

ISSUE 59 | JULY/AUGUST 2020

VEGWORLD

MAGAZINE

THE FOOD ISSUE

A VEGAN GUIDE TO PARIS

A plant-based tour
through the City of Lights

HEALTHY GUT HEALTHY BODY

Angie Sadeghi, MD on her
health transformation

EATING PLANTS ON A BUDGET

Who says eating vegan
has to be expensive?



THE THREE AMIGOS



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WHAT IF OUR
GREATEST WEAPON
against climate change is a
GROCERY CART?



We can all switch our support to grocery items, as not just a thing, but a way. Regeneratively farmed products help rejuvenate our soils which helps just about everything. Palm oil production does the opposite. It destroys tropical forests and emits as much CO2 annually as all forms of transport combined! Yet, a disheartening 50% of grocery products still contain palm oil. While it's not as simple as to say that our planet's eco-ills are the direct result of our purchase choices, its recovery can be. We know the foods we purchase to sustain us also sustain companies and agricultural practices. Together, we can shift the trajectory of eco-events and make choices like the future of our planet depends on them.

We're in this together, cart & soul.



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Alora Middleton Hale



Dragana Vucic Dekic



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Courtney Garza



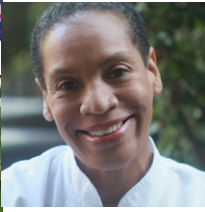
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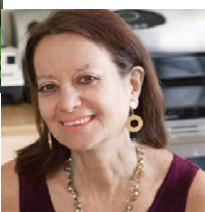
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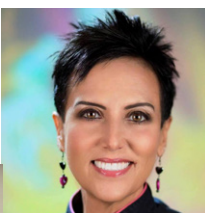
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EDITOR'S NOTE

A message from **VEGWORLD** Magazine
Editor-in-Chief, Courtney Garza



In this time when compassion may not be as evident in our society, I am thankful to see those that have risen up to show it where they can. Among the uncertainty in the world right now, we at VEGWORLD Magazine will strive to continue to grow as compassionate beings by educating, enlightening, and extending endless compassion to all.

Our aim will always be to amplify Black voices and support the Black Lives Matter movement. We will continue to love and support our Black Community. We hear them, we see them, we stand with them.

It has always been an honor to share black vegan stories from all walks of life, such as chefs, fitness professionals, and physicians through our publication. We look forward to continuing to share more Black vegan journeys and invite you to join us in celebrating their work.

If you are in the position to do so, we encourage you to donate to organizations that are making an impact to bring justice to our black community. Here are a few we recommend:

- **Black Lives Matter**
- **Campaign Zero**
- **Color For Change**

Thank you for being a compassionate member of our community. We're happy to have your support, care, and kindness in the world. We look forward to growing with you.

Sincerely,

Courtney Garza

Follow my adventures
on social media:

 [@ColorMeCourtney_](https://www.instagram.com/ColorMeCourtney_)

HOW TO LAUNCH A SUCCESSFUL VEGAN-RESTAURANT SOCIAL MEDIA CAMPAIGN



Photo by Free To Use
Sounds on Unsplash

by Helene Cue

As a **VEGWORLD** reader, you know that more and more people are becoming aware of the importance of eating healthy, and the vegan lifestyle is on the rise. This is why it's a great idea for you to open a vegan restaurant! If you do, of course you want your vegan restaurant to be a success! That means you need to advertise it properly.

Social media is one of the strongest digital marketing platforms today, so you need a social media campaign for your vegan restaurant. Here's everything you need to know about launching it!

1. COMPELLING CONTENT



Source: <https://www.instagram.com/p/B8jUHiADN8K/>

Let's start with content.

What you share on your social media is going to affect how people see your brand. Make sure that your *engaging* (attention-grabbing!) content pays tribute to the basic values of being vegan:

- Stopping animal cruelty
- Sustainability
- Stopping climate change
- Being healthy

Also, create posts that showcase:

- The vegan meals you serve
- Your specialties
- The atmosphere customers will enjoy at your restaurant

"This will help potential guests decide to visit your restaurant in person and try out some of your most delicious meals," says Estelle Liotard, a content writer and editor at *Trust My Paper*.

2. USER-GENERATED CONTENT

The vegan community on social media is strong. Vegans tend to like the same type of content, and they follow each other to share information.

This is why user-generated content (UGC) is important.

It will:

- Show people you're trustworthy
- Be the best type of recommendation you can get
- Encourage more people to visit your restaurant

Encourage people to post images, videos, and stories right from your restaurant. Repost all the interesting UGC and show everyone how satisfied your customers are.

3. SPONSORED ADS



Source: <https://www.instagram.com/p/B45uNGVpR9w/>

Facebook and Instagram offer great advertising options and specific customer targeting to help you reach your target audience.

Use these ads to promote:

- An exciting menu change
- A special event you're hosting
- A giveaway
- *Vegan cooking classes*

"Just target an audience that's interested in vegan content and fits your demographic. Then launch a sponsored ad that they might find interesting," says Melanie Sovann, a social media expert and a writer at *Wow Grade*.

4. TEAM WITH A MICRO-INFLUENCER

Finally, you can team up with a micro-influencer. These are people on social media who have a base of 2,000-10,000 followers and are:

- Reachable
- Low-cost
- Close to their followers
- Ready to advertise your brand properly

Make sure the influencer you choose is also vegan and cherishes the same values as your restaurant.

Then, invite your influencer to eat at your restaurant, mention you, or tag you in a post. This will raise your brand awareness and bring you more followers — and their guests.



Source: <https://www.instagram.com/p/B8ZXMmcAsQG/>

FINAL THOUGHTS

Launching a successful social media campaign for your vegan restaurant is easy if you plan thoroughly. Use the advice listed above to launch a campaign that will help you reach all your goals.

Also, make sure you continue working on your social media presence and communicating with your online followers.

Don't have your own vegan restaurant yet? Keep these pointers handy, just in case. After all, just as veganism is growing, so are the opportunities!



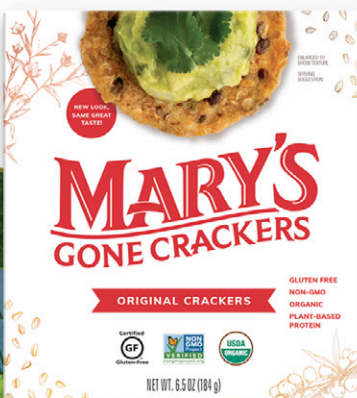
ABOUT THE AUTHOR

Helene Cue is a social media expert and a freelance writer. She writes about digital marketing, connecting with people online, and raising brand awareness using the power of social media.

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VEGWORLD is passionate about capitalizing on the growing trend of vegetarianism and vegan eating and building a loyal community of readers. Our regular features are carefully designed to excite readers about being part of the vegan lifestyle; provide the latest news and information on the newest and best veggie products; help ease them through a transition; provide them with cutting-edge information about how to look and feel incredible; show them how to integrate veganism into their lifestyle; give them mouthwatering recipes to share with friends and family; and inject doses of compassion to help them stay on track.

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THE RISE OF KAVA BARS IN THE US AND THEIR UNEXPECTED ALLY:

VEGAN FOOD!

by Mike Smith

WHAT WOULD YOU SAY IF I TOLD YOU A BITTER DRINK THAT TASTES LIKE MUD AND NUMBS YOUR TONGUE WOULD BE YOUR NEW FAVORITE DRINK TO RELAX WITH AFTER A LONG, HARD DAY? AND...

What if I told you it would also be your favorite new drink to slam down in the afternoon, at a convenient kava bar, to help you get energized, focused, and take the edge off, all while remaining alert and on task?

Would you be surprised? I was, too.

Kava (scientific name: *piper methysticum*) is a member of the pepper family. It's touted as an alternative to alcohol with a fraction of the calories, no impairment, and several noteworthy mental and physical benefits.



A "shell" of kava with a pineapple chaser

To prepare it, the roots of the mature plant are ground up into a powder, placed in a strainer bag, and then massaged in warm water until the active ingredient responsible for its effects – kavalactones – are released.

Unlike alcohol and other similar substances, kava doesn't have an addic-

tive profile, and although it has similar relaxation effects to benzodiazepines, it has few to no side effects and can be used safely long-term as long as it's consumed in its proper "noble form."

It has been used ceremonially for thousands of years in the South Pacific, particularly on islands like Vanuatu,



LEAVES & ROOTS

LOUNGE

KAVA • EXOTIC TEAS • VEGAN MUNCHIES



Two patrons outside vegan kava bar
Leaves and Roots Lounge in Fort
Lauderdale, Florida.

Fiji, Samoa, and Tonga. It eventually made its way to Hawaii where it became known as “awa” and grew to become a large part of Hawaiian culture.

Now we are seeing an explosion of kava bars across the United States, particularly in Florida.

One of the coolest things about them for me, as someone very into alternative health and taking natural substances over pharmaceuticals whenever possible and appropriate, is how the wider accessibility of kava and other similar botanicals sold at these bars, such as kratom, is helping so many people get off more dangerous substances and live healthier and happier lives.

Another thing, interestingly enough, that is also helping people get off prescriptions, is a vegan diet.



One of Leaves and Roots Lounge's many vegan comfort food menu items: a vegan hot dog with Hippeas Chickpea Puffs and a tall glass of exotic tea!



C.O.O. Chloe Hill of Pause At Swinton, standing at the bar in front of some glasses of kratom tea.

As **VEGWORLD** readers know, excluding animal products from one's diet comes with numerous health benefits, particularly if one is sticking to whole plant foods. Many kava bars, already with marketing geared towards attracting the health-conscious, have noticed this connection and begun capitalizing on it by serving mostly or exclusively vegan food.

Two good examples of vegan kava bars are Leaves and Roots Lounge in Fort Lauderdale, FL, and LovaKava Kava Bar and Restaurant in Eugene, OR, both serving kava and kratom and boasting robust vegan comfort-food menus.

Another kava bar in Florida, called Pause at Swinton in Del Ray Beach, is just now catching on to the vegan food trend. In addition to serving kava, kratom, and other botanicals like CBD, damiana, and blue lotus, they serve several vegan-food options and plan to soon phase out the last item on their menu that isn't vegan: dairy-based half and half.

The Chief Operating Officer, Chloe Hill, said it was upon meeting other vegans in the relaxed and open-minded atmosphere of kava bars that she turned vegan herself.

*She truly believes there's a connection between the lifestyles and when people begin to find peace through consumption of these ancient root beverages, they naturally seek out that peace elsewhere as well, **starting with what** they put on their plates.*

ABOUT THE AUTHOR



Mike Smith is a gluten-free vegan recipe developer, animal rights activist, and holistic health advocate. He creates content about all three

topics on Instagram, YouTube, and Facebook under the name "**Open Health Open Mind.**" There he enjoys helping people transition to a more healthy and compassionate lifestyle by going vegan, replacing pharmaceuticals with natural plants like kava, and learning self-help practices like meditation, yoga, and lucid dreaming. He is a proud bunny dad and Dallas native who loves hiking, camping, spending time in nature, and making music in his spare time.



LEAVES & ROOTS LOUNGE

Kava

Kava Shell
Single | Double | Triple
\$4.50 \$8.00 \$12.50

Kava Shot
\$6.50

Double Kava Shot
\$8.75

Shot & Shell
\$9.00

Kava Colada
\$10.00

Kava Bomb
\$13.00

Kava Gallon
\$55.00

Kratom

Cold Kratom Teas 16oz

Peach Mango
\$6.00

Raspberry Cranberry
\$6.00

OG (Unflavored)
\$6.00

Draft Kratom
\$6.50

Iced Kroffee
\$6.00

Lemon Bomb Shot (Extract)
\$5.00

Kratom Gallon
\$45.00

Tea

Hibiscus
\$3.00

Yerba Mate
\$3.00

Chai
\$3.00

Matcha
\$3.00

Chai Latte
\$4.00

Matcha Latte
\$4.00

Coffee

Regular Coffee 12oz
\$2.75

Large Coffee 16oz
\$3.25

Single Shot Espresso
\$2.50

Double Shot Espresso
\$3.00

Iced Latte 16oz
\$4.00

Vegan Munchies

Hot Dog
\$5.00

Cheese Pizza
\$9.00

Meat Lovers Pizza
\$9.50

6 Piece Chick'n Drum Sticks
(Buffalo or BBQ)
\$8.50

Large Fry
\$4.50

Bag of Chips
\$2.00

Muffin
\$3.00

Beverages

Zevia Zero Calorie Soda
\$2.50

Blue Sky Soda
\$2.50

Guru Energy Drink
\$4.00

Kombucha
\$4.50

Bottled Water
\$2.00

The menu does not list all ingredients,
please inform us with any dietary requirements

WiFi - Leaves & Roots Guest
BulaBula822

<http://doctorschar.com/kava-piper-methysticum-2/>
<https://www.rootsofbeing.com/kava-liver-damage-myth-or-reality/>
<https://kalmwithkava.com/history-of-kava/>
<https://www.boldbusiness.com/nutrition/american-kava-bars-move-over-coffee/>
<https://www.healthline.com/nutrition/plant-based-diet-guide#benefits>
<https://www.leavesandrootsvegan.com/>
<https://www.happycow.net/reviews/lovakava-eugene-101902>
<https://kalmwithkava.com/easy-kava-preparation/>

PLANT-BASED GUIDE TO PARIS

a moveable vegan feast

by Beth Williams

Just the word 'Paris' evokes images of meandering streets, impossibly chic women, buttery pastries and being served on café terraces by waiters in crisp white shirts and black button-up vests. What the city of light doesn't typically call to mind is plant-based food. Surely the capital of a country that boasts elaborate pâtisseries, hearty country pâtés and bistro classics like French onion soup, eggs mayonnaise and *steak-au-poivre* is no friend to vegan fare. After all, the city's eponymous sandwich, *le Parisien*, is composed solely of baguette, ham and butter!

The good news is that although Parisians have retained their love of traditional French gastronomy, they are also embracing health-forward alternatives, including vegan cuisine. In fact, the city is positively booming with veg-friendly restaurants, coffee shops, stores, bakeries and cheeses. A new generation has put its ingenuity to work to create an exciting and varied vegan offering with a touch of *je ne sais quoi* for good measure.

Here are a few of my favorite eateries, in alphabetical order. Don't hesitate to try out establishments in parts of the city you've never heard of. I can't think of a better way to explore Paris off the beaten path.



WHERE TO EAT

(où manger)

42 Degrés: Raw vegan bistronomie, or elevated bistro fare. Several multi-course menu options, including 16€ lunch menu. Don't miss the frawmage (raw vegan cheese) course.

Abattoir Végétal: Hunker down in their coffee shop and cantine in the 18th arrondissement or indulge in cocktails and nibbles in the trendy 6th. Modern, fun, vibrant and oh-so-tasty.

L'As du Falafel: Wait in line to try the famous falafel at this Jewish quarter institution, then wander

Photo courtesy of ADELAP



Photo by Pierre Lucet Penado



Photo by Pierre Lucet Penado

L'Abattoire Vegetal



Photo by Pierre Lucet Penado

Aujourd'hui Demain

Photo by Alice Pages



Photo by Alice Pages



Photo by Marine Chapon

DESTINATION SPOTLIGHT

Breathe



Hank Burger and Hank Pizza



around the beautiful Marais neighborhood. Line too long? Just grab a table inside.

Aujourd'hui Demain: 100% vegan food, fashion and pantry. What's not to love? Linger over brunch before browsing the hip clothing selection. Croissants and hipster vibes galore!

Breathe: Beautiful restaurant with stunning dishes and luxurious French pastries. Afternoon tea/champagne time on weekends (reserve ahead). Hard to believe it's all vegan, but it is.

Cloud cakes: Cozy little coffee shop steps away from the gorgeous rue Montorgueil. Perfect spot to rest your weary feet and enjoy a plant-based curcuma, chaï, matcha or beet latte.

Hank Burger & Hank Pizza: Sometimes only a burger will do. Order at the counter of this small vegan chain before sitting down. Prefer pizza? Grab a slice at Hank Pizza instead.



Impronta: Vegan gelato and organic juice. Need I say more? Yes, I do. It's low calorie as well thanks to minimal use of refined sugar and the addition of lots of organic fruit.

Jo and Nana Cakes: Indulge your sweet tooth with beautiful, 100% plant-based cakes from this independent cake shop. Just don't blame me if you have more than one slice...

Le Faitout: A gem that delivers veganized French classics like *blanquette* and Bourguignon stew. Share the charcuterie and cheese platter and wash it down with a hearty glass of red.

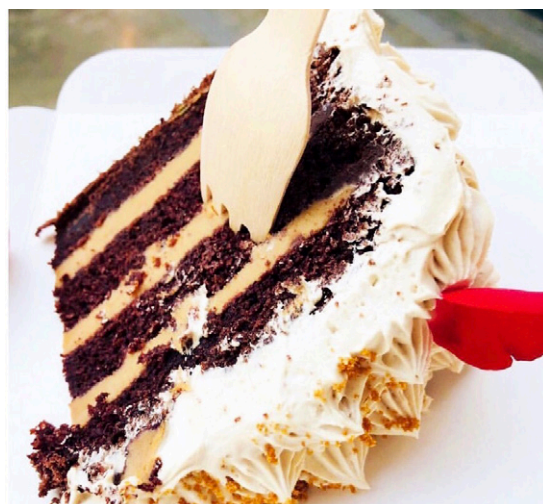
Le Potager de Charlotte: Original, beautiful, delicious, filling... all terms that apply to the thoroughly contemporary vegan food served at the two locations. A must-taste.

Sol Semilla: Ultra-healthy restaurant and superfood shop. Enjoy raw dishes with tons of flavor and outstanding nutrition, two steps away from the banks of the Canal Saint-Martin.

VG Pâtisserie: This is where you go to savor real French patisseries made with zero butter and eggs. They also bake amazing croissants, *pains au chocolat*, brioches... A pure delight.

Wild and the Moon: Smoothie bowls, cold-pressed juices and lattes are standard fare at this small chain with six Parisian outlets. I love the generous hot lunch special that changes daily.

Jo and Nana Cakes



Le Potager de Charlotte



Le Potager de Charlotte photos by David Valentin



DESTINATION SPOTLIGHT



WHERE TO BUY VEGAN CHEESE

(où acheter du fromage vegan)

The French may be relatively new to the vegan cheese scene, but they've more than caught up. The new generation of French plant-based cheesemakers is applying traditional methods to spectacular effect. Here are the brands leading the cheese revolution:

Jay & Joy: Paris' first organic vegetable creamery offers a great selection of different cheeses

VG Patisserie



Wild & the Moon photos by Eileen Cho

Wild & the Moon



Petit Veganne photos courtesy of Meg Raines Photography



Petit Veganne

as well as a faux foie gras (Joie Gras). The brand has a brick and mortar shop in the 11th.

Les Nouveaux Affineurs: Makes good old aged stinky French cheese with gorgeous rinds and lots of flavor. The cheese spreads are also excellent. Buy online and in select stores.

Petit Veganne: My favorite vegan cheese brand. The Petit Lorrain (camembert) and Petit Alba are to die for. Quick delivery from their website and available in select Parisian stores.

Tomm Pousse: Delectable aged cheeses rub elbows with crumbly feta-like options. Try the multiple camembert-type options: black garlic, sage or plain. Online and in select stores.

You'll want a good baguette to accompany your cheese. In bakeries, choose baguettes named *tradition* or *à l'ancienne*, rather than plain baguettes that tend to be lower quality. Note that you can ask for half a baguette (*une demi baguette*) and specify if you want one well done (*bien*

cuite) or less cooked (*moins cuite*). Each year the city of Paris awards 'best baguette' to one boulangerie, here are this year's winner and top 10 finalists: <https://bit.ly/2YstsEs> (scroll to bottom).

WHERE TO GROCERY SHOP

(où faire les courses)

In addition to Paris' many outdoor markets, several vegan supermarkets are available in the city. **Un Monde Vegan** and **Mon Épicerie Paris** are 100% vegan stores that offer many products, including some of the cheese brands mentioned above. A health-food store chain, Naturalia, also has **Naturalia Vegan** outlets across the city.

