

A sticky issue

PLANT CAFÉ OWNER ADIEN AGGENBACH

People told me I was crazy, but there were queues out the door.



easy, delicious, satisfying vegan recipes

Take a Vegan Challenge

into your diet

BE BEAUTIFUL AND KIND

14 great cruelty-free beauty buys

ETHICAL TO KEEP PETS (AND SHOULD THEY EAT MEAT?





JANUARY 2017 RSA R49 (VAT INCLUDED) NAMIBIA N\$51,50 OTHER COUNTRIES R51,50





Registered dietician Jessica Kotlowitz

'I'm sensitive to wheat - is that a problem? plus 10 other questions answered



Plant nutritionist Dawn **Macfarlane**

'I love the fact that I am eating of life and not of death!'











Registered dietician Jessica Kotlowitz **p 6**

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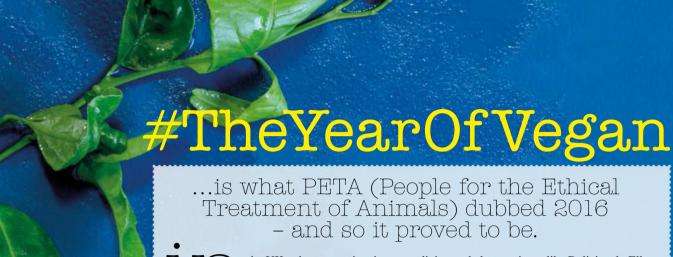
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the UK, where veganism is widely regarded as one of the fastest-growing lifestyle trends, the number of vegans rose by more than 360 % over the past 10 years.

Here in South Africa, although we don't have the exact statistics, veganism is clearly a path more and more people are choosing to take. Vegan options are offered at most urban market stalls and there are new vegan restaurants and food trucks popping up every day, reflecting both the changing consciousness and the increasing demand for them.

> More than that, though, the awareness of what living a plant-based life really means is finally pushing through to the mainstream. It's

not quite there yet - you're still a freak! - but we're getting there at last. When Jay Z and Beyoncé start tweeting about how fabulous they feel after eating vegan for 22 days, you know it's just a question of time.

The sudden willingness to accept veganism, although it's still considered to be an alternative way of life, has to do with a few important shifts in the general pysche:

- There's a growing awareness of how fragile our beautiful planet is, and how interconnected all life on earth is.
- People are searching for a more authentic way to live, and there is no better way to exist in harmony – and mutual respect – with the earth.
- Social media stars with a focus on ethical

living and clean eating – like Deliciously Ella – have broken through to the mainstream.

- As we live our lives more and more online, we long for something more real and sustainable.
- Increasingly, people are aware of climate change, animal cruelty and their own health - and want to do something about them.
- Veganism is becoming accepted not only as an ethical lifestyle but also as a healthier way to live.

Mintel, a world leader in market intelligence, identified millennials as the change agents here. Billy Roberts, Mintel's senior food and drink analyst, says, 'Almost a third of millennials (30%) indicate they consume any meat alternative product every day, with 70% consuming them at least a few times a week, notably more than any other generation, and coupled with the size and spending power of millennials, indicates a strong potential market for meat alternatives in the future.' And Mintel's Global Food and Drink Trends 2016 report states: 'The growing ranks of novel protein sources and potential replacements [veggie burgers and non-dairy milks] appeal to the everyday consumer, foreshadowing a profoundly changed marketplace in which what was formerly "alternative" could take over the mainstream."

For those who have already made the choice, The Vegan Life magazine is a celebration of living a plant-based, ethical life. For anyone thinking about making the transition, it's a field guide to the vegan lifestyle - and it's a solid response to doubters or people who don't (or won't!) understand it. Use it as you need to.

We hope you enjoy it!

