasta sheets. Finish with a layer of 'cheese' sauce, and sprinkle with breadcrumbs.

5 Bake on the centre shelf of the oven for 40 minutes, or until the pasta is soft and a knife inserted into the centre goes through easily. Serve piping hot.

MASTERCLASS

SMOKY VEGAN 'CHEESE' SAUCE

Serves 4

4 tbsp plain flour
4 tbsp light cooking oil
800ml vegan 'milk'
4 slices Violife Smoked-flavour 'cheese'
8 tbsp nutritional yeast flakes
1 tsp English mustard
salt and black pepper, to taste

1 First, make a roux by mixing the flour and oil together in a medium, heavy-bottomed saucepan. Add a splash of 'milk' – around three tablespoons – then bring to a low heat, mixing well. Add a splash more 'milk' and repeat until half the 'milk' is incorporated.

2 Add the smoked 'cheese' slices and turn up the heat to medium – it's important not to boil it as plant-based 'milks' can spoil. Cook for 10-12 minutes, stirring intermittently, until the 'cheese' slices melt completely.

3 Stir in the nutritional yeast flakes and mustard, and season well with salt and pepper. Add the remaining 'milk' gradually to thin the sauce to your desired consistency, and serve.



Biscoff Ice Cream

Per serving: 553 cals | 40.9g fat



Serves 2-4

Ready in 30 mins, plus freezing

150g Biscoff biscuits
400g creamed coconut (or the thick top of a tin of coconut milk – 2 x 400ml tins is sufficient)
3 tbsp golden syrup

1 First, grind the biscuits to dust in a food processor or bullet blender. If using a bullet, you will need to do them in batches and for no more than 30 seconds at a time, else the motor may overheat. If you don't have a blender, you can use the traditional method of popping the biscuits in a freezer bag and attacking them with a rolling pin, but this yields a slightly more grainy ice cream.

2 When the biscuits are dust, add the creamed coconut and golden syrup and combine well. Spoon the mixture into an ice cube tray or two, depending on the size of them. Freeze for two hours.

3 Once frozen, turn out and combine with a wooden spoon or by tipping back into the blender for two 30-second pulses. Transfer to a Tupperware container, and return it to the freezer for 15 minutes to firm up. Serve and enjoy.

4 This ice cream sets very hard in the freezer, so if you're not going to eat it immediately, remove it for 10 minutes before serving, and mix it well to soften it up.

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Green, mean and seriously satisfying!

These rustic plates from **Matt Pritchard** prove vegan dishes are anything but boring

Leek, Spinach & White Bean Pies

Per serving: 672 cals | 17.4g fat



Serves 2

Ready in 45 mins

"This couldn't be simpler. The filling just comes together in the pan and finishes cooking in the oven as the pastry colours. Don't be precious about the topping; just scrunch and tear the filo pastry sheets to give you lots of folds and edges that will crisp and colour – some might call it messy, but we'll say 'rustic'!"

2 tbsp olive oil, plus extra for the pastry
2 leeks, thinly sliced
1 garlic clove, finely chopped
1 tsp thyme leaves
1 tbsp plain flour
200ml vegetable stock
400g tin cannellini beans, drained
150g baby spinach
1 lemon
pinch of ground nutmeg
6 filo pastry sheets
salt and pepper
150g Tenderstem broccoli, to serve

1 Preheat the oven to 180C/350F/ Gas 4. Warm the two tablespoons of olive oil in a saucepan. Fry the leeks gently with a pinch of salt for five minutes, until starting to soften.

2 Add the garlic, thyme and flour. Cook for one more minute, stirring well to stop the flour from



catching. Gradually stir in the stock, bit by bit, making sure that there are no lumps.

3 Add the beans and spinach and warm them until the spinach has wilted – this will only take a couple of minutes. Remove from the heat and season with salt and

pepper. Tweak with a squeeze or so of lemon juice and a pinch of nutmeg.

4 Transfer the bean mixture into a snug pie dish, about 25cm x 15cm. Brush each filo sheet lightly with olive oil, then roughly scrunch them on top of the pie and loosely tuck them in at the edges.

5 Transfer the dish to the oven and bake for 25 minutes, or until the filo is golden and crisp.

6 When the pie is nearly ready, steam the broccoli for 3-4 minutes, and serve alongside the pie.

“I recommend adding vegan crème fraîche – there are much better products on the market than a few years ago”

Scandi Beetroot, Potato & Fennel Salad

Per serving: 485 cals | 19.8g fat



Serves 2

Ready in 50 mins

“There’s no need to make a separate dressing for this dish, as the liquid left in the roasting tin is almost enough and is easily built on. Serve the lot warm, or leave everything to cool before folding in the watercress. I recommend adding a bit of vegan crème fraîche – there are much better products on the market than there were a few years ago, but I’d recommend avoiding anything that tastes or smells strongly of coconut.”

400g small beetroots
½ tsp caraway seeds
1 orange, finely grated
zest and juice
2 tbsp olive oil
300g waxy new potatoes
1 small fennel bulb, thinly sliced
100g radishes, cut into wedges
and slices
½ small red onion,
very thinly sliced
1 tbsp horseradish, grated
1 tbsp red wine vinegar
2 tbsp vegan crème fraîche
50g watercress, coarse
stalks removed
bunch of dill, coarse stalks
removed, finely chopped
salt and pepper
dark rye bread, to serve

1 Preheat the oven to 200C/400F/Gas 6. Peel the beetroots and cut them into wedges. Place them in a small roasting tray with the caraway seeds, half of the orange juice, the olive oil and plenty of salt and pepper. Mix well, cover with foil and roast for about 40 minutes, or until tender.

2 Meanwhile, put the potatoes into a pan of cold salted water. Bring to the boil and cook for 10-12 minutes, or until cooked through, then drain. When they are cool enough to handle, slice them into thick discs.

3 When the beets are ready, add the potatoes, fennel, radishes and onion to the pan, along with the horseradish and vinegar. Mix



well and adjust the seasoning to your liking. Just before serving, fold in the crème fraîche (if using) and watercress. Taste and add a little more orange juice if you think it needs it.

4 Pile onto plates and garnish with the dill and a sprinkle of orange zest. Serve with slices of rye bread on the side.

Chocolate Cinder Toffee

Per serving: 107 cals | 3.5g fat
(based on 16 servings)



Makes 12-16

Ready in 40 mins

"Also known as honeycomb or hokey pokey, this is basically a homemade version of a Crunchie bar. It feels a bit like a science experiment when the bicarb turns the sugar into a foam. Anything involving hot sugar is properly dangerous, so have a good pair of oven gloves to hand. This recipe does rely on getting the sugar to an ideal temperature; you can attempt to do it by timing or by eye, but without practice, it can be hit and miss. A sugar thermometer is your best bet."

6 tbsp golden syrup
200g caster sugar
2 tsp bicarbonate of soda
100g vegan dark chocolate
sea salt flakes (optional)

1 Line a baking tray with baking paper. Place the syrup and sugar in a high-sided saucepan and warm it over a gentle heat. Stir occasionally to help the sugar dissolve into the syrup. When it is all liquid, stop stirring and increase the heat until it reaches 145C/275F – this will take about 10 minutes.

2 Remove the pan from the heat and stir in the bicarbonate of soda with a wooden spoon – it will start to foam and rise in the pan. A few good stirs are enough; you don't want to knock too much air out of the mixture. Immediately tip the mixture into the prepared tin, and leave to cool completely.

3 Break the chocolate into small pieces, and place it in a heatproof bowl. Sit the bowl above a pan

of simmering water until the chocolate has melted (make sure that the base of the bowl does not touch the water).

4 Break the cinder toffee into pieces. Dip the ends into the melted chocolate and place on a wire rack to cool. If you're feeling a bit hipster, add a pinch of sea salt flakes before the chocolate has set. You can

store the pieces in an airtight container, where they should last for a few days before they start to soften... but you're unlikely to get to that stage!



Recipes extracted
from *Dirty Vegan Another
Bite* by Matt Pritchard
(Mitchell Beazley, £20)



VEGAN FAKEAWAYS THAT REALLY DELIVER

Put down the takeaway menu and opt for these healthier homemade alternatives that are better for you, and the planet!



Harissa Aubergine and Courgette Kebabs

Per serving: 409 cals | 3.7g fat



Serves 4
Ready in 30 mins

2 tbsp harissa powder
4 tbsp red wine vinegar
a pinch of sweetener
4 tbsp tomato purée
3 aubergines, cut into bite-sized chunks
3 courgettes, cut into bite-sized chunks
smoked paprika, to garnish

For the couscous:
350g dried couscous
large handful fresh coriander, chopped

large handful fresh mint, chopped
½ bunch spring onions, finely sliced
1 preserved lemon, finely chopped (optional)
2 tomatoes, finely chopped
juice of 1 lemon

1 Preheat the grill to medium-hot. Mix the harissa powder, vinegar, sweetener and tomato purée in a wide bowl and season with salt.

2 Toss the aubergine and courgette chunks in the harissa mix and thread onto 12 metal skewers (or wooden skewers soaked in water for 20 minutes to stop them from burning).

3 Put the couscous in a wide heatproof bowl and pour over enough boiling water to just cover. Put a plate on top to cover the bowl, and leave to stand for 10-12

minutes. Meanwhile, grill the skewers for 8-10 minutes, or until golden on all sides and cooked through, turning once or twice.

4 Fluff up the couscous grains with a fork, season to taste and stir in the herbs, spring onions, preserved lemon (if using), tomatoes and lemon juice.

5 Sprinkle the paprika over the skewers and serve hot with the couscous.

Teriyaki Vegetable & Tofu Stir-fry

Per serving: 409 cals | 3.9g fat



Serves 4
Ready in 40 mins

275g dried rice
low-calorie cooking spray
349g pack silken tofu, drained and cut into bite-sized cubes
5cm piece fresh root ginger, peeled and cut into thin strips
2 garlic cloves, thinly sliced
2 carrots, peeled and cut into matchsticks
100g mangetout, halved diagonally
300g shiitake mushrooms, halved (or quartered, if large)
225g tin bamboo shoots in water, drained and rinsed
8 spring onions, sliced into short lengths
100g baby spinach
3 level tbsp teriyaki sauce
2 tbsp vegetarian oyster sauce
spring onion and red chilli, very thinly sliced and placed in cold water to curl, to serve

1 Cook the rice according to the pack instructions, then drain.

2 Spray a large, non-stick wok or frying pan with low-calorie cooking spray and place over a medium-high heat. Fry the tofu for



2-3 minutes, turning gently, until lightly browned. Tip onto a plate and set aside.

3 Wipe out the wok or frying pan with kitchen paper. Re-spray with cooking spray and add the ginger, garlic, carrots and mangetout. Stir-fry for three minutes, until just tender, then add the mushrooms, bamboo shoots, spring onions and spinach, and stir-fry for a further minute.

4 Return the tofu to the pan with the teriyaki and vegetarian oyster sauces and stir-fry for 1-2 minutes.

5 Divide the rice and vegetable mixture between four bowls and top with the spring onion and red chilli.

Recipes and images courtesy of Slimming World.
Photography: Slimming World/Gareth Morgans

Anjula Devi's Cauliflower Koftas

Per serving: 296 cals | 22.6g fat



Serves 6

Ready in 1 hr, 25 mins

1 large cauliflower, rinsed and grated (use the lighter green leaves, too, as these have lots of flavour)

For the kofta:

1 tsp cumin seeds
1 tsp coriander seeds
1 medium potato, boiled or baked
1 tsp red chilli flakes
1 tsp fenugreek leaves
1 tsp mango powder
small bunch coriander, stalks only, finely chopped
1 tsp ginger, pulped
2 tbsp corn flour
¼ tsp baking powder
1 tsp sunflower oil
sea salt, to taste
vegetable oil, for deep frying

For the broth:

1 tsp cumin seeds
1 tsp brown mustard seeds
2½cm piece cassia bark
1 Indian bay leaf
1 tsp turmeric powder
1 tsp red chilli flakes
1 tsp fennel seeds
2 cloves
2 tbsp sunflower oil
1 medium onion, finely chopped
2 tbsp sundried tomato paste
2 tsp garlic, pulped
2 fresh green chillies
280ml water
2 tbsp coconut cream
1 tsp jaggery, grated
sea salt, to taste

To serve:

small bunch fresh coriander, leaves roughly chopped
1 lime, finely grated zest and juice

1 Place a small, dry sauté pan on a low heat and once warm, heat the cumin seeds and the coriander seeds for one minute. Remove from the heat and place in a pestle and mortar. Grind coarsely and set aside.

2 Place a large sauté pan on a low heat, add the grated cauliflower and sauté for 5-7 minutes. Remove from the heat and transfer the cauliflower to a large bowl.

3 Scoop out the contents of the potato and add to the bowl. Add the ground cumin and coriander seeds along with all of the remaining kofta ingredients. Mix and add salt, to taste.

4 Using clean hands, form small golf ball-sized kofta. If you find that the mixture is not holding, just add a little more corn flour.

5 Heat some oil to deep-fry the kofta. Once the oil is hot, fry each piece until it's light golden-brown; about 2-3 minutes. Drain the kofta and place them on absorbent kitchen paper.

6 To make the broth, place a sauté pan on a low heat, add the oil and once warm, add the cumin seeds, brown mustard seeds, cassia bark and Indian bay leaf. Allow to warm through for one minute.

7 Add the onion and sauté until a light golden-brown colour. Add the turmeric powder, red chilli flakes, sundried tomato paste, garlic, green chillies, and jaggery. Continue to sauté for five minutes.

8 Whisk the water and coconut cream together, add to the pan, bring to the boil and immediately reduce to a gentle simmer. Add the fennel seeds and cloves, simmer for five minutes and season with salt, to taste.

9 Remove from the heat, and stir

in the fresh coriander leaves, lime juice and zest. Remember to count out the cloves.

10 Place the fried kofta in the broth and place a lid on the pan. Allow the kofta to sit in the broth for five minutes before serving. Serve with chapatis or rice.



BOOKSHELF

Recipe extracted from
Spice for Life by Anjula
Devi (Clearview Books,
£25). Photography:
Dan Jones.



*Can't find the
ingredients?*

Check online at specialist
stores such as Spices of
India (spicesofindia.co.uk)
and The Asian Cookshop
(theasiancookshop.co.uk)

FAKEAWAY TIME-SAVERS



Bol Thai Panang
Coconut Curry Dinner
Box, £3.70,
bolfoods.com



Squeaky Bean Ready-
To-Eat Kick of Tikka
Marinated Chicken
Style Pieces, £2.75,
sainsburys.co.uk



The White Rabbit Pizza
Co. The Vegan Gardener,
£5, Waitrose

MAKE THE MOST OF FRESH HERBS

Don't let herbs languish in the fridge: go zero-waste with these zesty vegan dishes!

Spiced Salsa Verde

Per serving: 888 cals | 93.5g fat



Makes about 140g
Ready in 25 mins

2 green cardamom pods, seeds only
1 tsp black peppercorns
1 tsp coriander seeds
½ tsp cumin seeds
4 green jalapeño chillies
2 garlic cloves
large pinch of sea salt
generous handful of parsley leaves, finely chopped
generous handful of coriander leaves, finely chopped
100ml olive oil
juice of 1 lemon

- 1 Toast the cardamom seeds, peppercorns, coriander seeds and cumin seeds in a small, dry frying pan over a medium-high heat for a few minutes, until fragrant. Tip into a mortar, grind to a fine powder and leave to cool.
- 2 Add the chillies and garlic to the mortar, sprinkle with a large pinch of salt and smash to make a paste. Add the herbs and oil and work them into the mixture with the pestle.
- 3 Leave the spiced salsa verde to sit and infuse for 10 minutes, then finish with the lemon juice. Use straight away.

Digestive Herb Salad

Per serving: 155 cals | 14.9g fat



Serves 2
Ready in 10 mins

1 tbsp coconut oil, melted
juice of 1 lime
2cm piece fresh ginger root, finely chopped



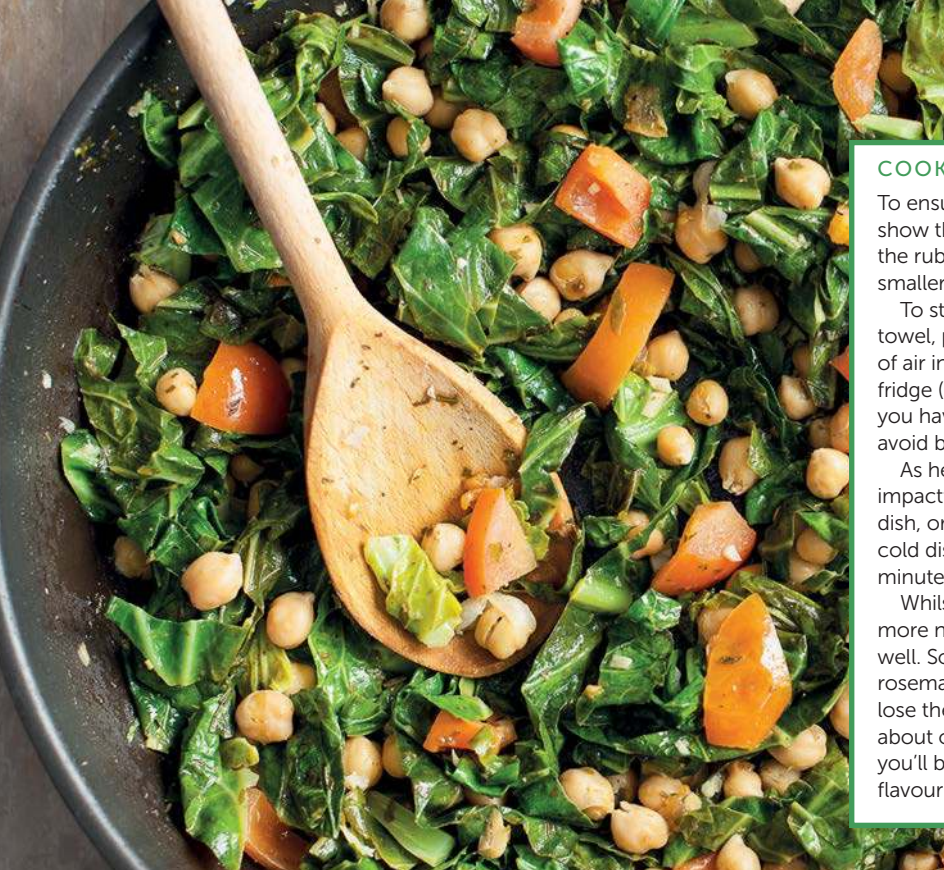
1 small red Thai chilli, finely diced
pinch of ground white pepper
¼ tsp palm sugar (or unrefined cane sugar)
handful of mint, leaves only
handful of dill, roughly chopped
handful of coriander, roughly chopped
handful of Thai basil, leaves only
½ ripe avocado, chopped (optional)

- 1 Mix the coconut oil, lime juice, ginger, red chilli, white pepper and sugar together in a bowl.
- 2 Add the herbs and avocado (if using), and mix together using your hands, then serve.



BOOKSHELF
Recipes extracted from
Super Roots by Tanita de
Ruijt (Hardie Grant, £16.99).
Photography: Patricia Niven





COOKING WITH HERBS

To ensure you make the most of your fresh herbs, show them a bit of TLC. For bound bunches, snip off the rubber band or string, as this may interfere with smaller leaves.

To store herbs, wrap them in slightly damp paper towel, place them in a ziplock-style bag, keeping a bit of air inside, and place this in the warmest part of your fridge (usually the door). When chopping herbs, ensure you have a sharp knife, and chop them carefully to avoid bruising.

As heat kills flavour, most fresh herbs are more impactful when added just before you serve a warm dish, or stirred in after you've taken it off the heat. For cold dishes like salads, consider adding them at the last minute to ensure that they stay fresh and vibrant.

Whilst fresh herbs are more versatile and contain more nutrients, there are many uses for dried herbs as well. Some key ones to have to hand include oregano, rosemary, thyme and basil. Keep in mind that they will lose their flavour over time, so should be replaced about once a year. With these tricks up your sleeve, you'll be able to use herbs to add a new depth of flavour to your vegan dishes!

Spring Greens with Chickpeas, Garlic and Mint

Per serving: 321 cals | 18.7g fat



Serves 2

Ready in 20 mins

2 tbsp olive oil
2 garlic cloves, finely chopped or crushed
250g spring greens, tough stalks removed, leaves roughly chopped
¼ tsp ground cumin
¼ tsp ground coriander
2 tomatoes, chopped
400g tin cooked chickpeas, drained and rinsed
small handful of mint, chopped
salt and pepper

1 Heat the oil in a large pan, then add the garlic and gently cook for a couple of minutes, being careful not to let the garlic burn.

2 Add the spring greens, cumin and coriander, turn up the heat a little, and cook for two minutes.

3 Add the tomatoes, chickpeas and mint, cook for another 2-3 minutes, then season to taste and serve.

Recipe and image courtesy of Riverford (riverford.co.uk)

Root Vegetable Casserole with Herb Dumplings

Per serving: 452 cals | 20.4g fat



Serves 4

Ready in 1 hr

1 tbsp olive oil
2 leeks, thickly sliced
2 garlic cloves, chopped
2 essential Waitrose Parsnips, cut into chunks
4 essential Waitrose Carrots, cut into chunks
2 sprigs fresh rosemary (or 1 tsp dried)
75g Waitrose Love Life Quick Cook Italian 5 Grains
400g tin Essential Waitrose Chopped Tomatoes
400ml vegetable stock
2 tbsp vegan red pesto

For the dumplings:

100g self-raising flour, plus extra for rolling
50g vegetable suet
2 tbsp fresh parsley, chopped

1 Preheat the oven to 200C/400F/ Gas 6. Heat the oil in a large flameproof, ovenproof casserole dish. Cook the leeks and garlic for two minutes, then add the parsnips, carrots and rosemary, and cook for a further three minutes.

2 Stir in the grains, tomatoes, stock and pesto, then bring to the boil

and simmer for 15 minutes.

3 Meanwhile, stir together the flour, suet, parsley, a pinch of salt and 4-5 tablespoons of cold water to form a soft dough. With floured hands, roll the mixture into eight balls and place these on top of the casserole. Cover the dish, then transfer it to the oven and bake for 20-25 minutes, until the dumplings are puffed and the vegetables are tender.

Recipe courtesy of Waitrose & Partners



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Surprising foods you probably DIDN'T KNOW WERE VEGAN

From flaky pastries to classic crisps, these popular products are all suitable for vegans

Party Rings

For many of us, Oreos will be the first vegan-friendly biscuits on our radars... but did you know that another childhood classic is also free from animal-derived ingredients? That's right, the iconic British doughnut-shaped biscuits with their pastel icing – which probably adorned every party table when you were young – are completely vegan. Other accidentally vegan biscuits include Fox's Fruit and Oat Chunkie Cookies, Lotus Biscoffs, McVitie's Chocolate Chip HobNobs and Tesco Bourbon Creams – don't say you're short on options!

Skittles

Vegans often steer clear of mainstream sweets, and for good reason: many of these contain gelatin, along with other animal-derived ingredients. So you may be surprised to learn that Skittles are vegan – that's right, you can safely taste the rainbow! A few years ago, this wasn't the case, as Skittles were made with non-veggie-friendly ingredients, namely the insect-derived pigment E120 cochineal, but we won't go there. Thankfully, as of 2009, Skittles are completely veggie- and vegan-friendly, though a few old packets may still be lurking, so check the packaging before you purchase: if it says 'safe for vegetarians', then you're good to go, even if you're vegan. Do be careful of limited edition launches as well, as these may not always be vegan-friendly.

Pringles Smokey Bacon Flavour

We know this is a strange concept, but it's true: Pringles' Smokey Bacon Flavour crisps are indeed vegan-friendly. How then, you ask, do they achieve said flavour? The bacon seasoning is a simple combination of yeast powder, onion powder, smoke flavouring, garlic powder, and a few other ingredients that combine to create a smoky aroma. For vegans who don't like the taste of meat, this is probably one to stay well clear of, but for those who are new to veganism, or are just dabbling in the diet, this could help curb your cravings.



Jus Rol Croissants

Love a freshly baked croissant on a Sunday morning? So do we, but as most vegans know, the struggle to find a decent baked treat is real. So you'll be excited (and probably surprised!) to learn that Jus Rol's croissants are completely vegan-friendly. The ready-to-bake rolls create a light and flaky pastry that's perfect with a good brew. The packaging does specify, however, that the ingredients list is subject to change at any time, so as always, it's best to check to be sure. It also mentions that the croissants may contain traces of milk and egg ingredients, so whether you opt for these as a vegan may depend on how strict you choose to be.

Walkers Prawn Cocktail Crisps

A vegan's life often consists of scrutinising packets for the dreaded 'milk' bolded out amongst a seemingly safe list of ingredients. It's astounding the number of products that contain milk or milk powder, so it's perhaps even more odd that fish-flavoured crisps could actually be vegan. But rest assured: classic British brand Walkers uses no animal products in its Prawn Cocktail variety. Instead, its flavourings consist of onion powder, dried yeast, and paprika and tomato extracts, amongst other things. So, you can safely snack on this popular flavour to your heart's content.