To quote Audrey Hepburn, Paris is always a good idea. You can go now and get the full experience: museums, strolls, ambiance, *and* food, without meat, dairy or eggs crossing your lips. French gastronomic ingenuity knows no bounds and it's exciting to see, smell and taste this new cuisine. *Bon appétit les amis!*



ABOUT THE AUTHOR

Beth Williams is a food writer, recipe developer, and marketing consultant. Born and raised near Paris, France, Beth has an obsession with travel and good food as well as a photographic memory for outstanding meals. She lives in Barcelona, Spain, with her husband.



@entwilliams



www.clippings.me/users/entwilliams

OUR FAVORITE THINGS

From Oprah to Ariana Grande to Julie Andrews, many people look forward to their favorite things. At **VEGWORLD** Magazine, we are happy to be blessed with so many fun, new products that make checking the mail a little bit like Christmas every day! We are excited to share with you our staff's favorites.

1



MATZO BALL PROJECT

Who knew something as simple as a cracker could be so good with just about everything? Trust us, we've enjoyed it non-dairy cheese spreads, hummus, curry, gumbo, you name it! Matzo Ball Project's slightly salted matzo is ideal for anyone that likes a solid crunch! Plus, their classic matzo ball soup can be easily veganized, and we are overjoyed to be able to curl up with a bowl of warming matzo!

 @matzoproject

2



THREE WISHES CEREAL

Three Wishes Cereal honey flavor does not contain a single drop of actual honey from a bee! That's right, relive the nostalgia of eating "Honey Nut Cheerios" without harming our buzzing pollinating friends!

This plant-based cereal gets bonus points for providing 8g of protein, 3g of sugar, and being gluten and grain-free for everyone to enjoy!

 @threewishes

3

TRÈSTIQUE

TrèStiQue recently debuted their 'Le Pak Bag- Clean Ocean Collection': A smart, sustainable makeup bag made from just one recycled plastic bottle.

This new, sustainable Le Pak Makeup Bag is excellent for on-the-go while also helping to contribute to the amount of plastic waste we produce on the planet. To reduce the amount of plastic sent to the ocean, trèStiQue has made 100% of the bag's outer shell from just one recycled plastic bottle! Plastic bottles are a huge contributor to plastic waste in our oceans. By using post-consumer plastic to create a bag you can carry with you every day, they make a conscious effort to keep our oceans plastic-free.

 @trestique



4

PLANT JUNKIE

Plant Junkie just released a line of plant-based condiments that are 100% plant-based, vegan-friendly and delicious. Offering a variety of salad dressings and mayonnaise alternatives, Plant Junkie is dairy, egg, soy, nut, and gluten-free, making Plant Junkie the go-to options for those with food allergies. Special dietary needs aside, studies show a growing desire among consumers for more plant-based products. In fact, the U.S. retail sales in this market have grown 11% in the past year.

Plant Junkie's salad dressings feature ranch dressings made with avocado oil and vinaigrettes made with expeller-pressed canola oil. For those hungry for healthy flavors in their sandwiches, wraps, and dips, spread selections include regular and chipotle lime flavors made with each type of oil.

 @plantjunkie.official



5

MAMA'S BISCUITS

The art of making warm biscuits for weekend brunch is a gift that takes time and lots of ingredients. Mama's Biscuits takes the time and effort out of the equation and skips right to the goodness! These handmade ready-to-eat biscuits are all-natural, contain no preservatives, no trans-fats, and are aluminum-free just like grandma used to make. Plus, she has sweet and savory vegan options that have us reaching for the fridge over and over to pop in the microwave to heat and eat ASAP!

 @mamasbiscuits



6

ONE PLANT

ONE Brands has extended its plant-based protein bars, ONE PLANT, which now features Banana Nut Bread, Chocolate Peanut Butter, Churro, and Carrot Cake flavors. Made with high-quality ingredients, each ONE PLANT bar provides 12 grams of plant protein and only 1 gram of sugar—making them a guilt-free indulgence for on-the-go fuel. The line brings superior taste and texture into plant-based snacking.

 @one1brands



MARKETING MASCULINITY

THE MEAT OF THE MATTER

by Lola Olvera

IT'S ANOTHER SUNNY WEEKEND UNDER THE BRIGHT BLUE SKY OF AN AMERICAN SUBURB. AN OOZING RED STEAK IS SIZZLING ON A GLEAMING GRILL IN A WELL-MANICURED BACKYARD. IN YOUR IMAGINATION, WHO'S HOLDING THE BARBEQUE TONGS?



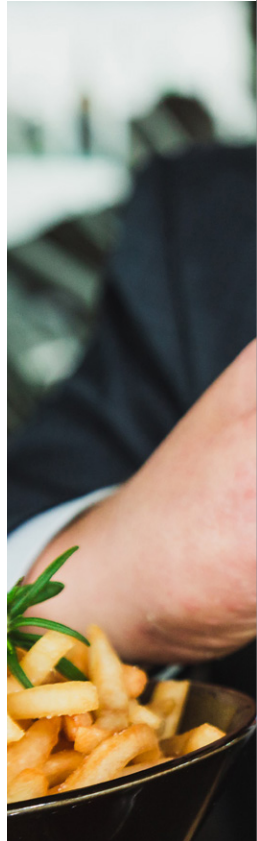
Photo by Lukas from Pexels

Chances are the hypothetical griller in your mind is a cisgender, heterosexual man. You're not necessarily sexist for imagining the scene this way: You're responding to centuries of ingrained gender stereotypes that associate men and masculinity with meat-eating. Men, as enthusiastic carnists, are not inherently evil; they, too, are responding to a culture that pressures and manipulates men to assert their masculinity through the consumption of animals.

The connection between meat consumption and masculinity is not new. What *is* new is the increasing influence of prominent vegan men who speak up about the benefits of their diets.

At the start of 2020, *Men's Health UK* published a complete guide to eating a plant-based diet. *The Game Changers*, a documentary comparing the health and fitness effects of eating meat versus only plants, was released late last year. The film, in making the case for

Photo by
Sander
Dalhuisen
from Unsplash



a plant-based diet, features scientists explaining how meat consumption negatively affects the body, and it conveys stories by famous vegan or near-vegan athletes, such as Arnold Schwarzenegger. “Steak is for men!”, Schwarzenegger declares sarcastically, while a series of meat advertisements plays in a montage. His underlying message for men is that meat is not actually healthy or beneficial to them, despite how strongly this myth persists.

in their marketing campaigns — for example, in a cheery 2010 KFC commercial for a cheese, bacon, and chicken “bunless sandwich” in which two slabs of fried chicken replace the bread.

When women are featured in advertisements for meat, they are likely to be portrayed as symbols for meat or in subservient roles, purchasing or cooking meat for male consumption. Images speak volumes: With these

The US Food and Drug Administration (FDA) recommends that individuals consume about 50g of protein daily (56g for men, 46g for women), an amount easily achieved through a healthy plant-based diet. For those who choose to eat meat, the FDA allows for ingesting up to 21g of protein in a single 3-oz. serving of red meat; however, many people — again, men in particular — are consuming far more than is recommended.

US Department of Agriculture (USDA) data shows that from 2011 to 2012, middle-aged American men daily consumed about 100g of protein, nearly twice the recommended amount, 56g. In 2016, for the first time, the USDA warned against excessive meat consumption, recommending that “some individuals, especially teen boys and adult men...reduce overall intake of protein foods by decreasing intakes of meats, poultry, and eggs and increasing amounts of vegetables or other under-consumed food groups.”

Nevertheless, despite mounting evidence of the dangers of excessive meat-eating, many men still stubbornly defend meat as a source of both protein and masculine validation.

“This is great, great marketing for the meat industry, selling the idea that real men eat meat,” Schwarzenegger says in *The Game Changers*. “But you’ve got to understand, it’s marketing. It’s not based on reality.”

MEAT MARKETING TO MEN...

Meat is aggressively marketed to heterosexual men through both subtle and not-so-subtle references to masculinity or sex. Carl’s Jr., prior to shifting its marketing tactics in 2017, notoriously sponsored blatantly sexist commercials. The fast-food chain’s ads unapologetically targeted “young hungry guys,” showing enormous burgers being devoured by scantily clad starlets. Other advertisers have been more subtle with their manipulation but often include only men

ads, food companies reinforce the idea that meat-eating is essential to masculinity.

...IS, UNFORTUNATELY, WORKING

Partly as a result of these targeted marketing efforts, men eat protein, and meat in particular, at alarming rates — consuming far more than women do. According to a 2015 US National Health and Nutrition Examination Survey, young boys and adult men consume an astounding 57% more meat than women!

FALSE PERCEPTIONS REINFORCE THE “REAL MEN EAT MEAT” STEREOTYPE

I actually disagree with the Terminator on this point. It’s true that marketers blatantly leverage tired stereotypes to influence men to eat meat, but humans of all genders and back-



grounds continue to collectively reinforce those stereotypes. Multiple studies show that both men and women associate red meat consumption with strength and masculinity. A 2011 study entitled "Meat, Morals, and Masculinity" revealed that vegetarian men are considered to be 35% less masculine than their meat-eating brethren. It could easily be inferred that vegan men are even viewed as less manly.

Another study found that vegetarian men are not only perceived as less masculine but also considered to be more "virtuous" than meat-eaters. Thus, while meat consumption may be synonymous with strength and power, it also correlates with aggression and violence — things with which no one should want to be associated, regardless of gender.

Stereotypes linking meat with masculinity are affirmed throughout history. In the Bible's Book of Leviticus, only priests and sons of Aaron receive sacrificial meat. During World War II, Americans at home rationed meat so that men in the military could continue to consume it. As a society, past and present, we've decided that meat is for men, and that the most masculine of men — the holiest, wealthiest, and most violent — deserve meat the most.

Even if it kills them.

MEN AND MEAT VS. DISEASE AND DEATH: SO FAR, DISEASE AND DEATH ARE WINNING

Meat may be the staple of the "macho" man's diet, but it's potentially fatal. Diets high in meat consumption, according to a study published in 2019 in the *British Medical Journal*, have been consistently linked to serious conditions such as cardiovascular disease, type 2 diabetes, and some cancers. Heavy meat consumption even poses an increased risk of death.

Furthermore, a 2014 World Health Organization report shows that men die earlier than women. This can be explained partly by the "usual suspects": Men tend to work more dangerous jobs and visit the doctor less frequently, and some additional factors — including naturally larger physical size and a higher likelihood of committing suicide and engaging in risk-taking behaviors — already predispose men to a shorter lifespan. However, researchers at Harvard Medical School note that a contributing factor to men's reduced lifespans is that men are 50% more likely than women to die of heart disease, a condition associated with high consumption of red meat.

In *The Game Changers*, Patrik Baboumian, a world-record-holding strongman who proudly flaunts his "Vegan Badass" t-shirt, reflects on the common presumptions about his meat-free diet. "Someone asked me, 'How could you get as strong as an ox without eating any meat?'" he says. "And my answer was, 'Have you ever seen an ox eating meat?'" Dr. James Looms, a former football team physician also featured in the documentary, explains simply: "All that protein that you get when you eat a steak or a hamburger...it came from the plants that the cow ate."

Yet the correlation between meat consumption and masculinity persists, and only 21% of US men are vegan.

SOY THAT AGAIN?

Myths related to soy consumption — false claims that soy increases risks of cancer, harms thyroid function, and feminizes men — may be contributing to men's reticence to adopt plant-based diets. Falsehoods about soy are often spread by organizations with vested interests in the meat industry, in efforts to curb the rising rates of veganism. For example,



Photo by Karolina Grabowska from Pexels

- A major purveyor of these false claims is the Weston A. Price Foundation (WAPF), which touts itself as a nonprofit organization dedicated to nutritional education. WAPF advocates for the hearty consumption of animal products; not coincidentally, many of its members represent the animal agriculture industry.
- *Tri-State Livestock News* is the publication behind a misleading report stating that the Impossible Whopper potentially causes men to grow female breasts.

Nevertheless, many (unfortunately lesser-known) studies conclusively prove that soy products do not alter testosterone or estrogen levels. Quite the opposite, in fact: Consuming soy may lower the risk of both breast and prostate and prostate cancers.

It's no wonder that men, having to contend with so much manipulative marketing and misleading information, are uneasy about adopting plant-based diets.

HOW IS CHANGE HAPPENING?

Dismantling the connection between meat and masculinity is a complicated task rooted in education:

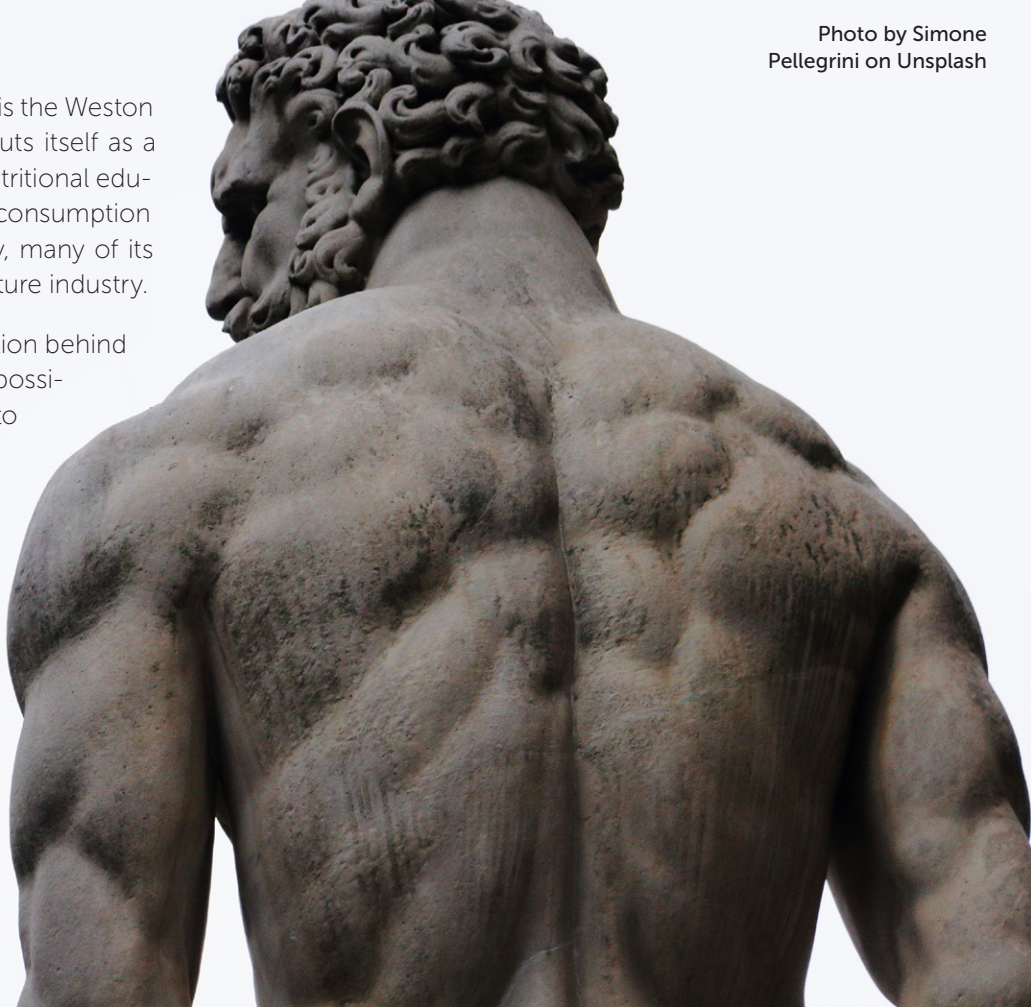
- An intersectional perspective, such as that of ecofeminist Carol J. Adams, is necessary to disrupt deeply rooted gender stereotypes. Ecofeminists observe that gender strongly influences how humans interact with the natural world.
- Feminists and LGBTQ+ activists are encouraging masculine-identifying individuals to express themselves in emotionally and physically healthy ways and to actively challenge traditional stereotypes about masculinity.

Interpersonal communication is a factor, too. The ubiquity of plant-based foods in developed countries is sparking dis-

cussions among humans of all genders about healthier ways to consume protein. And plant-based athletes such as Schwarzenegger and Baboumian are demolishing outworn stereotypes by showing that men (and women) can be exceedingly strong and healthy without eating animal protein.

LIKE PLANTS, HOPE DOES SPRING ETERNAL

It's difficult to bring this discussion to an end, since so much of it is still going on and change can only come slowly. But it *is* coming. Let's hold on to that knowledge as the movement toward plant-based lifestyles continues to grow — and men become an ever-greater part of it.



ABOUT THE AUTHOR

Lola Olvera is a Orange County-based freelance writer that has worked with [sentientmedia.org](https://www.sentientmedia.org) and other vegan media outlets. Her writing focus is on topics related to animal rights and social justice. She has previously written for *The Daily 49er* about immigration policies and Dig about interacting with animals.

ChoColaTree Organic Oasis

A TRUE OASIS — IN THE DESERT!

by Michael Taylor

The red rocks of the Upper Sonoran Desert aren't as barren as they used to be. They now boast a vegetarian restaurant that's a "must go" when visiting Sedona, AZ. ChoColaTree Organic Oasis is more than a delightful vegetarian restaurant experience; it's a chocolatier as well.

Walking in, you're immediately hit with this special eatery's unique vibe, an intriguing mix of 21st-century hippie fun and a Northern California café. You're welcomed by a very relaxing environment with great music selections, comfy furniture, and welcoming trees, flowers, and plants on the outdoor patio.

ChoColaTree opened in 2009 with a mission to offer meals that are 100% organic, with all ingredients wild-crafted and sourced locally. Wait, you ask, what's "wild-crafted"? Simply put, wild-crafted ingredients are harvested from their natural habitats. Furthermore, every dish is made in-house, free of gluten and non-GMO, and mostly vegan, although they do offer some vegetarian meals.

**ALL VEGAN DISHES ARE VERY CLEARLY
MARKED. EVEN THE WATER USED IN
PREPARING MEALS IS TAKEN FROM AN
ARTESIAN SPRING-FED SOURCE AND
FREE OF CHLORINE OR FLUORIDE.**

Their very large selection features a full breakfast, lunch, and dinner menu, with daily specials throughout the week. I enjoyed the Sweet Potato Pizza and the Chia Porridge.





parfait: They were absolutely delicious and quite filling (very generous portions). A word of caution: It's easy to over-order here! Please note that every item I saw come out of the kitchen was of significantly large size.

THIS UNIQUE EATERY ALSO

OFFERS A RAW MENU

INCLUDING SALADS, DIPS,

HUMMUS, AND A FEW

MEXICAN DISHES.



In addition, ChoCoLaTree specializes in beverages, offering shots, smoothies, tonics, and coffee blends; I recommend you give one a try. My companion and I tried a turmeric shot. It was interesting and, to be honest, better than I expected!

And oh, yes, they're a chocolatier, too. Starting with cacao trees located on their own small farm, they hand-harvest the cacao, then stone-grind it in its raw, organic, live state to make the many chocolate goodies you see on display as soon as you walk in.

A word of caution: Some of their chocolate-based offerings contain honey, but all are clearly marked on the menu.

Breakfast is served from 9 AM until noon, and the full lunch and dinner menu is available all day.

Note: Parking can be a problem, as they have a small parking lot that can get quite crowded on weekends. (You may need to drop off your companion[s] and park across the street, which is a busy highway.) They accept major credit cards and take reservations for parties of six or more.

If you're ever looking for a vegan oasis in the desert near Sedona, you now know where to go: ChoCoLaTree Organic Oasis. Highly recommended!

ABOUT THE AUTHOR



Michael Taylor travels in North America, South America, and Europe for business and strives to dine at the very best vegan restaurants in every city he visits. As a vegan for 10 years and vegetarian for 24 years before that, he has sampled some of the best vegan foods in 49 states and 24 countries. Michael looks for restaurants using the best ingredients (organic preferred), innovative recipes, and vegan outreach.