THE VEGAN NUTRITION & HEALTH REPOR

Read all about gut health, sprouting and fermenting.



makes them easier to digest and enables your body to access their full nutritional value. Unsprouted seeds contain antinutrients like phytic acid to prevent them from germinating too soon. These antinutrients interfere with our ability to digest starches and proteins, making it difficult to absorb the vitamins and minerals. Phytic acid, in particular, inhibits the absorption of calcium, copper, iron, magnesium, phosphorus and zinc, which can lead to a number of problems, including anaemia, hair loss and osteoporosis. Find out more about sprouting seeds, nuts,

grains and beans at

culturesforhealth.

com/learn.

Culture

Fermented foods like pickled vegetables, kimchi, sauerkraut and miso aren't everyone's favourite side dish, but they're a taste worth acquiring for their health benefits. The fermentation process (in which natural bacteria feed on the sugar and starch, creating lactic acid) turns them into

a probiotic that encourages essential bacteria to flourish in the gut. Fermented foods contain beneficial enzymes, B vitamins and omega-3 fatty acids. If you can, it's best to make your own, as shop-bought products are often loaded with salt and may have been pasteurised (which kills off the good bacteria). Find recipes at superfoods-for-superhealth.com/fermented-foods.html.

Packing a punch

ELLIE GOULDING

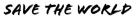
If Ellie Goulding hasn't crossed your radar recently, you might be surprised to see what great shape she's in. The British singer-songwriter, best known for her 2015 hit 'Love Me Like You Do' from the Fifty Shades of Grey soundtrack, has embraced a vegan diet and new exercise regime in the

past two years, and says she has never felt better. (She has the abs to prove it!) Ellie - who was a selfconfessed cheese addict - now eats a fully vegan diet, prepared by nutritionist Mary Mattern, author of the cookbook Nom

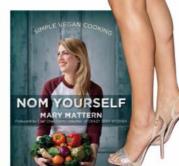
A typical day's menu includes green juices; tofu scrambled eggs; and pea, broad bean and corn burgers.

Yourself: Simple

Vegan Cooking.



A recent study by Oxford Martin School in the UK found that if more people followed a vegan diet, we could significantly reduce greenhouse gas emissions. And even if there could just be a global switch to a diet of less meat and more fruit and vegetables, researchers say, greenhouse gas emissions could be decreased by up to two-thirds by the year 2050. Spread the news!



WITH REGISTERED DIETICIAN Jessica Kotlowitz

Are vegans healthier than meat-eaters? Plus 10 other health-related questions.

Compiled by Marli Meyer

a: IS VEGANISM HEALTHIER THAN OTHER DIETARY CHOICES?

A: It's very difficult to prove that any one dietary pattern is healthier than others. However, plant-based diets (comprising little to no animal products) and Mediterranean-style diets (also low in animal products and high in plant matter) have been shown to be among the healthiest.

Vegan diets have been proven to lower cholesterol and blood pressure, lower the risk of certain cancers, prevent heart disease and diabetes and help with weight loss. Also, in population-based studies, vegans are the only group with an average weight in the healthy range of the BMI. This is a significant finding, considering that we are in the midst of a worldwide





obesity epidemic that affects the lives of millions.

Vegetarians and vegans also have a lower risk of kidney stones, diverticular disease, arthritis, eye cataracts and hyperthyroidism. Interestingly, even though vegetarian diets have been shown to have similar health benefits to vegan diets, the extent of these benefits is even greater in vegan diets. Vegans are generally slimmer than vegetarians and have even lower rates of heart disease and cancer.

Most of the studies on the health benefits of vegan diets have been conducted for a maximum of only

Q: WHAT CAN I EAT TO MAKE SURE I GET ENOUGH IRON AND CALCIUM?

A: Many plant foods are rich in iron. For example, one serving of lentils has nearly double the iron of a 120 g serving of beef. To make sure you get enough iron, eat lots of iron-rich foods like beans, tofu, nuts, seeds, leafy greens and whole grains. Some processed grain products like breakfast cereals and breads are fortified with iron. These products are not always the healthiest choice, so only include them in small amounts if you struggle to meet your iron needs.