Bisto Favourite Gravy Granules

This one is slightly more controversial: Bisto's Original Gravy Granules – as well as the Reduced Salt, Vegetable and Onion Granules – contain no animal-derived ingredients, and are technically vegan-friendly. So you may be surprised to see the packages labelled as vegetarian. The reason? Bisto processes these in the same factory where it handles animal products, so as such, there's always a risk of cross-contamination. Whether or not you consider Bisto vegan-friendly is up to you, but if you have allergies, it's certainly safer to avoid it altogether in favour of a 100% vegan alternative.



HOW TO HOST THE PERFECT VEGAN DINNER PARTY

Niki Webster shares her tips for hosting the ultimate foodie gathering without the stress

It's every dinner host's dream: to create a memorable meal that your guests will be raving about for weeks to come. But from forgetting about a nut allergy, to burning the pie, and spending the whole night stuck in the kitchen, hosting any dinner party comes with its challenges. Catering to vegans, however, can fill many hosts with dread: 'What will I cook? Will people notice there's no cheese? Will the vegan version of my famous cake live up to expectations?' Don't fret though: you really can host a memorable meal that will impress both vegans and non-vegans alike, and the good news is that it needn't

be a stressful experience. We spoke to Niki Webster of Rebel Recipes (rebelrecipes.com) to find out how...

Planning is key

Before you set out creating a showstopping menu, it's worth asking your guests about any allergies in advance – after all, you wouldn't want anyone to be left munching on bread and salad. Where possible, you can then create dishes that are suitable for everyone to save you time – because no one wants to prepare different dishes for individual people!

The key to being organised ahead of a dinner party is to prepare as

much as you can in advance, so keep this in mind when you begin putting your menu together. "A lot of vegan dishes or accompaniments can be prepared or cooked ahead of time," Niki says. "Some can be popped in the fridge, then taken out 10 minutes or so before serving, to come up to room temperature."

After creating your menu, consider the quantities of each ingredient that you'll need before setting off to buy everything. This saves you money, and also helps to reduce food waste. "I have a tendency to always overcook, but that just means that there are leftovers, which I'll use up in the following days," Niki says. "But to save this from happening, it's important to plan ahead, rather than winging it, and make sure that everything is weighed out correctly. It takes a bit longer to do so, but it saves you from throwing away food at the end of the night."

Design a showstopping menu

When you create your menu, consider what ingredients are readily available, as well as dishes that can be created in advance to save you time. Niki recommends using seasonal ingredients: not only will seasonal produce be more flavourful, it's also packed with more nutrients, and better for the planet – win, win!

In your attempt to be the hostess with the mostess, you may be eager to unleash your inner Mary Berry, but remember that it's not only about creating photo-worthy dishes that your guests will be raving about; it's also about spending time with them! Finding a balance between a delicious meal that will be hearty, wholesome and flavourful, and not spending all of your time slaving away in the kitchen whilst everyone else mingles, is the key to any dinner party.

Keep it simple

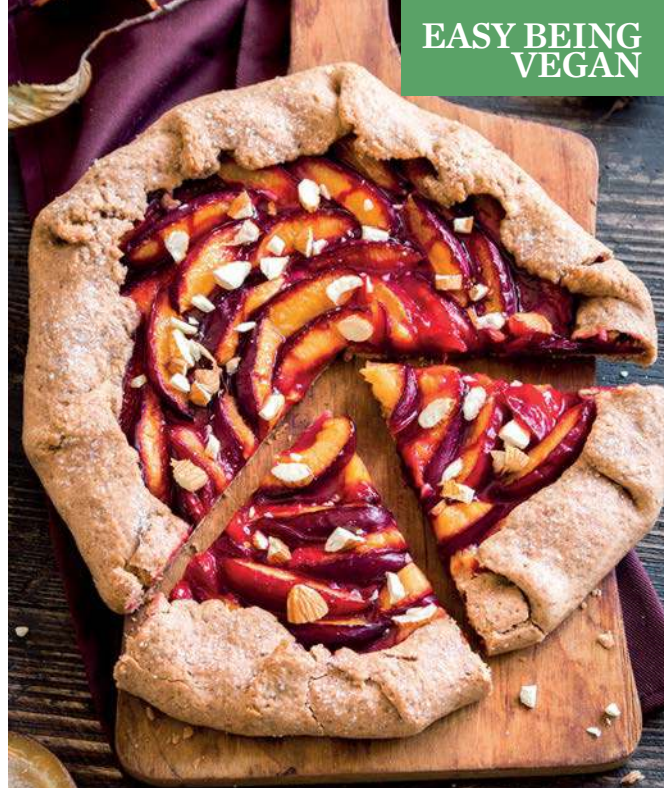
For starters, consider dishes that can easily be made in advance, and simply garnished, reheated or baked fresh when guests arrive. Soup is an easy appetiser; you can also consider dishes such as baked mushrooms, served with a side salad. Similarly, many desserts can be prepared in advance and simply taken out of the fridge or sliced to serve. Try a vegan cake or tart, chocolate pots or mousse, pavlova with seasonal fruit, or even raw cheesecake. This will leave you more time to create

a stunning centrepiece for the main course. Dishes that can be popped into the oven will allow you more time to entertain your guests, so this is probably preferable to standing over a stovetop sautéing and stir-frying when your guests arrive!

“One-pot dishes and tray bakes are ideal for feeding a larger group – think tarts, roasted veggies, soups, curries and stews.” Niki also suggests creating a large tart or baked stuffed squash that your guests can slice and enjoy, accompanied by three or four side dishes. “This encourages guests to try new foods and creates a sense of fun and joy.”

Even when you think that you have everything planned out with minimal effort needed on the day, remember that timing is crucial! “Create a timeline and do trial-runs of dishes in the lead-up to your dinner party,” Niki says. “You’ll want to know exactly how long everything takes to prep, cook and present, so that nothing is left waiting around to go cold, or your guests get hungry. It’s all well and good checking the timings on a recipe, but different ovens and stoves take different times to cook, and your prep work may be faster or slower than someone else’s.

“I like to create a timeline of dishes, and prep similar ingredients at the same time, even if they’re for different dishes. And always wash up as you go: have a sink full of hot, soapy water, and when you are waiting for something to heat up or cool down, quickly wash what you



were using – this saves a lot of stress later on.”

Most importantly, remember to have fun! Food has a magical way of bringing people together, and it's all about enjoying delicious (vegan) food with the ones you love.

NIKI'S TOP 5 TIPS

1 Buy seasonal produce:

It's packed with more flavour and nutrients, and is better for the planet!

2 Get ahead where you can:

Order your ingredients to arrive two days before the event, so you can make a start on the sauces and desserts the day before.

3 Consider creating a theme:

This gives you something to work with, and can help you find more focus around your dishes.

4 Make one-pot dishes with a selection of sides and sauces:

This creates a more communal atmosphere, and encourages people to try something new.

5 Create a timeline: To avoid your guests getting hungry, or forgetting to put something in the oven, create a timeline of what you need to do and when, and consider doing a run-through of the recipes in advance.



Plant-based puddings to savour this spring

From fluffy mousse to moist cake, these vegan desserts will satisfy your sweet tooth

Rosemary & Orange Polenta Cake

Per serving: 498 cals | 22.5g fat



Serves 6

Ready in 1 hr

For the cake:

6 tbsp warm water
2 tbsp ground linseed (flaxseed)
210g organic gluten-free self-raising flour (or regular self-raising flour)
115g fine polenta
1 generous tbsp fresh rosemary, finely chopped
225ml almond milk
1 tsp gluten-free baking powder
1 tsp vanilla extract
130g organic coconut sugar
113g coconut oil, softened
1 medium orange, juiced
finely grated zest of ½ medium orange
a pinch of sea salt

For the drizzle topping:

2 tbsp fresh orange juice
1 tbsp coconut sugar
1 tsp fresh rosemary
½ tbsp maple syrup

- 1 Preheat the oven to 180C/350F/ Gas 4. Line a 15cm cake tin with silicone-free baking paper.
- 2 Sift the polenta and flour together in a large mixing bowl. Add the baking powder, salt and rosemary. Stir to combine.
- 3 Add the ground linseed to a small bowl with the warm water and stir. Set aside to gel, creating your 'flax egg'.
- 4 Add the coconut sugar and coconut oil to a bowl and cream together. Add the flax egg and beat until smooth.
- 5 Add the wet mixture to the dry ingredients along with the vanilla extract, and fold together. Add the orange zest and juice and beat together until smooth.



- 6 Slowly drizzle the almond milk into the bowl, a little at a time, beating together as you go. If the mixture looks a little dry, you can add more almond milk as required, until you have a smooth cake-like batter.
- 7 Spoon the batter into the lined cake tin. Transfer to the oven and bake for 30-40 minutes, until golden and a skewer comes out clean.

- 8 Whilst the cake is baking, whisk together the drizzle ingredients. Remove the cooked cake from the oven and leave to cool a little. Skewer random holes through the surface of the cake whilst still warm, then pour the drizzle mixture over the top.

Recipe and photography courtesy of Emma Carter on behalf of Natural Chef Diploma Courses at the College of Naturopathic Medicine.

Vegan Honeycomb Chocolate Mousse

Per serving: 348 cals | 22.6g fat



Serves 4

Ready in 1 hr, 20 mins

160g vegan dark chocolate
130ml aquafaba (roughly
all the liquid from a 400g
tin of chickpeas)
20 drops Foodie Flavours
Honeycomb Essence
75g icing sugar
½ tsp cream of tartar

1 Melt the chocolate in a microwave or over a bain-marie (a heatproof bowl set over a saucepan of barely simmering water). Once it's melted, set aside to cool slightly while you make the 'meringue'.

2 Whisk the aquafaba in a stand mixer, or in a large bowl with a hand-held electric whisk, on a medium/fast speed. It takes a good five minutes to get those giant fluffy peaks. Once the meringue is fluffy and whisked to peaks, add the honeycomb essence and whisk in for a minute.

3 Mix the cream of tartar with the icing sugar, then, while still whisking (on a slower speed), gradually add to the meringue mixture, one spoonful



at a time, until fully incorporated.

4 Pour in the melted chocolate and, using a spatula (no whisking here – we want to retain as much of those fluffy peaks as possible!), gently but thoroughly mix it through the meringue until there are no white streaks.

5 Spoon into serving bowls or glasses, or spoon into a large piping bag and pipe into your glasses. You can eat this almost immediately, but it does firm up a little after an hour in the fridge. Refrigerate until you're ready to eat!

Recipe and image courtesy of The Cook & Him
on behalf of Foodie Flavours (foodieflavours.com)

Rhubarb and Orange Coconut Crumble

Per serving: 397 cals | 16.8g fat



Serves 4

Ready in 45 mins

400g fresh rhubarb, trimmed
1 medium orange
100g brown sugar
60g solid coconut oil
80g plain flour
70g Everyday Essentials oats

1 Preheat the oven to 200C/400F/Gas 6. Chop the rhubarb into medium-sized chunks. Grate and juice the orange.
2 In a bowl, mix together the rhubarb with half of the sugar, and the orange juice and zest. Transfer to a baking dish that's approximately 22cm x 15cm x 6cm.
3 In another bowl, add the flour and the remaining sugar with the oats and mix well. Then, rub the coconut oil into the mix. Sprinkle the oat mix over the top of the rhubarb until it is covered. Bake in the oven for 25 minutes.

Recipe and image courtesy of Aldi (aldi.co.uk)



THE VEGAN SWEET TREATS *you need in your life*

Get your sugar fix with this amazing selection
of plant-based goodies

1 Love Cocoa Sea Salt Dark Chocolate Luxury Egg, £10.95, notonthehighstreet.com

Whether you're vegan or not, celebrate Easter the best way we know how: by tucking into a tasty chocolate egg! This dark chocolate offering is made with Maldon sea salt for a little twist; we love the beautiful pastel packaging, too.

2 Oggs Chocolate Fudge Cakes, £4.25 for pack of 4, Sainsbury's

Light, moist sponge encases a decadent chocolate frosting in these delightful mini cakes, which are guaranteed to please. Vegan cakes in supermarkets are few and far between, so we love these morsels; even more so because of the recycled plastic packaging they come in!

3 Plamil So Free Cocoabites, £2.50, plamilfoods.co.uk

Moreish and delicious, this vegan chocolate is so good you'll have to force yourself not to finish

the whole jar in one sitting! Our favourite part about the brand, though, is the sustainable, plastic-free packaging, as the bites are contained in a glass jar that you can order refills for, as required: a product that's a winner for your tum, and the planet.

4 Coconuts Organic Pure Caramel Natural Non-Dairy Ice Cream, £5.29, ocado.com

Made with silky smooth coconut cream, and sweetened with unrefined coconut sugar, this ice cream is up there with the finest vegan versions we've tried. It's also Soil Association-certified organic and packed full of natural ingredients, so as the weather warms up, we know what we'll be tucking into!

5 Candy Kittens Peach Fizz Gourmet Sweets, £1.50, Asda

Deliciously chewy with a fruity flavour, you'd never know these sweets were vegan! The large bag is perfect for sharing, and the sweets are gluten-free, too, so everyone can enjoy them. We thoroughly recommend them for cinema trips, long car journeys, or just general office snacking.

6 Booja Booja Chocolate Truffle Two-Packs, £1.29, hollandandbarrett.com

We've been obsessed with these truffles for a while, but the new launch of two-packs is a dream come true! One of our winners in the 2019 Veggie Awards, the Booja Booja truffles are packed with organic ingredients and taste divine. Choose from two enticing flavours: creamy Hazelnut Crunch and chewy, gooey Almond Salted Caramel.





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BUSTED:

7 vegan health myths

From protein deficiency to constant hunger,
we separate fact from fiction...

They say you shouldn't judge a book by its cover, and the same could be said for making assumptions about people based on what they eat. If you're vegan, you've probably been asked countless times where you get your protein from, or whether you're taking B12 supplements. When it comes to a vegan diet, it seems there are several myths surrounding people's health.

Veggie and vegan brand Cauldron Foods recently released a study of 2,000 adults, which revealed various misconceptions about the diet, including that it results in 'food boredom', only consists of salads, isn't filling, and lacks key nutrients. So what's the motivation behind these myths, and is there any truth to them? We spoke with Mays Al Ali, nutritionist and founder of Samadhi Soul Retreats (healthymays.com), to separate fact from fiction...

MYTH #1: Vegans don't get enough protein

The idea that vegans don't consume enough protein is arguably the biggest health myth of them all. "This simply isn't true, as seeds, nuts, pulses, legumes, tofu, and tempeh are all healthy sources of protein," Mays says. "Protein from a variety of plant foods (especially starches like rice, beans, and corn), eaten during the course of a day, will supply adequate amounts of all the essential amino acids that we require."

Vegan diets can often be too heavy on the carbs, which is probably where this myth comes from. However, by arming yourself with a bit of nutritional know-how, it should be easy to meet your daily protein requirements, so long as you eat a variety of minimally processed wholefoods every day.



MYTH #2: It's difficult to obtain calcium without consuming dairy

Surprisingly, some research has linked low bone density and osteoporosis to meaty, dairy-filled, high-protein diets, according to Mays. However, there's no denying that it is more challenging for vegans to consume enough calcium. But again, armed with a bit

of nutritional knowledge, it's easy to include the correct high-calcium foods in a plant-based diet.

Good sources of calcium for vegans include green, leafy veggies; cruciferous vegetables such as broccoli, kale and Brussels sprouts; fortified, unsweetened plant milk; unprocessed soya products; pulses and legumes; sesame seeds and tahini; and fruits such as raw figs, oranges and raspberries.

MYTH #3:

Vegans are anaemic

Anyone who doesn't consume enough iron could be anaemic; whether vegan or not. The good news is that our daily requirements can easily be met with plant-based foods – and luckily many of these are also great sources of calcium! Try regularly including foods such as organic fermented soya products, beans and dark leafy vegetables. To increase your iron absorption, it's also recommended to consume foods that are high in vitamin C at the same time (or simply squeeze a bit of lemon juice over your veggies).

"Different people have different levels of iron absorption, so if you do start to feel weak, light-headed, or experience more hair fall than usual, it could be a sign of anaemia, so you should visit your GP for a blood test. Never take an iron supplement without confirming that you are deficient, as iron can be pro-inflammatory, so it may cause more harm than good!"

MYTH #4:

Vegans feel hungry all the time

People often assume that plants couldn't possibly make for a substantial meal, so naturally, vegans must be hungry a lot of the time, right? Not so, says Mays: "Fruits, vegetables, wholegrains, and legumes are all high in fibre, which is likely to leave you feeling fuller for longer."

That said, if you are feeling hungry quite often, you could be falling into the vegan carb-trap, so consider balancing out your diet by increasing your protein intake.

MYTH #5:

Vegans are deficient in B12

Unfortunately, this is one myth that can have some truth to it if you're not supplementing your diet. The only reliable vegan sources are B12 supplements, and B12-fortified foods, but the latter can't be guaranteed to meet your daily requirements.

A deficiency in this important vitamin could lead to symptoms such as fatigue, weight loss and poor balance, as well as increasing your risk of other health problems including cardiovascular disease.

"My recommendation for all vegans is to have your B12 levels checked every few years with a simple blood test. I also suggest checking your methylmalonic acid (MMA) level, which is the most accurate testing for active B12 levels."

MYTH #6:

Vegans lack energy

"Whether you feel weak or not whilst on a vegan diet largely depends on what you eat," Mays says. "If you're not consuming a lot of calories or enough protein based on your height, weight and exercise levels, and you're not getting enough vitamin B12 or iron, you will likely feel fatigued. If you're eating a balanced diet with a variety of veg, fruits, legumes, nuts and seeds, you shouldn't have any problems with your energy levels."

MYTH #7:

Vegans aren't strong

With numerous professional athletes like Novak Djokovic and Venus Williams putting a spotlight on veganism, this is one myth that's starting to fade – and for good reason. Research shows that increases in muscle mass and strength are associated with protein,

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B12, £5.99,**
myvegan.com



regardless of the source. So essentially, consuming high-quality, plant-based sources of protein will help you build muscle just as effectively as animal-based foods. What's more, muscle growth is stimulated by strength training, so keep pumping iron, and follow-up your workout with leafy greens, beans and seeds, and you'll be as strong as Popeye in no time!



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Vegan Natural Chef

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



The top 10 NATURAL BEAUTY INGREDIENTS

Ever wondered which plant-based extracts are worth scoping out? Holistic skin therapist **Jess Arnaudin** has the answers...

These are the tried-and-true ingredients I love and depend on the most – in the treatment room and for my own skin, too. Thanks to our global marketplace, we now have access to thousands of natural raw materials, such as plant oils, extracts, powdered minerals, marine ingredients, essential oils and vitamins. It's empowering to have the know-how to create your own customised skincare, based on what your unique skin needs most.

ALMOND FLOUR (OR RICE BRAN POWDER)

Both of these act as a gentle facial scrub to remove impurities and microtoxins from the pores. Rice bran is a by-product of rice milling and contains beneficial antioxidants. My skin looks bright and firm after using both of these velvety-soft exfoliating ingredients. I love that they are customisable (you can add a small scoop to any cleanser or mask), extremely gentle even for the most reactive skin, and effectively decongest skin without causing any unnecessary inflammation.

CARROT SEED OIL

Carrot seed oil is rich in antioxidants to offset free radical skin damage caused by pollution and environmental aggressors. It's also a natural source of SPF to protect skin from UV damage, and is very high in beta-carotene, vitamin C and vitamin E.

FRUIT ENZYMES

Enzymes found in fruits like papaya, pineapple, tart cherries and mango are both anti-inflammatory and exfoliating. They break down the keratinised bonds between skin cells – a gentle chemical process that removes excess cell build-up to reveal healthy, fresh skin. Fruit enzymes are often activated by heat, so use an enzyme mask in a steamy shower or with a warm washcloth used as a compress. Enzymes also boost the absorption of all other skincare products.

GLYCERINE

An important tool in any DIY skincare enthusiast's beauty pantry, glycerine is soluble in water and provides gentle cleansing properties without stripping skin of moisture. Distilled from vegetable oils, this clear, odourless ingredient behaves like a powerful humectant, drawing moisture from the air to the skin's surface like a magnet. Always check the label to ensure it's not blended with synthetic ingredients.

HYDROSOL FLORAL WATERS

There's something transformative about the soft, subtle scent of floral hydrosols.

They boost moisture in the skin and are a simple way to squeeze self-care into a busy day. These mists contain antioxidants and micronutrients to cool and reduce redness, and most importantly, prepare skin to fully absorb the benefits from oils, balms and creams.

JOJOBA

Jojoba oil is a go-to multipurpose oil because it closely mimics your skin's own natural sebum production. Even though it's referred to as an oil, it's actually more of a liquid wax (it's extracted from a desert shrub), and is absorbed quickly without feeling greasy, or clogging skin.

PUMPKIN SEED OIL

Densely packed with phytonutrients, essential fatty acids, vitamins and minerals that seal in hydration, this oil leaves skin feeling plump, radiant and buttery-soft. Its versatility makes it a true star. All skin types, even breakout-prone, can use it generously: it contains zinc, which can soothe irritation and keep skin looking clear and healthy.

RED RASPBERRY SEED OIL

Consider this your daytime, summertime, anytime oil of choice. Specifically for sun-exposed skin, red raspberry seed oil provides the first layer of UV protection (in addition to wearing a clean mineral SPF), and is an excellent anti-inflammatory due to its high levels of linoleic acid; an essential building block for strengthening the skin's barrier.

ROSEHIP SEED OIL

This is the oil to turn to when addressing excess melanin hyperpigmentation caused by the sun, hormones or post-acne marks. Omegas, carotenoids, lycopene and vitamin E are just a few of the nutrients you'll absorb from rosehip; the key is to look for oils extracted from both the fruit and the seed. It's also important, as with all plant oils, to source ones that are minimally processed and cold-pressed.

WHITE KAOLIN CLAY POWDER

This detoxifies and draws impurities from the pores while also soothing inflammation and calming hyper-reactive skin. I often use it with clients after a peel or steam. It soothes and nourishes like magic. Keep a white clay mask damp by using a wet washcloth as a facial compress. You never want the clay to fully dry and crack on the skin.

1 BY SARAH LONDON
Organic Facial Oil, £32,
bysarahlondon.com



2 Gorgias London
Jojoba Facial
Oil, £19.95,
gorgiaslondon.com

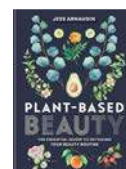
3 Evolve Organic
Beauty Hyaluronic
Serum 200, £30,
evolvebeauty.co.uk



4 Ren Moroccan Rose
Otto Ultra-Moisture
Body Oil, £35,
renskincare.com



5 BYBI Blueberry
Booster, £12,
bybi.com



BOOKSHELF
Extracted from *Plant-Based Beauty: The Essential Guide to Detoxing Your Beauty Routine* by Jess Arnaud (Aster, £12.99).

ETHICAL SKINCARE — SENSATIONS —

Discover the best vegan beauty tools and formulas
to boost your complexion



**PHYTOFUSE RENEW
RESVERATROL EYE CREAM, £39, INIKAORGANIC.COM**

We were so excited when we heard that one of our hero organic and vegan-friendly make-up brands was expanding into skincare, and we weren't disappointed when the range arrived! The entire collection really delivers, but the eye cream was outstanding: it's easy to apply and managed to get rid of under-eye bags in record time.



It's proven to greatly reduce the appearance of pores, as well as eliminating excess oil. Plus, it's full of prebiotics and superfruits to balance and exfoliate, so your skin will reap the benefits.

**BAREMINERALS PORELESS
CLAY CLEANSER, £19, BAREMINERALS.CO.UK**

A brand that's transparent about its ingredients, with a passion for clean, natural beauty that does no harm to the environment: BareMinerals' vegan products are always a go-to. This is the first step in the cult brand's new three-step poreless kit; it gently cleanses and purifies your complexion, leaving skin healthier after just a week of use.



**ISHGA
INVIGORATING
ORGANIC BODY
LOTION, £36.50, UK.ISHGA.COM**

Lock in the post-shower moisture with this potent cream, formulated with ethically sourced ingredients including juniper, rose geranium, and lavender. It contains vitamins A, C and E, as well as amino acids and unique seaweed extract to help improve the health of your skin. It's best applied once a day all over the body, but be sure to apply liberally on typically dry areas, such as your hands, elbows, and knees.



**CRAVE! STIMULATING
BODY SCRUB, £19.99,
FREYAANDBAILEY.COM**

Give your body the ultimate treat with this luxurious product. Its pollution-fighting properties will leave you feeling polished and hydrated, thanks to the invigorating ingredient blend of plant oils, oat grains and multivitamins that target dull, rough skin. The smell will captivate you immediately, and we're confident it will become one of your bathtime staples, as it has for us! We love this female-led boutique batch company, which makes all products here in the UK.