FAIR TRADE IS ONLY THE BEGINNING

HOW TO FIND CHOCOLATE THAT IS TRULY CRUELTY-FREE

by Emma Letessier

If a chocolate bar has the “vegan” or “Fair Trade” label on its packaging, most of us would assume that it’s a “safe” product to purchase, right? Unfortunately, those labels aren’t enough to guarantee that chocolate is cruelty-free.

True, our vegan chocolate bar may not contain any ingredients derived from animals. But over 70% of the world’s cocoa beans are sourced from West African countries (mainly Ghana and the Ivory Coast) where slave labor, including the enslavement of children, is common.

The cocoa beans produced in these countries are sold to the majority of chocolate companies including some of the biggest brands in the world, such as Hershey’s, Mars, and Nestlé, and, yes, some producers of vegan chocolate products as well.

CHILD LABOR AND CHOCOLATE — A NOT-SO-SWEET STORY

The average age range of child workers on the farms is between 12 and 16 years old (40% of whom are girls), but some reporters have found child slaves as young as 5. An estimated 1.8 million children in the Ivory Coast and Ghana working on cocoa farms suffer the worst forms of child labor.

THESE ARE JUST SOME OF THE DANGERS

A typical day for a child chocolate worker includes using sharp, heavy, and danger-

ous tools such as machetes or chainsaws to clear forest land. They are also expected to use machetes to harvest and open the cocoa beans, and many of the children carry scars from accidents that occurred while using these tools. Once the beans are harvested from the trees, they are packed into large sacks that the children have to drag through the forest.

The children are also often exposed to high levels of toxic industrial chemicals in the form of pesticides, which they are required to spray on the cocoa bean plants without any protective masks or clothing.



I FELT THE SAME WAY I DID WHEN I LEARNED
ABOUT THE VARIOUS EXPLOITATIONS OF ANIMALS;
I FELT I NEEDED TO DO SOMETHING TO STOP IT.

-Lauren Ornelas, founder and executive director of the Food Empowerment Project

EDUCATING THE CONSUMER

Despite their major role in contributing to child labor and slavery in Western Africa, the \$60 billion chocolate industry has not taken significant steps to address this problem. In fact, they don't even pay the farmers from whom they source the cocoa beans a fair wage.

When Lauren Ornelas, animal rights advocate and founder and executive director of the Food Empowerment Project, learned about slavery in the chocolate industry, she decided she had to make education about chocolate a key focus of her organization's work.

"In the early 2000s I saw a documentary featuring a former slave in the chocolate industry," says Lauren, "and the filmmakers asked him what he would say to Westerners who still eat chocolate. He said, 'Tell them when they are eating chocolate, they are eating my flesh.'"

"I realized that that would be the same thing a non-human animal would say to someone who eats animals, and knew I would never look at chocolate the same way again. I felt the same way I did when I learned about the various exploitations of animals; I felt I needed to do something to stop it," she explains.

When Lauren started the Food Empowerment Project, she realized

that she had it in her power to combine human and non-human suffering in the name of food and create her own mission: 1) to remind vegans that just because something doesn't contain animal ingredients doesn't mean it is cruelty-free, and 2) to use the Food Empowerment Project to help end slavery and child labor in the chocolate industry.

FAIR TRADE ISN'T A GUARANTEE

With the current certifications in place today, consumers have no way of knowing if a chocolate product has involved slavery in its production. There are several fair trade labels in existence, but no single label can

guarantee that a product's cocoa beans were sourced without exploitative labor.

For instance, in 2009, the founders of the fair trade certification had to strike off several of their West African suppliers when evidence came forth that they were using child labor.

A VEGAN, CRUELTY-FREE CHOCOLATE LIST

In addition to highlighting the plight of children forced into slavery in the chocolate industry, part of Lauren's work for the Food Empowerment Project was to compile a list of chocolate companies, offering at least one vegan product, that would allow the public to see if their favorite chocolate brands were cruelty-free. This list is updated monthly.

"I want to be as transparent as possible with our list," says Lauren. "If a company doesn't make our 'recommended' list, it's important for me to let people know why."

Besides compiling the list, Lauren and her team work tirelessly to lobby chocolate companies to reveal where they source their cocoa beans and encourage them to switch to suppliers in areas where slave labor isn't used.

Lauren also makes the point that, "Consumers have the power to get companies to respond and change their suppliers. If a company won't respond [to a request to disclose

where they source their cocoa beans], or if they consider it proprietary to simply tell us the country of origin for their beans," she says, consumers can buy their chocolate elsewhere.

MAKE CHOCOLATE SHOPPING EASIER: DOWNLOAD THE FOOD EMPOWERMENT PROJECT'S APP

The Food Empowerment Project's chocolate list is also available via a handy and recently revised app, which has been downloaded over 10,000 times.

It's simple to use; you just type in the name of the chocolate company in the search field and the app will tell you if the Food Empowerment Project recommends that company or not — and if not, they'll also tell you the reason why.

The app also allows you to discover which other countries the chocolate company is in and which subsidiaries they own. A user can send a message straight from the app to every company featured in the list, whether recommended or not, via Twitter or Facebook to thank them or encourage them to do more.

"As a vegan, I wouldn't only eat vegan foods with the exclusion of butter, for example," Lauren notes. "It's the same with our chocolate list in the sense that if a company's chocolate

could possibly be sourced from an area where the worst forms of child labor — including slavery — take place, then their chocolate is not cruelty-free. We want everyone to eat their ethics and remember that their food choices have power!"

To find out more about slavery in the chocolate industry, please visit the Food Empowerment Project's website: <https://tinyurl.com/k6j9dre>.

You can access the Food Empowerment Project's chocolate list at: <https://tinyurl.com/kwz49be>.

And you can download the app for free at: <https://tinyurl.com/ycldsr3p>.



ABOUT THE AUTHOR

Emma Letessier is the editor of BarefootVegan.com and co-founder of the Barefoot Vegan Farm, a micro-sanctuary and veganic permaculture farm in the southwest of France. In addition to her work with Barefoot Vegan, Emma is a contributor to *Hectic Vegan Magazine*, *Vegan Italy*, and the "Happy Happy Vegan" blog, and she's also the content manager for *One Bite Vegan Magazine*.



<http://www.barefootvegan.com>.



WHAT IS THE PURPOSE OF VEGAN CHILDREN'S BOOKS?

by Dragana Vucic Dekic



Illustration by folioacademy

Have you ever watched documentaries on industrial animal breeding with scenes of abuse and slaughter and not wanted to close your eyes and cover your ears? I cannot watch these acts of violence, because I feel traumatized afterward. Imagine showing the same horrific content to your children: You'd much prefer to wait until they have grown up and are more emotionally mature to watch something like that. Bloody images that are etched into their memories

can perhaps induce nightmares, too. In spite of how awful it all is, however, children need to be educated about these issues in order to be aware of the world in which we live.

A good way to educate young children about veganism and make them aware of the unjust treatment of animals is through vegan children's literature. In some books, those messages can be delivered in violent ways with images that could shock children and make them feel afraid. In my books, I

avoid violent terms and illustrations that portray torture, slaughter, or blood, because I believe that children are not emotionally prepared to deal with such horrific content. It's possible to reach a child's mind and heart through imagination and metaphor, because children understand the language of images the best.

In the vegan story "The Not-So-Crazy Cow," there is a scene where the cow walks into a fast-food restaurant. Although it is obvious that the chef wants to kill the cow and make a burger from her, I used less-shocking words to explain that to the young reader, writing that they "did not treat her well but would rather have her on a plate." Inference such as this encourages children to be more active in their reading, to ask questions, and to draw conclusions. Rarely will a parent just put a book on the shelf after reading it. Parents generally engage in discussions about the story and its meaning with their children.

FIVE MAIN PURPOSES OF VEGAN BOOKS

1. Educate

Vegan children's books are a great way to introduce children to the world of veganism. This is presented through various scenarios, characters, and metaphors so that children learn that:

- The vegan diet has all the nutrition they need for healthy development.
- Breeding animals for food is cruel and is destroying our environment.
- Animals have their own purpose and were not created just to be eaten by humans.
- Animals are affectionate, intelligent, and social beings.

Although a book containing facts is valuable, the style with which children's books are written is important, too. A mere presentation of data, no matter how useful it is, might disengage both children and parents.

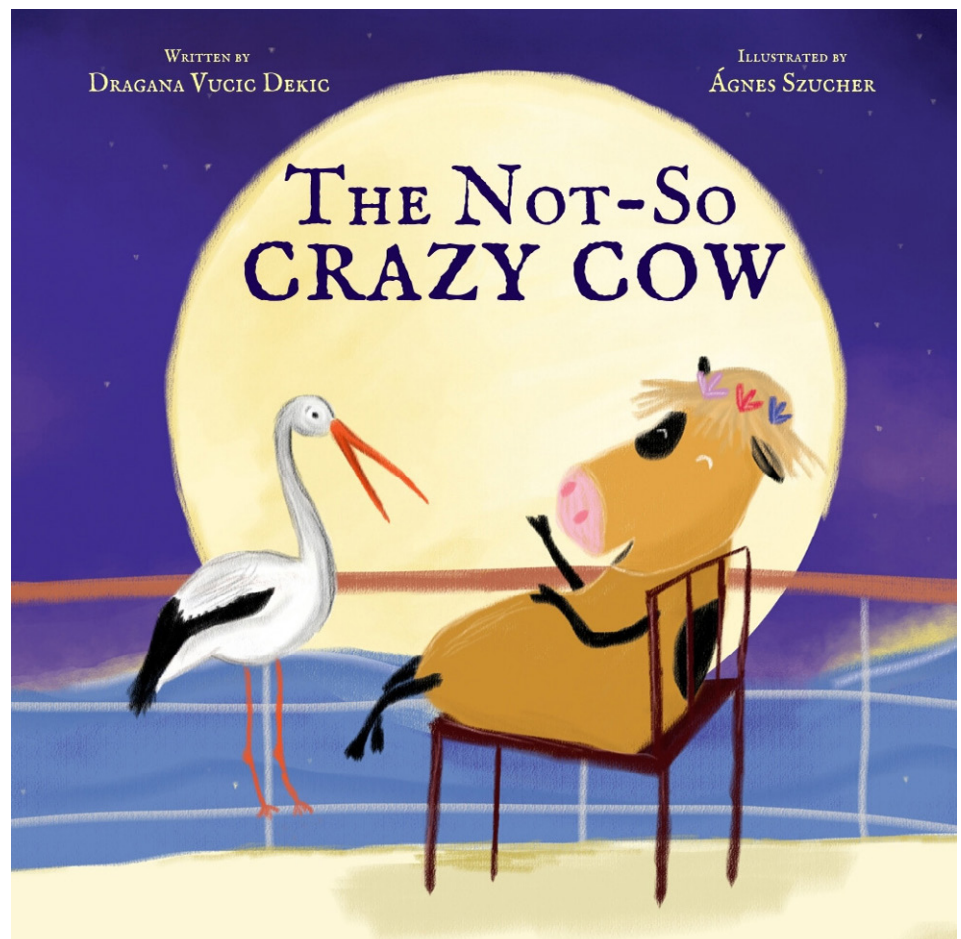
2. Encourage Empathy

Teaching your child not to stand on a bug is not only beneficial for the bug, and fighting for animal rights is not only beneficial for animals. Through the act of kindness towards all animals, children also benefit from being taught basic human values such as responsibility, selflessness, and respect for all living beings. Empathy is an integral part of emotional human intelligence. It helps a child develop

healthy interpersonal skills throughout life. It is a special human quality to be able to communicate with other living beings, even if we belong to another species.

3. Communicate a Call for Action

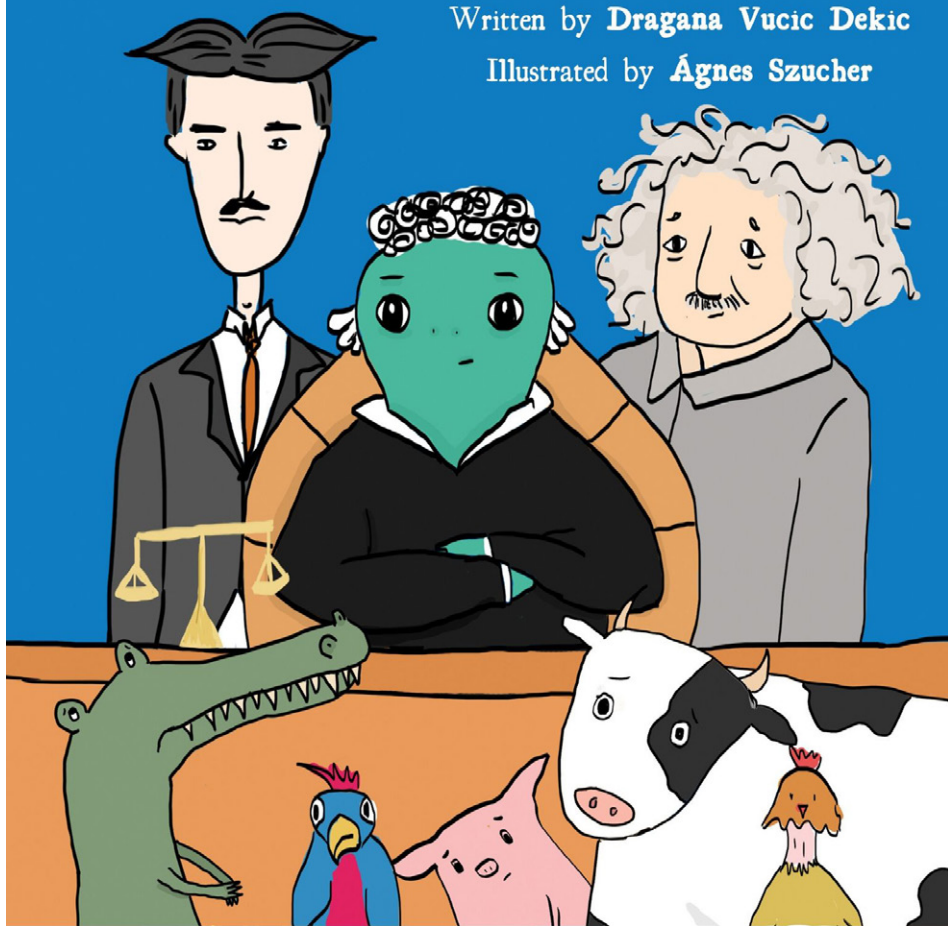
One of the roles of vegan picture books is to educate future generations who will not only observe injustice but will do something concrete to act on it. In the story "The Pig Who Made It Big," the director of a film makes a decision to save the pig from its unfortunate fate. In "The Doctor Donkey," the boy refuses to ride the donkey and decides to become a veterinarian when he is older and to help the donkeys by opening a sanctuary for them.



The Turtle Who Fights For Animal Rights

Written by **Dragana Vucic Dekic**

Illustrated by **Agnes Szucher**



At the end of the book *The Turtle Who Fights for Animal Rights*, a direct call to action is made when the main character tells the readers that the fate of all animals is ultimately in their hands.

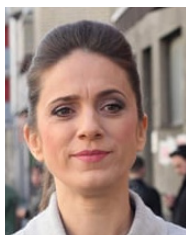
4. Inform

Since our society is dominated by those who eat meat, vegan children often find themselves defending their actions to other children. Vegan books

serve as great material for children to firmly support their reasons for being vegan and to help them improve their debating skills during a discussion with other children. *The Turtle Who Fights for Animal Rights* outlines a number of facts about how rampant animal abuse is in the egg and milk industries. It points out the unnecessary behavior of humans in being the only species in the world who drink the milk of another (unrelated) species. This story also shares the quotes and views of many well-known plant-based historical figures whose words were just as powerful then as they are now.

5. Encourage Critical Thinking

Animals have had their rights taken away by humans. They often cannot defend themselves. Through vegan literature, children learn what it is like to speak on someone else's behalf and understand what it might be like to be put in someone else's position. Children also learn that we need to take a critical step back from what society and mainstream media tell us. We can resist these common ideologies that impose a system of values on society that is based on violence and, instead, promote coexistence and harmony.



ABOUT THE AUTHOR

Dragana Vucic Dekic is an author of humorous short stories, poems, and picture books. She holds a PhD in humor theory and stand-up comedy and has worked as a TV presenter and a cultural program producer. Her children's books promote animal rights and empathy towards all animals while encouraging creative thinking to dispel the various prejudices that exist in the modern world. She has won an award for her humorous travel stories, which are published on her blog www.momthemuse.com.



Photo by luizclas from Pexels

VEGWORLD Style & Beauty

THE VEGAN FASHION REVOLUTION IS ON THE RISE, INSPIRING DESIGNERS, STIMULATING CREATIVITY, AND SAVING ANIMALS AS WELL AS, IN MANY CASES, THE ENVIRONMENT.

CHECK OUT SOME OF THE LATEST TRENDS, TIMELESS PIECES, AND THE UP-AND-COMING INNOVATION OF VEGAN PRODUCTS.

SKIN DEEP

by Tess Chavez

Our skin is our body's largest organ. We need to feed and hydrate it to keep it healthy, happy, and glowing! And here are some products and tools our skin is currently living for.

TOOLS

Pull your hair back and really work-in your products with these two handy add-ons!

1/Kitsch Spa Headband

is my personal favorite go-to product for pulling back my hair. It works if you just want your hair out of your face or if you have it styled and are trying to keep it in place. There is a convenient hole in the back to pull your hair through and a little Velcro piece at the front to adjust it just for you.

2/Boie USA Face Scrubber

is a great and affordable alternative to something like the Clarisonic device. It's compact and helps get the job done while gently working-in your product.

PREP CLEANSERS

Many people make the mistake of washing their face once and moving on to the next step. But if you've been wearing makeup, you really need to wash all of that off first and then wash your skin. Enter prep cleansers!

3/Yunicorn Celestial Jelly Daily Mask Cleanser

is one of my favorite cleansers for removing makeup. If you have combination skin, you're going to love this! It's gentle and really gets the grime.

4/Versed Day Dissolve Cleansing Balm is great for ALL skin types, pregnancy-safe, and you can recycle the jar!

EXFOLIATE

It's great to shed away that winter dullness or buff your summer complexion with a good exfoliating scrub once in a while. It helps products penetrate deeper and gives makeup a more seamless appeal.

5/UpCircle Coffee Face Scrub Floral Blend

is a great product for buffing away dead and dry skin, revealing a beautifully clean palette ready to help your skin absorb all your other vitamin- and nutrient-filled products, while leaving your skin feeling soft and smooth.

CLEANSERS

All cleansers are not created equal. And that's a good thing, because some of you want a powerful wash while others need something that pampers your sensitive skin. We have you covered!

6/Alchimie Forever Purifying Facial Cleanser

is a sulfate-free cleansing gel that's gentle – and lets you skip the toner!

1



2



3



4



5



6



7



7/Plant Apothecary Wash Your Face Organic Aloe Face Wash is a sudsy face wash for ALL skin types, with lemongrass essential oil for a fresh-feeling face.

8/UpCircle Beauty Cleansing Face Balm is a deep-cleaning cleanser that will remove impurities in your skin and power-wash your face. It contains apricot stones and is rich in Vitamin E.

SERUM

There are so many serums out there that will do so many different things for your skin. There are ones that heal the skin, make it glow, feed it with vitamin C, and so many more! However, since we are in the midst of summer, I have chosen to highlight one that I feel is appropriate for the climate.

9/Alchimie Forever Advanced Retinol Serum with Time Release Technology is an anti-aging serum that reduces the appearance of fine lines and wrinkles. With the sun constantly touching our face this summer, we want to keep those fine lines and age spots to a minimum, and this serum does just that!

MOISTURIZERS

There are some for the day and some for the night and some that simply do the job by hydrating your skin anytime, protecting it with an SPF, and containing properties that do right by you.

10/First Aid Beauty Ultra Repair Cream Intense Hydration is a rich moisturizer for those with normal, dry, or combination skin. It helps soothe your skin while hydrating it.

11/Drunk Elephant Lala Retro Whipped Cream Moisturizer with Ceramides is great for dryness and fine lines and works with ALL skin types.

12/Tatcha The Water Cream is an oil-free moisturizer that pairs well with normal, oily, combination, and sensitive skin types.