You need to know, though, that the iron in food isn't necessarily absorbed. Foods like whole grains, legumes and nuts contain lots of phytates (a powerful antioxidant), which bind iron and inhibit its absorption by the body, and this can be problematic for vegans.

To aid the absorption of iron from these foods, you can lower their phytate content by soaking and/or sprouting nuts, seeds, whole grains and legumes or choosing sprouted grain breads like Ezekiel bread. Leavened grain products like bread also have lower levels of phytates than unleavened products, so they can also be a good source of iron.

Vitamin C increases iron absorption, so include good sources (sweet peppers, tomatoes, citrus fruits, lemon juice and guavas) with all main meals.

Avoid tea, coffee and herbal teas at meal times, as the tannins in these interfere with iron absorption.

Meeting calcium requirements on a vegan diet is easy. The RDA for calcium is about 1000 mg. But only a small amount of the calcium we eat actually gets absorbed, so we need to look at this. There are many great vegan calcium sources, but some of them contain lots of oxalates, which interfere with calcium absorption, so choose foods that are high in calcium and low in oxalates. For example, spinach is high in calcium but also high in oxalates. Broccoli, kale and bok choy are brilliant calcium sources with low oxalate levels. Calcium-set tofu and calcium-fortified plant milks are also good sources of absorbable calcium. Just 1 cup of calcium-fortified almond milk provides you with a third of your RDA. Beans, nuts and seeds are also a good calcium source, and soaking these foods before eating may help to improve calcium absorption.

Throw a cup of calcium-fortified unsweetened almond milk and a cup of raw kale into your morning smoothie and you'll reach your calcium target for the day.

a: AM I GETTING ENOUGH FAT?

A: Of course! The essential fatty acids, namely omega-3 and omega-6, are found in high amounts in plant products and only in small amounts in meat. The predominant saturated fats in meat are not essential for humans and are associated with increased risk of heart disease and diabetes.

There is no recommendation for the minimum amount of fat needed in the human diet, as few negative side effects have been observed in people eating very little or no fat, and the biological requirement for fat in adults is most probably only a few grams per day. We know that we need a certain amount of omega-6 and omega-3 fats to be healthy in the long term, as they have many important biological functions, so it is vital that you eat some healthy fat sources daily. Also, fat helps us to feel full and to absorb some essential vitamins, so best include a fat source at every meal. Omega-6 fats can be found in most vegetable oils, seeds, nuts, olive oil and olives. Omega-6 fats are usually abundant in a vegan diet. Omega-3 fats can be found in chia seeds, hemp seeds, flaxseeds and walnuts. Include at least a tablespoon of these foods per day to meet your omega-3 requirements.

Q: I'VE BEEN A VEGETARIAN FOR THREE YEARS; WILL GOING VEGAN HELP ME TO LOSE THE 10 KG I'M TRYING TO SHAKE?

A: It might. Eggs and dairy are naturally high in calories and fats, so if your current diet contains lots of cheese, eggs, yoghurt and milk then switching to a vegan diet will automatically lower your calorie intake and help you lose weight. Also, most unprocessed vegan foods are high in fibre, which keeps you full and prevents overeating. Many people experience significant weight loss after switching to a vegan diet. However, a vegan diet

that is high in processed meat-replacement products, oily foods and refined starches and low in fibre may be just as high, if not higher, in calories than your current diet, so it would not result in weight loss. For best results, make unprocessed, high-fibre plant foods like fruit, vegetables, legumes and whole grains the focus of your diet.

A: MY TEEN DAUGHTER WANTS TO BECOME VEGAN. I'M WORKIED, AS SHE HAS EXTREMELY LOW IRON LEVELS. AND WHAT ARE THE EFFECTS ON GROWTH AND DEVELOPMENT?