**TEA TREE ANTI-IMPERFECTION
NIGHT MASK, £12, THEBODYSHOP.COM**

Our latest beauty obsession is a leave-on overnight mask – we may have reached peak laziness, but why waste valuable daytime hours applying and rinsing off a mask, when a leave-in one does all the hard work for you? This one is specially formulated to target blemishes, and reduce the size and number of imperfections in just one sleep! We recommend keeping it in the fridge, so that you can enjoy that ultra-refreshing feeling when you apply it, particularly as the weather



warms up. Once you've finished you can rinse out the container and return it as part of The Body Shop's Return, Recycle, Repeat scheme to help curb plastic usage.

**OILS OF LIFE TWIN-BALL
FACIAL MASSAGER, £16,
THEBODYSHOP.COM**

There's far more to great skin than facial washes and cleansers, and this tool is a must for your kit. Promising to improve blood circulation and skin tone, increase skin elasticity, and reduce puffiness and wrinkles, this massager is easy to use, plus it provides a soothing sensation as it rolls across your face. You won't know how you managed without it! You can rest-assured that you're making an ethical purchase, as The Body Shop supports many community trade and female empowerment initiatives.



**SKIN SAPIENS NOURISH &
HYDRATE FACE CREAM, £12,
SKINSAPIENS.COM**

Transparency is one of the key values of this brand, with all products clearly showing the ingredients and simplicity of the vegan formula, which includes plant-based ingredients. The moisturiser is our star pick, as it's formulated with calendula to help soothe tightness, which is all too common when we've been stressed out and busy. The purse-friendly price is a plus point, too.



**POMMISST
HYDRATION
SPRAY, £24,
JANEIREDALE.CO.UK**

With natural beauty at its heart, Jane Iredale makes a concerted effort to be environmentally conscious and a community advocate, and it's one of the most ethical, cruelty-free brands out there. We especially love that the brand offers skincare that transcends the bathroom, to our handbag, and back again – and this mist is a perfect example of that. As the weather heats up, our skin often cries out for a hydration boost in the middle of the day, and this spray fulfills that need, as well as being a powerful antioxidant and UV protector.

**BYBI SUPERCHARGE SERUM,
£32, BYBI.COM**

A natural face oil and serum in one hit, this bottle is packed full of plant-derived goodness, and will leave you looking luminous. It feels lightweight on the skin, but packs a seriously glowy punch, and when worn overnight, leaves you dazzling. BYBI is a proven sustainable company, with transparency at the forefront of all that it does.

THE BEAUTY STONE, £24.99, LOVELANI.COM

Channel the elements to boost your complexion with this innovative new tool. It's designed to increase blood circulation, boost lymphatic drainage, and smooth your skin. We recommend using the tooth-edged sides to focus on areas where you hold tension; this helps to reduce the appearance of wrinkles and fine lines, plus it feels wonderful. Every three months, Love Lani donates 5% of profits to a different charity of its choice, which is another reason to support the brand, knowing that your purchase is helping great causes.



Vegan make-up

TO COMPLETE YOUR CRUELTY-FREE LOOK

There are plenty of beauty brands out there that are making bold claims. So, which products live up to the hype? The Veggie team investigates...



THE HIGHLIGHTER

PAISLEY TEDDER, CONTENT WRITER:

I love Zao's packaging. This highlighter is a great plastic-free option, as you keep the bamboo case and just order refills when you run out. I love that the case seals with magnets, too! The powder goes on really easily, and provides a nice sheen. I've used it as a highlighter, but it could work well anywhere really, just to add a bit of iridescent shimmer – I'm sold!

Zao Shine-Up Powder, £23.50, zaomakeup.com



THE EYE SHADOW

SIAN BUNNEY, EDITOR:

This palette includes a pale nude, a normal taupe, a darker brown, and a grey-black. They aren't creasing in my eyelids, plus the palette comes in a really nice case.

RACHAEL PERRETT, DEPUTY EDITOR: *That's my kind of eye shadow palette! I like that the shades are quite neutral colours yet still rich, and they provide good coverage.*

Emani Vegan Cosmetics 'Sunset Boulevard' Illusion Quad Eye Shadow, £26, emanivegan.co.uk



THE LIPSTICK

RP: *I really like this: it glides on easily and feels smooth. It has a bit of a shimmer to it as well, so it doesn't make my lips look dry and cakey, nor is it overly shiny.*

I love the tube that it comes in, too: it's quite sleek.

SB: *Another big thing with lipstick is that we obviously ingest it accidentally, so it's great to have a natural option like this. I love the box it comes in, too: it's 100% recycled, and made by women artisans in Bali.*

Axiology Lipstick in 'Devotion', £29, gloworganicbrighton.co.uk

THE BB CREAM

RP: *This is quite light, and it blends easily. It's not quite covering up my blemishes as much as I'd like, though it is reducing redness. Plus, it doesn't feel very heavy; I actually can't tell that I have anything on.*

SB: *I think your face looks flawless! I want some... it has a very silky, velvety texture; I really like it.*

Inika Certified Organic BB Cream, £30, inikaorganic.com



THE MASCARA

SB: *Free from silicon and oil, vegan, and made with 92% natural ingredients – that's a good start! At first, this doesn't seem like it's doing a lot, but the more I use it, the better it looks. It definitely provides more length than volume, and it requires a couple of coats. But I'm quite impressed with the end result – and for £4.99! That is great value for money.*

Catrice Clean ID Volume + Lengthening Mascara, £4.99, justmylook.com

K L O R I S

SUPERIOR CBD | 100% NATURAL

LET NATURE LOVE YOU



WHAT IS CBD?

CBD is short for Cannabidiol, one of more than 120 cannabinoid compounds found in Hemp/Cannabis.

Although it is derived from Cannabis, CBD is completely legal and will not get you high.

Taking high quality CBD oil as a wellness supplement and applying CBD topically to the skin is believed to have a wide range of benefits.

HOW DOES IT WORK?

All mammals (including us humans!) have an endocannabinoid system. CBD works with the CB1 and CB2 receptors within this system to encourage greater communication, balance and function.

These receptors run throughout our entire bodies which could explain why CBD can positively affect so many different things.

THE KLORIS STORY

Health and wellness is vital to a happy and fulfilling life, but the power of nature to help and heal us has been under-explored.

The KLORIS journey started as many good things do - with friends sharing a meal and talking. We'd all discovered CBD for different health reasons - challenges from anxiety and insomnia through to menstrual cramps and back ache - and were frustrated at the lack of ethical, reliable, science-backed products available.

So we decided to do something about it.

We spent months searching the globe for the purest CBD, cultivated and extracted in the most respectful and sustainable way. We then blended it with beautiful organic ingredients to deliver products that are truly a joy to use, with efficacy the core purpose.

Order at KLORISCBD.COM

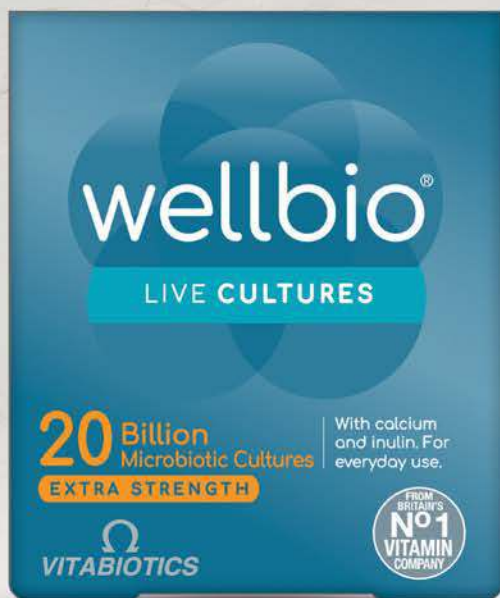
Use the code VEGGIEMAG and save £10 on The CBD Starter Kit!

  @KLORISCBD

New

Make a great gut decision

...because health begins on the inside*



Live Culture capsules

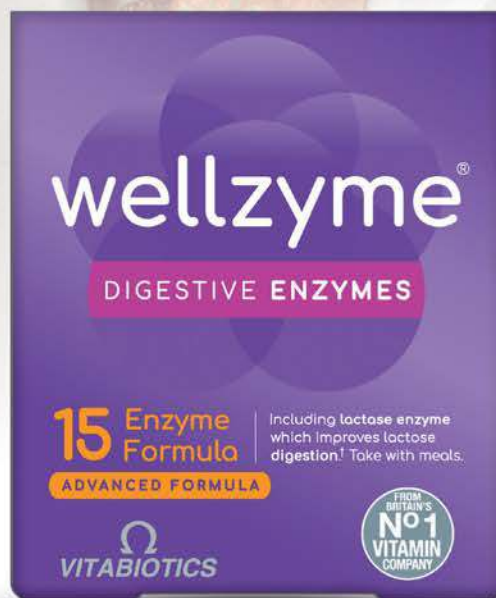
Vegan Friendly



Proven to reach the gut intact



With Lab4® the UK's most studied friendly microbiotic cultures†



Digestive Enzyme capsules

Vegan Friendly



Designed to be taken with or after meals



Advanced formula including Lactase, Lipase & Protease enzymes

BRITAIN'S No.1 VITAMIN COMPANY**

*With calcium which supports normal function of digestive enzymes. Includes lactase enzyme which improves lactose digestion†

From *Boots*, chemists, health stores & www.vitabiotics.com

‡Lactobacillus acidophilus (2 strains), Bifidobacterium bifidum, Bifidobacterium animalis subsp. lactis

†In individuals who have difficulty digesting lactose. Tolerance to lactose is variable. Seek advice as to the role of this substance in your diet.

**Source: Nielsen GB ScanTrack Total Coverage Value and Unit Retail Sales 52 w/e 30 November 2019. To verify contact Vitabiotics Ltd, 1 Apsley Way, London NW2 7HF.

There's nothing like a swipe of lipstick for a confidence boost, and this glossy number is guaranteed to fulfill that! Bold and bright, this is definitely our pick for spring. Kiss Me Quick Lipstick in 'Wild Watermelon', £20, tropic skincare.com

Swap your flimsy powder for the longevity of a liquid equivalent with this smooth, crease-resistant eyeshadow. Ideal for long days (or nights), it will ensure your eyelids are smear-free and flawless as long as you need them to be! Eye Shere Liquid Eyeshadow, £17, janeiredale.co.uk



Inspired by Mother Nature, this 18-shade selection will offer you the choice of mattes, satins and shimmers in warm browns, yellow hues, and rich blues, so you can create multiple looks. Earth & Ocean Eyeshadow Palette, £14, elfcosmetics.co.uk

Accentuate your smile with this bright shade from Ted Baker's new vegan lipstick collection. The bright hue will certainly make your pout pop; we can't wait to show this shade off ourselves! Regents Satin Lipstick in 'Lobster', £22, tedbaker.com

NEW-SEASON vegan make-up

This loose, pearlised powder can be used to enhance eyes, cheeks and lips, and glides effortlessly across your face to add an extra touch of glam. Dazzle Dust in 'Bronze', £4.59, barrym.com

Add a pop of colour to your spring look with these ethical buys

Billed as The Body Shop's 'most pigmented palette ever', this is packed with everything from dark mattes to shimmers, making it easy to achieve a smudge-proof look that will last all day. Own Your Naturals Eyeshadow Palette, £15, thebodyshop.com

Make a statement with this pearly shade! Its smooth application makes for a long-lasting colour, plus it's the perfect size to fit into your handbag. Ultimate Icons Lip Paint in 'Baby Pink', £4.99, barrym.com

Give your lips the definition they need to pull off a powerful lipstick with this handy tool. It will last for ages, and even helps to keep your lipstick on for longer, so it's a yes from us! Certified Organic Lip Pencil in 'Nude Delight', £16, inikaorganic.com

Deliciously Vegan

...FROM THE FREEZER

NEW



Spicy Quinoa, Edamame, Beetroot Burger*

Flavoursome, gluten
free and packed full of
superfoods.



Proper Cornish Vegan Pasty

Close to the
authentic recipe and
taste of a traditional
Cornish pasty.

*Serving suggestion

field fare



Sold loose from the freezer at
your local farm shop



www.field-fare.com
For all your frozen food needs



IT'S EASY CHEEZY

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VEGAN

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- THE GROCERY • THE VEGAN KIND • HELLOVEGO
- CESQUIS VEGAN STORE and independent stores!



#WHATSYOURPLANTASYFOOD?

GIVEAWAYS

This month, we're giving you the chance to win a vegan afternoon tea, eco sleep gear, a juicer and a butterfly net for springtime gardening!

WIN A VEGAN CHAMPAGNE AFTERNOON TEA FOR FOUR IN EDINBURGH!

WORTH
£250

Spring is one of our favourite times of year.

The sun is gradually coming out, and the season of extended afternoon tea with piles of sandwiches and cakes, plus tea on tap, begins. Luckily for us, historic quintessentially British venue Palm Court at The Balmoral in Edinburgh has launched a vegan version just in time. Even better, we're giving one of you the chance to take three guests to try it! So, what can you expect?

Think fruity strawberry jam spread thickly on fluffy dairy-free scones with sunflower spread, and decadent pastries, including

an indulgent Maracaibo chocolate cube with rose, pistachio and pomegranate. The selection of loose-leaf teas, fresh pastries, dainty sandwiches and a wide selection of Champagnes is sure to impress, especially in such an iconic setting. Find out more and browse the full menu at roccofortehotels.com



WIN A COLD-PRESSED JUICER!

The influx of readily available fresh fruits and vegetables that arrives with spring is wonderful – and we're offering you a prize so you can enjoy them in delicious new ways! We've teamed up with Love Celery to offer you the chance to win a Philips Avance Collection Cold Pressed Juicer, so you can whip up amazing smoothies.

This is a great chance to restore your vitamin and nutrient levels after the bug-ridden winter months, and shake off the sluggishness ready for a healthy and happy summer. Celery is one vegetable that is filled with goodness, as well as being hydrating and low in calories. Combine it with pineapple, ginger and a sprig of mint for a tasty morning smoothie, or find more recipes at lovecelery.co.uk. Check out the juicer for yourself at johnlewis.com

WORTH
£250



WIN SOFT BUTTERFLY NETTING FOR YOUR GARDEN!

WORTH
£250

The arrival of spring brings with it the urge to get outside and into our gardens, ready to spruce them up for the warmer weather. Not only can this be a great activity for mindfulness, but it can also be really rewarding, especially if you grow your own fruit and veg at home.

For the latter, it's important to invest in crop protection, and this soft butterfly netting from Gardening Naturally will help you to keep pests away from your hard work. The netting feels soft to the touch, and will last in your garden for years. It's available in black or green, with a hole size of 5mm x 7mm. We're giving away eight sets this issue, so you can rest assured your plants and greenery will flourish throughout 2020 and beyond. Find out more and browse the full range of products at gardening-naturally.com



WIN AN ECO COMFORT PILLOW FROM SILENTNIGHT!

We're all about saving the planet, and we've just found a way that you can help as you sleep! It's less strange than it sounds, and involves switching to the new environmentally-friendly Eco Comfort range from Silentnight.

WORTH
£500



The pillow is our favourite piece in the collection, as it's filled with fibres made from 100% recycled materials, including 17 plastic bottles. Silentnight has teamed up with us to offer six lucky readers the chance to win an Eco Comfort pillow of their own!

The range also includes an Eco Comfort duvet and mattress topper, which are filled with friendly fibres made from 100% recycled materials. What's more, last year, the brand was able to save more than 105 million bottles from entering the ocean, which is an amazing feat! Find out more at silentnight.co.uk

FOR YOUR CHANCE TO WIN THESE FANTASTIC PRIZES, VISIT VEGETARIANRECIPESMAG.COM/GIVEAWAYS

ENTRIES CLOSE 25TH MARCH *For full terms and conditions head over to vegetarianrecipesmag.com/giveaways

The Scoop

REFILL REVOLUTION

If you're a convert to online grocery services, you've probably heard of Abel & Cole. A pioneer of organic produce, the brand has been a go-to for recipe boxes, fruit and veg, and other household essentials for over 30 years; not only providing quality products, but also helping the environment by delivering in reusable cardboard boxes rather than plastic bags. Now, Abel & Cole is going one step further by removing single-use packaging from a selection of its pantry pots, replacing the containers with pots that can be returned and reused. Aptly named Club Zero, this concept will make Abel & Cole the first ever online retailer to offer a refillable service in the UK. Would this new initiative encourage you to use the service? Tweet us your thoughts @veggiemagazine



WHAT'S NEW FOR VEGANS?



Prodigy Coconut Cahoots Chocolate Bar,

£1.75, prodigysnacks.com

Quality vegan chocolate is tricky to find, but this tasty coconut number hits the spot. Think of it as the vegan equivalent of a Bounty, but with the added benefit of being refined-sugar-free, and containing additional superfoods.



Fiid Lunch Bowls,

£3.50, Sainsbury's

Swap your regular weekday meal deal for this delicious new launch!

Combining vegetables, legumes and spices, the Fiid pouches come in three delicious varieties: Hearty Moroccan Chickpea Tagine, Italian Sundried Tomato & Lentil Ragù, and Smoky Mexican Black Bean Chilli.



Wholesums Popped

Chips, 95p, Sainsbury's
We've found the answer to your snack cravings! Made using every part of the vegetable, these

popped veggie chips will hit the spot. They're available in four flavours: Salt of the Earth, Softly Sweet Chilli, Splash of Salt & Vinegar, and Whole Lot of Smokey BBQ.



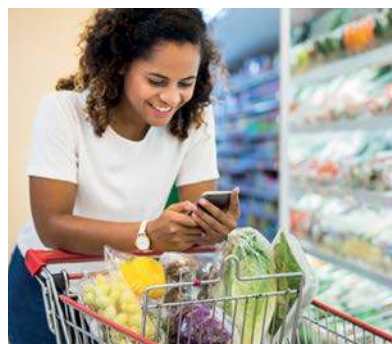
Divine Luxury 70% Dark Chocolate Easter Egg with Dark Mini Easter Egg, £10, Waitrose

The ultimate Easter treat for vegans has arrived

in the form of this deliciously dark chocolate egg, and accompanying mini eggs! Ideal for sharing, these certainly won't last long!

TAX ON MEAT

The consumption of beef, pork and chicken could fall dramatically over the next decade if the meat tax becomes part of a new EU-wide 'green new deal', a report has found. Produced by environmental research group CE Delft for the Tapp Coalition of health, environment, and animal welfare organisations within the EU, the report analysed the costs associated with livestock production. This included greenhouse gas emissions, air and water pollution, and loss



of wildlife. The findings suggested that covering the costs of this would mean raising the price of beef by 40p per 100g, resulting in the price of a 227g supermarket steak increasing by 25%. As well as reducing emissions by 120m tonnes a year, the meat tax would also raise money for EU member states, and it is thought that this would further reduce the number of people who regularly eat meat. Do you believe this is a viable solution? Let us know on social media @veggiemagazine

DELIVERY WITH A DIFFERENCE

Finding a takeaway that ticks both your dietary and sustainability requirements can be tricky, but we've finally found the perfect fit. Dabbadrop, a takeaway service with an ever-changing menu of plant-based curries delivered to your door, is proudly hailed as London's first plastic- and emissions-free takeaway service! The meals are delivered in reusable stainless-steel tiffin boxes, with condiments, side dishes, and desserts packaged in compostable paper bags and pots, and it's all transported on push bikes and Ebikes. Following a successful ready-to-eat pilot scheme on Friday nights in Hackney, Walthamstow and Leyton, Dabbadrop has now extended its service to Thursdays and Saturdays, with a 'ready-to-heat' service now available in neighbouring postcodes E2, E3, E15, E20, N1, N5, and N7. Let's hope this concept is rolled out nationwide!





ALL ABOUT THAT JACK

There's no denying that jackfruit is having its moment in the spotlight. Just like Marmite, people seem to either love it or hate it. But after a recent visit to the 100% vegan Biff's Jack Shack x BrewDog in London, we have nothing but love for this exotic fruit.

Located in the hipster area of Dalston, the modern 'shack' is decked out in wood and neon signage with industrial-style light bulbs. The menu naturally focuses on jackfruit, with versions of it in various guises, including hot dogs, wings, burgers and even a pie.

The Big Jack and The Father Jack burgers both featured a breadcrumbed patty of pulled jackfruit sandwiched between a super-soft, moist bun. The former included toppings in the way of melted vegan cheese, pickles, onion, lettuce, and tomato, all brought together by a top-secret sauce. The latter (and our favourite) featured smoky 'bacun' jam, bourbon BBQ sauce and a beer-battered onion ring – incredible.

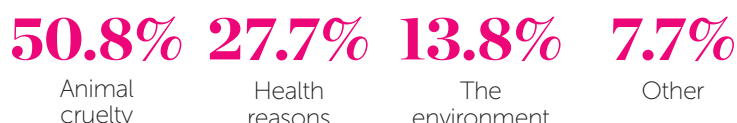
Of course, no trip here would be complete without a BrewDog: try the Hazy Jane IPA. The citrusy-sweet ale was light and smooth: the perfect accompaniment to a jackfruit feast. To book, contact: **020 3026 0790**

IT'S EASY BEING VEGAN!

PLANT-BASED PIONEERS

While we were putting together this issue's vegan special, we wanted to find out from our plant-based Twitter followers why they decided to make the switch. With enough time having passed since Veganuary for the initial momentum to have drifted off, those that remain in the vegan stronghold are set to be so for the long-term. Overwhelmingly, but not surprisingly, animal cruelty remains the main reason for adopting the lifestyle with one follower, @Joseph_Plant, saying "Animal cruelty above all else. There is simply no way of justifying the horrendous treatment of farm animals. The environment is also important, but I would be vegan even if animal agriculture was as good for the planet as veganism." In contrast, the environment fell in third place, with more people citing their health as a main reason for adopting the diet, although @veganaf said: "There wasn't a single reason that I became vegan, but health and environment were my initial points, and then as I learned more, it all became important. I have raised my four kids vegan by focusing most on animal equality".

Q *If you're vegan, what were your reasons for making the change?*



DON'T FORGET

to follow us on Instagram **@veggiemagazine**



SUSTAINABLE FASHION



PLANT-BASED RECIPES



CRUELTY-FREE BEAUTY



Date for the Diary

Essex Vegan Festival

Saturday 14th March 2020,
Charter Hall, Colchester

We're excited for 2020's Essex Vegan Festival, taking place in Veggie HQ's hometown of Colchester. It promises to be the county's biggest vegan festival ever, with more than 80 stalls, cookery demos, talks and workshops taking place throughout the day. Whether you want to learn more about the diet and try the latest plant-based innovations, or just want a different kind of day out, this is one for the diary! Entry costs £4 on the door and under 16s go free. If you want to order a £15 VIP advance ticket (complete with a goody bag of vegan samples, products and discounts), visit **eventbrite.com**

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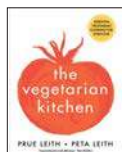


Wholesome and hearty meals
**THE WHOLE
FAMILY WILL LOVE**

We caught up with **Prue Leith** following the release of her new family-inspired cookbook, *The Vegetarian Kitchen*

Eating as a family or community is the glue that keeps society together.

For generations, we've always eaten together. But today, so many people are eating in the street, eating alone in their bedrooms while looking at a screen, or even sitting with their family... but on a sofa watching telly. I think that we really throw out communal eating at great peril; we lose the ability to talk to each other, and to enjoy each other's company.



BOOKSHELF
Recipes extracted from *The Vegetarian Kitchen* by Prue Leith and Peta Leith (Bluebird, £25).
Photography: David Loftus

Originally, *The Vegetarian Kitchen* wasn't going to be a veggie book, it was going to be our favourite family recipes.

Half of the recipes would be Peta's, and half would be mine. Her favourite recipes were, of course, veggie, because she's vegetarian, but when I wrote down my favourites, it turned out these



were veggie, too. So, we thought let's do a vegetarian book – and I love it.

In the beginning, I had this idea that because she was a top pastry chef, Peta would want to do very fancy food. I love eating in nice restaurants, but I don't want to cook that type of food myself. I thought I would do all of the apple crumbles, ratatouilles and homely dishes, and she would do all of the fancy desserts that look as if they've been put together with tweezers. But to my delight, she didn't want to cook like that at all! She has two young children, and a hearty eater as a husband, so these dishes are very much family food.

I'm of a generation where we'd hardly heard of the word 'vegan' until a few years ago. I do rather admire vegans, and there are a lot of vegan dishes in our cookbook. Where we can, we suggest where you can make a dish vegan without losing the flavour, because it has to taste great.

I'd like readers who pick up *The Vegetarian Kitchen* to be 'non-cooks', or people who are nervous about cooking.

I like to say that if you can read, you can cook. All that I ask is that you are totally obedient; that you do what the recipe says. What I'm proud about with my recipes, and it certainly goes for Peta's as well, is that if you do what the recipe says, it'll work.