8



9



10



11



12



ABOUT THE AUTHOR



Quintessa "Tess" Chavez is VEGWORLD Magazine's Style Editor and a lover of all things beauty and fashion — of course, vegan and cruelty-free! She is also the owner and founder of Vegan Bites Guide, a online site for dine-out vegan options. Her vegan journey started with her love of animals; soon the health benefits came along, and then the environmental welfare, and it was a done deal. Based in Dallas, TX, Tess continues to carry out her vegan mission of spreading awareness.

What's in My Bag?



From Laptops and Yoga Mats to Nonalcoholic Spirits and Skincare, This Bag Holds It All!

by Brandy Edwards

Versatility is what all women need in any handbag, briefcase, or statement accessory, which is why the **Doshi Tablet Brief 2 Women's Business Bag** is my go-to bag this summer. This tablet brief comes in six colors, but choosing the pink bag was easy, because it is a soft color that goes with everything in my wardrobe. This beautiful, lightweight bag is dual-purpose and can hold your laptop while keeping all your purse essentials organized with its multiple pockets and zippers. You can carry the bag with its two handles or use the matching shoulder strap to keep your hands free. This high-quality bag is made with durable microfiber leather that is extremely soft and scratch-resistant. Doshi has a variety of vegan leather products, including a line for men (and intends on creating shoes later this year), for smart, socially and environmentally conscious professionals, jet-setters, and fashionistas. Follow www.instagram.com/doshi to learn more and stay updated on their product promotions.

So what exactly can fit in this amazing bag? Below are a few of my favorite brands right now, all of which fit in my gorgeous, multi-purpose Doshi bag so that I can make a statement while maintaining a fun, yet professional look on the go:



YOGO Ultralight Travel Yoga Mat

The simple origami folding technique of this mat allows you to fold your mat into the size of a newspaper, which also allows you to keep the top of your mat clean. The YOGO mat has a great texture for sticky traction and is made from 80% natural tree rubber. Straps and a handle are attached so you can easily clean your mat in the shower and then hang it to dry. Whether you do yoga inside or outside or travel around the county, this compact mat is a perfect addition to your practice.

@yogo

Seedlip

This brand provides high-quality nonalcoholic spirits that come in three flavors so you can create simple and sophisticated cocktails...it is 'What to drink when you're Not drinking®'. You can choose from three blends: Spice 94 (a rich and aromatic blend of spices, peels, and barks), Garden 108 (a bright and herbal blend of peas and garden herbs), and Grove 42 (a complex and zesty blend of citrus and fragrant spice). Once you pick your favorite spirit, mix it with tonic, soda water, or ginger ale, then add your favorite garnishes. Make sure you create an experience with your new favorite nonalcoholic craft cocktail and use fancy glassware, because why not?

@seedlipdrinks



Thrive Causemetics Defying Gravity Transforming Face Moisturizer

This product is great because it is very light and can be used both as a day and night cream, for all skin types, to hydrate and replenish your skin. This cream-to-gel moisturizer has a fresh scent, and the Face Lifting



Complex helps to smooth the look of fine lines with long-lasting plumping hydration, all while improving the elasticity and firmness of your skin. For a brightening boost, add a thin layer of the Thrive Causemetics Overnight Sensation Brightening Sleep Mask before bed, and then rinse it off in the morning to reveal more luminous skin.

@thrivcausemetics

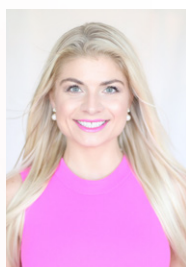
OrganiBlock

This SPF 30 is a new, clean sunscreen for your face that smells so good! It has a proprietary blend of certified organic oils and waxes, including organic essential oils like orange oil and pure vanilla oil.

The active ingredient in this toxic-free sunblock is zinc oxide,

a mineral that forms a reflective barrier on your skin from the sun. OrganiBlock has vitamin E and vitamin C, for improved skin health, as well as powerful antioxidant ingredients that neutralize free radicals. This sunblock has a thick consistency when you squeeze it out of the tube, but it blends in very easily and does not feel heavy on your skin.

@organiblock



ABOUT THE AUTHOR

Brandy Edwards is an attorney turned Empowerment Speaker and Coach in Dallas, TX. She is the Founder of The Self-Love Challenge and emphasizes the importance of self-love, confidence, and courage. Her self-discovery journey led her to be strong and courageous, to take action despite fear, and to follow her happiness to create a life she loves. Her magnetic energy captures the attention of both youth and adult audiences, and her inspiring vulnerability empowers listeners to bridge the gap between fears that hold them back and bravery that can propel them forward. Learn more by visiting www.SelfLoveChallenge.com. Speaking, coaching, and collaboration inquiries may be sent to TheSelfLoveChallenge@gmail.com.

NATURAL PRODUCTS EXPO

TOP PICKS, PART 2

by Karin Olsen / Plant Power Productions

Two hours after VEGWORLD Publisher and Editor in Chief Courtney Garza and I landed in LA to attend the Natural Products EXPO West, the event was cancelled. In light of the escalating coronavirus outbreak, it was immediately understandable but obviously heartbreaking for all involved. To continue to cover the event and support exhibitors, Courtney and I decided to do a top-20-picks review from the show, with me receiving exhibitor submissions and sampling at home.

The boxes started arriving so quickly, I needed to enlist a friend to let me use his refrigerator for the overflow. At that point, I was beginning to feel like Lucy and Ethel in the *I Love Lucy* chocolate factory episode. We received so many great products from so many wonderful companies that it was challenging to narrow down to 20. We've broken the feature into two parts with the first 10 appearing in the May/June issue and the following 10 in the July/August issue. Video reviews of these products and others will also be available at PlantPowerProductions.com.

SMARTSWEETS

I loved Candyland as a kid and especially the Gum Drop Mountains as I liked all gummy candy – peach rings, gummy bears, Swedish fish, orange slices. It was years before I outgrew, or rather boycotted, gummies after realizing a key ingredient was gelatin derived from slaughtered animals. The ban lifted when SmartSweets sent samples, ultimately putting gummy candies back on the board and into my mouth. What I didn't immediately realize was, only the Peach Rings, Sour Blast Buddies, Sweet Fish are vegan, and the gummy bears were not. So, I'm championing the first three and hoping the bears make it out of hibernation. Living up to the company's tagline "kick sugar and keep candy," each 50g serving has only 3g of sugar, 90 – 100 calories as well as 22 – 24g of fiber. The game-changing ingredient is Allulose, a non-artificial sweetener found in foods like figs and raisins that doesn't impact the GI track as it doesn't react with digestive enzymes and passes through without being converted to simple sugar. When it comes to candy, SmartSweets really is a game-changer.

6-pack / \$19.74 |  smartsweets.com



LION DANDELION TEA

When I first received the boxes of Lion Dandelion Tea I was tempted to go all out and launch a seven-day cleanse. The prospect of clear skin, improved digestion, reduced bloating, AND an immunity boost made me giddy at the thought... but that overboard idea was short-lived when I considered the stack of tasty vegan products still in the queue for review. So, I put the fantastical cleanse concept on hold and focused on the smaller benefits of having a daily serving of one of the honey-free vegan flavors -- Original Dandy and Lemon Elderflower. The ingredients are refreshingly clean and simple -- organic dandelion tea made with water, dandelion root and dandelion leaf + organic lemon and blood orange juice concentrate, sea salt, and organic monk fruit. Lemon Elderflower also includes elderflower and lemon extracts. Non-GMO, caffeine-free, and Kosher, with no preservatives or artificial ingredients and each is only 5 calories per serving. After the first couple of weeks, I noticed reduced inflammation, fewer trips to the fridge, and an overall increase in energy. The last one probably linked to the first two. I think I'll keep it up.

12-pack / \$29.99 |  liontea.com



PRIMAL KITCHEN'S VEGAN MAYO DIP & SPREAD

Primal Kitchen's Vegan Mayo takes this vegan condiment category to a new level. Billed as the first avocado oil-based mayo, these dips and spreads are made without eggs, soy, canola, sugar, gluten, industrialized seeds, artificial preservatives, fillers or trans fats. And, instead of using legume-based emulsifiers like pea protein or aquafaba, the emulsifier is potato protein, a functional ingredient, making the mayos paleo-friendly and Whole30 approved. In the vein of "food as medicine," the use of avocado oil also pumps up the mayo's nutritional benefits including enhanced nutrition absorption, reduced risk of coronary heart disease, improved skin, eye and dental health + so much more. Available in three options -- Original, Rosemary Garlic, and Jalapeño Lime -- we tried the first two and loved the creamy, rich texture and the tangy home-made tastes. The flavor is strong, though, so a little goes a long way. We liked putting it on the side and dipping.

12oz / \$9.99 |  primalkitchen.com



LEMON PERFECT

I've long loved the daily practice of drinking fresh-squeezed lemon juice in water first thing in the morning. It's an energizing way to start the day, with its hydrating electrolytes, antioxidants and a host of other health-boosters. The lemon juice habit itself, however, can be inconvenient, especially when traveling, running late out the door or simply discovering you're out of lemons. It was the inconvenience factor that spurred fellow lemon-water-lover Yanni Hufnagel to create the refreshing grab-n-go beverage Lemon Perfect. As the name implies, the beverage sports lemon in its perfect form -- cold-pressed to retain the hydrating superfruit benefits of the freshly squeezed fruit. Lemon Perfect also takes plain lemon water up a notch, fine-tuning the taste and offsetting the pucker by combining the organic cold-pressed juice with triple-filtered water, organic Erythritol, organic flavors, vitamin C, and organic stevia leaf extract. Available in four flavors -- Just Lemon, Dragon Fruit Mango, Blueberry Acai and Peach Raspberry -- each 12oz serving is 5 percent organic juice / 5 calories and provides 25mg potassium, 9g total carbs, 8g Erythritol and 100 percent of the daily requirement for vitamin C. Lemon-water-lovers won't find anything inconvenient about Lemon Perfect.

12-bottle case / \$23.88 |  lemonperfect.com





SAFFRON ROAD CHICKPEA MASALA AND DELHI POTATOES

When VegWorld announced Saffron Road's new shelf-stable vegan dishes, I could not wait to try them. Indian food is our family's favorite, so much so that I'm vying to be a recipe tester for the famous Vegan Richa Hingle! Sometimes though, there's just not time to cook from scratch, and ready-made / frozen is the only way to go. So happy to report, Saffron Road's vegan 60-second meal pouches – Chickpea Masala and Delhi Potatoes were a hit at my house. Soooo delicious. Chickpea Masala is made with delicious whole foods and authentic Indian spices with no mystery ingredients -- chickpeas, onion, tomato, water, sunflower oil, garlic, ginger, spices, salt, green chilies, mango powder, turmeric, fenugreek leaves. We served it over rice. The ingredients for the Delhi Potatoes are equally simple and tasty -- potato, tomato, green peas, chickpeas, onion, sunflower oil, coconut, garlic, ginger, salt, cilantro, spices, red chili powder, turmeric, and paprika oleoresin. This one we served with naan. LOVE. LOVE. LOVE.

10oz pouches - 8 / \$33.58 on Amazon |  saffronroad.com

RISE NITRO COLD BREW COFFEE

Opening my first can of Rise Nitro Cold Brew Coffee, I knew from first fizz I'd met my favorite cup of joe. Expectations were high. The three vegan options -- Original Black, Oat Milk Latte and Oat Milk Mocha -- are organic, non-GMO, and 70 percent less acidic than standard coffee. Each one, remarkably including Original Black, is creamy, subtly sweet, chocolatey and smooth. The consistent taste and quality are due to Rise Nitro Brewing Company's production practices honed from the founders' earliest test brews in a NYC apartment. Their recipe for perfection includes sourcing 100 percent of the beans from the high altitudes of Peru's Chanchamayo Valley, using state-of-the-art water filtration, and infusing the cold brew with nitrogen. It's this last step that creates the brand's signature, creamy cascade even evident in Original Black. On the voltage meter, Original Black is a guaranteed rise with 180mg of caffeine and zero calories per 7oz can. The Oat Milks are also buzzworthy with 80mg of caffeine and 150 calories. While Rise coffees are readily available online and in stores, New Yorkers are lucky they have two Rise Coffee cafes. One can only hope Rise ventures West and stakes their claim in other cities, too. I vote Dallas.

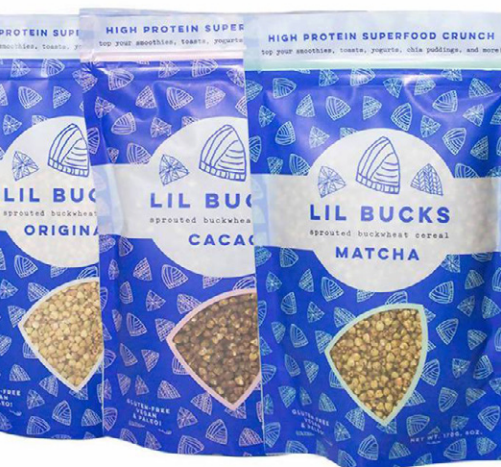
4-pack, 12-pack / \$13.99, \$34.99 on Amazon |  risebrewingco.com



LIL BUCKS

One of the most unique product finds was Lil Bucks. This organic, sprouted-buckwheat treat transforms the fairly unglamorous groat into an elegant superfood seed, ready to dress up a smoothie, salad or a nice-cream sundae. Raw, vegan, grain and gluten-free, Lil Bucks are protein-packed and fiber-filled. Sprouting sparks the Buck's superpower as it helps release the enzyme inhibitors, allowing the body to better absorb the seed's nutrients and antioxidants. The seeds are then dehydrated at the lowest possible temperature to preserve nutrients + lend a tongue-tickling texture and nutty taste. Of the three flavors - original, matcha and cacao - matcha was our match. Lightly sweetened with grade A maple syrup, this Olsen-house-favorite features a blend of organic matcha powder, organic hemp protein powder, and pure vanilla extract. Matcha is known for detoxifying the body, enhancing energy and calm, improving cholesterol and concentration, making Matcha Bucks a must-have daily dose of delicious. 150 calories, 6g protein, 5g fiber per 6oz serving.

6 oz bag / \$5.99 - \$6.99 |  lovelilbucks.com



SWEET NOTHINGS

Opening the beautifully designed 15-pack of Sweet Nothings frozen, organic spoonable smoothies felt a bit like opening a gift. And, as it turns out, it was. Sweet Nothings was born out of a mom's quest to find a superfood, no-mess snack that her family would like. Disappointed by the aisles of products filled with gums, added sugar and unpronounceable ingredients, she set out to create her own convenient, healthy snacks. Ultimately, the homemade smoothies that were popular with her family became the inspiration behind Sweet Nothing's spoonable smoothies. She developed a proprietary blend consisting only of organic fruits, nuts and seeds to create a creamy, soft texture that closely resembles nice cream. All five flavors -- chocolate, strawberry, peanut butter, blueberry beet, and coffee, include organic bananas, chia seeds, flax seeds, dates, cashews. Around 100 calories per serving. Kosher and gluten-free, too. These spoonable smoothies are truly a gift for those seeking a healthy quick breakfast, midday snack or indulgent dessert. It checks all the boxes!

15-pack / \$59.85 |  eatsweetnothings.com



CLEVELAND KITCHEN

A search for fermented dressings, will turn up loads of recipes, but surprisingly just one company offering a ready-made option – Cleveland Kitchen. Started by three brothers from, yes, Cleveland, the company started out as Cleveland Kraut featuring a line of probiotic krauts made with refreshingly short list of ingredients that included fresh crunchy vegetables, garlic and salt. After dominating the refrigerated sauerkraut category, the trio sought a way to expand their fermented and cured products while also using their most abundant natural resource – residual kraut juice. Cleveland Kraut became Cleveland Kitchen and, in the category of “why didn’t I think of that first,” the brothers launched the world’s first fermented dressings. Available in four flavors, Hail Caesar, Sweet Beet, Roasted Garlic and Gnarly Miso Jalapeno, each one of these creamy, vegan dressings is made using the company’s proprietary fermenting method and sweetened with one of my favorite sweeteners – date syrup. I would like to say I have a favorite. But each time I tasted one, it moved to first place.

12oz / \$5.99 at Whole Foods |  clevelandkitchen.com



JOJO'S CHOCOLATE

The story behind JOJO's Chocolate is so sweet, it made me cry. I was ok until watching the videos of JOJO's president Sterling Jones with his mom and company namesake Jodie Jones. She was diagnosed with breast cancer and, as he said, “remained positive and happy no matter what challenges came her way.” She created JOJO's Chocolate to help her live as healthily as possible while still enjoying her chocolate. The result is a surprisingly guilt-free, premium dark chocolate bar with half the sugar of a traditional candy bar and an ingredient combo that reduces cravings for sweet, salty, and fatty foods. What? Yes. It's true. I test it all the time. Available in four flavors -- Original, Peanut Butter Delight (my favorite), Raspberry Dream and Goes Hawaiian – the bar's protein power comes from hemp and its nine essential amino acids, blended with dark chocolate and other functional ingredients including pistachios, cranberries and almonds. Jodie's accomplishments in the kitchen were remarkable but her true legacy is a son who honors her by sharing her love for life through her creation. Best. Chocolate. Ever.

7-bar bag / \$13.99 |  jojoschocolate.com



Sharpening My Vegan Culinary Skills

by Jason Cook

A little more than 10 years ago I found myself in the service industry, working in bars and restaurants. I eventually transitioned to the social media marketing, graphic and technology side of the industry. I was doing everything from creating flyers to menus, building websites, and supporting networks and computers. Fast-forward to 2015, where I found myself unhappy and unhealthy. I decided I needed a major change. My diet and overall lifestyle needed a complete overhaul.

I started consuming a plant-based diet and paying attention to what I put in and on my body. The results were amazing. I successfully went from weighing 224 pounds to maintaining a weight between 180 and 185 pounds. My happiness was at an all-time high, and I was the healthiest I'd been since my teenage years. My body was healing itself. I was feeling like a new man with a new drive and passion. It all revolved around health, happiness, and plants. At this point, I had been cooking for friends and family often.

One day, I was pestering one of my best friends about eating healthier, and he asked if I could just shut up and cook for him. This was the birth of my meal-prep venture, Planted Provisions. I started prepping meals each week and, through word of mouth, my clientele began to grow. I prepped meals weekly up until the last quarter of 2019, when I started feeling uninspired and bored with my food.





I had never gone to culinary school and couldn't see myself attending a traditional culinary program now that I was only consuming plants. I did not want to take part in preparing dishes that contained animal products: It was more than just food for me at that point. I taught myself most of what I know about cooking through YouTube/Instagram videos, picking the brain of friends in the culinary world, and reading recipe books. I needed something more. I needed formal training. I wanted to be more of a chef, instead of just a cook.

After searching for plant-based culinary courses and weekend workshops without success, I came across an Instagram account that had shared a beautiful plate of food. It was a post from Lauren Lovatt, the co-founder of Plant Academy in London, and it was exactly what I needed! I wanted to elevate my cooking skills and find inspiration on the plate again. So I signed up for the Plant One course and traveled to London.

During the course at Plant Academy, I found the inspiration I needed. I learned new techniques and ideas that I would never have thought of on my own. I enjoyed working in a small group setting. The opinions and perspectives within my group furthered the learning experience and made for a fun and interactive environment.

The Plant One course covered the fundamentals in plant-based food including, but not limited to, the following:

- Plant-based nutrition
- Food safety and hygiene
- Nut and seed milk, butter, creams, and their activation
- Stocks, sauces, and cooking grains
- The art of vegetables: dehydration, dressings, and knife techniques
- Fermentation: kombucha, kefir, cheese, pickles, and sauerkrauts
- Gluten-free baking: sweet and savory
- Chocolate and desserts
- The fundamentals of pastries, creams, and cacao
- Introduction to herbs and tonics
- Building a plate



- Signature dishes and a guest-chef workshop to create a dining experience
- The art of Japanese cuisine, photography, and social media, with Guest Chef Sara Kiyo Popowa

Every course is different and constantly evolving. The founders of Plant Academy – Lauren Lovatt and Carolina Rodriguez Chinae, are incredible on their own, but together they elevate and add diversity to the course. They introduced us to amazing special guests like Antonio Alderuccio, Sara Kiyo Popowa, and Richard Buckley of Acorn Restaurant. The special guests put on their own live masterclasses that truly blew me away.