A: The American Dietetics Association (ADA) and Dietitians of Canada put together all the quality studies ever done examining the health effects of vegan and vegetarian diets, and concluded that 'appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases...' The report also stated that 'well-planned vegan or vegetarian diets' are appropriate for all stages of the life cycle. They found that vegan children grow normally, and that vegetarian and vegan teens eat more fruits and vegetables and less junk food. And they have better intakes of fibre, iron, vitamin C and folate than non-vegetarian teens.

I'd suggest you consult a health professional who is well versed in vegan nutrition to help you design a meal plan for her.

Q: IS IT IMPORTANT TO EAT ORGANIC VEGETABLES?

A: There's no need to eat only organic vegetables. Contrary to popular belief, organic vegetables may also contain pesticides; they are just limited in the types of pesticides that are used. There are no proven health benefits to eating organic, and the health benefits of

eating lots of fresh fruits and veg outweigh the possible negative effects of consuming a bit of pesticide residue. Wash your fruit and vegetables well - a bit of spirit vinegar will remove the residue effectively. Better still, grow your own vegetables without using pesticides.

A: SINCE I STOPPED EATING MEAT AND DAIRY, I DON'T STAY FULL AS LONG AS I USED TO. IS IT OKAY TO SNACK? WHAT ARE THE BEST SNACK OPTIONS?

A: Many people forget that plant foods are lower in calories and higher in fibre and water than animal foods, so if you feel hungry all the time you may need to eat bigger portions to reach your calorie requirements every day. Make sure you eat balanced meals that contain a source of protein (like beans or tofu) as well as a source of fat (avocados, nuts or seeds). This will help you stay fuller for longer, as protein and fat take time to digest. Mindful snacking is a great way to get in extra nutrients and prevent you from overeating at your next meal. Make sure your snacks include some fruit or vegetables, along with a healthy source of fats or protein. Try veggie sticks with hummus or guacamole, some fruit and nuts, or a slice of sprouted grain bread topped with a slice of avo and tomato.

a: CAN I GO VEGAN IF I AM BREASTFEEDING OR PREGNANT?

A: Yes, you can. The ADA and Dietitians of Canada also reported that the breast milk of vegetarian or vegan women is very similar to that of non-vegetarians and provides babies with all the nutrients they need, and that vegetarian or vegan babies receiving enough breast milk had normal growth throughout infancy.

Supplement with vitamin B12

PHOTOGRAPHS: LIZA VAN DEVENTER, DAWIE VERWEY

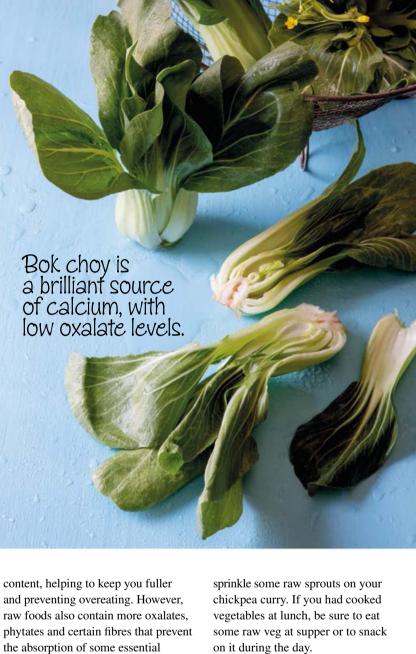
and omega-3 DHA to make sure you don't develop any deficiencies and your baby develops optimally. Also, you should take a standard antenatal supplement that provides extra iron, calcium, folate and vitamin D. To make absolutely sure you're getting all the nutrients you need, see a health professional with an interest in vegan nutrition to help you design a meal plan specifically for you.

Q: I'M SENSITIVE TO WHEAT; IS THAT A PROBLEM, AS A VEGAN?