Kedgeree with Dark Leafy Greens (p45)

Per serving: 634 cals | 45.5g fat

"For me, this is the ultimate comfort food – creamy, warming and filling; just what's called for on a cold day. It's a great option for entertaining, because you can cook the rice, sauce and eggs in advance, meaning you won't have to spend a long time away from your guests while you're assembling it." – Peta

Serves 4
Ready in 45 mins

150g basmati rice, rinsed
70g unsalted butter
2 large brown onions, chopped
1 medium red chilli, deseeded and finely chopped
2½ cm piece ginger, peeled and finely chopped
¼ tsp ground cumin
¼ tsp ground turmeric
½ tsp garam masala
2 tsp hot curry powder
250g fresh spinach, washed
200ml double cream
½ lemon
4 large free-range eggs, hard-boiled and peeled
salt and black pepper, to season

1 Cook the rice in a large pan of boiling water until tender. Drain and set aside.

2 Melt the butter in a very large saucepan over a medium heat, then add the onions, chilli and ginger, and sauté until



softened a little. Add the spices, cook for a further minute, then add the spinach. Cover the pan and cook for a few minutes, shaking the pan from time to time, until the spinach has wilted.

3 Add the cream, bring to the boil, then reduce the heat and simmer gently for five minutes. Season with salt and black pepper, then squeeze in the lemon juice. Stir the cooked rice into the sauce and check the seasoning.

4 Spoon the rice onto four plates, placing two halves of a boiled egg on top of each portion.

Black Bean Chilli with Corn and Lime Salsa

Per serving: 173 cals | 5g fat
(based on 6 servings)



"This is a really hearty, warming chilli, perfect for a cold night. As a vegetarian, I usually stir a handful of grated Cheddar cheese and a dollop of yoghurt or sour cream into my bowl of chilli, but the fresh, zingy corn salsa here is so delicious, it makes that entirely unnecessary. I always think it's a very good sign of a vegan dish when a non-vegan wouldn't want to add anything. This is definitely one of those dishes." - Peta

Serves 4-6

Ready in 50 mins

1 onion
3 garlic cloves
1-2 green chillies
2 tbsp olive oil, plus 2 tsp
1 red pepper, deseeded and finely chopped
1 carrot, peeled and diced
2 celery sticks, finely diced
1 tsp chipotle paste
1 tsp smoked paprika
1 tsp ground cumin
2 tsp tomato purée
2 x 400g tins black beans
1 x 400g tin chopped tomatoes
500ml vegetable stock
salt and black pepper, to season
100g tinned sweetcorn, drained
juice of ½ lime
½ red chilli, deseeded and finely chopped
small handful of coriander, finely chopped

1 Finely chop the onion, garlic and green chillies.

2 Heat two tablespoons of oil in a large saucepan over a medium heat. Add the onion, garlic and green chillies and sauté for 3-4 minutes, until the onion is soft and translucent, then add the red pepper, carrot and celery. Sweat for a few minutes more, then add the chipotle paste, smoked paprika, cumin and tomato purée.

3 Stir to coat the vegetables evenly, then add the drained black beans, tinned tomatoes and vegetable stock. Season with salt and black pepper, bring to the boil, then reduce the heat and simmer for 30 minutes, stirring occasionally. Remove from the heat and season to taste.

4 To make the salsa, mix the sweetcorn with the lime juice, red chilli and coriander. Stir through two teaspoons of olive oil. Serve the chilli piping-hot, with the salsa on top.

Fragrant Laksa with Tofu Puffs

Per serving: 501 cals | 37.7g fat



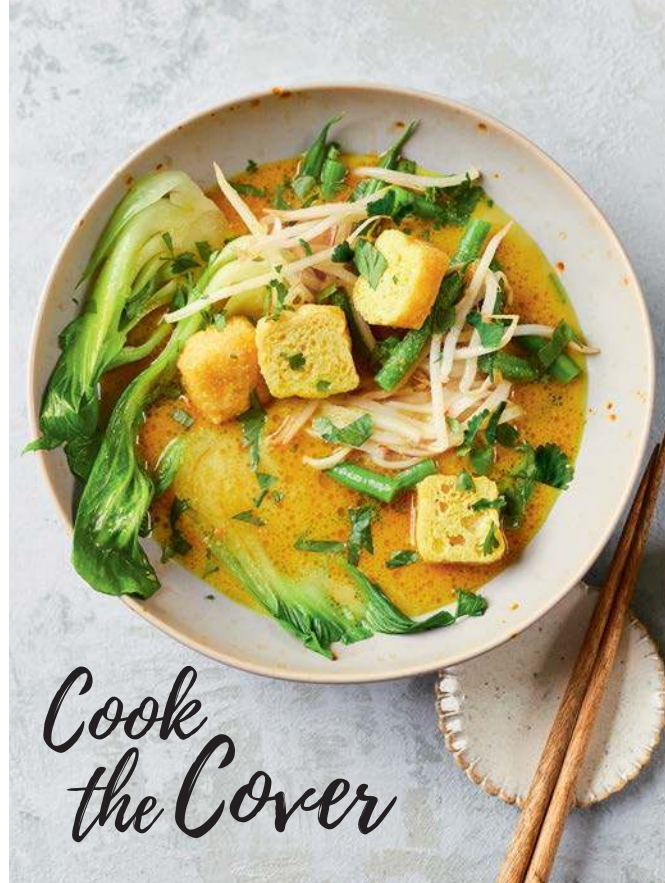
Serves 2

Ready in 50 mins

½ red chilli
1 green chilli
4 garlic cloves
2 shallots, roughly chopped
2.5cm piece of galangal, peeled and roughly chopped
1 lemongrass stem, trimmed
2 tbsp vegetable oil, plus extra
200ml full-fat coconut milk
400ml vegetable stock
1 kaffir lime leaf
½ tsp each of hot curry powder and ground turmeric
a generous pinch each of salt and caster sugar
100g dried rice noodles
60g green beans, chopped
1 pak choi, sliced
60g beansprouts
40g tofu puffs, halved
1 lime, halved
a handful of coriander

1 Put the chillies, garlic, shallots, galangal and lemongrass in a small food processor or spice grinder and blitz until you have a smooth paste.

2 Heat the vegetable oil in a wok over a low heat, then add the paste and fry it, stirring constantly, for 15



minutes. Watch carefully to ensure it doesn't burn – it should just become very aromatic.

3 Add the coconut milk, 200ml of the vegetable stock, the lime leaf, curry powder, turmeric, salt and caster sugar. Bring to the boil, then reduce the heat and simmer very gently for 10 minutes. Add the remaining vegetable stock, return it to the boil, then remove it from the heat. Pick out the lime leaf and discard it.

4 Cook the rice noodles according to the instructions on the packet, then coat them in a little vegetable oil to stop them from sticking and divide them between two soup bowls.

5 Bring a large pan of water to the boil and blanch the green beans until they are just tender. Lift them out with a slotted spoon and divide them between the two bowls. Into the same water, add the pak choi and blanch for a couple of minutes, before removing with a slotted spoon and dividing it between the bowls.

6 Add the beansprouts to the water for 1-2 minutes, then drain them and divide them between the bowls.

7 Return the broth to the boil, then add the tofu puffs, and keep the wok on the heat for a moment to allow them to warm through.

8 Ladle the broth over the noodles and vegetables in the bowls, dividing the tofu pieces evenly between them. Garnish each bowl with half a lime and a scattering of chopped coriander, and serve.

SEASONAL HERO

Brighten up your plate with brilliant beetroot

Keep it fresh this spring with these sweet and savoury ideas



Veggie Hash with Eggs

Per serving: 354 cals | 17.2g fat



Serves 2

Ready in 30 mins

1 tbsp avocado oil
1 tsp cumin seeds
½ tsp dried coriander
½ tsp ground mustard seeds
½ tsp smoked paprika

2 garlic cloves, crushed
1 red onion, chopped
1-2 peppers, chopped
1 large turnip, peeled and chopped
salt and pepper
180g Love Beets Cooked Beetroot, diced
225g baby spinach
3 large free-range eggs
dried chilli flakes
½ avocado, sliced

½ green jalapeño, sliced
½ radish, thinly sliced
25g coriander
lime wedge, to serve

1 Preheat the oven to 180C/350F/ Gas 4. In a large, oven-safe frying pan, heat the oil over a medium heat. Toast the cumin seeds and spices for about a minute, until fragrant.

2 Add the garlic, onion, peppers and turnip to the pan, season with salt and pepper, and cook for 10-12 minutes, until softened. Stir in the cooked beetroot and spinach. Hollow out three pockets within the mixture to house the eggs, and crack them in.

3 Place the whole pan in the oven to cook the eggs for about 15 minutes, or until cooked to the desired texture. To serve, sprinkle chilli flakes on top of the eggs, add the sliced avocado, jalapeño, radish, coriander and a squeeze of lime. Enjoy straight away.

Beetroot and Berry Yoghurt Parfaits with Flourless Peanut Butter Cake

Per serving: 688 cals | 39.9g fat



Makes 4 parfaits
Ready in 40 mins

For the beet and berry jam:

1 x pack Love Beets Cooked Beets
220g fresh or frozen mixed berries
85g honey

For the flourless peanut butter cake:

125g smooth peanut butter
3 tbsp honey

45g coconut sugar
 ½ tsp baking powder
 pinch of salt
 1 large free-range egg
 1 tsp vanilla extract
 30g salted peanuts,
 roughly chopped

For the parfaits:

570g Greek yoghurt
 100g fresh berries
 30g peanuts, for garnishing

1 Blend the cooked beetroot in a blender, transfer to a saucepan and heat over a medium-high heat. Add the berries and honey, and cook for five minutes, letting the mixture bubble and come to a boil. Once the fruit has cooked down and the sauce has slightly reduced to a syrupy consistency, remove from the heat and transfer to a bowl to chill in the fridge until ready to use.

2 Preheat the oven to 160C/325F/ Gas 3 and line a 20cm baking tray with baking paper. Meanwhile, in a medium-sized bowl, combine the peanut butter, honey, coconut sugar, baking powder and salt. Stir well to combine.

3 In a separate bowl, whisk the egg and vanilla together. Add this to the peanut butter mixture and whisk thoroughly to combine. Fold in half of the chopped peanuts and pour the batter into the prepared baking tray, using a spatula to smooth over the surface.

4 Sprinkle over the remaining peanuts and bake for 25 minutes, until the cake is golden-brown, but still soft. Remove it from the oven and let it cool in the pan before slicing into squares.

5 Layer the yoghurt, jam, fresh berries and sliced cake squares into four 225g mason jars (or small serving bowls), creating alternating layers if using jars. Top each serving with a few cake squares, fresh berries and some peanuts. Serve straight away.

Rainbow Bowls with Sesame-crusted Tofu

Per serving: 519 cals | 32g fat



Serves 2

Ready in 20 mins

For the dressing:

1 lime, juiced
 2½ tsp vegetarian fish sauce

2½ tsp rice wine vinegar
 1 tsp soft brown sugar
 1 garlic clove, crushed
 2cm ginger, finely diced

For the rainbow bowls:

150g cherry tomatoes
 1 carrot
 2 courgettes, spiralised
 ½ small red onion
 180g Love Beets Honey +
 Ginger Diced Beetroot
 1 red chilli
 handful chopped coriander, torn
 handful basil leaves, torn
 1 tbsp roasted peanuts, chopped

For the sesame-crusted tofu:

280g firm tofu
 30g sesame seeds
 1 tbsp cornflour
 2 tbsp sesame oil

1 To make the dressing, whisk together the vegetarian fish sauce, lime juice, garlic, sugar and ginger until combined. Set aside.

2 To prepare the bowls, quarter the tomatoes, peel and slice the carrot into matchsticks, thinly slice the red onion and chilli, and roughly chop the herbs. Use a spiraliser to create courgette noodles. Add the Love Beets Honey + Ginger Diced Beetroot, and arrange each ingredient in a separate compartment of two serving bowls, leaving space for the tofu.

3 Drain the tofu, slice into half-

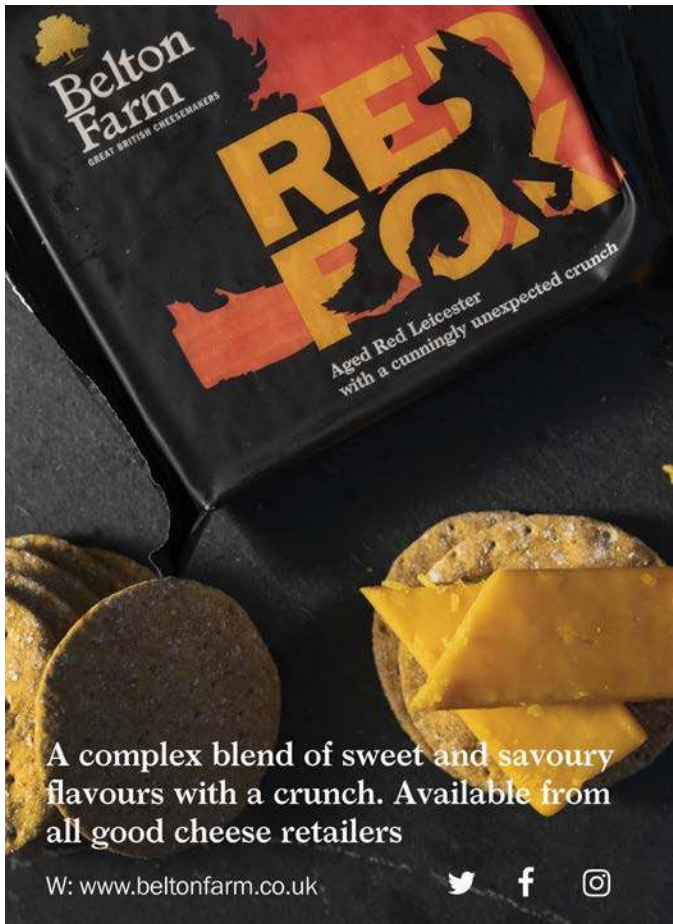
centimetre pieces and press between two sheets of kitchen towel to remove excess liquid. Combine the sesame seeds and cornflour in a bowl with a large pinch of salt. Press each tofu piece into the cornflour mix and turn until coated.

4 Add the sesame oil to a large saucepan, set over a medium-high heat. Add the tofu and cook for 2-4 minutes, turning from time to time, until golden.

5 Add the tofu to the bowls, spoon over the dressing and peanuts, and serve.

Recipes and images courtesy of Love Beets (lovebeets.co.uk)





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New vegan food we're loving this month

Kick off the new season with these plant-based launches

1



2



3



4



5



6



1 Burts Lentil Waves, 99p, Waitrose

These lentil waves are less than 99 cals per packet, and are available in three mouthwatering flavours: Sour Cream & Chive, Thai Sweet Chilli, and Lightly Salted. They're certified by Coeliac UK as gluten-free, and are incredibly moreish – good luck stopping at one bag!

2 Fieldfare Proper Cornish Vegan Pasty, £2.79, field-fare.com

There's nothing quite like a warm Cornish pasty, and this vegan equivalent from the frozen food masters, Fieldfare, is pretty close to the original recipe. The flaky pastry itself is filled with a mix of Cornish potatoes, swede, onions, and a soya-based meat alternative that really hits the spot.

3 Abakus Foods Salt & Vinegar Seaweed Crisps, 99p, hollandandbarrett.com

Satisfying your snack craving, and giving you added nutritional benefits at the same time, these crisps are a must for your snack drawer. They're gluten-free, and combine vitamin-rich seaweed with wholesome tapioca, which is great for your gut.

4 Plantasy Mac 'n Cheez, £4.89, thevegankind.com

Convenience meets wholesome ingredients in this comfort food! Simply pour water over the powdered gluten-free formula, heat up, and enjoy the creamy, cheesy goodness. The vegan mix comes in four flavours – Original Cheez, Cheez 'n Chive, Chilli Cheez, and Porcini Cheez – and makes a whopping 800g, so you can enjoy it two days in a row, or share it with a friend (if you're feeling generous).

5 Jake & Nays' BBQ Chilli Jackfruit Burrito, £2.50, Sainsbury's

'Al desko' lunch options have never been easier for vegans, with this new launch enticing us with a fresh twist on the Mexican burrito. It can be eaten cold, but we prefer popping it in the microwave, and enjoying the combination of rice, kidney beans and jackfruit with a drizzle of sticky barbecue sauce.

6 Pea & Mint Protein Soup, £4.50, press-london.com

Searching for a healthy lunch option that will fill you up? We've found the answer! This soup made with sweet peas and aromatic mint is fresh and vibrant, with a hint of lime adding an extra zing. It's rich in protein and fibre, and we love tucking in with a crunchy roll on the side.

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The only springtime brunch recipes you need

Serve up some sunshine with these protein-packed platefuls

Five-cheese Spinach Quiche (p53)

Per serving: 211 cals | 14.9g fat

Serves 6

Ready in 50 mins

calorie-controlled cooking spray

1 tsp olive oil

1 small onion, diced

5 large free-range eggs

60ml skimmed milk

1½ tsp Dijon mustard

1 tsp dried oregano

225g frozen chopped spinach, defrosted and squeezed completely dry

230g ricotta

50g WW Reduced Fat Grated Mature Cheese

50g medium-fat soft goats' cheese, crumbled

50g vegetarian blue cheese, crumbled

10g vegetarian Italian-style hard cheese, finely grated

1 Heat the oven to 190C/375F/Gas 5. Mist a 22cm round baking dish with cooking spray.

2 Heat the oil in a large nonstick frying pan over a medium heat. Add the onion and cook, stirring occasionally, for five minutes until softened. Remove from the heat and let cool.

3 In a large bowl, whisk together the eggs, milk, mustard and oregano. Season well, then stir in the spinach. Add the ricotta, mature cheese, goats' cheese, blue cheese and cooked onion, then stir to combine. Pour the mixture into the prepared baking dish and scatter over the Italian-style hard cheese.

4 Bake for 25-30 minutes, until the quiche is just set, and a knife inserted into the centre comes out clean. Set aside to cool for 10 minutes, then cut into wedges to serve.

COOK'S TIP

You can prepare the quiche mixture prior to cooking. Cover and refrigerate, but leave it out at room temperature for 30 minutes so it can warm up enough to keep the baking time the same.



Eat-your-greens Yoghurt Muffins

Per serving: 182 cals | 5.7g fat

Makes 12

Ready in 40 mins

145g wholemeal flour

140g plain flour

75g granulated sugar

1½ tbsp matcha powder (optional)

2 tsp baking powder

1 tsp ground cinnamon

½ tsp bicarbonate of soda

½ tsp salt

180g fat-free natural yoghurt

60ml vegetable oil

2 ripe bananas, thickly sliced

150g kale, stalks removed and leaves roughly shredded

1 large free-range egg

1½ tsp vanilla extract

1 Preheat the oven to 180C/350F/Gas 4 and line a 12-hole muffin tin with paper cases.

2 In a large bowl, combine the flours with the sugar, matcha powder (if using), baking powder, cinnamon, bicarbonate of soda and salt. Set aside.

3 Put the yoghurt, oil and bananas in a blender and purée until smooth. Add the kale in batches, and continue to purée until combined. Add the egg and vanilla extract and pulse until just combined. Add the yoghurt mixture to the flour mixture, and stir until combined.

4 Spoon the batter into the prepared muffin tin and

bake for 20 minutes until risen and golden – a skewer inserted into the centre of the muffins should come out clean.

5 Leave the muffins to cool in the tin for five minutes, then transfer to a cooling rack. Serve warm or at room temperature. The muffins can be stored in an airtight container for up to three days, or frozen in an airtight container for up to two months.



BOOKSHELF

Recipes extracted from *my ww cookbook* (Seven Publishing Ltd, £14.95). Photography: WW.

Sweetcorn Fritters with Quick-pickled Carrot

Per serving: 77 cals | 3.4g fat (based on 10 fritters)



Serves 2

Ready in 25 mins, plus cooking

100g tinned sweetcorn kernels

75g chickpea flour

¼ tsp baking powder

½ tsp sea salt flakes

¼ tsp black pepper



juice of 1 lemon
75ml soy milk
1 sweetcorn cob, kernels removed
3 spring onions, chopped
2-3 tbsp rapeseed oil

For the quick-pickled carrot:

1 large carrot, cut into fine ribbons
juice of ½ lemon
juice of ½ orange
1 tbsp cider vinegar
1 tbsp palm sugar or maple syrup
2 tsp sea salt flakes
30g sultanas
1 heaped tbsp fresh coriander leaves, finely chopped

1 For the quick-pickled carrot, add the carrot to a shallow bowl with the lemon and orange juices, cider vinegar, palm sugar and salt. Stir through the sultanas and leave for 1-2 minutes to soak, then mix together with your hands to combine and refrigerate until needed.

2 Add the tinned sweetcorn kernels to a blender and blitz to a smooth purée.

3 Whisk the flour, baking powder, salt and pepper together in a large bowl. Add

the sweetcorn purée, lemon juice and soy milk and stir together to form a thick batter.

4 Stir the raw sweetcorn kernels and spring onions through the batter and season generously.

5 Heat the rapeseed oil in a large frying pan over a medium-high heat, add tablespoonfuls of the batter to the pan and cook the fritters in batches of two or three for five minutes on each side until crispy and golden. Transfer the fritters to a plate lined with kitchen paper to soak up any excess oil.

6 Repeat using all of the remaining batter, being sure not to overcrowd the pan as you go.

7 Remove the pickled carrot from the fridge and stir through the chopped coriander. Serve alongside the sweetcorn fritters.



BOOKSHELF
Recipes extracted from *Cook Share Eat Vegan: Delicious plant-based recipes for everyone* by Aine Carlin

Carlin (Mitchell Beazley, £14.99).

Photography: Danielle Wood.

Fried Eggs and Crushed Avocado on Toast

Per serving: 584 cals | 39.4g fat



Serves 2

Ready in 15 mins

Frylight cooking spray
2 ripe avocados
2 tsp lime juice
light sprinkle of chilli flakes
4 free-range eggs
4 slices brown toast
salt and pepper

1 Prepare the avocado by cutting it in half, and scooping out the flesh into a bowl. Add the lime juice, chilli flakes and a pinch of salt. Using the back of a spoon, crush the avocado and mix until lumpy but spreadable. Set aside.

2 Spray a frying pan with Frylight and place over a medium heat. Wait for the Frylight to go clear, and crack the eggs into the pan. Fry until cooked to your liking.

3 Prepare the toast and spoon the avocado mix on top, finally adding the eggs. Add a twist of black pepper to serve.

Recipe courtesy of frylight.co.uk





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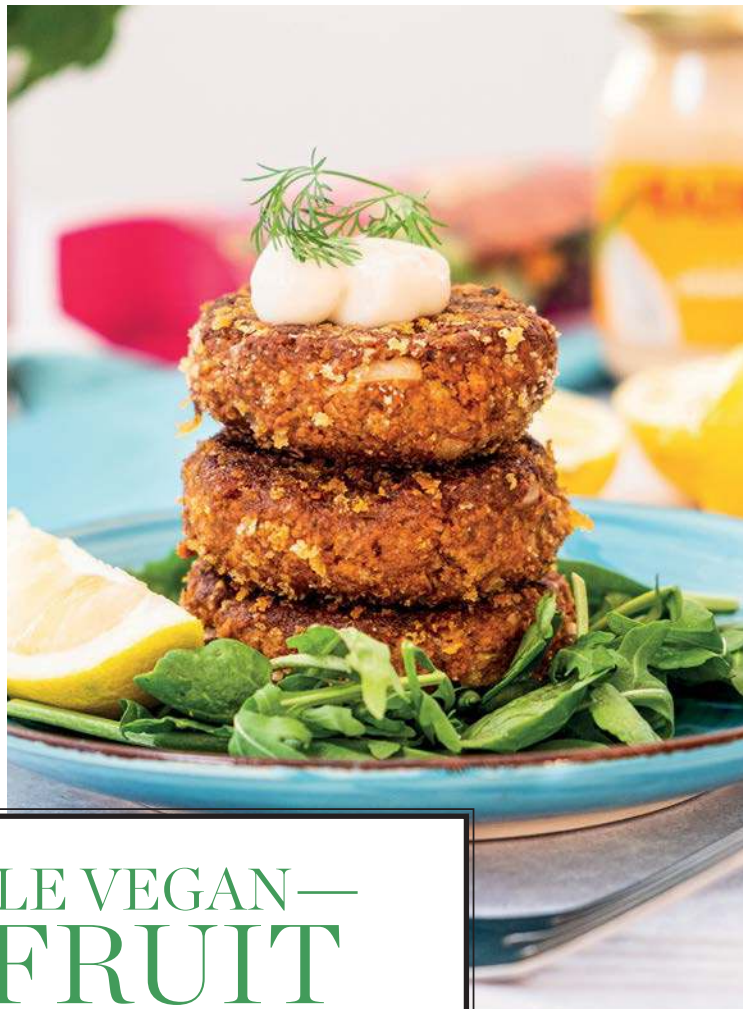
Parmesan



JUST ADD NUTS AND A SPLASH OF NUT MILK

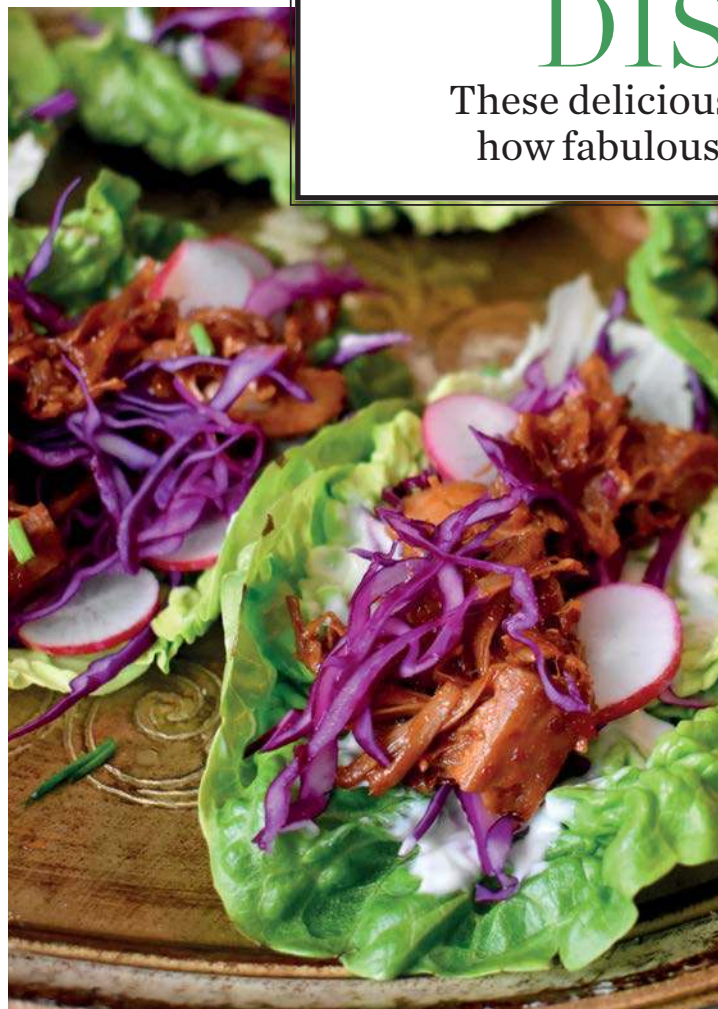
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—VERSATILE VEGAN— JACKFRUIT DISHES

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how fabulous this fruit can be!