Lauren and Carolina founded Plant Academy London to inspire passion through plants and make a positive impact on our food system, and their passion in the kitchen is contagious. From my experience, these courses are for every cooking level: chef, home cook, someone who is interested in a food-related business, or even someone who is just a little curious in the kitchen.

There are currently three levels to the course. If I lived in London, there is no doubt that I would take all three.

The course proved to be well worth the journey to London, and there's no doubt I'd do it all over again. It was one of the best things I could have done for my journey to becoming a better chef. Given the bonds that I built with my classmates and instructors, I was sad when the course ended, but it makes for a good excuse to take another course from Plant Academy in the future.



PLANT ACADEMY FOUNDERS

Lauren Lovatt @lauren_lovatt

Carolina Rodriguez Chinae @aenichi

PLANT ACADEMY LINKS

@PlantAcademyLondon

www.plantacademylondon.com

SPECIAL GUESTS

Antonio Alderuccio @therainbowchef

Sara Kiyo Popowa @shisodelicious

Richard Buckley @AcornRestaurant

Amy Levin @amylevin_

Ayelén Martinez @mymushroomsUK



ABOUT THE AUTHOR

Jason is a plant lover and tech nerd who loves to create in the kitchen. Jason currently resides in Dallas, Texas working as a network administrator. He is the owner/operator of Planted Provisions, a plant-based, health-driven, meal prep, and catering company. He found a passion for cooking on his journey to a healthier & happier lifestyle.

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BUYING FRESH PLANT FOODS ON A BUDGET

by Karen Ranzi, MA



Photo by Elias Morr from Unsplash

A diet high in raw plant food doesn't have to break the bank. With some simple and easy tips, eating an abundance of raw food can be cost-effective. Here are some great ways to make it happen for you!

Photo by
www.zanda.
photography



Top: Photo by Bodie Pyndus Unsplash
Left: Photo by Anne Preble



1. YES, LESS IS MORE

When you feel full, stop eating! Many people eat way beyond the point of being satisfied. And don't force kids to eat when they're not hungry. Buy a good amount of healthy produce that attracts you. Then, by keeping your food simple with uncomplicated combinations, you'll know when you've had enough. Keeping food simple and eating less is far easier on your digestive system, too.

When transitioning from a processed-food diet to a lifestyle that's plant-based and loaded with fresh food, you'll see a decrease in your shopping bills, too, because the packaged foods can be very pricey. If you follow the following additional tips when purchasing fruits and vegetables, you'll save even more.

2. GROW YOUR OWN FOOD

This option allows you to get your hands dirty! With a garden full of beautiful, colorful fruits and veggies, you're able to eat healthfully for only the cost of the seeds as well as gain great gardening skills. Although you might not be able to feed your entire family for months on end from your garden, every little bit counts!

If time or space is a concern for you, bring your garden inside. You can grow delicious and fresh-smelling herbs to enhance any dish you create. Plus, growing sprouts or small greens can save a great deal of money, and you can do it almost anywhere there's sunlight. Sprouts like mung beans are especially easy and fun to grow with the help of children, right on the kitchen counter.

3. BUY YOUR RAW FOOD LOCALLY

Some of the fancy farm shops price their raw fruits and veggies at a premium, but the local farmers often have surplus food that they need to sell, and they also need community support. Find out which ones grow organically and go and talk with them. This produce is twice as nutritious at half the price, and you're able to support local farmers with a total plus! I purchase a bag of two large organic lettuces from the local farmer — lettuces I can trust are organic, for the same price that one would cost at the health food store.

4. FORAGE! RAW FOOD IS EVERYWHERE

Foraging is the method with which you find food for **free**, courtesy of Nature. When foraging, however, be absolutely

certain that you are collecting food that is safe and edible. It's a good idea to go out in the woods, or another unsprayed area, with a knowledgeable forager at least a couple of times before going out on your own, and to purchase books that show accurate pictures of wild edibles. This farm-to-table trend is a way to collect local available plants in an environmentally responsible way.

5. DON'T BE AFRAID TO FREEZE FOODS FOR SPECIAL TREATS

If you have bananas that are spotted but not yet completely black, take off the peel and throw them in the freezer in a glass dish. Within a few hours, you have a fantastic base for a smoothie!

When any fruit is getting too ripe, you can keep it in the freezer. Then it will be ready for a refreshing and satisfying smoothie anytime. Fruit should be ripe when eaten. Bananas should have plenty of black dots on them. Buy extra of whatever really ripe fruit is cheap at the store that day and freeze it. It'll be great for banana ice cream, too!

6. USE A SHOPPING LIST

This will help you stay on budget and resist those impulse purchases. Plan in advance to buy what you'll need for the next couple of days, and list those ingredients accordingly.

Also, don't go to the grocery store hungry, as this will practically ensure that you walk out with more than you needed.

7. KEEP THE CHEAP ON HAND!

I mean your main staples, such as apples, oranges, and bananas. These three essentials are items that won't make you feel like you're breaking the bank.

8. BUY SEASONALLY

Foods in season will often cost less, so think ahead and stock up on fruits and veggies to freeze for the off season. For example, in the summertime, watermelon can be fairly inexpensive; eat it frequently then, because it's loaded with nutrition, and freeze some to eat in the later months, when it's not in season and will be much more pricey.

9. TAKE CARE OF BUSINESS AT HOME

Stop buying fresh produce and throwing much of it away! Instead, start learning the tricks to saving it from going bad.

Learn to store certain food items in their proper places. Treating your food in budget-friendly ways will help keep it fresher longer.

This might sound easy, but it can be a little more complicated than you might think. Some foods shouldn't even be stored with others. For example: Keep fruits and vegetables separate, in different drawers, because the ethylene can build up in the fridge, causing spoilage. For further storage tips check out this chart.



Photo by Devin Rajaram Unsplash

How to properly store

FRUITS & VEGETABLES

Refrigerator

Apples (>7 days)
Apricots
Cantaloupe

Figs
Honeydew

(Unwashed in a Single Layer)
Blackberries
Blueberries

Raspberries
Strawberries

(Unwashed in a Plastic Bag)
Broccoli
Carrots
Cauliflower
Corn

Green Onions
Lettuce
Peas
Radishes

(Store in a Paper Bag)
Mushrooms

Okra

Artichokes
Asparagus
Beets
Brussels Sprouts
Cabbage
Celery
Cherries
Grapes
Green Beans
Herbs (not Basil)

Kale
Lima Beans
Leafy Vegetables
Leeks
Plums
Spinach
Sprouts
Summer Squash
Yellow Squash
Zucchini

Countertop

Apples (<7 days)
Bananas

Tomatoes

Basil
Cucumbers
Eggplant
Garlic
Ginger
Grapefruit
Jicama
Lemons
Limes

Mangoes
Oranges
Papaya
Peppers
Persimmons
Pineapple
Plantains
Pomegranates
Watermelon

Cool, Dry Place

Acorn Squash
Butternut Squash
Onions*
Potatoes*

Pumpkins
Spaghetti Squash
Sweet Potatoes
Winter Squash

*Keep away from each other

Counter/Fridge

(Ripen on Counter, Then Refrigerate)

Avocados
Nectarines
Peaches

Pears
Plums

Kiwi

High Ethylene Producers:
Keep away from other fresh produce to slow down ripening/spoilage.



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VEGWORLD Magazine



10. BUY IN BULK

Buying in bulk can make a huge difference in your shopping bill in the long run. The overall price of fruits or vegetables in a bulk purchase will be less than purchasing them individually. Many stores give an additional 10% or 20% off for produce purchased by the case.

HELPFUL LINKS

<http://www.rawbc.org/eating-raw-food-on-a-budget/>
<http://shazzie.com/blog/10-rawfood-on-a-budget-tips/>
http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1103&page=2
<http://www.SuperHealthyChildren.com/Blog>

ABOUT THE AUTHOR



Karen Ranzi, MA, has been a leading expert in the field of plant-based and raw food nutrition and child development for over two decades. She healed her son of asthma, chronic ear infections, and multiple food allergies in 1994 through raw, living plant foods. She is the author of the ground-breaking book *Creating Healthy Children* and a second book, *Raw Vegan Recipe Fun for Families*. To find out more, see SuperHealthyChildren.com. Karen is vegan since 1989 and raw vegan since 1994. She is Director of the Raw Vegan Coaching Certification Course at FeelFabulouswithFood.com. She shares her articles and tips through her blog and her monthly newsletter at SuperHealthyChildren.com.



FeelFabulouswithFood.com



SuperHealthyChildren.com

Ranzi, Karen. *Creating Healthy Children: Through Attachment Parenting and Raw Foods*. Ramsey, NJ: SHC Publishing, 2010.
Rollins, Brandi. *Raw Foods on a Budget*. China: Raw Foods on A Budget, 2011.

11. JOIN A FOOD COOPERATIVE

If there's a food cooperative in your area, join it! You'll usually be asked to pay a onetime initiation fee to become a member, and then you contribute to the Coop by working there once a month for a few hours. In return, you get a percentage off of all your food bills whenever you shop there.

Receiving a weekly discount can make a huge difference in monthly costs. Twenty-eight years ago, I joined the Hungry Hollow Food Coop in Chestnut Ridge, New York. I paid a \$100 fee to become a lifelong member, and I used to work there three hours a month; in later years, I recycled all their plastic bags at the Ramsey Recycling Center. In return for being a member, I receive 10% off all my grocery bills when shopping. They took away the 10% off a couple of years ago, but the new manager is thinking of bringing it back. This makes a difference in our monthly bill since I shop at this store two to three times a week.

12. INVEST IN YOURSELF

This last and final step focuses on *you*, because when you start to buy more raw plant foods, you are inevitably buying fewer unhealthy processed foods.

There's nothing more important than investing in your health through the food you choose to eat. Eating raw will provide you with more energy and a sense of clarity that we all need to enjoy life: In the long run, *you* become the investment! Feed your body the best possible food, and the rest will follow.



HEAL THE GUT & HEAL THE BODY

Words to the Wise from Gastroenterologist Angie Sadeghi, MD

by Cathy Katin-Grazzini

Dr. Angie Sadeghi knows from personal experience how powerfully plants can reverse entrenched chronic conditions. In our last issue, she told us how to revolutionize fitness with plant-based nutrition. This time, she tells us about her own arduous health journey and explains how plants can heal our gut and shore up our overall health.

Tell us about your health journey.

Throughout the young years of my life I had debilitating pustular eczema, with painful pus-filled lesions all over my hands and on my body that were extremely itchy. It made sleeping and school a misery. I had to use corticosteroids all over my body and take anti-itch medications, which were quite powerful and knocked me out. I'd wake up quite

groggy and unable to concentrate. I also had developed high cholesterol. And I had chronic fatigue, where I felt like I was crawling in the sand all day. It had taken me a couple of extra years to finish college because I wasn't healthy. I had to always push myself.

By the time I was doing my internal medicine residency at USC, about 15 years ago, sometimes I would miss Grand Rounds because I was so exhausted after my 17-mile commute, I just couldn't will myself to get out of the car. I was a zombie. Back then it took an immense effort just to get myself through the day.

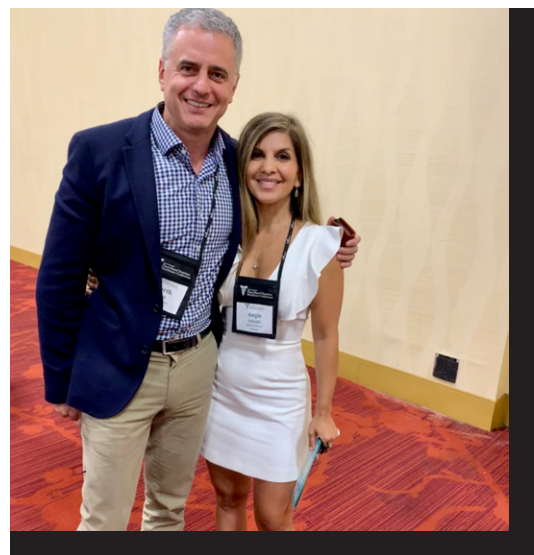
When I was a second-year resident, I stopped eating meat for ethical reasons. I was still ignorant about nutrition, however, and continued to eat dairy because I thought I needed

the protein. I didn't know everything else I was eating, like broccoli, had protein. Then, about 6 years ago, I attended a conference on the deleterious effects of dairy on health. That was the final push I needed, and I went 100% plant-based.

Miraculous things happened after that! **Just a week later** my eczema cleared 100%! Imagine that! After so many years of scratching the heck out of my skin to the point of bleeding and scarring, all my pustular eczema went away. It turned out my eczema was 100% due to dairy, although none of the dermatologists I had seen ever said anything about it.

Today I see a lot of patients who are allergic to the whey and the casein proteins in dairy, so it all makes sense now. Whenever I have a patient with eosinophilic esophagitis or other allergic problems, or irritable bowel syndrome, I suggest they stop eating dairy.

That day when I decided to go plant-based, I watched *Forks Over Knives*. It forever changed my life, because as I transformed my own health, I extended it into my medical practice and found I could help my patients become stronger and healthier than ever. I could cut down on their medicines and over time reverse their disease. To be able to prevent disease and reverse disease, getting my patients super healthy — how fun is that!? It was the best thing that ever happened to me. I never got into medicine to prolong suffering and a poor quality of life. I got into medicine because I wanted to improve people's health so they spend the latter parts of their lives thriving, not just surviving. It has made me a much better doctor, for sure.



What goes on inside the body when we eat plant-based? What do those gut microbes do for us?

Everything! From our mouth to our anus, we have 100 trillion organisms living inside us in the gut microbiome. These guys carry 100 times more genetic information than all our own eukaryotic [other] cells put together. We live in a symbiotic relationship: They depend on what we eat to live, because the food we eat acts as a substrate for these little guys. Through hundreds of thousands of enzymatic reactions, they produce molecules that affect our body from head to toe.

The opposite is true, too. When you eat something full of saturated fat and cholesterol, like a piece of meat, the gut microbiome metabolizes trimethylamine which is metabolized further into TMAO, a molecule that's cardiovascularly very damaging. That's one reason I suggest we not eat meat but plant foods instead, full of healthy protein and fats. The macronutrient count (protein vs. fat vs. carbs) matters far less than the quality of the foods we eat.

Many people suffer from irritable bowel syndrome (IBS) and SIBO (small intestine bacterial overgrowth). Despite medical care and elimination diets, they can languish with these conditions for years. What can they do?

I'd say about 80% of people are mistakenly diagnosed with irritable bowel syndrome when they [actually] have lactose intolerance. Remove dairy, and their symptoms go away. If lactose intolerance and celiac disease have been ruled out, there's no single reason why someone develops IBS. It's a multifactorial disease, and the gut microbiome plays a huge role.

SIBO is entirely different. It's the over-inoculation of colonic bacteria in the small bowel, where it doesn't belong. This overgrowth leads to discomfort, bloating, and gas. Their bellies distend, and they feel pregnant when they eat fermentable foods. The low-FODMAP [Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and

Polyols] diet, which eliminates these foods, made sense before we understood much about the microbiome. Now we know that these fiber-rich prebiotics sustain our gut colonies. Avoiding them alleviates symptoms temporarily but doesn't get to the root cause of SIBO. People get stuck and don't know what to do next. What's worse, the diet leads to decreased gut microbiome diversity and makes digestion harder down the line, setting them up for other serious problems.



The more intelligent thing to do is: 1) find out why you have SIBO to get to the root cause; otherwise, even if you treat it, it will keep coming back; 2) treat the overgrowth with herbal antimicrobials and antibiotics; and 3) help people tolerate these foods by reintroducing them gradually. I have created a six-phase diet, which slowly increases the intake of fiber and certain nutrients. It should never be about elimination. It's about how do you put all these fiber-rich foods back in your diet safely. That's the goal.

My doctor is convinced that everybody today has gut dysbiosis. What is it and how prevalent is it?

Your doctor is right: Probably 99% of the people who eat the standard American diet have dysbiosis, because they're not eating enough whole plant fiber. It just means the gut microbiome is messed up and imbalanced

by having more inflammatory bacteria than healthy ones. The standard American diet is devoid of fiber, well under 30 grams a day, which is nothing for a 2,000- or 2,500-calorie diet. Based on research, we know that the best gut microbiome diversity and balance come from eating a wide variety and quantity of whole plant foods.

Living in America and Western Europe and today, even in China, people are eating terribly. I was just in Greece, and they eat even worse than we do! Such fiber-poor diets can't maintain good gut microbiome diversity — and can lead to permeability.

What happens if you have permeability in your small bowel?

You can have permeability anywhere along your intestine, in the esophagus, stomach, small intestine, or large bowel. We need tight junctions between the cells that line the entire intestine, to separate the inner luminal world, digestion, from the outer luminal world, circulation.

Ideally, nutrients pass through the intestinal cells but not through the tight junctions between the cells, which should be impermeable. Whenever there is permeability, endotoxins can flow through and end up in your bloodstream. Then we can develop antibodies against certain proteins, which can lead to a lot of allergies, food sensitivities, autoimmune disorders, and all kinds of health problems. With permeability there's often local inflammation that can lead to colitis regionally. Or the inflammation could spill out into the circulation and cause other problems, commonly arthritis and joint diseases. This inflammation doesn't stay local; it circulates all around the body.

What's the difference between food allergies, sensitivities, and intolerances?

Say you drink a glass of cow's milk. Lactose is a sugar that is not well digested in human beings after weaning off breast milk at around age 2. Lactose is a very large sugar that has to get broken down into galactose and glucose. After age 2, the lactase enzyme that lived in the brush borders of the intestines [the site of end-digestion of carbohydrates] disappears, and we lose the ability to break down lactose. This is

an example of a food intolerance. When you eat dairy, you can have diarrhea, gas, bloating, constipation, abdominal distention, nausea, and vomiting. And when you stop eating it, the symptoms go away.

If you are fully allergic to a food, your lips swell up, your throat swells up so you can't breathe. That is an allergic immune response, caused by histamine release through IgE antibodies.

Celiac disease is an example of a food sensitivity where your body has an autoimmune reaction to the proteins in gluten and would show high levels of IgG antibodies against gluten.

Can transitioning to a 100% whole food plant-based diet treat these conditions? Do they ever go away? Or is your body susceptible forevermore because these foods remain a trigger?

Once you develop an autoimmune reaction, as in celiac disease, you can't get rid of it. You just can't eat gluten. With autoimmune reactions, your IgG antibodies will always respond. Like when you get a cold virus or the flu, forever and ever your body will be immune to that virus, because your white cells have already produced its IgG code and they'll always know when to release antibodies upon exposure.

With food intolerances, which have to do with how foods are digested, it all depends. If they are caused by your pancreas or your brush border enzymes, like lactase, then it's



impossible to bring it back [reverse it]. Some other food intolerances are caused by low gut-microbiome diversity. You can overcome that by slowly building up gut-microbiome diversity, the same advice as I give to my SIBO patients. If you do it right, you can build up tolerance, and one day you'll wake up and be eating all these nice, colorful veggies.

When it comes to food allergies, whether it's to milk, peanuts, tree nuts, or any [other] allergen, they can be corrected by a trained allergist, who exposes you to a tiny amount of it, increasing the dosage slowly over time so you finally build up tolerance. Just don't try this at home, however!

If people can't find a gastroenterologist who's knowledgeable about nutrition, do you work with patients remotely?

I have a medicine portal and work with patients remotely via telemedicine, just like a Skype meeting but HIPAA-compliant. They can call my office or go on my website to schedule a meeting. But specifically for IBS and SIBO, I have an online protocol, run by my two registered dietitians, at www.yourgutconnection.com. You can just log on and follow the six-phase protocol. I don't need to be their doctor. We can work with other doctors and gastroenterologists to help rebuild a healthy gut microbiome through our gradual, phased approach.