A: Not necessarily. Many vegans avoid wheat products due to the perceived health benefits of a wheatand/or gluten-free diet, and most unprocessed plant foods are naturally wheat-free. Focus your diet around fruit, vegetables, legumes, whole grains, nuts and seeds and there will be very few foods you'll need to avoid. Include whole grains like oats, brown rice and quinoa, and starchy vegetables like potatoes, sweet potatoes, corn and butternut for your healthy starches. You can replace whole-wheat bread with rye or spelt bread, and pasta with buckwheat pasta. And most vegan restaurants cater for wheat-free diets, so you won't have a problem.

Q: IS IT BETTER TO EAT MOSTLY RAW FOODS, OR A COMBO OF COOKED AND KAW?

A: Both raw and cooked foods provide health benefits and both should be included in a healthy balanced vegan diet. There is no evidence to suggest that a fully raw diet is healthier. Cooking helps to break down certain components in foods to make some of the nutrients more available for digestion, but it can also destroy some heat-sensitive vitamins and antioxidants like vitamin C. Raw foods contain more heat-sensitive vitamins and more antioxidants, and raw vegetables have a higher water



nutrients. A fully raw vegan diet can be perfectly healthy if well planned, but you may need to pay more attention to getting in sufficient calcium, iron and lysine. Soaking and sprouting will be important for lowering phytate content and improving nutrient absorption.

In general, try to eat half of your vegetables cooked and half of them raw, and have something raw at each meal. For example, eat some tomato salsa with your beans and rice, or

Q: I REALLY MISS BACON. ARE THERE ANY SUBSTITUTES?

A: Absolutely! There are many recipes that use seitan (a meat substitute made from gluten – see page 20), tempeh (made from soya beans) and even rice paper to mimic the flavour of bacon. Most vegan restaurants serve some of these bacon alternatives on their breakfast menus, so try them out before making them yourself. *





PLANT CAFÉ

Cape Town's most established vegan restaurant offers gorgeous wraps, salads, burgers, bowls and quesadillas.

8 Buiten St (CBD) and 65 Lower Main Rd (Observatory) 021 422 2737 (CBD) and 021 447 9660 (Observatory) www.plantcafe.co.za

WHOLE EARTH CAFÉ

This holistic eatery specialises in healthy cuisine, including vegan, raw, gluten-free and other dietary alternatives.

257 Main Rd, Scarborough 021 780 1138 www.wholeearthcafe.co.za

SEXY FOOD

This restaurant offers fresh, healthy ingredients that don't

Tired of opening yet another menu with nothing on it for you besides lettuce? Here's where to go for vegan food!

MEMI

By Jamie Day



just satisfy the taste buds but also promote gut health and overall healthy eating. It does serve meat and eggs, but there are more than enough vegan options on the menu.

Sexy Food

Cape Town

190 Bree St. CBD 021 422 5445, www.sexyfood.co.za

YINDEE'S

Yindee's offers an inviting social setting and the finest home-style southern Thai cuisine in Cape Town. All vegetable side dishes and stir-fries are vegan-friendly.

22 Camp St. Gardens 021 422 1014, www.yindees.com



JOBURG

CAFÉ ZING

Healthy, fresh food as well as some decadent options are on the menu at this elegant restaurant, including a variety of vegan-friendly choices.

The Regent, 21 West Rd South, Morningside, Sandton 011 581 0232, www.cafezing.co.za

CONSCIOUS 108

This all-vegan restaurant takes 'regular foods' and redesigns them the vegan way, so the menu features wraps, sandwiches, burgers and a range of other treats.

108 Greenway, Greenside 011 646 7250, www.conscious108.co.za

DUKES BURGERS

This casual, vibey dining spot offers an extensive burger selection with an exciting array of toppings. With a focus on fresh, quality ingredients, Dukes is all about conscious cooking.