Vegan Jackfruit 'Crab' Cakes

Per serving: 116 cals | 3g fat



Makes about 9 cakes
Ready in 1 hr, 30 mins

For the base:

1 small onion
1 packet Bonsan
Shredded Jackfruit
1 packet Bonsan Kofu
Fish-Free Fillet

To season:

2 tbsp nutritional yeast
2 large garlic
cloves, crushed
2 tsp soy sauce
1 tsp mustard (any variety)
fresh dill
1 tsp Old Bay seasoning
(or ½ tsp black pepper,
½ tsp celery salt, 1 tsp
paprika, and 1 tsp chilli flakes)

To coat:

65g oatmeal
85g breadcrumbs

1 Chop the onion finely in
a food processor. Place it

in a medium bowl, and add
the jackfruit.

2 Place the Kofu into the
processor along with all of the
seasoning ingredients. Pulse
to crumble the Kofu finely and
distribute the seasonings.

3 Add the Kofu mix to the bowl
along with the oatmeal, and
stir well to combine with the
jackfruit and onions. Refrigerate
for 15-30 minutes.

4 Preheat the oven to
190C/375F/Gas 5. Line
a baking tray with baking paper.

5 Spread the breadcrumbs on
a large plate. Scoop out some
of the burger mixture and
shape it into a patty. Place each
patty into the breadcrumbs,
sprinkle a few more on top,
and gently pat into the top
and sides. Carefully place
the patty on the prepared
baking tray, then repeat with
the remaining mixture. Bake
for 20 minutes, carefully turn
over each patty, and bake for
another 20 minutes. Serve each
'cake' on its own with Bonsan
Cocomayo or on a bun.

**Recipe and image courtesy
of Bonsan (bonsan.co.uk)**

BBQ Jackfruit Pizza

Per serving: 599 cals | 13g fat



Serves 4
Ready in 40 mins

350g plain flour
salt
pepper
2 tbsp olive oil
150-200ml warm water
200g jackfruit
200ml barbecue sauce
2 red onions, sliced
500g kale
2 red chillies
20g hemp seeds
3 tbsp sherry vinegar
1 tbsp pure maple syrup
2 spring onions
25g pickled coriander (optional)

1 To make the flatbread, sieve
the flour into a bowl with a
pinch of salt and pepper. Add
olive oil and mix in warm water.
Stir to form a dough. Knead
for 3-4 minutes, cover and
rest. Roll the dough until
5mm-thick and place in
a hot oven for 2-3 minutes.

2 To make the topping, blanch

the kale in boiling salted water
for two minutes. Remove and
place in ice-cold water.

3 Cook the jackfruit in the
barbecue sauce and maple
syrup until tender. Pull the
jackfruit apart using two forks.
Pickle the red onions in sherry
vinegar until tender. Thinly
slice the spring onions and
chillies, then set aside.

4 Place the blanched kale,
jackfruit, red onions, chillies
and spring onions on top of
the cooked flatbread. Cover
with barbecue sauce.

5 Cook the pizza in a hot oven
for 10-12 minutes. Remove
from the oven and sprinkle
with hemp seeds and pickled
coriander, to finish.

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



Jackfruit Tacos

Per serving: 210 cals | 9.9g fat



Serves 6
Ready in 40 mins

1 tin young green jackfruit
in water, drained, patted dry
and cut into 0.5cm strips
1 white onion, finely sliced
4 garlic cloves, finely sliced
1 tbsp The Groovy Food
Company High Five
Cooking Oil
1 tbsp The Groovy Food
Company Rich & Dark
Agave Nectar
7 tbsp vegetable stock
½ tsp Tabasco sauce
4 limes
1½ tsp ground cumin
1½ tsp smoked paprika
½-1 tsp chilli powder
½ tsp salt
handful of fresh coriander
12 crunchy taco shells
handful Gem lettuce,
finely shredded
radishes, finely sliced
jalapeño chilli, finely sliced

1 Warm the oil in a frying pan
and add the onion and garlic,
stirring until soft and translucent.
Add the jackfruit, agave syrup,
vegetable stock, and Tabasco.

2 Cut one lime in half and
squeeze in the juice, stirring
until the jackfruit is well-
covered. Replace the lid, turn
down the heat and leave to
simmer for 7-10 minutes, stirring
occasionally, until the liquid has
been absorbed into the jackfruit.

3 Take the lid off the pan and
sprinkle in all of the spices and
salt. Stir until the jackfruit pieces
are well-covered and take on
the colour of the spices, then
transfer to a serving dish.

5 Slice the remaining limes
into wedges, and roughly
chop the coriander. Set aside
the radishes, lettuce and
jalapeño with your favorite
guacamole and salsa. Serve
your tacos and jackfruit with
the accompaniments, and
let everyone tuck in!

**Recipe and image courtesy of
The Groovy Food Company
(groovyfood.co.uk)**

BBQ Jackfruit Lettuce Wraps

Per serving: 61 cals | 3.7g fat
(based on 12 wraps)



Makes 10-12 lettuce wraps
Ready in 25 mins

1 tin organic jackfruit, drained
3-4 heads mini Romaine
lettuce, leaves separated
large handful radishes,
finely sliced
½ large red cabbage,
finely shredded
2 tbsp avocado mayo

For the marinade:

1 tsp organic
ground coriander
1½ tbsp organic
tomato purée
2 tbsp tamari
2 tbsp extra virgin olive oil
1 heaped tsp organic
smoked paprika
2 tbsp coconut sugar

1 To make the marinade,
mix all of the marinade
ingredients together,

and add in the jackfruit.

2 Lay out your mini Romaine
lettuce leaves, and layer
them up with the avocado
mayonnaise, shredded
cabbage and radish. Set aside.

3 In a large pan, heat the oil
and simply add in the jackfruit
along with its marinade. Cook
for 10-15 minutes, or until
it thickens and is warmed
through. Allow to cool before
spooning the mixture on top
of the lettuce leaves.

**Recipe and image courtesy
of nikibakes.uk for Steenberg's**



Amelia Freer's *health-boosting heroes*

The nutritionist talks candidly about the practicalities of cooking in our busy lives and the link between our diet and wellbeing

In my late twenties, I found myself suffering from a wide range of health complaints and symptoms. After trying various different treatments to no avail, my flatmate suggested it might be worth thinking about my diet. I eventually took myself off to see a nutritionist, and rapidly began to feel and see the results of some very simple changes.

It sparked a passion for understanding how the food we choose interacts with our physiology and psychology. Soon after, I quit my job and spent four years training in Nutritional Therapy. That was almost 15 years ago, and I've been practising and learning ever since.

From both personal and professional experience, I know that cooking and eating well can become a bit negotiable amongst the business of everyday life.

But, for those days when we can find the odd 10-15 minutes, a handful of simple and healthy recipes can be a complete game-changer. Since becoming a mother, I have needed to rely on my own collection of these speedy 'hero' recipes most days. I simply don't have as much time to get creative in the kitchen as I once had, but I do still want to enjoy tasty and nutritionally balanced meals, because I know how important eating well is for our health and wellbeing. I thought that I wouldn't be alone in wanting to eat well without spending a fortune in time, money or energy, so I've shared 100 of my family favourites in *Simply Good For You*. It really is what we eat day-in, day-out. My own copy is already battered and splattered!

Being kind to ourselves won't make everything fall apart, or mean we slide into more unhealthy habits.

Most of us are already doing our best to be healthy with our current resources. So constantly beating ourselves up for not living up to a 'perfect' culinary or body image ideal is not only exhausting, but can be demotivating, too. Giving yourself a break can actually help you to make sustainable, positive changes; to realise we are worthy of the time it takes to cook and enjoy a decent meal; and to back ourselves even when the going gets



tough. It's not easy to make this mindset shift, but it can be a powerful one to practise.

Time is usually the biggest factor that prevents people from cooking, so think about ways to make the limited time you have work hard for you. Brush up on your knife skills (this will save you a vast amount of time in vegetable prep), and make sure you have a good 'capsule collection' of basic kitchen equipment. Then try to learn three to five favourite recipes off by heart. It will save so much time going back and forth to the instructions, and give you the confidence to make adaptations according to what you have available. If you're making the effort to cook from scratch, always try to make enough for leftovers – then you get two meals for the time of one!

We also need to consider the emotional, social and cultural context of food and eating. Food can be a great source of comfort, joy and creativity: it nourishes our bodies and brains with the nutrients we need to function, and the process of cooking and eating a meal may be a very soothing act of self-care for some people. Sharing a good meal with friends can also be the most wonderful balm for a low mood or period of stress and anxiety. It's a delicate and nuanced dance, the interplay between food and mood, but one definitely worth talking and thinking a little more about.

Butternut, Cashew & Sage Pasta Sauce

Per serving: 600 cals | 16.3g fat



Serves 4

Ready in 55 mins

60g cashews
400ml hot water
1 medium butternut squash, peeled, deseeded and cut into bite-sized pieces
1 onion, peeled and cut into wedges
sea salt and freshly ground black pepper
2 tbsp olive oil
4 fresh sage leaves (or 1 tsp dried sage), plus extra, to garnish
400g pasta of your choice
a grating of vegan Parmesan-style cheese (optional)

1 Preheat the oven to 220C/425F/ Gas 7. Pour the hot water over the cashews and leave to soak



for 20 minutes.

2 Prepare your butternut squash and place it in a roasting tray along with the onion wedges and a little salt and pepper.

Drizzle with olive oil and roast for 25-30 minutes, until soft.

3 Once cooked, allow to cool slightly, then take one-third of the roasted vegetable mixture and blend in a high-speed blender with the sage leaves and the cashew-water mixture. Add a little more water if it's looking too thick to blend – you're aiming for a sauce-like consistency.

4 Transfer to a pan and warm through gently. Meanwhile, cook your pasta according to the packet instructions and drain. Stir the sauce into your cooked pasta of choice, and add the rest of the vegetables and a sprinkling of sage leaves. Top with the grated vegan cheese, if using.

Garlic Mushroom Quinoa Risotto

Per serving: 375 cals | 6.6g fat



Serves 2

Ready in 40 mins

25g dried porcini mushrooms
1 onion, peeled and diced
olive oil
3 garlic cloves, peeled and crushed
175g chestnut mushrooms, diced
150g quinoa, dried
2 handfuls baby spinach
2 tbsp coconut yoghurt
sea salt and freshly ground black pepper

1 Soak the porcini mushrooms in 700ml of boiling water. In a large saucepan, sauté the onions in two tablespoons of olive oil, until soft.

2 Drain the porcini mushrooms, retaining the soaking liquid, and add the rehydrated mushrooms to the pan, together with the garlic and the

Short on time?

If you're in a rush, use 350g pre-cooked quinoa from a packet, but reduce the amount of stock you use – just a splash is all you'll need.

Add 250ml of the mushroom-soaking liquid, bring to a simmer, then add the spinach and wilt for a minute. Then, remove from the heat and stir in the yoghurt.

chestnut mushrooms. Cook for a further five minutes, then add the dried quinoa, stirring well. Pour over enough of the mushroom-soaking liquid to just cover the quinoa, and bring to a gentle simmer.

3 Cook for 20-30 minutes, or until the quinoa is cooked through, but still has some bite. You might need to add some more of the mushroom 'stock' if it is starting to look dry.

4 At the end of the cooking process, stir in the spinach and finally the yoghurt. Adjust the seasoning to taste before serving.

Breakfast Pizza

Per serving: 258 cals | 9.2g fat

Serves 4

Ready in 20 mins

4 Yoghurt Flatbreads (or 4 wholemeal pitta breads)
4 tsp fresh pesto
40g baby spinach
4 cherry tomatoes, quartered
4 button mushrooms, thinly sliced
½ red onion, peeled and thinly sliced
½ red pepper, deseeded and sliced
olive oil
sea salt and freshly ground black pepper
4 small free-range eggs
a grating of cheese

1 Turn the grill on to medium-high. Spread the flatbreads with a little pesto and a thin layer of spinach, dotting the cherry tomatoes, mushrooms, onions and red pepper across the top. Drizzle with olive oil and season.

2 Place under the grill for three minutes, until the vegetables have softened.

3 Make a well in the middle of each flatbread, then break an egg into each one. Sprinkle over the cheese, then put back under the grill for five minutes, until cooked as desired.



“Time is usually the biggest factor that prevents people from cooking, so think about ways to make the limited time you have work hard for you”



Recipes extracted from *Simply Good For You* by Amelia Freer (Michael Joseph, £22)

Find the recipe for the Yoghurt Flatbreads on our website by visiting vegetarianrecipesmag.com

Seasonal spreads to savour year-round

Relish nature's bounty by preserving seasonal fruit and veg to enjoy throughout the year



Mixed Berry & Gin Jam



Makes 3 x 600g jars
Ready in 30 mins,
plus macerating

5 juniper berries
600g blueberries
600g blackberries
1kg Tate & Lyle
Fairtrade Jam Sugar
2 lemons, juiced
3-6 tbsps gin

- 1 Crush the juniper berries in a pestle and mortar. Layer the blueberries, blackberries and sugar with the juniper in a large casserole dish or stainless steel pan. Cover with a tea towel and leave overnight.
- 2 The next day, put a small freeze-

proof plate in the freezer. Set the berries over a low heat, stirring occasionally, until the sugar has dissolved. Add the lemon juice, then bring to a vigorous boil. Allow to bubble for 10 minutes, skimming off any scum. Remove from the heat, and put two teaspoons of the jam on the chilled plate. Leave for a few seconds, then push the edge with your finger. It should part cleanly, and the surface should wrinkle slightly. If not, return the plate to the freezer and cook the jam for two more minutes, before testing again. Repeat until ready.

- 3 Take the pan off the heat and let the jam stand for 15 minutes. Ladle into three new sterilised jars. Once each is filled halfway, stir 1-2 tablespoons of gin into each, then top up with jam, stirring again.

Seal and store in a cool, dark place for up to six months. Once open, refrigerate for up to four weeks.

COOK'S TIP

This jam is great for using up a glut of any summer berries you have to hand. You can then enjoy the flavours with your toast during the cold winter months!

Peach & Vanilla Jam



Makes 4 x 450g jars
Ready in 45 mins

1kg large, ripe peaches,
stoned and cut into chunks
2 large oranges, finely
grated zest and juice
1 vanilla pod
1kg Tate & Lyle
Fairtrade Jam Sugar

- 1 Place the peaches in a large, heavy-based saucepan with the orange juice and zest. Simmer for about 15 minutes, until the fruit is soft.
- 2 Meanwhile, halve the vanilla pod lengthways, then cut each half in two, to give four pieces. Add these to the pan along with the jam sugar, and continue to cook, stirring, until the sugar has completely dissolved, then boil for 10 minutes. Remove from the heat.
- 3 To check to see if the jam is ready to set, drop a teaspoonful onto a cold saucer, leave it for 30 seconds, then push your finger through it. It should crinkle along the surface. If it doesn't, return it to the boil for a minute or two, then test again.
- 4 Skim the surface of the jam to remove any foam, then leave it to stand for 10 minutes. Stir again, then pour into warm, sterilised jars

and seal. Once opened, store the jam in the fridge for up to a month.

Recipes and images courtesy of Waitrose & Partners

Chilli Jam



Makes 3-5 jars
Ready in 50 mins

1 medium onion, peeled and roughly chopped
415g red peppers, deseeded and roughly chopped
330ml cider vinegar
835g raw cane sugar
60ml lemon juice
3 garlic cloves, peeled and crushed
1 tsp sea salt
415g red chillies, deseeded and finely chopped

1 Whizz the onion and red peppers in a food processor for 10 seconds.

2 Warm the vinegar in a large, heavy-based preserving pan and add the onion and peppers. Bring to the boil, lower the heat and simmer for five minutes, then add the sugar, stirring until it has dissolved. Stir in the lemon juice.

3 Add the garlic, salt and chillies to the pan. Bring to the boil, stirring frequently. Keep at a rolling boil for between 30-40 minutes, until the mixture has thickened to a good consistency. Spoon into sterilised jars and seal immediately.

Apple & Cider Brandy Chutney



Makes 4-6 jars
Ready in 1 hr

1kg Bramley apples, peeled, cored and chopped
3 medium onions, peeled and finely chopped
350ml cider vinegar
4 garlic cloves, peeled and crushed
1 tsp ground ginger
1 tsp ground cinnamon
1 tsp ground allspice
1 fresh red chilli, deseeded and finely chopped
4 tsp sea salt
500g raw cane sugar
170g muscovado sugar
150g sultanas
25ml cider brandy or dry cider



1 Put the apples, onions and vinegar in a large, heavy-bottomed preserving pan and bring to the boil, stirring frequently. When the mixture is boiling nicely, add the garlic, spices, chilli and salt, and stir to mix well.

2 Slowly add the sugars, stirring to ensure that they are completely dissolved, then add the sultanas. Bring back to the boil for 30-40 minutes, or until the chutney has reached the right consistency, stirring regularly to stop the chutney from catching on the base of the pan. Test by running a spoon along the bottom of the pan – if the channel you make doesn't fill immediately, then the chutney is ready.

3 Remove the pan from the heat, stir in the cider brandy or cider, and spoon into sterilised jars. Seal immediately and store for two months before using.

Recipes extracted from *Handmade Pickles and Preserves* by Tracklements (Pavilion Books, £12.99).
Photography: Dan Jones

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paxtonandwhitfield.co.uk
 Paxton's Cave Aged
 Cheddar, £5.25,
paxtonandwhitfield.co.uk

1 Shepherds Purse Yorkshire Blue, £3.30, Waitrose

Mild and creamy, this offering retains the pungency of a blue, whilst remaining sweet and buttery to taste. Try it with a dollop of your favourite chutney.

2 Godminster 1kg Vintage Organic Cheddar, £26.95, godminster.com

The depth of flavour of this smooth cheese is delicious, and it works perfectly in recipes as well as on a cheeseboard.

The Cheddar is made to a traditional 90-year-old recipe, and is matured for up to 12 months.

3 Hawkshead Relish Cheeseboard Chutney, £3.90, hawksheadrelish.com

Packed full of figs, cranberries, and apples, this delicious chutney pairs perfectly with any cheese. It's vegan-friendly, too, so everyone can enjoy it.

4 Belton Farm Red Fox, £2.50, beltonfarm.co.uk

Handcrafted in Shropshire, this aged Red Leicester has an unexpected crunch, with a complex blend of both sweet and savoury flavours. We like it sliced atop a peppery cracker with a sweet chutney.

5 Delamere Dairy Farmhouse Mild Goats' Cheese, £2.70, delameredairy.co.uk

Oh-so-creamy, this mild cheese makes a great addition to your cheeseboard. Any leftovers (though we doubt there will be any!) can then be used in salads or melted on toast.

6 Opinel Cheese Knife & Fork Set, £37.95, whitbyandco.co.uk

Tuck into your board in style with this special set. The iconic design is high quality, and perfect for special occasions.

If you're vegan...

...you needn't miss out on tasty cheese this season! Why not craft your own with this handy kit? Simply add nuts and almond milk, and get to work. Use code *veggievegan* at the checkout to get 20% off the marked price! £27.50, bigcheesemakingkit.com



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Beauty UPDATE

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

HIGH STREET HERO

This year, affordable beauty retailer Superdrug is celebrating 25 years of cruelty-free retail; it's an amazing achievement for such a big player in the cosmetics scene, and now the brand is going one step further! Superdrug has announced that this year it will be increasing its own-range brand foundation shades with 24 new tones appearing in-store and online. The vegan movement is a big part of Superdrug's product formulation process; it starts every product creation with a vegan formula. Last year, Superdrug increased its vegan beauty category by over one-third, with a vegan gifting range and 30 other new innovations. Browse the range at [superdrug.com](https://www.superdrug.com)



PLASTIC PURGE

Ever since it launched, we've been obsessed with Bowe Collective: a new platform designed to help eliminate plastic waste and transform the way home and personal care products are consumed, all in a bid to make our lives more sustainable. The unique service delivers products in reusable pouches, with contents then emptied into beautiful bottles and dispensers. The pouches can be returned in pre-paid envelopes to be cleaned, sterilised, and reused by the next consumer. While the range is currently comprised of handwash, laundry liquid, fabric conditioner, washing-up liquid, and bathroom cleaner, we're hoping it will be expanded to include face wash, body cream and shower gel soon! Find out more and sign up at [bowercollective.com](https://www.bowercollective.com)



3 OF THE BEST CRUELTY-FREE HAIR DYES!

Naturtint Permanent Hair Colours, £10.99, [naturtint.co.uk](https://www.naturtint.co.uk)

Long lasting, radiant colour with an enviable shine to boot – this is an ideal at-home permanent hair colouring kit. The non-drip gel is easy to use, plus the pack now includes a new multi-care mask, which is enriched with quinoa, and contains more benefits for your locks.



Tints of Nature Bold Colours, £9.50, [tintsofnature.com](https://www.tintsofnature.com)

Available in eight vibrant colours and a Pasteliser for more subtle shades, this is ideal for getting the bright-coloured tresses of your dreams without damaging your hair, or making a long-term commitment, lasting for 3-6 washes. The entire range is vegan-friendly, as well as cruelty-free, and comes packed in 100% post-consumer recycled bottles and recycled cards.



Bleach London Super Cool Colour, £6.50, [bleachlondon.co.uk](https://www.bleachlondon.co.uk)

This offering delivers all the fun of colouring your hair, without the permanent aspect! Choose from vibrant green, varying tones of pink, bright orange, and more. The collection is available at a bargain price point, so you can try as many combinations as you like!



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HAIR COLOUR CRASH COURSE... WITH TINTS OF NATURE'S RAOUL PERFITT



What should we look out for when shopping for hair dyes as a vegan?

"Deciphering ingredients in hair dyes can be quite tricky; we recommend looking at them carefully or using a vegan barcode app to analyse the ingredients. Always look behind the brand to determine the true credentials of the company. Although not synonymous with being vegan,

ensure that the company is truly cruelty-free and that it sources its ingredients from ethical and responsible suppliers."

Why would you recommend Tints of Nature's Bold range?

"Tints of Nature Bold Colours is the first fashion colour range made with the environment in mind. It contains 19 naturally derived and 10 organic ingredients including aloe to moisturise

the hair and scalp; chamomile to condition hair and soothe the scalp; and quinoa to improve and protect hair colour as well as adding shine. The fragrance is 100% natural and, as a semi-permanent hair colour, contains no PPD, PTD or resorcinol. The full range is intermixable, allowing you to create your own bold, technicolour or pastel shade without the use of harsh chemicals or long-term commitment."

BEAUTY INSIDER

with cruelty-free MUA, Justine Jenkins



“The market has recently been flooded with CBD skincare products; some are better than others, so here’s a round-up of my favourites!”

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 Fearne Cotton, Keeley Hawes and Jodie Comer. Her passion is cruelty-free, vegan, and organic beauty.