If you've struggled with gut issues, Dr. Angie's guidance and support may light the way forward and through to the other side of illness. She has helped thousands, and I hope she can help you, too.

ABOUT THE AUTHOR



Cathy Katin-Grazzini is Food Editor for **VEGWORLD** Magazine and a contributing writer. A plant-based personal chef, culinary instructor, and coach in the NYC Metro area, Cathy creates beautiful, healthful dishes that help us look and feel our best. Certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, Cathy is also a Rouxbe-

trained chef. She has a BA from the University of Chicago, attended graduate school at Harvard University, and received an MA from Johns Hopkins University. Cathy lives with her husband Giordano in Ridgefield, CT.

Find Cathy's events, recipes, videos, and blog at www.cathyskitchenprescription.com.



ABOUT ANGIE SADEGHI, MD

Dr. Angie Sadeghi understands that no single approach is right for every individual, so she offers a complete range of services to help individuals with gut problems, obesity, diabetes, heart disease, arthritis, chronic fatigue, and chronic pain, as well as with anti-aging and overall disease prevention. Combining evidence-based medicine, her expertise on the digestive system, and her passion for physical fitness and plant-based nutrition, Dr. Angie has developed a comprehensive approach to helping patients recover from illness and live a healthy life. Additionally, she is part of a new movement called "The Plantrician Project," empowering individuals with the knowledge and benefits of whole food plant-based nutrition.

Dr. Angie Sadeghi is a diplomate of the American Board of Internal Medicine and a diplomate of the American Board of Gastroenterology. She has extensive training from the prestigious University of Southern California (USC), and she demonstrates exceptional commitment to excellence in treating diseases of the digestive tract.

She is featured in three documentaries as a leader in the field of plant-based fitness for health and weight loss. She also published *Trifecta of Rejuvenation and Health*, with health expert Dan Holtz, and was recently published on the cover of *Vegan Health and Fitness Magazine*, where she shared a health-related article on making nutrition and fitness fun!

"I want to leave a legacy of a doctor who prevented disease in her patients using the mastery of combining integrative medicine [and] western and eastern medicine, rather than simply using pharmaceuticals."

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BRINGING PLANT-BASED NUTRITION TO A VERY REACTIONARY FIELD OF MEDICINE

by Muzammil Ahmad, MSc



I came into medicine with the vision to “help people” and “save lives.” Both great reasons to attend medical school – however, soon into my medical journey, I realized medicine is very reactionary. It is great to save lives and make people’s lives easier once they’re sick. The focus tends to be on helping once the help is needed, meaning helping patients once they’re already sick. Also, a huge focus in medicine tends to be on long-term management through medications for people with common chronic diseases like heart disease and diabetes.

I soon realized that my passion for helping people by preventing them from getting sick and helping them potentially reverse these diseases would require a different approach. This led to my looking into nutritional research, where I came across plant-based nutrition. I was so surprised at the abundance of literature on this

topic, yet there had been no mention of it during my medical school journey.

Learning about the field of plant-based nutrition led me to spend my evenings and weekends learning more about it, as I knew I had to learn this for my own health and to be able to help my patients better. This eventually led me

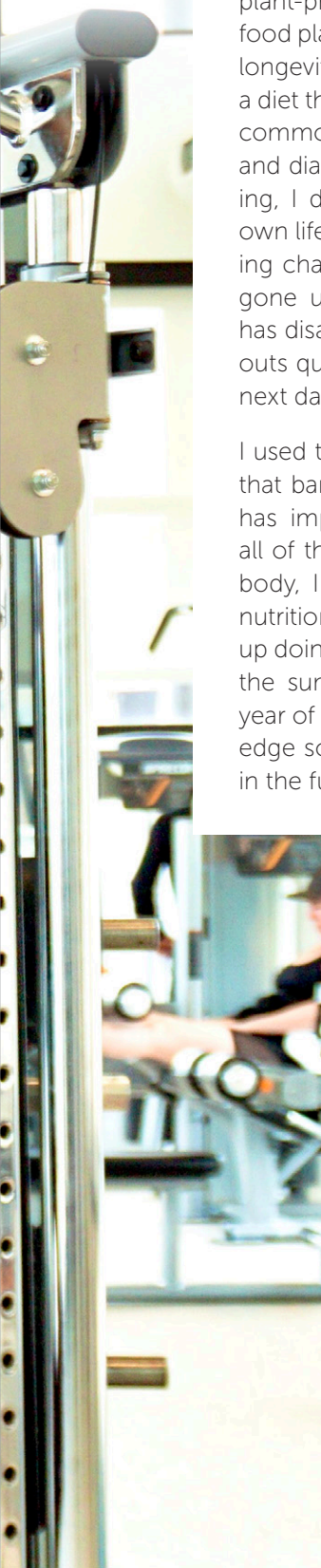
to stumble upon amazing plant-based doctors who promote a whole food plant-based diet for health, longevity, and disease prevention and reversal. This eventually directed me toward the field of Lifestyle Medicine, a branch of medicine that focuses on prevention, treatment, and reversal of disease through utilization of lifestyle factors.

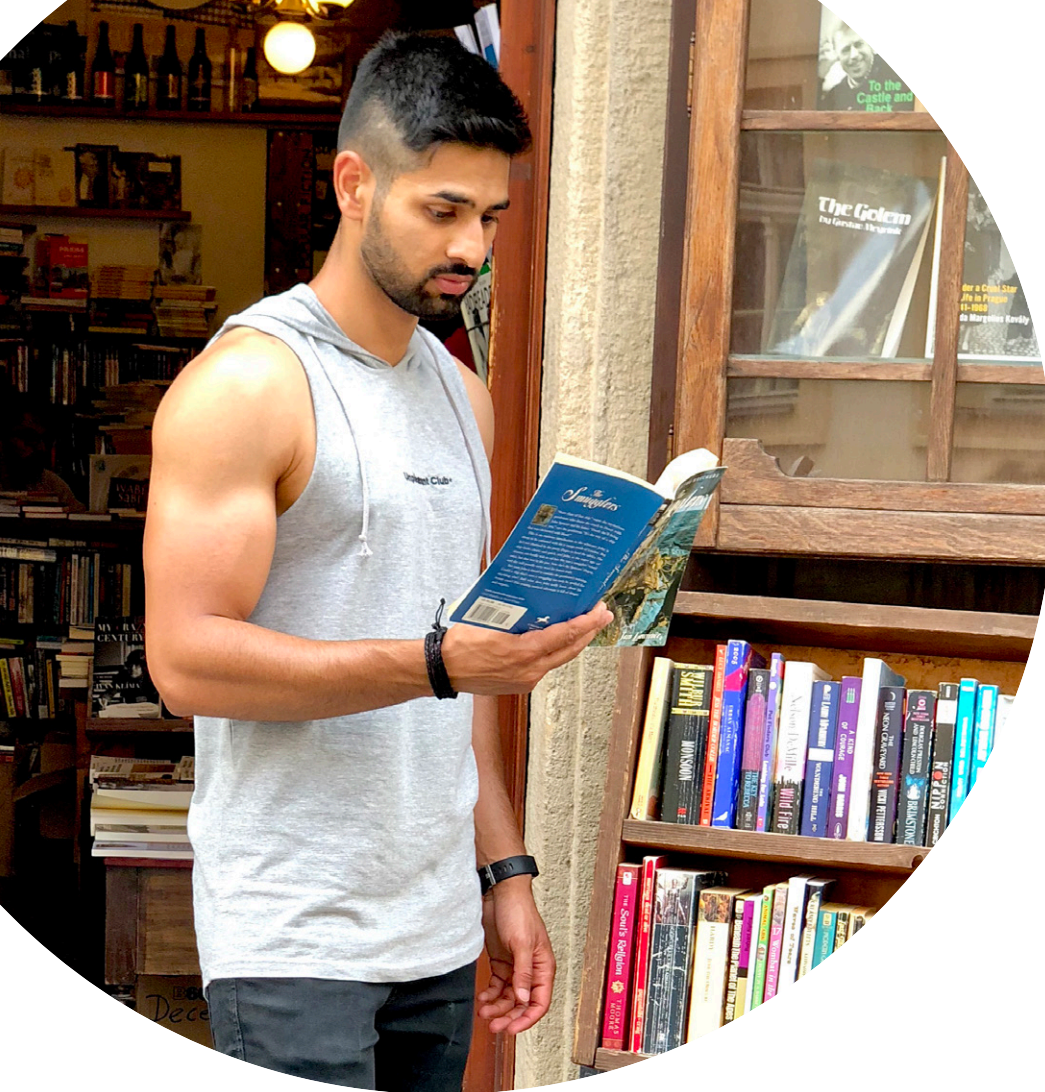
THE SIX PILLARS OF A BETTER LIFE

Lifestyle Medicine is based on six pillars: plant-based nutrition, physical activity, sleep management, stress management, relationships, and cessation of tobacco and substance use.

The leading pillar of Lifestyle Medicine is adopting a nutrient-dense and plant-based or plant-predominant **eating style**. The whole food plant-based diet has been associated with longevity as well as lower disease risk. It is also a diet that has been found to be able to reverse common chronic diseases like heart disease and diabetes. Learning all this was so fascinating, I decided to adopt this change into my own life. I became plant-based and saw amazing changes in my own body. My energy has gone up tremendously, my constant fatigue has disappeared, and I recover from my workouts quickly, ready to go back to the gym the next day without any sore muscles.

I used to have migraines a few times a month that barely ever occur now. Also, my eczema has improved tremendously. Learning about all of this and seeing these results in my own body, I knew I had to get formal training in nutrition to be certified on the topic. I ended up doing a 4-month nutrition certification over the summer break after completing my first year of medical school, to enhance my knowledge so to be able to help my patients better in the future.





The last and very important pillar is **cessation of tobacco and substance use** along with other unhealthy habits.

I plan on combining these amazing six pillars of Lifestyle Medicine with culinary medicine so as to be able to teach patients how to cook healthy meals to enhance the teachings of conventional medicine. This will help develop a more holistic and integrated Lifestyle Medicine approach to help my patients prevent and reverse diseases. And when there are diseases that absolutely cannot be reversed, the focus on lifestyle changes will help with minimizing the amount and dosage of treatment medication the patient needs.

The six pillars – a whole food plant-based diet, physical activity, sleep management, stress management, relationships, and cessation of tobacco and substance use – provide patients with a great framework to live healthy lives.

Often patients have the will and desire to make a change, but they lack the tools and guidance to do it. Providing them with culinary classes and coaches will hopefully allow my patients to combine the approach of Lifestyle Medicine with my practical healthcare approach to minimize illness and optimize their health.

The second and third pillars of Lifestyle Medicine are optimizing and individualizing **exercise** and improving **sleeping** habits. Physical activity and sleep play a huge role in our physical as well as mental health. If we don't have our diet, exercise, and sleep managed appropriately, our health suffers.

The fourth pillar is **stress management**. Medications can definitely help with stress. However, if we help patients develop healthy coping

strategies to manage stress, it is very likely they will not need medications, which may come with unwanted side effects, to manage their stress.

Relationships, the fifth pillar, play a big role in preventing disease as we age and yet, many people as they age tend to find themselves in more and more isolation. Working with the patient to manage this and find better ways to develop and hold close relationships is crucial for health.



ABOUT THE AUTHOR

Muzammil Ahmad, a plant-based vegan residing in Canada, is working towards finishing his medical education. He is a third-year medical student at the University of Alberta and has certification in nutrition, a Master's in Psychology and Bachelor's in Business. He has his own podcast called *Plant Prescription Podcast* and he uses his Instagram account to help people transition to a more plant-based diet.



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WHY CBD WORKS BETTER FOR VEGANS

by Katherine Lawrence



I didn't grow up eating plant-based. Honestly, being Cajun, I had no idea brown rice even existed.

What I do know is that plant-based eating changed my life. Being an engineer (also known as a "natural skeptic"), I hesitated at the thought of living on "rabbit food." But after years of pain and misdiagnoses, I finally gave in and accepted the power of plants. In doing so, I reversed Stage 4 endometriosis as well as infertility, and I even lost over 55 pounds. I knew then that my life's work was to share this life-changing knowledge with everyone, because what we eat and how we prepare our food are so important.

In 13 years of teaching nutrition, I've seen fads come and go in the health and wellness industry. So when my husband walked in proclaiming the benefits of CBD (cannabidiol), I nodded, proceeded to put my three boys to bed, and hoped the conversation would stop there.

Luckily for me, it didn't.

Being skeptical by nature, I'm also an intensive researcher. I decided, after hearing about CBD from my husband, my dad, a neighbor, and the cashier at the grocery store, it was time to find out what CBD really was. I was also curious as to why it works for some people and not others.

CBD is derived from, you guessed it, a PLANT! CBD is a phytocannabinoid

found in hemp plants. (Note for the rookies like me: THC is the compound in cannabis [marijuana] that gets people high, not CBD).

HOW CBD WORKS

The endocannabinoid system is a biological system in our bodies composed of receptors that help communicate the body's needs. The body makes two known endocannabinoids that attach to CB1 and CB2 cell receptors. Essentially, whenever an internal function becomes irregular due to injury, insult, or illness, the body will produce more endocannabinoids in an attempt to return to homeostasis (systemic body equilibrium).

Inflammation is believed to be the precursor to most diseases; foods inherently impact those inflammatory responses, both positive and negatively.

So what does this have to do with plants?

CBD and other phytocannabinoids have been shown to help the body reduce inflammation. It is well known that plant-based eaters, whose diets are primarily fruits, vegetables, beans, and grains, typically have lower inflammation levels compared to people who eat meat and dairy foods.

Omega-3 fatty acids play a significant role in synthesizing our own endocannabinoids. The more omega-3s, the more effective CBD can be. Most people eating the typical American diet have too much omega-6 (which creates inflammation) and too little omega-3. Since the best

original sources of omega-3 are chia, walnuts, flax, olives, spirulina, soybeans, and dark, leafy greens, we plant-eaters are already getting more of them. There are also foods that directly benefit our endocannabinoid system including carrots, black truffles, Maca root, cacao, black pepper, cinnamon, and echinacea.

CBD'S GREATER EFFECT ON VEGANS

Because many vegans eat a wide variety of herbs, fruits, and vegetables, we naturally have a higher elevation of endocannabinoids, which will allow our body to use the hemp-sourced CBD more effectively. This is why CBD can work better for vegans!

Many people who use CBD are looking for relief from pain, stress, anxiety, sleeping difficulties, depression, epilepsy, and more. Research even suggests that CBD may play a role in cancer survival. My mother, who has Parkinson's disease, has seen a reduction in her tremors and muscle cramps since adding it to her daily regimen. Since I've started using it regularly, I sleep better and have seen a dramatic improvement in my peri-menopausal symptoms.*

Thank goodness for an open mind, a healthy diet — and natural relief.

***The information presented here is not medical advice and should not be used as such. Always consult your healthcare provider for diagnosis and treatment of medical symptoms, diseases, and conditions.**



ABOUT THE AUTHOR

Katherine Lawrence is a nutritionist who owns Food Saved Me in Southlake, TX, where she offers free cooking and nutrition classes to the community. She's also online at www.foodsavedme.com. Katherine uses only the highest-quality, non-isolate CBD from Your CBD Store in Southlake, because they give veterans free CBD and they ship free. As she says, "If you tell them you read my article in **VEGWORLD** Magazine, they may even give you a discount!"

Photo by jcomp - www.freepik.com

Dear CHEF AJ



I live in Australia and can't get Benson's Table Tasty (salt substitute). Do you have any other ideas on how to make food taste salty?

As a matter of fact, I do. My dear friend Kathy Hester is a fabulous plant-based chef, culinary instructor, and cookbook author. Kathy graciously allowed me to do three of her recipes from her new cookbook, *Gluten-free Vegan Cooking In Your Instant Pot*, and her favorite salt-free seasoning blend was one of them. If you are more of a visual learner, please hop on over to my CHEF AJ YouTube page (www.youtube.com/c/ChefAJ) to watch me make the recipe.

KATHY'S FAVORITE SALT SUBSTITUTE BLEND

INGREDIENTS

- ½ cup nutritional yeast
- 2 Tablespoons dried parsley
- 2 Tablespoons tomato or carrot powder
- 1 tablespoon granulated garlic
- 1½ teaspoons dry ground lemon peel
- 1 teaspoon onion powder
- 1 teaspoon celery seed
- 1 teaspoon paprika
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon marjoram
- ¾ teaspoon mustard powder

DIRECTIONS

1. Blend all ingredients in a dry blender, food processor, or spice grinder.
2. Store in an airtight container for up to 4 months.

If you don't want to go to all the trouble of making your own salt-free seasoning, or purchase many of the varieties now widely available in person and by mail order (at least in the United States) in stores like Penzeys, Savory Spice Shop, and my favorite, Local Spicery, then there are ways to make food taste more salty:

- Whenever you use sour in a recipe, it can make you perceive a more salty flavor in your food. I was taught that this is because our taste buds for sour sit right next to our taste buds for salt. You can test this for yourself by cooking a food with a lot of natural sodium, like greens, and then adding some lemon juice, lime juice, or apple cider vinegar; see if you notice that it tastes more salty.

- Celery is very high in naturally occurring sodium, and including it in your recipes will make them taste more salty. You can even juice celery and use it in place of some of the water or vegetable broth in your recipes.
- Using lots of fresh herbs can also make your recipes infinitely more flavorful without salt.

But keep in mind that salt, like fat and sugar, is very addictive, and most people are used to eating a lot of it if they eat processed food. Believe it or not, there is actually more sodium hidden in bread, where you can't even taste it, than in potato chips, where the salt is on the surface. It can take up to 30 days of not including salt for your food to actually be palatable without it, so you have to decide if this is something you're willing to do.

That said, if you are someone who already has heart disease or high blood pressure, or who suffers from excess weight or food addictions, this may be a worthy experiment. Salt is a powerful appetite stimulant, and it

causes us to eat more food. According to the medical literature, at least 11% more calories are consumed in what is called "passive consumption," usually from fat, when we include salt.

If you absolutely cannot ditch the salt shaker, I would recommend using a lower-sodium product like raw coconut aminos, which has only 95 mg of sodium per teaspoon as opposed to the 2300 mg in a teaspoon of table salt.

If you're worried about where you'll get your iodine if you ditch salt, consider including a bit of sea vegetables like kelp in some of your recipes.

If you really want to understand why sugar, fat and salt are so highly addictive there is an excellent book by Michael Moss called *Salt Sugar Fat: How the Food Giants Hooked Us*. You can learn to not only appreciate, but love, the taste of whole natural plant food without the stimulation from chemicals like sugar, fat and salt, but it does take time and a commitment.

The best piece of advice I can give you is to stay out of restaurants because they use more sugar, fat and salt than you ever would at home.



Photo by Jason Tuinstra on Unsplash

Kathy Hester's website: <https://healthyslowcooking.com>

Benson's Table Tasty: www.BensonsGourmetSeasonings.com (10% off with code AJ)

Buy it on Amazon: amazon.com/dp/B006GCM15Q/

www.LocalSpicery.com 2 free samples with purchase using code CHEF AJ

ABOUT THE CHEF

Chef AJ has been devoted to a plant-exclusive diet for over 41 years. She is the Host of the television show *Healthy Living with Chef AJ* and the YouTube show *Weight Loss Wednesday*. She is the creator of the Ultimate Weight Loss Program and conference and the author of the popular book *Unprocessed* and the bestselling book *The Secrets to Ultimate Weight Loss*. In 2018, she was inducted into the Vegetarian Hall of Fame; she is proud to say that her IQ is higher than her cholesterol.

Watch the free summit: therealtruthaboutweightloss.com  www.EatUnprocessed.com  www.YouTube.com/c/ChefAJ

CHEF SPOTLIGHT



DUSTIN HARDER

What was it that got you interested in cooking?

I've always enjoyed cooking but when I made the transition into a plant-based lifestyle I suddenly became obsessed with cooking. I wanted to create, actually, I wanted to re-create nostalgic foods but then also put new spins on old classics and dress them up to prove to people that vegan food was far from boring and bland. Most importantly, I wanted to excite people about plant-based food and diminish myths about plant-based cooking being difficult. I wanted to create food to show people just how easy it all can be and that sacrifice was not required to step up and be the change we want to see in the world, even if it's just by changing what we do one bite at a time.