CBD is the current buzzword in beauty, but is it worth all the hype? I think it is. As a certified medicinal cannabis expert, first of all let me explain the science part. All mammals have an endocannabinoid system. This system is comprised of our natural endocannabinoids (neurotransmitters) which bind to receptors (CB1 and CB2) that are prevalent in our central and peripheral nervous system. This process constantly works at bringing our biochemical

systems back to homeostasis (stable equilibrium). If we don't produce enough natural endocannabinoids, our health, including our skin health, can suffer. Phytocannabinoids are plant cannabinoids that also bind to our CB1 and CB2 receptors. The only known plant on earth that contains enough phytocannabinoids to do this, is cannabis. The most talked-about phytocannabinoid is CBD (cannabidiol), which can help skin regain its natural balance and optimum health. It's anti-ageing, anti-inflammatory, and an antioxidant.

CBD is only one of over 80 cannabinoids in the cannabis plant: CBD is different to hemp seed oil, so always check the ingredients list if you are looking for a CBD product. I've seen many online sites listing CBD products, only to find cannabis seed oil (hemp oil) on the ingredients list, instead of cannabidiol (CBD).

What is the legal status of CBD? Current UK law states that you can legally use a product containing CBD. A full-spectrum product means it contains not only CBD, but all the other cannabinoids contained in the plant (including THC), terpenes (compounds that produce aroma) and flavonoids (compounds that produce taste). In the UK, full-spectrum CBD products can only legally contain under 0.2% THC. Tetrahydrocannabinol (THC) is the psychoactive compound in cannabis, but even at higher levels, THC applied topically does not pass through the blood-brain barrier, so you will not feel 'high'. The benefit of a full-spectrum product is that all the different compounds work together synergistically, producing what is called the 'entourage effect', maximising the therapeutic effects of the product.



The market has recently been flooded with CBD skincare products; some are better than others, so here's a round-up of my favourites.

Graces London CBD Lavender and Lemon Body Balm is a must for any areas of skin that need help. It's great for dry skin, burns, psoriasis, and acne scars. An effective anti-inflammatory, antioxidant and sebum-regulating balm, I enjoy using it as a night mask. Graces London also offers a CBD Roller Ball; an oil which I use as part of my facial cupping routine.

Votary Super Boost Night Drops CBD and Strawberry Seed Oil was developed for fragile, reactive skin. Apply three drops after cleansing, or add it to your moisturiser to protect and hydrate super-sensitive skin.

The Healing Cauldron CBD Skin Cream is a full-spectrum vegan cream. This luxury cream is made with sunflower wax, and can be used on the face or body to hydrate and treat stressed skin, eczema, rosacea and scarring.

Pura Vida CBD Vegan Balm is a wonderful product to relieve soreness and inflammation in joints and muscles. Rub it on areas that have been overworked, after exercise, or to relieve stiff joints.

Two products I love from the **Somnio** vegan range are the **Revive CBD Acne Serum**, and **Revive Anti Age Anti Wrinkle Moisturiser**. The Acne Serum contains the rich anti-inflammatory properties of CBD, with added antimicrobial ingredients of salicylic acid and tea tree oil to form an effective treatment for acne-prone skin. The Anti Wrinkle CBD Moisturiser also contains hyaluronic acid and rose hydrosol for deep hydration, to restore elasticity, and to boost natural collagen production.

Raised Spirit CBD Organic Massage Oil is a gorgeous oil, perfect for hydrating the skin before bed. Alongside CBD, jojoba and hemp oil, it also contains essential oils of patchouli and lavender, giving a wondrous aroma, and promoting deep restful sleep.

Aurelia CBD Super Serum is one of the first products to use CBD crystals, as opposed to CBD oil, which is more diluted. This is a CBD isolate product, as opposed

to full-spectrum, and is a powerful antioxidant and anti-inflammatory serum. It's ideal for anyone with stressed-out skin.

If you have any concerns about trying CBD skincare, then have no fear. Your skin won't smell of cannabis and you won't get 'high'. These products do not contain any significant amounts of the psychoactive THC cannabinoid, and the sophisticated formulas and added essential oils mean they smell divine. If you are a CBD regular, then look out for CBDA products, which is the unheated, raw form of CBD. It's in its early stages of development, and research is in its infancy, but I for one am excited about its benefits. I encourage anyone to try medicinal cannabis skincare: it works in such harmony with our biochemistry, it's like this versatile plant was made just for us.



Veggie Loves...

KLORIS CBD Superboost Face Oil, from £30 for 10ml, kloriscbd.com

British brand Kloris has excited CBD fans with its brand new beauty oil, with 1mg of premium CBD per drop. It helps to defend the skin against ageing external aggressors, as well as calming irritated or sensitive skin.



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Everything you wanted to know about toners

Find out why toning is an essential part of your skincare routine

Cleanse, tone, moisturise: the Holy Grail of skincare. We know that cleansing our skin helps remove impurities, and moisturising keeps it soft and supple. That middle step, however, is perhaps one that many of us have pondered, and are probably guilty of throwing out the window. So, what is the idea behind toning, and is it really a worthy step in our skincare routines? We spoke with Dr Janet Mason, head of product development at Q+A Skincare (qandaskin.com), to find out...

DO I REALLY NEED TO USE A TONER?

"The three-step process is still a great basis for your essential skincare routine – and toning certainly shouldn't be missed," Dr Mason says. "A toner can minimise the appearance of pores and balance the skin. A toner also acts as a gentle exfoliator, removing any impurities, such as make-up or pollutants, that may have been missed when cleansing. This ensures your skin is as clean as possible before you apply a moisturising product. Many people are also unaware that a toner can increase the performance of moisturisers and serums, as it enhances the absorption process whilst balancing the skin."

BUT WHAT ARE THE BENEFITS?

It seems toners have their place in our skincare routine – we certainly won't be omitting this step ourselves anytime soon! But what are the benefits you can glean only from a toner? "For me, the main benefit of a toner is to balance the pH and oil levels of the skin. Our skin is naturally acidic, but its pH levels can be upset whilst cleansing owing to

the alkaline nature of many cleansers; this may lead to the skin over-producing oil," says Dr Mason.

WHAT TYPE OF TONER SHOULD I BE USING?

Now that you know the importance of incorporating a toner into your daily routine, you may be wondering what the most effective formula is. Dr Mason recommends looking for ingredients such as niacinamide, which acts as a magnet for dirt and oil, as well as natural hydrators like aloe vera, and moisturising and soothing ingredients such as glycerin; a great moisturiser that can prevent dehydration by providing a barrier against environmental damage. Be wary though: glycerin can be derived from animal fat or vegetable oil, so it's important to check the origin of glycerin in your toner when working out if the product is cruelty-free or suitable for vegans.

It's also worth noting that while many people place an emphasis on the ingredients we should be looking out for in a product, we should also consider ingredients to steer clear of. Alcohol-based toners tend to dry skin out – even for those with oily complexions. Avoid perfums as well, as these often contain alcohol as well as potential allergens.

So, what's the verdict? It seems that a toner is here to stay, as it's a valuable step in our skincare routines. Use yours after cleansing and before your serum or moisturiser to see the best results; you can even use it throughout the day to refresh your skin on-the-go! Continuous use of a toner that suits your skin type can make a huge difference to the appearance of your skin, so stick with yours and you'll have a radiant complexion in no time.

3 vegan toners to try

Sukin Hydrating Mist Toner, £7.95, lookfantastic.com



Grounded Rose Water Facial Toner, £15, groundedbodyscrub.co.uk



Q+A Skincare Niacinamide Daily Toner, £7.99, feelunique.com



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Lather up with these cruelty-free bathtime goodies

We explore the ethical soaps and shower gels currently on the market



*Tried and tested by
content writer, Paisley*

1 Akamuti African Black Soap Bar, £4.94, akamuti.co.uk

Having never tried anything like this, I was unsure what to expect. While the bar had no real scent, it lathered up nicely with a creamy texture that left my skin feeling soft. After use, I discovered that African black soap is particularly good for dry or irritated skin, whilst also helping to reduce blemishes and dark spots. I like the simplicity of the formula, with the soap containing just five ingredients.

2 Organic Citrus & Mint Liquid Soap, £7.65, alteya.co.uk

I had great expectations of this, as mint is one of my all-time favourite shower scents. I was a bit disappointed, though, as the citrus element overshadowed the mint considerably; it was still pleasant, but not what I was after. I also found the product to be a bit drying, and instead of the nourishing feeling I expected, my skin was left clean, but thirsty.

3 Eco Warrior Coconut Blend Moisturising Hand & Body Bar, £4, sainsburys.co.uk

I've had my eye on this brand for a while, as it has a range of budget-friendly, zero-waste alternatives to bottled shampoo, soap, face wash, and even shaving cream. The hand and body bar smelt fantastic, with heavenly wafts of coconut hitting me as soon as I opened the packet. Unfortunately, the smell wasn't as strong once applied to my skin, but the soap still lathered up nicely, and I'd recommend it as a plastic-free option.

4 Made For Life Organic Soap, £9, madeforlifeorganics.com

Soft and smooth to the touch, this creamy soap lathered up nicely, and left me thoroughly relaxed in the bath as I breathed in the essential oil blend of ylang ylang, lavender and geranium. I loved the creaminess against my skin, and was pleasantly surprised that the scent lasted long after I'd stepped out of the bath. This was hands-down my favourite of the bunch.

5 Ishga Organic Seaweed Body Wash, £17.50, ishga.com

Fresh and light, this body wash lathered up nicely, and felt fresh on my skin, owing to the natural ingredient blend. My only criticism is the plastic packaging, as my personal preference is to use plastic-free soap, but this is a great alternative if you prefer a bottled body wash.





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CREATURE COMFORTS

Attract solitary bees and beneficial insects to your garden whilst promoting a healthy ecosystem with this unique insect hotel. The well-designed wooden structure resembles a log-cabin-style retreat, offering a safe nesting site and refuge for species such as ladybirds, lacewings and bees. Stylish as well as practical, the bug hotel has been endorsed by leading invertebrate conservation charity, Buglife. Insect Hotel Menorca, £24.99, birdfood.co.uk

ECO Garden

The latest buys for living a more conscious, sustainable lifestyle



TAKE YOUR PICK

Whether collecting herbs from your garden or out foraging, this sturdy bag will make it that much easier for you to gather the goods.

Handmade in Bristol, the bag is comprised of durable cotton canvas and double seams, and contains a belt loop and sash, so you can keep your hands free as you gather. What's more, you can also use it as a cute zero-waste lunch bag!

Bric Foraging Bag with Belt Loop and Sash, £34, chalkandmoss.com



SOWING SEEDS FOR SUSTAINABILITY

From plant pots and seed trays, plastic is rife in gardening. As part of its efforts to combat this, the National Trust is phasing out plastic pots in favour of more sustainable alternatives, such as these Husk mini plant pots. Made from agricultural by-products, each pot is comprised of biodegradable materials, including bamboo powder, straw and non-toxic resin, and is ideal for planting seeds and seedlings before transplanting them into raised beds or the garden. Stylish and sustainable, they're designed to last for years, and can simply be buried in the soil when you're finished with them! Husk set of 5 mini pots, £9, shop.nationaltrust.org.uk

CREATE YOUR OWN HONEYBEE HAVEN

This spring, follow the advice of **Sarah Wyndham Lewis** and turn part of your garden 'wild' to attract crucial critters

In recent years, the role of wildflowers in feeding honeybees has been widely misunderstood. Yes, wildflowers are a precious resource. Yes, there are not nearly enough of them. But no, they are not going to save the day. No matter how

many packets of bee-friendly wildflower seeds are nobly given out and scattered, they are just not going to supply enough forage to turn the tide. They simply cannot make up for all the lost broadleaf woodland, grubbed-up hedgerows, close-mown lawns, tidied-up railway embankments and hard-landscaped gardens that rob the environment of what many might call 'weeds'.

Honeybees evolved as tree-dwellers, so it's not surprising that their main source of forage is still flowering trees and bushes. However, in recent times media messaging has overlooked this fact, setting an agenda all about wildflowers, seed bombs and 'wildflower meadows'.

Ah... the wildflower meadow, a totem of our times. Here's the thing about wildflower meadows. Although composed of wildflowers, they are far from 'wild'. In fact, they are managed environments that need to be either eaten off by grazing animals or mown at specific intervals to avoid them becoming overgrown with dominant species (such as tall grasses and Nettles) and to allow smaller species (such as Bird's Foot Trefoil and Selfheal) to flourish, keeping everything in balance.

A wildflower meadow composed of the wrong plant species, planted in the wrong soil or not properly managed will quickly be lost to invasive or competitive species, becoming just another testament to good intentions but poor understanding. There are many exemplary wildflower meadows you can visit for inspiration; behind them is the expert knowledge of enlightened farmers, gardeners and horticulturalists.

So, speaking personally, as beekeepers who are simply trying to create maximum forage for honeybees, here's where we stand on wildflowers. We literally can't get enough of them. Nor can the bees. We'd love everyone to mow less often, to allow wild species to flourish in shaggy grass. We love wildflower patches, meadows and margins rich with simple, native species.

But we'd also welcome the broader understanding that – in the bigger picture – wildflowers alone cannot supply the sheer bulk and variety of multi-season forage needed to sustain bee colonies. This will always be largely provided by trees and bushes, augmented by smaller plants of many different types.

Phew – lecture over! Now for a list of some important wildflowers for honeybees.



PLANTING RECOMMENDATIONS

Bird's Foot Trefoil

A member of the pea family, Bird's Foot Trefoil is a classic component of wildflower seed mixes, providing both pollen and nectar during the summer months.

Bramble

Flowering from late spring to early summer, Wild Blackberry bushes provide a feast for honeybees. Well-pollinated, they later produce abundant blackberry crops to feed birds and other wildlife. And – if you're quick – people, too.

Daisies

From tiny lawn Daisies to the abundant Ox-Eyes flowering profusely by the roadside in early summer, daisies are a luscious resource for bees.

Dandelion

The chrome yellow burst of Dandelions is a joyous signal of spring. One of the most valuable plants for honeybees, Dandelions give precious early-season pollen and nectar.

Dog Rose

This wild climbing rose offers simple, abundant flowers in summer followed by rosehips that feed birds, squirrels and many other creatures, and are a rich source of Vitamin C.

Rosebay Willowherb

A staple of waste ground and derelict buildings, this 'fireweed' (it's well known for colonising areas scorched by fire) is one of the honeybee's richest food sources in summer.

Viper's Bugloss

Where many flowers have their nectar flow in the middle of the day, the nectar from Viper's Bugloss' dense blue spires offers a dependable feast throughout the day. Summer-flowering.

White Clover

Once upon a time, Clover was grown as a cash crop and was a mainstay of English honey production. Nowadays, it is rarely grown commercially, but it thrives as a valuable wildflower, blooming throughout the summer.

Wild Geranium Cranesbill

Honeybees will choose Cranesbill's unassuming flowers time and again, preferring them to many more showy plants in bloom. Depending on the species, these wild forms will flower from late spring until early autumn.

'WILD' LAWNS

One of the simplest and most beautiful ways to add to bee forage in the larger garden is to change the way you think about lawns. Once upon a time, they had to be emerald green and close-mown with military precision. Nowadays, I think we can all live with the idea that not all grassy areas have to look like cricket pitches.

HERE ARE SOME SIMPLE APPROACHES:

- Stop using pesticides and lawn fertilisers (perennial wildflowers, which go on from year to year, dislike rich soil).
- Mow less often to allow Daisies, Dandelions, Clovers, Selfheal, Plantains and other small wildflowers to establish. These are super-important to honeybees.
- Add in wildflower plants or seed wildflower patches into the lawn. Use a combination of perennials and annuals if you want the patch to last.
- Plant bee-friendly spring bulbs such as Crocus, Grape Hyacinth and Snowdrop into the lawn. If you plant them in strips or clumps you can close-mow the rest of the grass.
- Allow lawn margins to get shaggy and just see what starts to grow. Or speed things up by sowing with a hardy, native wildflower mix. Mow the margins just twice a year, in spring and again at the end of autumn.
- Plant a Clover lawn instead of grass. You can walk on it (although it won't stand up to a lot of wear and tear), it looks and smells beautiful all through the summer, and only needs mowing a couple of times a year. For low-traffic areas, lawns planted with ground-hugging Thymes are another bee-friendly alternative to grass, with fragrant flowers in mid-summer.
- If you want to go the whole hog and turn a large area of mown grass over to a sustainable wildflower meadow, either work with a professional or research the subject very thoroughly to find exactly the right mix of species for your soil and locality. You will also need to learn how to manage the meadow so that it will thrive and evolve with all the grasses and wildflowers in balance for many years to come. Pollinators of all sorts will reward your effort.



BOOKSHELF
Extracted from
*Planting for
Honeybees* by Sarah
Wyndham Lewis
(Quadrille, £12).
Illustrations by James
Lewis Weston.

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Green ideas for the ULTIMATE SPRING CLEAN

Be inspired to create homemade, natural recipes with these eco-friendly cleaning tips from **Christina Strutt**

There is little in life more satisfying than tackling a really untidy, unclean room. Starting with the kitchen, I have been finding new ways of dealing with problems that seemed insolvable when all I had to rely on was chemical concoctions that promised to work wonders. In fact, some – most – really don't.

Preparing your own cleaning products is a safer, more ecologically sound way of living. This guide will hopefully encourage more people to see the damage we are doing to the environment by relying on carbon fuels, chemicals, and fertilisers to sustain our lifestyle. This way of life may sometimes be more time-consuming, but I have found that it is more efficient and ultimately much simpler and less stressful. Add to that the fact that you will save money, the environment and miles travelled, and this can only be a good thing.

WHITE DISTILLED VINEGAR

For 10,000 years, this fermented alcohol (most probably accidentally stumbled upon) has had hundreds of different uses. It heals wounds, cleans glass, and melts away limescale and grease. For these recipes, use only white distilled vinegar. Once you realise how useful it is, you will probably want to stock up on several gallons of this magical liquid!

Carpet stains

Blot spills as soon as possible with a paper towel. For a stain, mix one teaspoon of Ecover dishwashing liquid with one teaspoon of vinegar dissolved in a half-litre of lukewarm water. Apply to the stain with a soft cloth and rub gently. Rinse with warm water and blot dry.

Drains

To deodorise drains, pour 225ml of vinegar down the drain and

leave for half an hour, then flush through with running cold water. A mixture of vinegar and baking soda will do the job even more thoroughly. Pour two tablespoons of baking soda down the sink followed by about 115ml of vinegar, leave to bubble for 20 minutes, then flush through by running the cold tap for a minute.

Windows

Make a solution of one-part vinegar and one-part warm water. Pour into a spray bottle, then spray onto glass. Rub the glass dry with a soft cloth, then polish with crumpled newspaper for a sheen.

BAKING SODA

This is another miracle of nature. Most baking soda is made from trona ore, mined from natural deposits throughout the world. Baking soda can be manufactured and is formed by combining carbonic acid and sodium hydroxide. Trona, however, is a naturally occurring substance, which is easily mined, and it is the source of most baking soda. Trona was discovered in the mid-1840s. Then, as now, it was used by many households for scouring, cleaning, and deodorising.

Kitchens and bathrooms

When mixed with water, baking soda makes an alkaline solution that will cut through grease and dirt on most surfaces in kitchens and bathrooms. Used dry, it is effective as an abrasive powder; mixed with distilled white vinegar, it becomes even more powerful.

Refrigerator odours

Keep a saucer of baking soda inside the fridge to absorb and remove food odours, replacing it every two weeks. Instead of throwing away the old baking

soda, pour it into the kitchen sink, followed by a kettle of boiling water to keep drains fresh and odour-free.

Dustbin

Sprinkle baking soda into the bottom of dustbins to remove unpleasant odours. After emptying the rubbish, add some water and swill around the can. Pour it out and leave to dry, then add more baking soda for next time.



BOOKSHELF
Extracted from
Green Housekeeping
by Christina Strutt
(CICO Books, £14.99).
Photography:
Lucinda Symons

HOW TO MAKE LEMON DUSTERS

Whether you're using bought dusters or cutting up old cotton clothes, towels, or tea towels to serve the purpose, with this method you can clean your furniture without resorting to spray polish. Prepare several dusters at a time, and store them until needed. Make sure you wash or boil them regularly after use, and re-infuse them with lemon and oil.

You will need...

water
white distilled vinegar
lemon oil or olive oil
dusters or rags
lemons
airtight jar with screw lid

- 1 Make a solution of two-parts water, two-parts vinegar, and two drops of lemon oil or olive oil. Soak your dusters or rags in this solution and squeeze out the excess, leaving them just damp.
- 2 Pare the rind from several lemons (depending on how many rags you are preparing), and lay a couple of pieces on each smoothed-out duster.
- 3 Fold or roll each one, and store it in a clean jam jar with an extra piece of lemon peel. The jar should be airtight with a screw lid.





The Veggie Awards 2020

BACK FOR THEIR TWELFTH YEAR, THE **VEGGIE AWARDS** ARE SET TO BE THE BEST EVER!

The Veggie Awards are back, and this year, promise to be bigger and better than ever. For 11 years we've been shining a light on the best vegetarian brands, organisations and personalities making a positive difference for cruelty-free, green and ethical causes. This year, we've lined up a stellar judging panel to help us crown the winners, along with the Veggie team and our amazing

readers, who help to shape the latest products on the market. Be sure to check back, as the winners of the 2020 awards will be announced in the July issue of Veggie magazine, which will go on sale 25th June.

GET INVOLVED

The Veggie Awards has become the ultimate shopping resource for

vegetarian consumers, celebrating and endorsing the best meat-free food and ethical lifestyle products on the market. It's time to play your part in this process, as we reveal the reader-voted side of the Awards! We've shortlisted the top five brands in each category, and it's time for you, our loyal readers, to choose your overall winners.

READER VOTED CATEGORY SHORTLIST

Each category will have its own winner, and two runners-up.

BEST COOKERY BOOK OF THE YEAR

- ELLY PEAR – *GREEN*
- JAMIE OLIVER – *VEG*
- RACHEL AME – *VEGAN EATS*
- DAVID FRENKEL & LUISE VINDAHL – *LITTLE GREEN KITCHEN*
- BETTINA CAMPOLUCCI BORDI – *7 DAY VEGAN CHALLENGE*

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- NIOMI SMART
- PLANT-BASED PIXIE
- VENETIA LA MANNA

BEST VEGETARIAN BRAND

- QUORN
- LINDA MCCARTNEY
- CAULDRON
- BOL FOODS
- FRY'S

BEST VEGAN BRAND

- VBITES
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BEST HIGH STREET CRUELTY-FREE BEAUTY RANGE

- THE BODY SHOP
- LUSH
- WELEDA
- NOUGHTY
- JASON

VEGETARIAN SOCIETY HERO AWARD

- FEARNE COTTON
- MARTIN FREEMAN
- CHRIS PACKHAM
- JOAQUIN PHOENIX
- MATTHEW PRITCHARD

LUNCH TO GO

- TESCO
- M&S
- ITSU
- CO-OP
- VEGGIE PRET

BEST VEGETARIAN RESTAURANT

- TERRE À TERRE
- ZEFFIRELLIS
- MILDREDS
- THE GATE
- DAVID BANN RESTAURANT

BEST MEAT-FREE MENU

- WAGAMAMA
- PIZZAEXPRESS
- LAS IGUANAS
- ZIZZI
- ROSA'S THAI VEGGIE

VEGGIE PERSONALITY OF THE YEAR

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VOTE AND WIN A FIVE-NIGHT STAY IN DUBAI WORTH £2,100

Cast your vote in the Veggie Awards and you could win a luxurious five-night break in Dubai for two! Imagine the warm sun on your skin as you relax on a sun lounger, with a large cocktail by your side, a day of bliss ahead and no sound but the waves in the distance. Sounds fantastic, right? This dreamlike scene could soon become a reality for one lucky reader!

We're offering one of you the chance to win a five-night break at the beautiful Amwaj Rotana in Dubai. You and your guest will stay in five-star luxury, located along the iconic leisure and retail strip known as 'The Walk at Jumeirah Beach Residence'. It's also mere minutes from The Beach Mall, and the crystal clear waters of Dubai Marina.

The hotel itself has 301 stunning furnished rooms and suites, each equipped with its own large balcony facing the Arabian Gulf and Palm Jumeirah. Guests can relax and soak up the rays at the large outdoor swimming pool, which has panoramic sea views. Or, get started on any fitness plans by taking advantage of the Bodylines Fitness & Wellness Club, which includes a Jacuzzi, treatment rooms, and a fully-equipped gym for you to hit those exercise goals.

The prize entitles the lucky winner and a guest to five nights' accommodation in a Classic King Room with ocean views, contemporary décor, and pampering amenities galore. The stay is on a half-board basis, with breakfast and dinner being served at the Horizon restaurant, which features an extensive selection of culinary treats, including plenty of vegetarian options. You'll also enjoy a couple's spa treatment during your stay, and complimentary airport transfers from Dubai International Airport as part of the package.