What's the one ingredient you can't live without?

Himalayan Black Salt Kala Namak. It has a sulfuric pungent smell and taste and creates the perfect tofu scramble or eggless salad. People have been under seasoning their tofu scrambles for years and it has given the scramble a bad wrap, this kala namak makes it right!

Where do you go for inspiration?

It depends on the project I'm working on. But I try to listen to vegan-curious people when they say "I would go vegan but I could never live without....(insert any food item here)" and then I go home to the kitchen to recreate said item to share with the world because if they are saying it, they aren't alone. Non-vegans inspire me to keep getting better and playing with flavors to satisfy any appetite.

Today, what's your go-to meal when cooking for a few friends at home?

It seems so boring but the first recipe I ever created after graduating culinary school was a walnut vegan Caesar dressing, it's in my first book "Simply Vegan". But now I massage the dressing into kale and top with fresh pomegranate seeds and quinoa bacon bits and hemp parmesan from the new book Epic Vegan. As overrated as kale has become, I end up with empty plates every time. I also like creating pizzas for a pizza night with friends on a game night, I whip out one of the wacky creations from Epic Vegan like the Crab Rangoon Pizza and then make a basic vegan cheese pizza for the second pie.

What dish is YOUR comfort food?

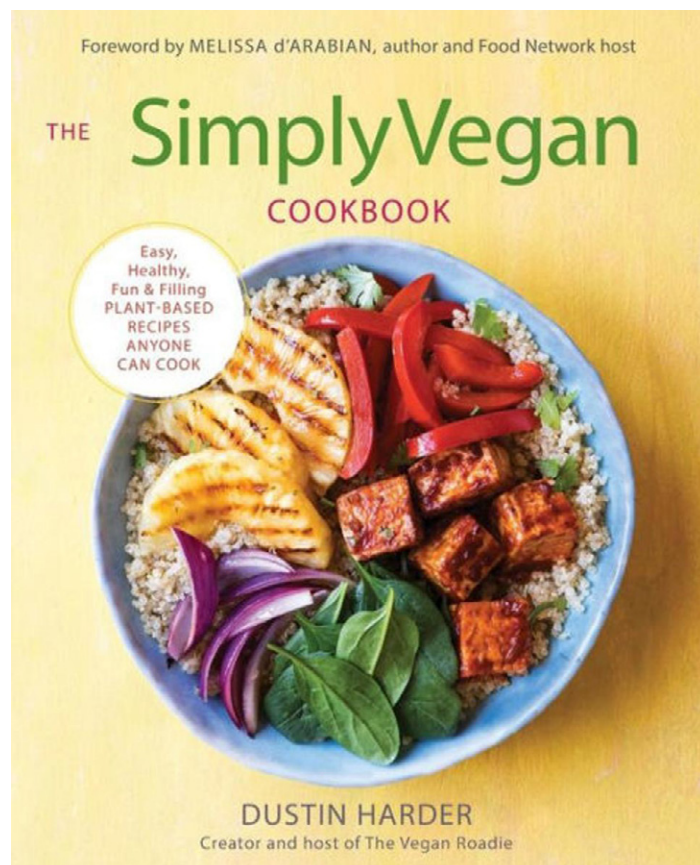
MACARONI AND CHEESE... always and forever. And I love creating different variations.

What kitchen gadget do you recommend every vegan have at their disposal?

High-speed blender. Cashews are a gift from the universe and any sauce can be made with them and a high-speed blender gets them smooth and creamy.

Is there anything new that you are working on that you are excited about?

I'm developing a new restaurant concept with a group in Atlanta that I'm very excited about but I'm just in the beginning stages so I'm afraid I can't share any details at this time. I'm thrilled to create another restaurant menu and also an atmosphere that is welcoming to everyone, not just vegans, and create the sort of community that comes with it.



CRAB RANGOON

by Dustin Harder

When I was a kid in Michigan, ordering crab rangoon was a staple for the table when we went out for Chinese food. When I moved to NYC, I remember being so disappointed to discover this was not a typical item on Chinese menus. Needless to say, it was my mission to re-create these for very personal reasons. Hearts of palm give it the texture usually provided by the crab, but let's face it, it's that luscious cream cheese with the crunchy wonton everyone loves! Speaking of cream cheese, these were tested several times with various brands, and the tofu-based cream cheeses complement it best, with the nut-based cream cheeses coming in second; the Dreamy Creamy Cream Cheese on page 41 will also successfully take you to the finish line.

Makes 16 rangoons



INGREDIENTS

- ½ cup Dreamy Creamy Cream Cheese or store-bought tofu-based cream cheese
- 1 tablespoon water from the can of hearts of palm
- 1 teaspoon lemon juice
- ¾ teaspoon Old Bay Seasoning
- 1 pinch sea salt
- 2 tablespoons minced hearts of palm
- 16 vegan wonton or dumpling wrappers
- Canola oil
- Sweet Thai Chili Sauce, for dipping (optional)

DIRECTIONS

1. In a medium bowl, mix together the cream cheese, hearts of palm water, lemon juice, Old Bay, and salt until well combined. Stir in the hearts of palm until evenly dispersed.
 2. Prepare a small bowl with water for sealing the edges of the wontons.
 3. Set a wonton wrapper on a work surface. Scoop 1 heaping teaspoon of the cream cheese mixture into the center of the wrapper. Create a basic triangle wonton or get epic with a “parcel” fold, as pictured (see Tip).
 4. To make triangle rangoons: Moisten the edges of the wonton with a wet fingertip, then fold it in half over the filling to create a triangle, carefully pressing out excess air before you press down and seal the wonton—be sure to seal the edges tightly to avoid the filling from falling out.
 5. Set aside on parchment paper as you work through them so the bottoms don’t stick to the work surface.
 6. To make “parcel” fold rangoons: Moisten the edges of the wonton with a wet fingertip. Lift and press two opposing corners of the wonton together in the center over the filling. Lift the remaining two opposing corners to the middle and press all corners together, forming a small parcel. Gently press the edges of the seams together to form a solid seal. Be careful not to allow any air to remain inside as you seal them. Set aside on parchment.
 7. In a wok or large saucepan, pour 3 inches of canola oil. Heat the oil to 350°F (175°C), or until a small piece of wonton crisps up within seconds when set in the oil. Line a plate with paper towels.
 8. Carefully transfer 2 or 3 wontons to the oil and fry for 1 to 2 minutes, or until golden brown. Remove with a slotted spoon and transfer to the paper towel-lined plate. Repeat with the remaining rangoons.
 9. Serve with Sweet Thai Chili Sauce, if desired.
- TIP:** Can’t wrap your brain around creating the “parcel” fold for the crab rangoon? This is what YouTube is made for! Find a YouTube tutorial and you’ll be an expert in no time! If you’re working with a round dumpling wrapper, you can achieve the same results; you’ll just be folding in the four sides of the round to the center for the parcel, and the triangle shape will be a half moon—either will be delicious!

DREAMY CREAMY CREAM CHEESE

This cream cheese is the perfect base for the Crab Rangoon on page 30 or for your morning bagel. The addition of sauerkraut gives it that subtle push of sharp tanginess I’m always after! And it really makes the Loxed and Loaded Bagel Bites on page 83 come to life with the addition of scallions for a scallion cream cheese. No matter what way you choose to use it, the decadence of the cashews is certain to satisfy that cream-cheese craving.

Makes 1½ cups

INGREDIENTS

- 1 cup raw cashews, soaked in water overnight or boiled for 10 minutes and drained
- ½ cup unsweetened soy or almond milk
- Juice of 1 lemon
- 1 tablespoon sauerkraut
- 1 tablespoon white miso
- 1 tablespoon onion powder
- ½ teaspoon sea salt
- ⅓ cup chopped scallions (optional)

DIRECTIONS

1. Add the cashews, milk, lemon juice, sauerkraut, miso, onion powder, and salt to a high-speed blender. Start blending on low speed and gradually increase the speed as more of the ingredients break down. This will take some time to get a nice smooth texture, but I promise you, it’s worth it!
2. Periodically stop and scrape down the sides of the blender to make sure all of the ingredients are being incorporated. Be patient, and blend until smooth and creamy—it will take several minutes and some stopping and going.
3. Transfer the mixture to a bowl and stir in the scallions, if using, until well incorporated. Store in a sealed container in the refrigerator for up to 5 days.

TIP: The thickness and tanginess of the cream cheese increases slightly when refrigerated overnight or over a couple days, but it is delicious when eaten straight away too!

ABOUT THE AUTHOR



Dustin Harder (www.veganroadie.com) is known as “The Vegan Roadie” and has traveled over 110,000 miles around the United States and abroad filming his popular, original YouTube series of the same name. A road warrior by trade, Dustin has traveled the country since 2003 as an actor in song and dance and now logs his miles educating curious minds about keeping it plant strong. Dustin graduated from The Natural Gourmet Institute in 2014 and published his first book, *The Simply Vegan Cookbook*, in 2018. He is also a private chef and recipe developer having collaborated with notable vegan chefs like Chloe Coscarelli and companies like Kitchen Therapy and Juice Press.

BAM'S VEGAN BOMBASS BLACK BEAN BURGERS



WITH ALL THE FIXINGS

A versatile, homemade veggie patty mix that you can use as burgers, sliders, or even crumble it up to use in burritos, or as a topping on salads, or even baked potatoes! Feel free to get creative!

Prep Time 15-20 Minutes Total Time 2 hours Serves 6-8

WHAT YOU NEED

SUMMERTIME ENTREES HERE'S WHAT YOU DO BOMBASS TIPS

Burger Patties:

- 2 cups black beans (rinsed and drained)
- 1 cup cooked brown rice
- 1/2 cup oat flour
- 3/4 cup Panko bread crumbs
- 1 green bell pepper (diced)
- 1 yellow onion (diced)
- 1 tablespoon minced garlic
- 1 tablespoon smoked paprika
- 1.5 tablespoon cumin
- 1 cup BBQ Sauce of your choice
- 1 tablespoon tomato paste
- 1 tablespoon cayenne pepper
- 1 tablespoon granulated garlic
- 1 tablespoon granulated onion
- 1 tablespoon chili powder
- 1 teaspoon pink salt

Toppings: Vegan bacon of your choice (I used All-Vegetarian Inc) Charred Lemon and Black Garlic Aioli (pg. 18) Sliced avocado Spring mix lettuce Sliced red onion

DIRECTIONS

1. In a large mixing bowl, add in the black beans and mash them tremendously. Add in all the other ingredients and mix until fully incorporated. Cover with plastic wrap and put in the fridge to let sit for 1-2 hours.
2. Handform the burger patties. This mixture makes 6-8 patties depending on your desired thickness, maybe more.
3. In a large cast-iron skillet, heat a little oil over medium heat and cook patties on each side for 4-5 minutes.
4. Assembly: On a toasted pretzel bun, add the Charred Lemon & Black Garlic Aioli, spring leaf lettuce mix, sliced red onion, black bean patty, and sliced avocado. Serve HOT!

BOMBASS TIPS

1. Once you've grilled the burger patties, you have an option to finish them in the oven at 350 F for 8 minutes to firm up again.
2. You can grill these boys outside on the grill too.

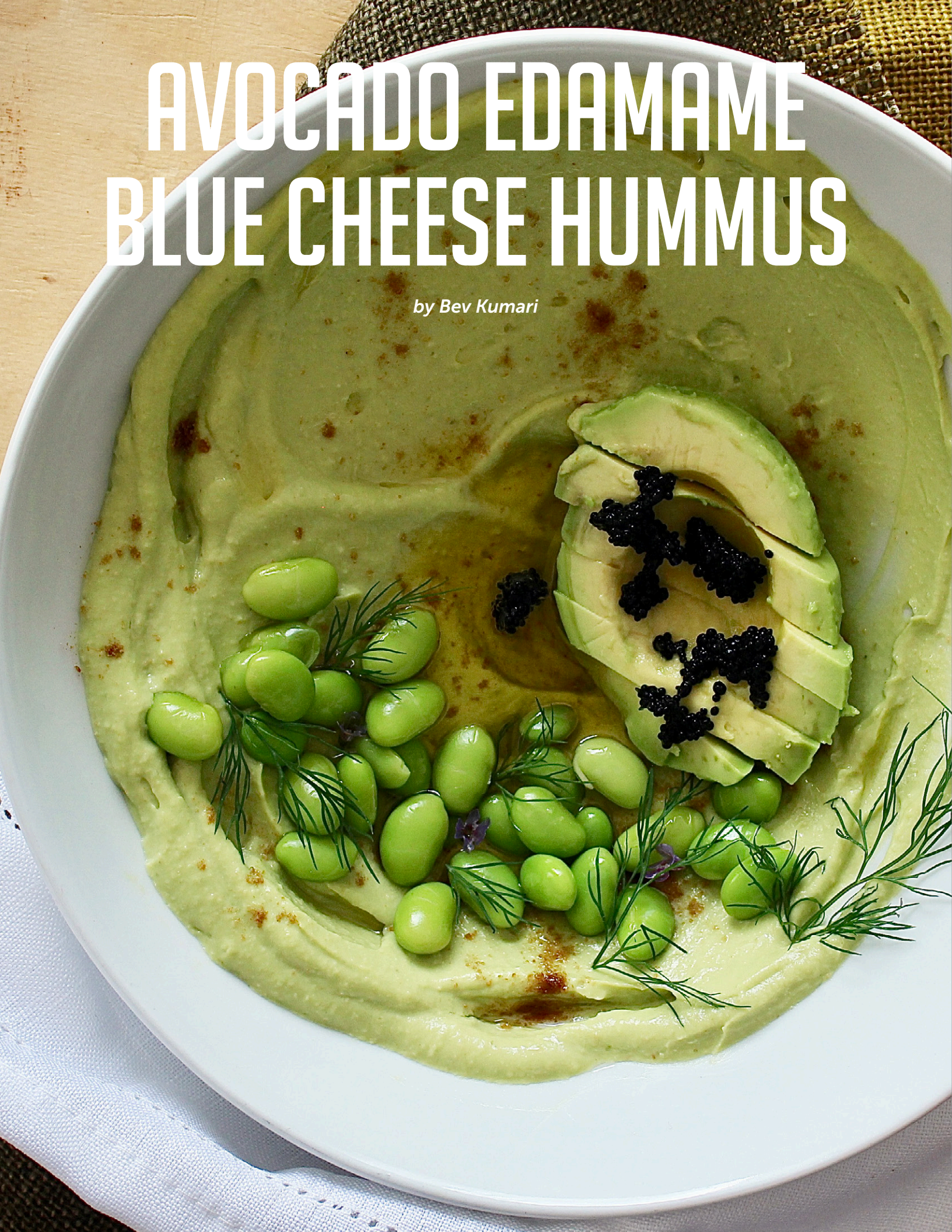


ABOUT THE AUTHOR

Brandon Waller is the founder and head chef of BAMs Vegan. He sells food at The Shed at the Dallas Farmers Market, and various pop-up events around the Dallas-Fort Worth area. Waller wants to change the way people view veganism by "leading by example." Find more of his recipes in his Vegan eBook at <https://bamsvegan.com/product/bams-vegan-ebook-bundle/>.

AVOCADO EDAMAME BLUE CHEESE HUMMUS

by Bev Kumari



I've always had a palate for hummus, avocado, and blue cheese, and I love the combination of ingredients in this recipe. Now that there are bountiful plant-based cheeses on the market, what better way to satiate my food fetish!

I actually came upon this recipe by accident. One of my clients needed recipes for a booklet she was designing. She needed me to come up with a recipe in minutes, and I had limited ingredients on hand: avocado, edamame, (vegan) blue cheese, and tahini. The first thing that came to mind was hummus, and the rest is history.

Prep Time 30 minutes **Cook Time** 10 minutes **Makes** 4 servings

INGREDIENTS

- 1 cup edamame beans, shelled and lightly roasted (save 1 Tablespoon for garnish)
- 2½ Haas avocados (the half is for garnish)
- ¾ cup MozzaRisella® Blue Cheese*
- 2 garlic cloves, peeled
- 2 Tablespoons extra-virgin olive oil (plus extra for garnish)
- 2 Tablespoons tahini
- 2 Tablespoons lemon juice
- ½ Tablespoon kosher sea salt
- ¼ teaspoon cumin powder (plus extra for garnish)
- 1 teaspoon Cavi-art®* for garnish (optional)
- Dill sprigs for garnish (optional)

*MozzaRisella and Cavi-art are distributed by Plantbasedfoods.com.

DIRECTIONS

1. Cut avocados in half and remove and discard pits.
2. Add edamame, 2 halved avocados, blue cheese, garlic cloves, olive oil, tahini, lemon juice, sea salt and cumin to a blender jar.
3. Blend until smooth and well blended.
4. Remove from blender jar and garnish with remaining edamame and the dill (optional).
5. Slice the for-garnish avocado half and place on top of the hummus.
6. Add the teaspoon of Cavi-art (optional) to the avocado half and sprinkle with cumin and olive oil.
7. Serve with pita bread or your favorite veggies.

ABOUT THE CHEF



A vegan cookbook author and classically trained chef, **Bev Kumari's** meatless journey began over three decades ago when she became a vegetarian. She knew as a young girl that she had a special place in her heart for the animals — and for not seeing her kindred spirits as a source of food.

It was a trip to India, where nearly 70% of the population are vegetarians and spiritually sound, that would solidify her belief in veganism.

Chef Bev has had the honor of preparing meals for former Secretary of State Hillary Clinton, former comptroller of the United States Paul Nash, senators, five-star generals, military officials, federal officers of courts, and other politicians. Her portfolio also includes guest appearances on *Good Morning Washington* (DC), guest chef at Valle Food and Wine Fest, guest chef for DC VegFest, executive chef for Hilton Hotels, sous chef for Marriott International, guest chef for the Physicians Committee for Responsible Medicine (PCRM) podcast, and vegan cookbook author.

She currently divides her time as a working professional chef and plant-based foods consultant for restaurants and hotels in the metropolitan DC area.

CHOCOLATE DOUGHNUTS

by Del Sroufe



Photo by Lindsay Dorka

My mom never let us have foods like doughnuts for breakfast at home. She tried to make sure we had a healthy breakfast, and doughnuts had a reputation as the bad boy of breakfast foods. Rightfully so — until now. These doughnuts are not only whole grain but also free of oil and processed sugar, so you can include them on the list of healthy breakfast foods you serve to your family.

Prep Time 15-20 minutes **Bake Time** 15-20 minutes **Makes** 8 or 9 Doughnuts

Reprinted with permission from *The China Study Family Cookbook* by Del Sroufe. BenBella Books, (May 30, 2017).

INGREDIENTS

For the Donuts

- ¾ cup whole wheat pastry flour
- ¼ cup unsweetened cocoa powder
- 1 teaspoon double-acting baking powder
- ¼ teaspoon sea salt
- ¾ cup unsweetened applesauce
- ¾ cup date purée from 2 cups pitted dates and 2 cups water (To make, see **TIP 1**)
- ¼ cup unsweetened plant milk
- ½ teaspoon pure vanilla extract

For the Chocolate Frosting

- ½ cup sweet potato purée (To make, see **TIP 2**)
- ¼ cup date purée (**TIP 1**)
- 2 Tablespoons almond butter
- 3 Tablespoons unsweetened cocoa powder

NOTES: It is important not to overmix any batter or dough when baking, and especially when baking without oil or added fat. Overmixing causes the finished product to be tough and chewy.

Oil-free baked goods go from done to overdone very quickly. Watch the timer and check them in the last few minutes of baking. If they feel firm on top, they are done.

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a medium-size bowl, whisk together flour, cocoa powder, baking powder, and sea salt.
3. In a separate bowl, whisk together applesauce, date purée, plant milk, and vanilla.
4. Add wet ingredients to dry ingredients and stir until just combined.
5. Spoon or pipe batter into eight or nine wells in a nonstick doughnut pan.
6. Bake until doughnuts spring back when gently pressed, 12-15 minutes.
7. Let doughnuts cool slightly in pan before transferring to a cooling rack to cool completely.
8. While doughnuts are cooling, combine all the chocolate frosting ingredients in a food processor and purée until smooth and creamy.
9. Spread 2-3 Tablespoons of the chocolate frosting over each doughnut.
10. Serve!