To find out more about the hotel, visit rotana.com



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9 PLASTIC-FREE FAIRTRADE FAVOURITES

Kate Arnell ticks plenty of ethical boxes with these brilliant buys

It's Fairtrade Fortnight from 24th February - 8th March, so I've rounded up some of my favourite certified and fair trade items that I'm glad to have discovered!



2 SEED & BEAN CHOCOLATE BARS, £2.95 EACH, SEEDANDBEAN.CO.UK

Behind every bar of chocolate, there are six million people who depend on growing cocoa for their livelihoods. By being certified as Fairtrade, Seed & Bean is helping to provide small-scale family farmers (who supply 90% of the world's cocoa) with a more stable income, and keep working conditions at a high standard.

Seed and Bean chocolate bars are also organic and plastic-free thanks to the home-compostable inner foil. So, there's really no need to feel any guilt when indulging in a bar... or three!

3 LITTLE GREEN RADICALS EXPLORER BADGES, £7.50, LITTLEGREENRADICALS.CO.UK

Made from 100% organic and Fairtrade interlock cotton, these explorer badges can be used to sew over holes in your favourite jumper, or to simply customise a top or bag. With ethics like these, you can go wild.

1 CLIPPER TEAS ORGANIC EVERYDAY TEA, £3.49 FOR 80, SHOP.CLIPPER-TEAS.COM

The very first Fairtrade-certified tea was actually launched by Clipper Teas in 1994, and the company is still going strong (which is how I like my tea, by the way)! Tea is the second-most popular beverage in the world after water, and us Brits love a good cup of Fairtrade tea, buying over 80% of the total supply. Low tea prices and poor wages mean that tea-growing communities can struggle with extreme poverty; especially if the price of tea falls below the cost of production. This is where Fairtrade farmers truly benefit, as they're guaranteed a fair price which covers their costs at the very least.

Clipper Teas is also organic, and the brand has recently introduced its plastic-free teabags. The plastic-coated foil packet is soon to be replaced with a home-compostable, fully biodegradable wrap, too. Exciting stuff!

4 ARTHUR & HENRY BUTTON-DOWN COLLAR FAIRTRADE ORGANIC OXFORD SHIRT, £65, ARTHURANDHENRY.COM

I was delighted to discover the brand Arthur & Henry when looking for an organic cotton shirt for my husband. All of its Oxford styles are Fairtrade-certified, and the brand is currently working on switching its entire collection to Fairtrade organic cotton. I particularly like the pale blue button-down Oxford shirt!



5 PEOPLE TREE MOOMIN DOT PRINT T-SHIRT, £39, PEOPLETREE.CO.UK

How cute is this Moomin T-shirt by People Tree?! Featuring Little My, it is made from certified-Fairtrade organic cotton, and is ideal for spring/summer. People Tree has been a pioneer in fair trade fashion since 1991, and the brand was the first fashion company to be awarded the World Fair Trade Organisation product label.

I love that you can find out who made each garment under each product description; this T-shirt was made by Assisi Garments, which is a social enterprise in India where skilled artisans transform fair trade organic cotton into beautiful clothing.

6 FAIR SQUARED PRODUCTS, FAIR2.ME

I recently needed a new menstrual cup, and found one made from fair rubber by Fair Squared, which also makes Fairtrade-certified body washes, shampoos, lip balms, and even condoms!

The brand is also on a zero-waste mission, removing single-use plastics wherever possible. Most items are now packaged in glass bottles or metal tins, and the company even has a return scheme where customers can send back their empty containers to be washed and refilled.

7 DIP & DOZE THE WHITE EDGED SET, £70, DIPANDDOZE.COM

Dip & Doze makes simple, affordable bedding and bath towels using the finest organically grown and Fairtrade-certified cotton. We bought the White Edged Set for our bed and it is truly dreamy (excuse the pun)! The natural coconut buttons are a lovely detail, too.



8 ORGANIC FAIRTRADE COTTON BUDS BY ECOLIVING, £2.50, BOOBALOU.CO.UK

We haven't quit cotton buds in our household yet, so these ones from ecoLiving are the best available. They're made from certified-Fairtrade organic cotton with FSC-certified recycled paper. They're home-compostable, and are packaged without any plastic. What's more, ecoLiving plants a tree for every product sold!

9 IF YOU CARE NATURAL RUBBER GLOVES, £4, [PEACEWITH THEWILD.CO.UK](http://PEACEWITHTHEWILD.CO.UK)

I'm no domestic goddess, but when

I do need to spring clean, I like to wear these reusable rubber gloves by If You Care. They're made from fair trade rubber, are FSC-certified, and are even home-compostable!

Follow Kate on Instagram @katearnell

[illegible]

WWW.LOVEOGGS.COM

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The WORLD'S #1
knife sharpener!



COPPER



BLACK

Brings
old
knives
back
to life

Email: steph@theknifesharpenerguy.co.uk



OPINEL
SAVOIE FRANCE

Opinel brings their iconic design and made-in-France quality to a knife and fork set designed for cheese plates.

The knife features a beech wood handle, made from sustainably European harvested wood. The stainless steel blade is durable, sharp, holds its edge and is easy to maintain. The simple fork can be used while slicing or serving from the cheese platter and also serves as a holder for the knife.

www.whitbyandco.co.uk/vm20c

WHAT IS GREENWASHING?

Organic, plant-based, vegan-friendly; what buzzwords are your green beauty products boasting? And, are their claims as clean as they seem? *Veggie* investigates...

Since sustainability shifted into the public's focus, we've become more conscious of the products that we're choosing to add to our shopping basket. But the demand for natural and eco-friendly products has brands vying for consumer attention, and some are concealing hazy, un-environmentally-friendly practices behind the green buzzwords, withholding information about their supply chains and being vague about their 'green goals'. The term greenwashing is modelled on the word 'whitewash', and it refers to green qualities, such as being eco-friendly, sustainable, natural, organic or regenerative, that marketers and advertisers attach to their products. Often undetectable unless you take the time to read the back of the packaging, greenwashing isn't against the law, despite it detracting from brands that are making a concerted effort to be more eco-conscious, and manipulating the consumer.

A WIDE-SCALE PROBLEM

'Greenwashing', also known as 'the green screen', was coined in the 1980s after environmentalist Jay Westervelt commented on how hotels were encouraging their guests to reuse their towels to help 'save the environment', while making no effort to reduce their overall energy waste. Since then, countless companies, both big and small, have used similar tactics to try and lure the environmentally-concerned customer in. In 2009, a fast-food chain changed the colour of its logos in an effort to show to the consumer its commitment to the preservation of natural resources. More recently, in 2018, in response to the calls for banning plastic straws, a coffee shop chain introduced a new straw-less lid that actually contained more plastic by weight than the old straw and lid combination.

HOW TO SPOT IT

Unmasking the murky underbelly of 'clean' beauty is easier said than done. The word 'natural', for one thing, has no agreed-upon definition. "Unfortunately, the lack of legal regulations to support the rise in demand for organic, green, clean and conscious products means that consumers need to be savvier than ever to be sure that what they're buying is what they expect," says Georgia Barnes, senior business development manager for beauty and wellbeing for the Soil Association (soilassociation.org). "The term organic isn't regulated for beauty like it is in food, which means that a product can contain as little as 1% organic ingredients and still be labelled as so."

"Countless companies, both big and small, have used greenwashing to try and lure the environmentally-concerned customer in"

Similarly, 'vegan-friendly' often has natural and sustainable connotations because of its association with the planet-friendly, plant-based diet. "The basic requirements for a product to be vegan are that it must not contain any animal extracts or animal by-products, both in the ingredients and the manufacturing process," explains Wendy Stirling, founder of the beauty brand, Botanicals. "Vegan living also means avoiding cruelty to animals and their exploitation, including testing products on animals. However, this doesn't account for things such as palm

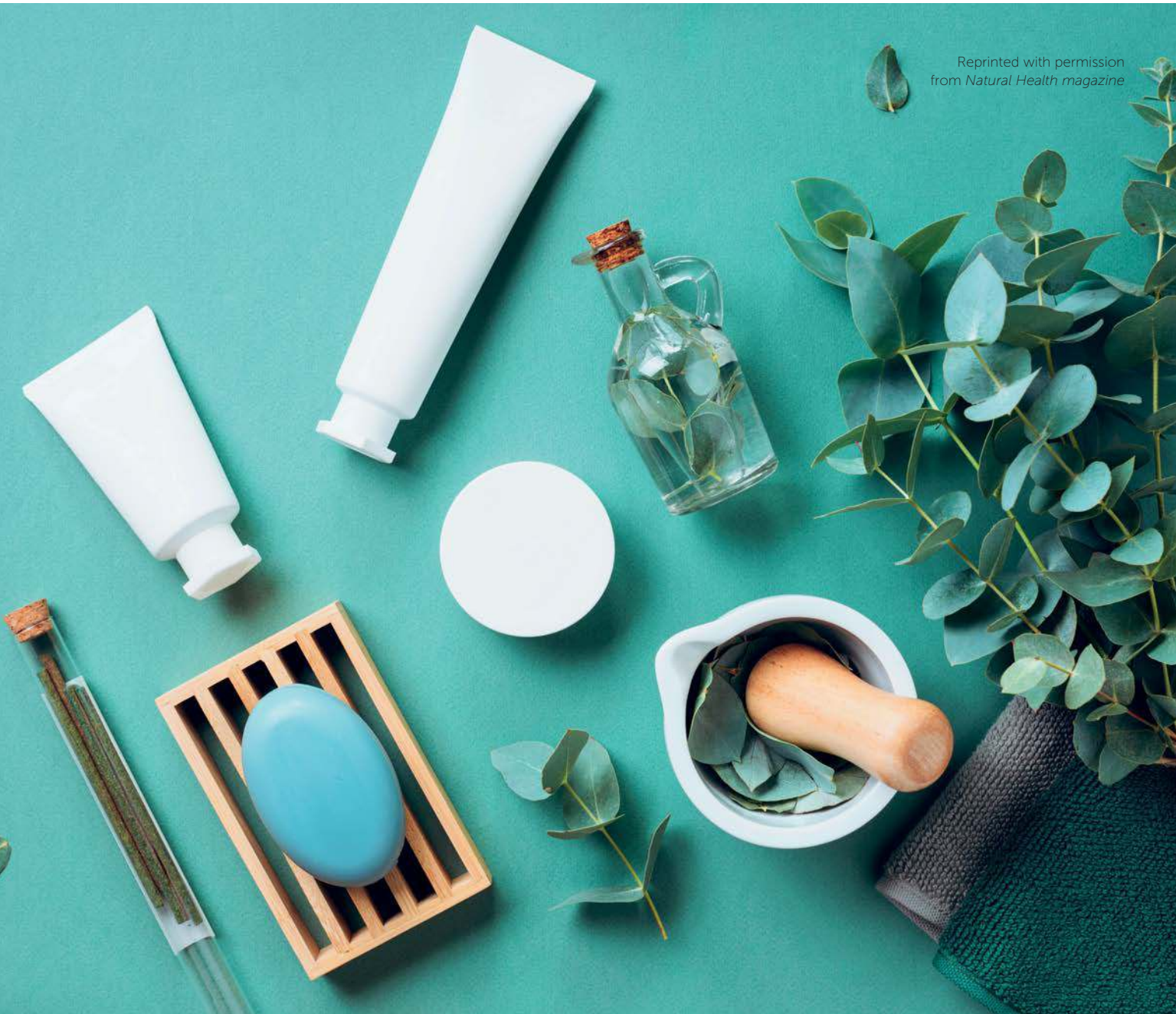
oil, which was responsible for about 8% of the world's deforestation between 1990 and 2008."

DO YOUR BIT

Of course, it's all well and good having responsibly sourced, all-natural ingredients, but if the products come in a box with polystyrene balls, and are wrapped in single-use plastic, the responsibility of disposing of that falls on the consumer. According to research carried out by beauty brand Garnier, 56% of UK households don't recycle their bathroom products, so here are a few good ways to become more eco-savvy.

- Opt for glass packaging over plastic, and take the time to understand the different recycling labels. Once you've used your product, try to make sure that you've emptied and cleaned your bottles and pots thoroughly before you bin them – you can usually leave the lids on as long as it's not a trigger head or a pump.
- Purchasing products that are packaged in widely-recycled materials, such as Polyethylene Terephthalate (PET) bottles and cardboard, is another way to help the planet; and if you want to go one step further, look to buy from brands that offer a refillable service or have reusable packaging.





THE BRANDS THAT ARE AS GREEN AS THEY SEEM

We're just as passionate about finding brands who are transparent about their clean beauty ethos as you are. These are just a few of the brands that we love...

EARTH MOTHER SOUL SISTER

With a focus on organic and vegan skincare, as well as apothecary products, this brand was created by sisters Rachel and Joanna, who wanted beauty with certified organic ingredients, botanicals and plant oils.



SKN-RG

Skin-energy has long been at the forefront of natural beauty. Products are expertly blended with key anti-ageing actives and premium oils, for effective, nourishing skincare that delivers on what it promises.



MULONDON

Founded by Boris Zatezic, who turned to organic skincare after suffering from eczema and psoriasis, MuLondon's products bring balance to both your skin and your beauty routine.



Everything you need to know about food packaging

From Fairtrade logos to recyclable packaging, here's what those symbols on food labels really mean

Vegan. Gluten-free. Palm oil-free. Fairtrade. Organic. When you're shopping for food that ticks any or all of these boxes, it can be quite the challenge navigating the aisles to find products that match your values. How many times have you picked up a product and read the label, only to put it back on the shelf because you couldn't decipher the words and symbols? We've all been there! But no one wants to stand in the grocery aisle for 20 minutes trying to find a suitable snack that's healthy, sustainable, and looks tasty! But for the benefit of your health as well as the planet's, it's worth taking a bit of time to check the back of products. Don't worry though: it's easier than you think! Here's our guide to deciphering food packaging.

WHY SHOULD I READ A LABEL?

With various brands competing for our attention these days, the sheer number of products to choose from can be quite overwhelming. That's where reading food labels comes in.

Ruta Almedom, head of science for the conscious shopping app Code Check (codecheck-app.com), says, "It's almost impossible for consumers to identify healthy and sustainable products at a glance. Some people choose products with designated certifications or labels, such as organic, but standards vary. This is made more confusing by the fact that many manufacturers design their own seals, and these often aren't distinguishable from independent certifications. This requires research from consumers to find out what is behind the certifications." That might sound overwhelming, but don't worry, it won't require hours of studying...

IS THIS HEALTHY FOR ME?

If you're simply trying to determine whether a food product is healthy, or meets your dietary requirements, then the simplest thing to do is to read the list of ingredients. These are written in order of weight, so essentially there's a higher



content of items listed first, whilst there may only be a sprinkling of the ingredients included at the end of the list. So, if you pick up a jar of peanut butter, and the first ingredient is sugar, then this is likely not your healthiest option. Instead, look for a brand that lists peanuts first, hopefully with sugar listed much further down, or better yet, not at all!

By UK law, all allergens must also be listed in bold. This makes it much easier for people with gluten, egg or milk allergies, for example, as well as vegans looking for key ingredients that they are keen to avoid.

If you're concerned about your health, and want to understand the fat, saturated fat, salt and sugar content of foods – known as the 'big 4', owing to their effects on our health – then this is always listed on packaging. This is essentially the

easiest way to check nutritional content at a glance. You might see it as a grid on the back of a label, or it may appear as colour-coded boxes on the front or back. The latter often uses a traffic light system, whereby green boxes indicate low amounts of each of the 'big 4', whilst amber indicates a medium amount, and red indicates a high amount.

WHAT ABOUT SUSTAINABILITY?

When it comes to shopping more consciously, many of us are aware of the environmental impact and ethical implications of our purchases, and ask key questions when looking for certain products. Does this contain sustainably sourced palm oil? Does the company that produced it pay a fair wage to farmers?



When it comes to the latter, this is easy to spot owing to the Fairtrade logo that will appear on the package. This guarantees that a product supports workers, and

contributes to the improvement of their lives and their communities.

When it comes to palm oil, this pesky ingredient is rife – in fact, the WWF estimates that it's in 50% of the packaged products we find in supermarkets today – so it's certainly worth reading an ingredient list to see if it's lurking in that bar of chocolate you've picked up. Ruta

says, "Although certified



palm oil has been available since 2008, many companies still use non-certified palm oil or its derivatives; the latter comes under

different names,

many of which make it impossible for a consumer to link them to palm oil." Some of these terms include vegetable oil, palmate, and glycerol. It's overwhelming, we know, and you shouldn't have to memorise the long list of alternative names. The quickest solution? Simply look for the RSPO (Roundtable on Sustainable Palm Oil) label, which guarantees that a product contains palm oil that was produced in a socially and environmentally responsible way.

Looking for organic items? Organic food sales have hit a record high in the UK – around £200m



a month is spent on organic food and drink, according to the Soil Association's Organic Market Report 2020 – and this is only predicted to

grow. In the UK, companies are allowed to label their products as organic so long as at least 95% of the farm-grown ingredients are organic. Look for the EU Organic Regulation logo: a green stamp with white stars shaped like a leaf; or the Soil Association's logo, billed as a higher standard in animal welfare, and environmental and wildlife protection.



WHAT DO THESE SYMBOLS MEAN?

Aside from Fairtrade and organic logos, you may see other symbols on food packages that can help you make more conscious choices. Keep an eye out for these key ones...



Approved by the Vegetarian Society to be completely vegetarian-friendly.



Vegan-certified product that contains no animal-derived ingredients.



The Mobius Loop shows that a container is recyclable, whilst those with a number inside indicate what percentage of the container is comprised of recycled materials.



The Widely Recycled logo with a green background indicates that packaging is recyclable. Steer clear of ones with black backgrounds, though, as these indicate non-recyclable materials.



Don't be fooled by this one! The Green Dot trademark simply means a financial contribution has been made to fund the recycling of a product, but doesn't suggest that the packaging itself is recyclable.



The Forest Stewardship Council logo indicates that a package has been made with wood from well-managed forests.



There are two types of OK Compost symbols, so keep an eye out for the one with HOME along the edge; this indicates that a package is suitable for home composting, as opposed to industrial.



INTRODUCING A NEW WAVE IN FREE-FROM SNACKING

Curb your cravings with Burts Lentil Waves

Looking to curb those snacking cravings without the guilt? Look no further: cue Burts Snacks' Lentil Waves. Inspired by the waves that surround Devon's beautiful coastlines, this deliciously moreish range of healthier alternatives offers the perfect snack for a vegetarian or free-from lifestyle. If that isn't enough, Burts Lentil Waves are certified by Coeliac UK as gluten-free, and carry the Crossed Grain trademark.

With no added MSG and less than 99 kcal per bag, the range is made up of three mouth-watering flavours, offering a crunchy, delicious tasting option to satisfy and stimulate the taste buds of any snack-lover!

For those who can't resist a classic combo, there's Sour Cream & Chive, made with crushed chives and blended with the

cool, fresh creaminess of sour cream. If you're looking for something a little spicy, try the Thai Sweet Chilli, which combines sweet and spicy chillies with warm ginger and fragrant lemongrass for an irresistible Asian tang. Plus, there's Lightly Salted, with just an added pinch of salt to make these waves your perfect dipping partner. You won't be able to miss them on the shelf, either: the bright and bold new packaging encapsulates the products within – characterful flavours with waves that create a proper crunch!

If you're feeling a little peckish, but don't want to ruin your clean-eating run, then Burts Lentil Waves will add something different to your cupboard or desk drawer. Whether you're yearning for something spicy, salty or crunchy, be snack-smart with these tasty, guilt-free waves. Who said healthy snacking had to be boring?!



Plastic-free essentials to complete your kit

Say good riddance to plastic with these simple swaps

1 SoL Cup in 'Radiant Rosé', £19, solcups.co.uk

Did you know that less than 1% of used disposable cups ever end up being recycled? With millions of them ending up in landfill every year, switching to a reusable alternative is a simple swap. We love the stylish SoL cup, made from hand-blown glass, with a food-grade silicone sleeve and lid.

2 Asobu Reusable Flexible Stainless Steel and Silicone Straws, £12.99, Lakeland

Pesky plastic straws are a distant memory in the UK, with paper and even pasta alternatives becoming commonplace. But you can go one step further by carrying your own reusable straw with you to be sure you're completely plastic-free. This kit contains two stainless steel versions, a cleaning brush and carrying case.

3 Beeswax Wrap Starter Pack, £25.49, beegreenwraps.co.uk

Still clinging onto clingfilm? Ditch the

single-use version in favour of reusable wraps. This family pack is ideal for starting you off: it includes a small, medium, large and extra-large wrap, all made from natural fibres, and infused with a blend of beeswax, tree resin and organic jojoba oil.

4 Whitfords Hemp & Algae Face Cream, £33, whitfords.co.uk

Ditching plastic in the bathroom is always challenging, which is why

we love Whitfords. Aside from being plastic-free, the cruelty-free brand is also vegan, and palm oil-free. This silky, matte-finish moisturiser is ideal for both day and night, and leaves skin noticeably refreshed and soothed.

5 Insulated Reflect Water Bottle, £36.95, kleankanteen.co.uk

You can (almost) never have enough reusable water bottles, and this classic offering is ideal for everyday use. Made from sustainable materials, the bottle contains no paint or plastic, plus the double-wall vacuum insulation will keep hot and cold beverages at the perfect temperature while you're on-the-go.



Styled Using...

Eco-friendly Facial Pads, £6 for pack of 4, urbangreencompany.co.uk

HYDROPHIL Bamboo Toothbrush, £4, plasticfreedom.co.uk

The Ultimate Mother's Day ethical gift guide

From sustainable accessories, to natural skincare goodies,
discover our pick of the best presents for mum



VON NORTEN BERGAMOT VOTIVE GIFT SET,
£28, [VONNORTEN.COM](https://vonnorten.com)

Uplifting and relaxing, the naturally scented bergamot candles from Von Norten provide a beautiful scent to the home, and make for a thoughtful, ethical gift for mum. Made in England from plant wax, the vegan mini candles add an element of luxury to any room, plus the brand partners with organisations such as The Rainforest Action Network to help protect vital habitats.



GOLD RECYCLED SARI EARRINGS
AND BRACELET, £6.99 AND
£8.99, [OXFAM.ORG.UK](https://oxfam.org.uk)

If your mum loves her accessories, then this set will make a beautiful addition to her jewellery box. The delicate drop earrings add an exciting element to any outfit, whilst the bead bracelet will provide a pop of colour. Both are crafted from recycled sari materials, making each piece unique. The ultimate gift that gives back, the jewellery helps support women artisans from underprivileged communities by empowering them to learn new skills, and be financially independent.



FREYA + BAILEY ROSA! FACIAL ROLLER, £35,
[FREYAANDBAILEY.COM](https://freyaandbailey.com)

Give mum the gift of an at-home facial with this roller. The triple-action jade stone has a natural cooling effect, owing to the three smooth, polished, interchangeable heads crafted from high-quality jade. Renowned for centuries for its elimination of toxins, and impact on acne, wrinkles and lymphatic drainage, the jade stone will help soothe, de-puff and de-stress congested complexions. Complete the gift by adding a Freya + Bailey moisturiser, and taking advantage of the exclusive 15% discount just for Mother's Day!



**THE JAM GARDEN, £50,
GLUT.CO.UK**

If your mum fancies herself as a bit of a Mary Berry, then help her along her cooking journey with The Jam Garden crate from The Gluttonous Gardener. The fantastically fruity gift is ideal for mums who want to give jam-making a whirl. The crate includes a healthy blackberry bush, a loganberry bush, a personalised wooden spoon, care and cultivation instructions in case things go a bit pear-shaped (pun intended!), plus delicious jam recipes to sweeten the deal. She'll be whipping up jars' worth of spreads in no time.

RSPB NATURE'S PRINT HARES LATTE MUG, £9, SHOPPING.RSPB.ORG.UK

There's nothing like a good natter with mum over a cuppa. If your mum loves a good brew, then this beautiful mug makes an ideal gift. With its clean lines and classic design, the nature-inspired illustration by linocut artist Anne Mortimer depicts a rural scene with hues of mustard, soft pink and navy blue. Plus, by supporting the RSPB, you'll be helping to save our birds and wildlife – win, win!



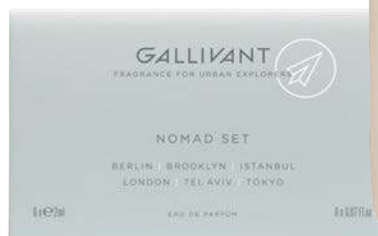
METE TURKISH WOMEN'S DRESSING GOWN, £95, CHALKANDMOSS.COM

Lazy Sundays and post-bath time relaxation will be that much more blissful with this kimono-style dressing gown. Featuring wide sleeves, deep pockets and a sash belt, the vintage-inspired piece is hand-loomed in Turkey using 100% natural cotton for a soft, lightweight and quick-drying robe that's perfect for mum, whether she's at home or on holiday.



EDEN CANOPY CLEAR GLASS TALL VASE, £32, RECHIC.CO.UK

If you want to branch out from the traditional bouquet of flowers you buy mum every year, then this beautiful vase is ideal. Created by melting down glass bottles and jars, then blowing the molten liquid into a new shape and form, it's a unique gift that makes a stylish and sustainable statement in the home.



GALLIVANT NOMAD SET, £25, GALLIVANT-PERFUMES.COM

If your mum is a free spirit, then these perfumes are perfect. Designed with explorers in mind, the clean vegan fragrances are inspired by creative destinations around the world, including our very own capital! They're ideal for travellers, too, as the gift set includes 30ml bottles of each fragrance, all of which are hand-created in the UK.



THE NATURA COLLECTION, £90, NINIORGANICS.COM

Every mother deserves a bit of TLC, and this gift set from Nini Organics will help your mum indulge in a bit of self-care. Included in the kit is the Natura Miracle Mask, Natura Detox Oil and Natura Detox Foam – all suitable for problematic skin that needs some love.

Veggie

RECOMMENDS

FARM TO FORK

If you haven't cut dairy out of your diet, but want to consume it more ethically, then you need to check out Ethical Dairy. Made with organic milk from a farm where calves stay with their mum to suckle naturally, the brand pioneers a high-welfare approach to dairy farming – and we're all for it! The innovative brand's Taster Pack is a great way of sampling some of the different styles made on Ethical Dairy's Scottish farm, and is now available from Abel & Cole. £25, theethicaldairy.co.uk



CALM AND COLLECTED

The benefits of CBD oil are now more widely known, and you can add the calm essence into your life with this simple addition. Place drops of The Hugg Co's Premium CBD Oil under your tongue one to three times a day for 60 seconds, and you could notice a difference within a week. Mild-tasting, the 350mg bottle is ideal for those who are new to CBD, and want to give it a go. £24.99, thehuggshop.co.uk



Vegetarian Society Cookery School

Discover how to create delicious vegan junk food on this new cookery course. From sticky BBQ ribs, to fully stacked burgers with loaded fries, this session will teach you everything you need to know about making lip-smacking plant-based treats. Satisfy those junk food cravings and show off your skills to your friends at the same time! Visit vegsoc.org/junkfoodvegan for more details and dates. Want to learn the basics of making vegan classics first? Try the online class for only £15! Book your place at vegsoc.org/easyveganfavourites



3 of the best kitchen essentials!

Try these eco-friendly tools to make your foodie experience even better!

1 ScanPro IQ Fry Pan, from £90, rechic.co.uk

Made using 100% recycled aluminium, this frying pan is both environmentally- and foodie-friendly. Suitable for all hob types, the pan's thick base means your food can be cooked with less energy. It also has a non-stick coating that is 10 times stronger than steel.



2 3 Mug/8 Cup Core Coffee Press in 'Copper', £36.99, baristaandco.com

The sustainable choice for great coffee, this apparatus shuns plastic in favour of parts that can be easily recycled. The press creates a medium brew, with a velvety texture that we love. It's become an essential part of our morning routine at Veggie HQ!



3 Microplane EcoGrate, £16.99, lakeland.co.uk

Using the brand's signature stainless steel blade, this eco take on the traditional grater has a sustainable bamboo fibre frame. This is biodegradable when recycled or composted, and you can choose from Zester, Fine, Coarse or Extra Coarse blades.



EASTER ESSENTIAL

The run-up to Easter Sunday wouldn't be complete without this doughy treat, best served toasted with a slather of butter. Roberts' Ultimate



Hot Cross Buns tick all of our boxes for taste, but have a sustainable angle, too. Aside from being packaged in recyclable paper, this variety uses upcycled bread that has been fermented from the brand's misshapen white loaves that would otherwise end up in the bin. Hot cross buns have never been more appealing! £1.39, Tesco

HANDWASH HERO

Spring not only symbolises brighter days outdoors, but in your home, too! With the cleaning season in full swing, why not freshen up your bathroom or kitchen with a new handwash? Not only will it add a luxury touch to your home, it will also remind you of the spring season. This Fiona Cairns Rose Hand Wash is cruelty-free with a sweet scent, and leaves hands feeling nourished without drying your skin. £6.50, fionacairns.com



Behind the brand

Italian chef Aldo Zilli created this vegan recipe with Garofalo macaroni, protein-rich vegetables, and a lemon citrus crumb (a great cheese alternative), to finish. Garofalo pasta is made in Gragnano near Naples in southern Italy. It's made using only robust durum wheat semolina and local spring water, and is shaped through a metal die, resulting in certified vegan pasta, which cooks to an al dente texture that can hold and absorb the sauce.



THE ONLY VEGAN PASTA RECIPE YOU NEED!

Macaroni with Mangetout, Peas & Tenderstem Broccoli topped with Lemon Zest and Citrus Crumb



Serves 4
Ready in 20 mins

400g macaroni
100g frozen peas
75g mangetout, halved

2 tbsp fresh mint, chopped
100g baby spinach
100g Tenderstem broccoli, cut into 2-3cm pieces
120g breadcrumbs
1 tsp rosemary, chopped
finely grated zest of ½ lemon
100ml vegetable stock

1 To make the green purée, blend the spinach, peas, mangetout, mint and vegetable stock together until smooth – be sure to reserve a small amount of each vegetable to serve with the pasta.

2 In a hot frying pan, add a splash of oil, then the chopped rosemary and lemon zest, followed immediately by the breadcrumbs. Toss the breadcrumbs for 1-2

minutes, until they are lightly toasted and take on a herby, citrus flavour. Set aside.

3 Bring the pasta water to the boil, and cook the macaroni according to the packet instructions. Three minutes before the full cooking time, add the Tenderstem broccoli into the water.

4 Drain the pasta and broccoli and add the stock to the sauce, followed by the leftover vegetables. Warm gently for one minute, then set aside and mix well.

5 Serve immediately with a drizzle of oil and a sprinkling of the flavoured breadcrumbs.

Recipe and image courtesy of Garofalo (pasta-garofalo.com)



BRITISH
POTATOES

BANNISTERS

YORKSHIRE FAMILY FARM



4 BAKED JACKET POTATOES

OVEN-BAKED & DRIZZLED WITH EXTRA VIRGIN OLIVE OIL



700g e

✓ GLUTEN FREE

GLUTEN
FREE

AVAILABLE IN THE FREEZER IN
MORRISONS



- ✓ SOURCE OF FIBRE
- ✓ VEGETARIAN FRIENDLY
- ✓ WHOLESOME & HANDY
- ✓ BAKED IN YORKSHIRE. FROZEN IN TIME

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www.bannistersfarm.co.uk

Health Bites

The latest nutrition, diet and wellbeing advice

Another reason to take the veg pledge

There are plenty of health benefits to going meat-free – from improving heart health and lowering cholesterol, to bettering sleep – but one newly discovered upside could switch you from a #MeatFreeMonday participant to a seven-days-a-week veggie convert! A new study has revealed that ditching meat can reduce the risk of a UTI in women. The study, undertaken by Tzu Chi University in Taiwan, suggests that the switch could be due to meat containing strains of E coli bacteria, which is a common cause of UTIs. Therefore, by ditching a meat-eating diet, you're decreasing your exposure to these bacteria, thus reducing levels in the bowel, and ultimately, lowering the risk of them ending up in the urethra – and of a resultant UTI. There are more than 150 million cases of UTIs around the world every year, and the numbers are currently on the rise, driven by an increase in antibiotic resistance and greater concerns about prescribing antibiotics. While further evidence is required to fully cement the findings, it's another interesting study that once again promotes the health benefits of a plant-powered diet.



49% of people who want to reduce their meat consumption would do so for health reasons*

*Statistic from Mintel

SLASH YOUR RISK

Drinking one glass of red wine or a mug of black tea each night could halve your risk of dementia, owing to the drinks' high content of flavonols and other nutrients, according to a new study. More than 900 older people were tracked in the study, conducted at Rush University in Chicago, for up to 12 years. Alongside kale, broccoli, olive oil, pears, and oranges, the drinks appeared to slash the risk of developing Alzheimer's. With the elderly population increasing across the globe, any decrease in the number of people with the devastating disease could have huge benefits for overall public health. It's a great excuse to enjoy a midweek glass of red, in any case!



TRY THIS VEGAN WEEKDAY BREAKFAST

Eat-the-rainbow Quinoa Coconut Porridge



Serves 2

Ready in 30 mins

250g pouch Merchant Gourmet Simply Cooked Red & White Quinoa
2 tbsp ginger, finely grated
325ml coconut milk (keep the rest of the tin to go on top)
1 tsp vanilla essence
1 lime, zest and juice
1 ripe kiwifruit, peeled and cut into slices
½ ripe papaya, peeled and cut into 12 wedges
½ ripe mango, peeled and sliced into 12 wedges

- 1 Put the quinoa, ginger, coconut milk and vanilla into a medium-sized saucepan and bring to the boil. Turn the heat to low, then simmer gently, stirring frequently, for 10 minutes, until it's the texture of rice pudding. You may need to add a little more coconut milk as it cooks.
- 2 Just before serving, stir in the lime juice and zest – the texture should slightly resemble mousse. Add any remaining coconut milk to a little jug to serve on the side.
- 3 Serve the fruit on top of the quinoa porridge in a rainbow, a sunshine, or in any way that makes you smile.

Recipe and image courtesy of Merchant Gourmet (merchant-gourmet.com)

9 in 10 people mistakenly believe that those who eat plant-based food consume a poor diet that relies on carbs*

*Statistic obtained from SWNS digital

3 of the best...

GUT HEALTH SUPPS

Vitabiotics
Wellzyme
Digestive Enzymes
Advanced, £22.95,
vitabiotics.com

This advanced formula provides a broad spectrum of 15 active enzymes, including a lactose enzyme to help improve your body's digestion of the protein. They're designed to be taken with or after a meal, and are both vegan-friendly and gluten-free.



Wholesale Health
Prescript Biotics,
£29.95, goodhealth
naturally.com

Create a healthy balance in your gut with these natural, vegan-friendly microorganisms, which are proven to create a healthy balance of gut bacteria in your body. Not only will this lead to a stronger digestion process, but it will also help to boost your immunity.

Optibac
Probiotics
One Week
Flat Sachets,
£8.49,
ocado.com

Designed for those who prefer to have a short-term course of live cultures, these are ideal for daily use. Each sachet provides five billion microorganisms, and can help those who suffer from bloating. The formula can be used during pregnancy, for children aged four and over, and by vegans and those with coeliac disease.



KEFIR CULTURE

If supplements aren't your thing, adding kefir to your diet will also have great benefits for your gut. Our favourite way to add this to our diet is a mid-morning pot of Yeo Valley Kefir yoghurt with plenty of chopped fresh fruit on top. The creamy and tangy flavour of the kefir yoghurt is delicious, and it comes in four flavours: Natural, Mango & Passion Fruit, Blueberry, and Strawberry. Yeo Valley's own organic British milk is blended with 14 distinctive strains of lactic cultures, so you'll be receiving a variety of live bacteria with every spoonful. Good gut health has never been easier! £1.50, Tesco

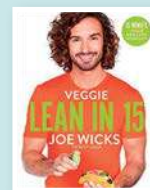


A 2019 study of more than 12,000 people found that those who ate mostly plant-based foods were 32% less likely to die from heart disease*

*Statistic obtained from The Vegan Society

3 OF OUR FAVOURITE

HEALTHY-EATING VEGGIE COOKBOOKS



Veggie Lean In 15
(Bluebird, £16.99)
The Body Coach's vegetarian cookbook is a regular go-to for team Veggie.

Filled with balanced meals that are full of flavour, you won't even feel like you're following a diet. There are also plenty of 'make ahead' meals, so you can fit them in no matter how busy your day-to-day life is.



BOSH! Healthy Vegan
(HQ, £16.99)

Packed full of inspiration to help you stay on track with your healthy-

eating goals, this is perfect for both vegans and veggies who want to live a leaner lifestyle. We're obsessed with the Zingy Watermelon Salad, and the Not-that-Naughty Burger – the latter proves you can still enjoy tasty meals whilst being healthy and plant-based.



The Hairy Dieters Go Veggie
(Orion Books, £16.99)
An oldie but a goodie: the vegetarian

edition of the bestselling series from the popular duo is packed full of low-cal, meat-free recipes. It's never been easier to be healthy as a vegetarian – from family favourites, to veggie snacks, Si and Dave have you covered.

Don't forget, you can find a wide selection of healthy veggie recipes at vegetarianrecipesmag.com



SUPPORT YOUR HEALTH, NATURALLY

When your body needs support to maintain health and wellness during medical treatment, these nutritional products could help



FIGHT UTIs

A common side effect of chemotherapy can be increased risk of urinary tract infections. This is because along with lowered immunity, chemotherapy drugs can aggravate the urinary tract. Bladapure combines D-mannose with organic cranberry and key nutrients to create an inhospitable environment for E.coli: the main cause of infection.

FOCUS ON HAIR LOSS

The most commonly known side effect of chemotherapy is hair loss. Although the use of supplements should be discussed with your doctor, a specific hair supplement may help. Silicea capsules are high in the essential silica mineral, along with key nutrients, which can help maintain normal hair growth, while improving the skin's moisture and elasticity.



EASE THE QUEASE

Ginger has a long history of use in providing relief from nausea. In fact, the NHS suggests consuming ginger-flavoured drinks or boiled sweets before and during treatment. But don't overindulge – a US study identified that just 1-2g was enough to ease symptoms, equivalent to just two to three Gin Gins candies per day.

REDUCE SIDE EFFECTS

A study with herbal yeast supplement Strath* in 177 radiotherapy patients showed positive results in reducing the side effects of treatment. Along with improvements in physical activity, appetite, subjective condition and haemoglobin concentration, patients taking Strath showed positive weight development compared to the control group.



Available in all good health stores, including Holland and Barrett.

Schweiz. Zschr. GanzheitsMedizin 8(6), 1996, F.H. Schwarzenbach, K.W. Brunner

4 ETHICAL STYLES WITH SPRINGTIME BLAZERS



1

FIX UP,
LOOK
SHARP

Step up your green game! Timberland's Emerald Bay sneakers are crafted from recycled plastic bottles; even the laces are 100% recycled!



Rhumaa Worthy Grey Blazer, £185, gatherandsee.com; Zawadi Earrings, £30, sojustshop.com; Rhumaa Still Grey Straight Leg Trousers, £155, mamoq.com; Phoebe Mulesing-Free Merino Raglan Top in 'Ivory', £129, flockbynature.co.uk; Emerald Bay Sneaker in 'White', £110, timberland.co.uk



2

SHOW
YOUR
TRUE
STRIPES



Simply Stripe Blazer, £140, freepeople.com; 'Balance' Lyocell Short Sleeved Top, £57, hanro.co.uk; Larisa Trousers, £95, peopletree.co.uk; Light Pink Canvas Clemente Women's Slip-Ons, £42, toms.co.uk

Whether you're dressing smart or casual, these sustainable blazers are perfect for the season



Ellena Jacket, £89.95, wearethought.com; Long Ledge Skirt, £69.95, seasaltcornwall.co.uk; Hollie Crew Neck T-Shirt in 'Hazelnut', £25, fatface.com; Ipanema Street Slide Rope Vegan Sandals in 'Ivory' (available mid-March), £24, ipanemaflipflops.co.uk



Pale Pink Mirren Blazer, £139, peopletree.co.uk; Dusted Green Multi Plain Carly Fairtrade Jersey Tee, £29.95, whitestuff.com; V&A Floral Print Trousers, £99, peopletree.co.uk; Cornelia Cream Vegan Sandals, £205, beyond-skin.com

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SINCE 1833

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FARMHOUSE CHEESEMAKERS

Cheddar that is powerfully intense and complex with an exceptional depth of flavour.

The slightly brittle and sometimes crunchy texture is a natural result of its long and slow ageing.



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- MATURED 24 MONTHS -



GOLD
WINNER

My Weekend of...

CREATING A CAPSULE WARDROBE

In January, **Sian Bunney** decided to cull her closet, with sustainable results

Like many of us, I always strive to be one of those sleek individuals that seems to have everything effortlessly in hand. However, by 8am each day, all illusions are shattered, as the previous hour or so will have been marred by manic outfit changes, haphazard make-up application and a last-minute freak-out at the state of my shoes. The number-one cause of my morning grief is the state of my wardrobes (yes, wardrobes... plural). At the beginning of 2020, I had a wardrobe for bags, shoes and everyday clothes; another one exclusively preserved for jackets and coats; and all manner of summer skimpies crammed in the drawers under my bed. It was rather excessive, and wading through this rowdy bunch cost me precious minutes in the race to get out the door and beat the traffic. So, my partner set me a challenge... "You can only fill one of these wardrobes, with everything: bags, shoes, coats and clothes." Eek.

Firstly, I wanted to make sure that I had enough clothes per season, so that I wasn't wearing jumpers in August. I imposed a limit of 30 items per season, including bags, accessories, shoes, jackets and clothes. If some pieces from winter could also be used in autumn, then they would count towards the

limit of 30 for autumn. For an entire day, the room looked like a backstage dressing area rampaged by a diva; taking everything out of the wardrobes right at the start was the only way to begin: I needed to see all that I had available to me. Once this was done, for every season I picked out the items that I loved, and included them in the count of 30. I then made piles for each season: a 'maybe', 'charity', and 'recycle' pile. For any spaces that were left in the count, I could pull some items out of the 'maybe' pile. If the 30 places were already taken, then the 'maybe' clothes were transferred to the 'charity' pile. It was a very efficient system, if I do say so myself.



to my local charity shops, and the staff were thrilled at the quantity I donated. I recycled any items that were damaged beyond repair (thankfully only a small amount), as I felt it was important to remain mindful of the environmental impact of clothes.

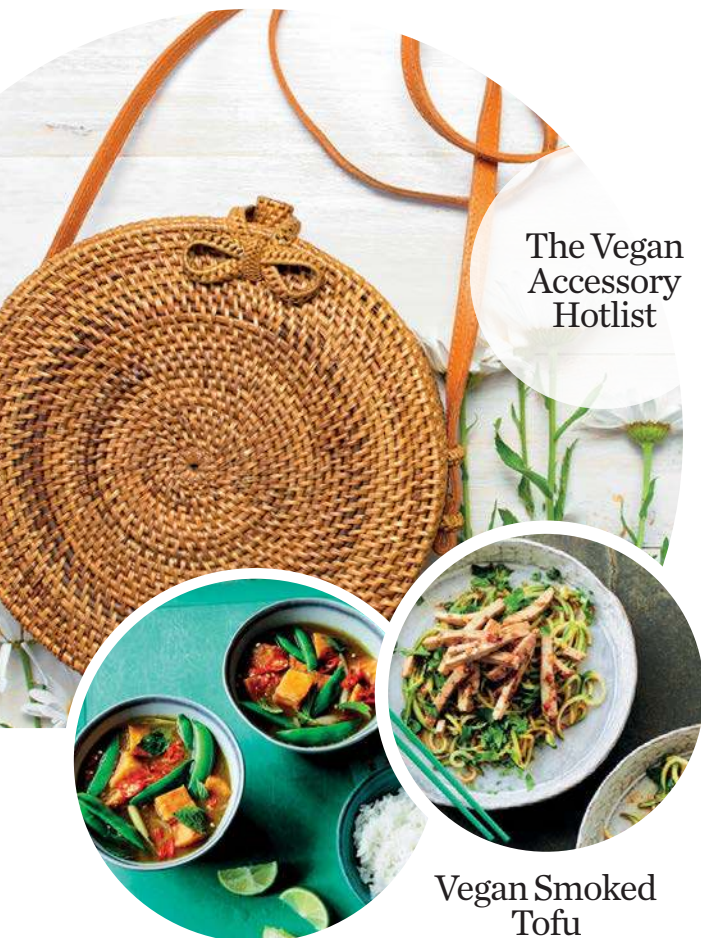
Going forwards, I'm going to continue being harsh on myself when it comes to the consumption of fashion: if I want to buy something, I'll make sure I replace an item already existing in my wardrobe, keeping that sacred count of 30 per season. This

Incredibly, this didn't feel like a chore. It was great to rediscover pieces that I had forgotten about, and it was fun to create outfits using the items I loved. The limit of 30 items per season was perfect, as by the end of the process, everything just about fit into the wardrobe. The whole task made me realise how many clothes I'd held onto for years that I didn't even like anymore; mainly things bought on a whim. Over the past year I've converted to a life of slow fashion, only buying secondhand or from ethical retailers, and I felt slightly ashamed of my younger self. However, the pieces that I no longer liked were taken down

should make me stop and think 'do I really need this? Is this garment in front of me nicer than any of the items already in my wardrobe?' And, crucially, getting ready in the mornings has become a lot easier, because I now have a pretty decent idea of each season's collection, so I can mentally conjure an outfit based on the weather conditions for the day ahead. I reckon this has shaved 15 minutes of stress off of my morning routine.

Although if I'm being really honest, those minutes have now been filled with an increasingly elaborate cruelty-free make-up routine. I'm not ashamed!

Online this month...



The Vegan
Accessory
Hotlist

Vegan Smoked
Tofu

Thai Green Sweet
Potato Curry

////////////////////
**CAN'T GET ENOUGH OF
VEGGIE MAGAZINE?**

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and sign up to our
monthly newsletter.

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*Don't
Miss!*

THE HEART HEALTH DIET

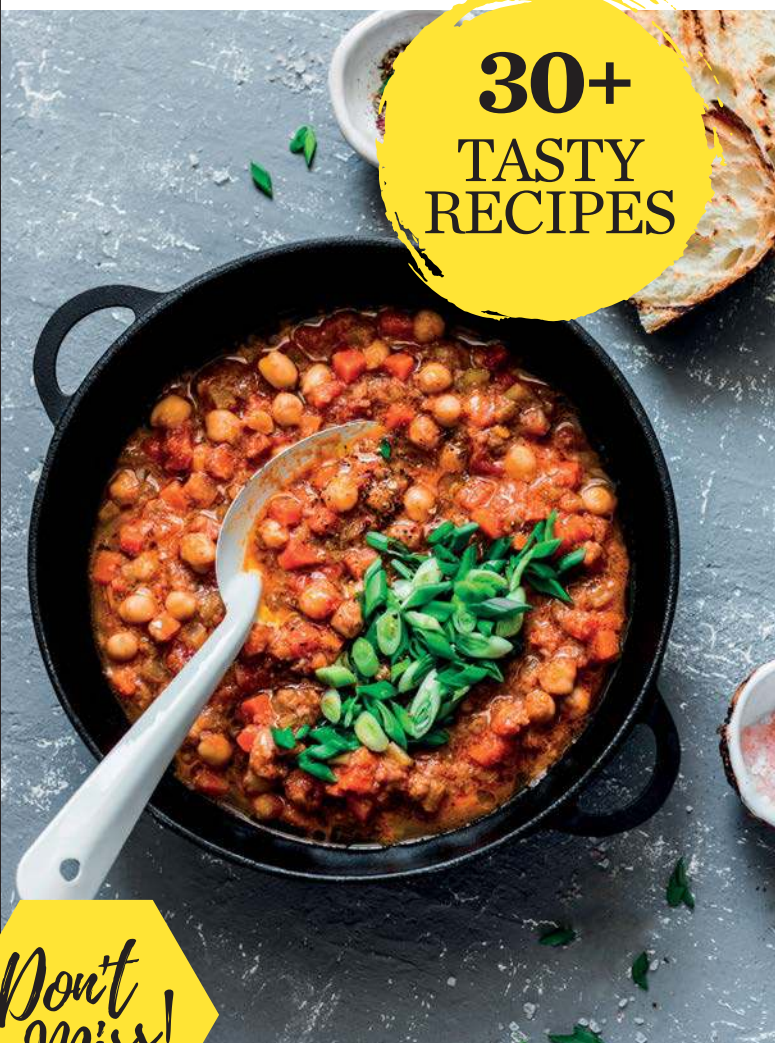
Discover why a vegetarian
diet is so good for your heart,
and how you can optimise
the nutritional benefits.

*features subject to change

IN THE NEXT
ISSUE OF
Veggie

ON SALE
26TH MARCH

30+
TASTY
RECIPES





HIT THE SPOT WITH NATURE'S POWER.



Aknedoron Purifying range

Aknedoron Purifying Range for problem skin has three new additions for gentle yet effective care and a visibly clearer complexion, without drying out the skin. Our original Aknedoron Purifying Lotion and Aknedoron Cleansing Lotion are two of the oldest Weleda skincare products. They continue to be 'home grown' and made at Weleda's Derbyshire head quarters today.

#youarenature

#findyournaturalmatch

Available from Holland & Barrett, independent health stores and pharmacies or weleda.co.uk

GENTLE YET EFFECTIVE CARE:

- ✓ Made with antibacterial willow extract
- ✓ Cleanse, soothe, hydrate
- ✓ Complete care system for blemish prone skin



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IS IT INDULGENTLY
HEALTHY
OR
HEALTHILY
INDULGENT?



ALL WE KNOW IS IT'S DELICIOUS

Organic fruit yogurt with a layer of natural Greek style yogurt on top.

Other fruity bottoms: ♥ Mango ♥ Black Cherry