ABOUT THE CHEF

Del Sroufe's passion for cooking began at 8 years old and never faded. In 1989, he went to work for one of the premier vegetarian restaurants in Columbus, OH, the King Avenue Coffeehouse, where he honed his craft as a baker and chef. Sroufe opened Del's Bread, a vegan bakery, before beginning vegan meal delivery service in 2001, serving eclectic plant-based cuisine to Columbus residents. During this time, he developed what became a very popular cooking class series, sharing many of the delicious recipes he had created over the years.

In 2006, Sroufe joined Wellness Forum Foods as co-owner and chef, where he continued the tradition of delivering great-tasting plant-based meals to clients in Columbus as well as throughout the continental US. Sroufe also joined The Wellness Forum as a member — where, after a lifetime of yo-yo dieting, he has lost over 200 pounds on a low-fat plant-based diet. He continues to teach cooking classes at local venues like Whole Foods, Community Recreation Centers, and The Wellness Forum. Sroufe is the author of *Better Than Vegan*, *The China Study: Quick & Easy Cookbook*, *The China Study Family Cookbook*, and *Forks Over Knives — The Cookbook*, a vegan cookbook companion to the acclaimed documentary *Forks Over Knives*.

 chefdelsroufe.com

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TIP 1

Makes 3 cups of date purée

1. Combine dates and water in a small saucepan.
2. Cover and cook over medium heat until dates are tender, about 10 minutes. Drain and reserve cooking water.
3. Purée dates in a blender, adding just enough water to make a creamy consistency.
4. Let cool to room temperature, then store in an airtight container for up to 1 week.

HINT: Add as little water as possible to the dates to concentrate the sweetness in the purée. Date purée is not a 1:1 replacement for sugar and, to the newbie, may not taste as sweet. If you're trying to use this date purée instead of sugar in your favorite recipes, you may need to cut back a bit on the liquid in your recipe, and it may take a little experimentation to figure out exactly how much date purée to use.

TIP 2

You can buy canned or frozen sweet potato purée at your grocery store, but you can also make your own version that's cheaper and better. Here's how:

1. Preheat the oven to 350°F.
2. Put 2 large sweet potatoes on a baking sheet and pierce each potato a few times with a fork.
3. Bake until potatoes are very tender, about 1 hour.
4. Let potatoes cool to room temperature.
5. Cut potatoes in half and scoop potato flesh from skins into a food processor. Purée until smooth and creamy.
6. Store in an airtight container in the refrigerator for up to 1 week.

RAW CHILLED STRAWBERRY SOUP

by Mark Reinfeld



Photo by Elizabeth Arraj

Chill out with this refreshing raw soup that is the perfect antidote to a hot summer day. Get your vitamin C in an innovative way with this unique blend of flavors and a refreshing and rejuvenating nutrient profile.

Prep Time/Total Time
15 minutes
Makes 2 servings

INGREDIENTS

- 3 cups strawberries
- 1 cup water
- 2 Tablespoons freshly squeezed lime juice
- 1 Tablespoon peeled and minced ginger
- 1 Tablespoon finely chopped cilantro
- ¾ cup seeded and diced cucumber
- ¼ teaspoon chipotle chile powder
- 2 Tablespoons balsamic vinegar
- pinch sea salt
- pinch ground black pepper

DIRECTIONS

1. Place water, strawberries, lime juice, and ginger in a blender and blend until smooth.
2. Transfer to a bowl. Add cilantro and mix well.
3. Place cucumber, balsamic vinegar, chipotle powder, salt, and pepper in another bowl. Mix well.
4. To serve, pour soup into bowls and top with cucumbers.

VARIATIONS

1. In step 1, add 1 Tablespoon maple syrup, coconut nectar, or date syrup to taste.
2. Replace the strawberries with blueberries or peaches.

Reprinted with permission from *The Ultimate Age-Defying Plan* by Mark Reinfeld and Ashley Boudet, ND. Da Capo Lifelong Books; 1 edition (February 12, 2019).



ABOUT THE CHEF

An award-winning chef, educator, and authority on plant-based cuisine, **Chef Mark Reinfeld** is the founding chef of the Vegan Fusion Culinary Academy. Mark has over 25 years' experience preparing creative vegan and raw cuisine and has led plant-based cooking workshops and chef training around the world.

In 2017, he was inducted into the Vegetarian Hall of Fame. He was the founding chef of The Blossoming Lotus Restaurant, voted "Best Restaurant on Kaua'i." Mark's first cookbook, *Vegan Fusion World Cuisine*, was named "Best Vegetarian Cookbook in the USA." Since then, Mark has authored seven more books including the bestselling "30-Minute Vegan" series as well as his latest books detailing the links between health and plant-based diets, such as *The Ultimate Age-Defying Plan*, co-authored with naturopathic doctor Ashley Boudet.

The Vegan Fusion Culinary Academy is the culmination of his dream to bring mindfulness, passion, and compassion to the culinary world by encouraging more people to discover the pleasures and benefits of plant-based cooking.



veganfusionacademy.com



Chili Mac

by Robin Robertson

Prep Time 30 minutes **Cook Time** 20 minutes **Makes** 4 to 6 servings

This is a great way to use up leftover chili. If you don't have any on hand, this recipe includes a quick chili that can be ready in minutes.

INGREDIENTS

For the chili

- 3 cups (594g) cooked lentils or (516g) cooked black beans, or 2 (15.5-oz., or 425g) cans black beans, rinsed and drained
- 1½ cups (390g) tomato salsa (hot or mild)
- 3 Tablespoons (48g) barbecue sauce, homemade or store-bought
- 2-3 teaspoons (5-8g) chili powder, plus more as needed
- Salt to taste
- Ground black pepper to taste

For the sauce

- 3 cups (720mL) plain, unsweetened non-dairy milk
- 1¼ cups (175g) unsalted raw cashews, soaked in boiling water for 30 minutes and drained
- ⅓ cup (20g) nutritional yeast
- 2 Tablespoons (30mL) fresh lemon juice
- 1 teaspoon salt
- ½ teaspoon smoked paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ¼ teaspoon ground turmeric

For the pasta

- 16 oz. (454g) elbow macaroni or other small pasta
- Non-stick cooking spray for preparing the baking dish

Toppings (optional)

- ¾ cup (47g) crushed tortilla chips or corn chips
- 1 ripe Hass avocado, peeled, pitted, and diced

DIRECTIONS

To make the chili

1. In a saucepan over medium heat, combine all chili ingredients.
2. Cover pan and cook, stirring occasionally, until heated through and the flavors are well blended, about 5 minutes.
3. Add as much water as needed to create a sauce-like consistency and prevent chili from sticking to the bottom of the pan.
4. Reduce heat to low and simmer, stirring frequently, until heated through and any raw taste from the chili powder is cooked off, about 15 minutes.

To make the sauce

1. In a high-speed blender, combine all sauce ingredients.
2. Blend until very smooth and creamy.
3. Set aside.

To make the pasta

1. Bring a large pot of salted water to a boil over high heat.
2. Add pasta and cook according to package directions until al dente.
3. Drain pasta and return to the pot.

To finish and serve

1. Pour sauce over pasta and toss to combine.
2. Preheat oven to 350°F (180°C).
3. Lightly coat a 9 x 13-in. (23 x 33-cm.) baking dish with cooking spray.
4. Spread pasta mixture into baking dish.
5. Spread chili evenly on top of pasta.
6. Sprinkle tortilla or corn chips (if using) on top of chili.
7. Bake for 20 minutes until hot.
8. Serve topped with avocado (if using).





ABOUT THE AUTHOR

Robin Robertson is a veteran restaurant chef, cooking teacher, and an acclaimed writer. Robin wrote the "Global Vegan" column for *VegNews* magazine for 10 years and has also written for *Vegetarian Times* and *Cooking Light*, among others. She has written numerous cookbooks, including the bestselling titles *Vegan Planet*, *Vegan on the Cheap*, and *Quick-Fix Vegan*.

Robertson currently writes, promotes her books, and teaches classes on her innovative vegan cuisine from her home in the Shenandoah Valley of Virginia. Her website is www.robinrobertson.com

Buffalo Cauliflower Mac Uncheese

by Robin Robertson





Prep Time 30 minutes **Cook Time** 40 minutes **Makes** 4 to 6 servings

Buffalo cauliflower has been making the rounds, so it should come as no surprise that it turns up in a mac uncheese. The cheesy, saucy macaroni is a perfect foil for the spicy, hot cauliflower.

INGREDIENTS

For the sauce

- 1 large russet potato, cut into 1-in. (2.5-cm) chunks
- 1 large carrot, cut into 1-in. (2.5-cm) chunks
- 2½ cups (600mL) vegetable broth
- ⅔ cup (40g) nutritional yeast
- 2 Tablespoons (30mL) tamari
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- Salt to taste

For the cauliflower

- 1 head cauliflower, cored and cut into bite-size pieces
- olive oil cooking spray for the cauliflower
- 1 teaspoon garlic powder
- Salt to taste
- 1/3 cup (80mL) hot pepper sauce, e.g., Frank's RedHot
- 4 Tablespoons (56g) vegan butter, melted
- 1 Tablespoon (15mL) apple cider vinegar
- 1 teaspoon paprika

For the pasta

- 16 oz. (454g) elbow macaroni or other small pasta

DIRECTIONS

To make the sauce

1. In a medium saucepan over medium-high heat, combine potato, carrot, and vegetable

broth. Bring to a boil and cook for 15-20 minutes, or until the vegetables are tender when pierced with a fork.

2. Carefully transfer mixture to a blender or food processor.
3. Add nutritional yeast, tamari, onion powder, and garlic powder and season with salt.
4. Blend until smooth and set aside.

To make the cauliflower

1. Preheat oven to 400°F (200°C).
2. Line a baking sheet with parchment paper.
3. Arrange cauliflower in a single layer on the baking sheet.
4. Spray cauliflower with cooking spray and sprinkle with garlic powder and salt.
5. Roast 20 minutes or until softened.
6. Transfer to a large bowl and add hot sauce, butter, vinegar, and paprika.
7. Stir well to coat.
8. Return cauliflower to baking sheet (you may want to use a new sheet of parchment paper), and arrange it in a single layer.
9. Bake 10 minutes.

To make the pasta and serve

1. Bring a large pot of salted water to a boil over high heat.
2. Add pasta and cook according to package directions until al dente.
3. Drain well and return it to pot.
4. Stir in sauce and place pot over low heat.
5. Cook for a few minutes to heat through.
6. Add buffalo cauliflower and stir gently to combine.
7. Serve hot.

Spinach-Artichoke Mac Uncheese

by Robin Robertson

Inspired by the classic spinach-artichoke dip, this mac uncheese also features Kalamata olives, cherry tomatoes, and fresh basil. It's a favorite at parties.

Prep Time 20 minutes **Cook Time** 20 minutes **Makes** 4 to 6 servings

INGREDIENTS

- olive oil or vegan butter, for preparing the baking dish
- 16 oz. (454g) rotini or other bite-size pasta
- 2 cups (60g) chopped baby spinach
- 16 oz. (454g) firm silken tofu, well-drained
- 1 cup (240mL) vegetable broth
- ¼ cup (15g) nutritional yeast
- 2 Tablespoons (30mL) dry white wine
- 1 Tablespoon (15mL) fresh lemon juice
- 1 Tablespoon (8g) cornstarch
- 1 teaspoon garlic powder
- ½ teaspoon dried basil
- Salt to taste
- ground black pepper, to taste
- 1 (12-oz. or 340g) jar marinated artichoke hearts, drained and coarsely chopped
- 3 scallions, white and green parts, minced
- ⅓ cup (50g) quartered cherry or grape tomatoes
- ¼ cup (40g) Kalamata olives, pitted and coarsely chopped
- 2 Tablespoons (5g) chopped fresh basil or (8g) parsley

Optional

- ¼ cup (13g) toasted panko crumbs

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Lightly coat a 3½- to 4-quart (3.3- to 3.8-L) baking dish with olive oil or vegan butter. Set aside.
3. Bring a large pot of salted water to a boil over high heat.
4. Add pasta and cook according to package directions until al dente.
5. Stir in spinach, drain, and return mixture to pot.
6. In a food processor or blender, combine tofu, vegetable broth, nutritional yeast, wine, lemon juice, cornstarch, garlic powder, and dried basil and season with salt and pepper.
7. Process until well blended and smooth.
8. Add tofu mixture to cooked pasta.
9. Add artichoke hearts, scallions, tomatoes, olives, and fresh basil and stir gently to combine.
10. Spread mixture evenly into baking dish and sprinkle with panko crumbs (if using).
11. Cover loosely and bake until hot, about 20 minutes.
12. Serve hot.

Note: For even richer flavor, substitute 8 oz. (227g) vegan cream cheese for half the tofu.







Cauliflower Vegan Aguachile

by Alejandra Graf

Aguachile is an amazing Mexican dish. Think of it as a type of ceviche. It's normally made with raw fish or shrimp like ceviche, but unlike ceviche, aguachile's protein is not left in the lime sauce to "cook" for 15 minutes but served immediately after preparing it. My version of aguachile uses cauliflower instead of seafood with the same vibrant sauce ingredients as in the traditional Mexican dish — lime juice, chile, cilantro, and cucumbers. It is fresh, easy to make, and full of vitamins and minerals. For me, this dish is the kind of food that makes me feel full of energy and even makes me wanna dance a bit!

Prep Time 20 minutes **Makes** 6 servings



INGREDIENTS

- 1 cauliflower head
- 1 cucumber divided in two (peeled if not organic)
- ½ cup cilantro
- ½ cup lemon or lime juice
- 1 serrano chile
- 1 clove garlic
- ½ teaspoon salt
- ½ red onion thinly sliced
- 1 cubed avocado

INSTRUCTIONS

1. Cut cauliflower head into very small pieces, put them in a large bowl, and set aside.
2. In a blender, put lemon juice, salt, half the cucumber, garlic clove, and serrano chile.
3. Blend for three minutes.
4. Pour over the cauliflower florets.
5. Taste and adjust seasoning if necessary.
6. Cube other cucumber half into small pieces and add them to the cauliflower.
7. Stir well and finish with the red onion slices and the avocado pieces.
8. Serve with corn tortillas, tostadas, or corn chips.

Note: You can add more or less serrano pepper depending on the level of spiciness you want.



ABOUT THE CHEF

Alejandra Graf is a Mexican food lover and wellness pusher who follows a plant-based diet. She has a degree in art history, and a few years ago she decided to pursue another one of her passions, food. She became the voice behind "Piloncillo&Vainilla," a blog dedicated to sharing her experiences, food philosophy, and healthy and tasty recipes — the kinds of dishes that nourish body, mind, and soul. The kitchen was always the family meeting point and her first cooking classroom. Now she has a professional certification as a plant-based cook and food photographer.

 www.piloncilloyvainilla.com

 www.brownsugarandvanilla.com

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Photos by Alejandra Graf

RISOTTO MEDITERRANEANO

by Cathy Katin-Grazzini



Photo courtesy of Giordano Katin-Grazzini

In classic white risotto, active stirring coaxes the rice to release its starch, giving the dish its signature creamy, luxurious texture. It requires some culinary sleight of hand to render a risotto that's creamy when you use whole grains, but it's not hard to do. This colorful and festive dish is chock-full of thyme-roasted sweet cherry tomatoes, baby bell peppers and tiny zucchinis, chard, endearing mini patty pan squash, and a sprinkling of marvelous brine-cured Lebanese olives — all scented with a heavy hit of basil. Perfect for a holiday table or any occasion calling for a scrumptious supper or elegant luncheon.

Prep Time Overnight soaking + 30 minutes **Cook Time** 75 minutes **Makes** 4 to 6 servings

INGREDIENTS

- 2 cups short-grain brown rice or whole einkorn, emmer, or barley
- handful of fresh, hardy herbs (e.g., thyme, sage, rosemary)
- 1 cup steel-cut oat groats to yield 3-4 cups cooked porridge
- 2 quarts no-sodium veggie broth
- 1 large red onion, diced
- 4 cloves garlic, minced
- 1 pound cherry tomatoes, any color, sliced in half
- 1 pound mixed baby bell peppers
- 1 pound baby zucchini, halved
- 1 pound patty pan squash, halved or, if large, quartered
- 1 bunch Swiss chard leaves, cut chiffonade (stacked, rolled up tightly widthwise, and cut in long ¼-in. ribbons). Save lower stems for a later use.
- ⅓ cup mix of good quality brine-cured olives (unpitted)
- 1½ packed cups fresh basil leaves, cut chiffonade
- Garnish: sprinkle of chopped chives, roughly ground, dehydrated mixed veggies, and nutritional yeast.

- Gently simmer rice/grains in 1 quart of the broth, to which you've added the hardy herbs.
- Cook only partially — i.e., until they lose their crunch but remain chewy.
Note: If you've presoaked your grains, this will happen sooner than you may expect; test frequently starting after 10 minutes to avoid overcooking.

Drain and reserve broth. Set aside. To Prepare the Oats & Vegetables

- Simmer oats in 4 cups water, stirring frequently to thicken and to maximize their creaminess. Cool.
- Purée oats in a food processor or high-speed blender for smoother texture, if required. Set aside.
- Wash peppers and bake them on a parchment-lined cookie sheet for 20-30 minutes or until they soften and begin to brown.
- Cool and remove stems.
- Peppers should be bite-sized. Slice any larger ones in halves or quarters. Set aside. No need to remove seeds.
- Wash tomatoes, halve, and bake, cut side facing up, on a parchment-lined cookie sheet for 30-40 minutes or until softened and caramelized. Set aside.

stirring until they soften and caramelize. Deglaze with a few tablespoons of the broth.

- Add garlic and cook for a few minutes until fragrant.
- Stir in the parcooked rice/grains and add a ladleful of heated broth.
- Stirring, cook for 5 minutes or until grains are just tender.
- Add more broth gradually as the rice/grains absorb it to achieve a moist risotto.
- Add squash, cover, and cook for 5 minutes, stirring frequently.
- Add chard, stir in well and simmer for a few minutes.
- Stir in roasted peppers, tomatoes, and olives. Cook for 1 minute, then stir in the basil.
- Add 2 or more cups of oats to achieve your desired level of creaminess, adding broth as needed for a very loose, creamy consistency, and bearing in mind that the risotto will continue to thicken as it cools. Stir to combine well.
- Season to taste.
- Cover and remove from heat.
- Refrigerate any leftovers. When you reheat, add broth, little by little, to return the risotto to a creamy consistency.

DIRECTIONS

- Preheat oven to 385°F (195°C).

To Prepare the Rice/Grains

- Soak rice/grains in cool water the night before making the risotto. (This will begin germination, soften their seed coat, and significantly reduce cooking time.)

To Make the Risotto

- In a separate pot, combine remaining broth with herby rice/grain cooking broth. Heat to a low simmer.
- In a large, deep skillet, dry-sauté onion over medium-high heat,

To Serve

- Serve on heated plates.
- Garnish with the chives and ground dehydrated veggies and a sprinkle of nutritional yeast as desired.

Buon appetito!

ABOUT THE CHEF



Cathy Katin-Grazzini owns Cathy's Kitchen Prescription in Ridgefield, CT, USA. A plant-based culinary medicine educator, Cathy is a personal chef, cooking instructor, and Food Editor and Feature Writer for **VEGWORLD** Magazine.

Certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, Cathy is also a graduate of Rouxbe Cooking School's Professional Plant-Based Program. She has a BA from the University of Chicago, attended graduate school at Harvard University, and received an MA from Johns Hopkins University.

When she's not inventing and fermenting, she loves to run, hike, and adventure travel with her husband Giordano atop their trusty Ducati. Check out Cathy's original recipes, cooking videos, and nutritional blog at www.cathyskitchenprescription.com and a gallery of her dishes at www.instagram.com/cathyskitchenprescription.

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