14 Gleneagles Rd, Greenside 011 486 0824, www.dukesburgers.co.za

ELEMENTAL CAFÉ

This is a vegetarian restaurant with vegan and gluten-free options. It has a relaxed, rustic feel and is set up for families with small children.

Shop 5, Corner First Ave and Standard Dr, Pine Park (Victory Park)

011 782 1594, www.elementalcafe.co.za



PRETORIA

GEET INDIAN RESTAURANT

Geet has been referred to as the 'temple of Indian cuisine'. It offers a wide range of authentic Indian meals, with an entire menu dedicated to vegans over and above the vegetarian menu.

Estichis Building, 541 Fehrsen St, Brooklyn 012 460 3199

www.geetindianrestaurant.com

DURBAN

CHILLIPLUM RESTAURANT, BAKERY, DELI

This upmarket establishment focuses on using organic plant-based foods to achieve healthy, flavourful dishes. The atmosphere is relaxed and the service is attentive and friendly.

Shop 9, The Richdens Village Centre, Phase 2, 57 Margarets Rd, Hillcrest 031 765 2590, www.chilliplum.org

EARTHMOTHER ORGANIC CAFÉ

This quaint breakfast and lunch spot serves a wide range of healthy veggie and vegan options. The smoothies are dairy-free and the raw desserts are delicious.

482 Lilian Ngoyi Rd, Berea 031 202 1527

WAMASKAR RESTAURANT At Namaskar you'll get authentic

At Namaskar you'll get authentic Indian cuisine in a sophisticated venue. The menu features among the widest variety of vegetarian meals in the country, and these can be adapted for vegans.

29 Hatfield Corner, 1270 Church St, Colbyn 012 342 9081

GLASS OLIVE RESTAURANT AT THE VILLAGE RIPGE BOUTIQUE HOTEL

Set in a luscious landscaped garden, the restaurant offers delicious food with an emphasis on organic cuisine. Everything from Indian curries to Italian wood-fired pizzas are on the menu.

156 Kleine St, Nieuw Muckleneuk 012 460 4900 www.villageridge.co.za €

IT'S ALL GOOD ORGANIC CAFÉ

It's All Good believes in fresh, local, seasonal food. The dishes are generally dairy- and gluten-free, and always refined-sugar-free.

8A Mackeurtan Ave, Durban North 031 563 2289

www.itsallgoodorganics.co.za





)TEIN

Should you be worrying about how much protein a totally plant-based diet is able to offer? We provide some answers...

By Ethne Withers

here's so much contradictory information out there about the nutrients that are 'missing' from a vegan diet that you may be tempted to ignore it all rather than trying to work out what's valid and what isn't. We've taken a look at some of the claims about what you may be missing on a meat-free diet and we're happy to report that as long as you are mindful of what you eat and tuned in to your body's needs, you probably don't have much to worry about.

WHAT'S THE BIG DEAL ABOUT PROTEIN?

The first question people ask when they hear you're following a vegan lifestyle is, 'Are you getting enough protein?' The answer is, if you include a variety of protein-rich plant foods in your diet, it's actually fairly easy to meet your daily requirement.

You need protein because it contains specific amino acids, which are its building blocks. These amino acids have important functions in your body, such as providing energy, repairing bones and cells, and facilitating nutrient exchange between tissues. Without them, your body can't function properly.

There are 20 amino acids, and the human body can produce 11 of these by itself. The other nine – histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine - are known as 'essential amino acids' and they have to come from your diet.

It was previously thought that you needed to eat specific combinations of plant foods for your body to get all the essential amino acids it requires. But it's now known that all plant foods contain all nine of the essential amino acids - it is just the amount that varies. Some of the essential amino acids are present in only very small quantities in many plant proteins, so it's important to ensure that you include foods rich in these amino acids in your diet.







tryptophan, methionine and phenylalanine are low in many plant foods, and lysine, in particular, is often lacking in a vegan diet. This can have serious consequences, as lysine helps the body absorb calcium and form collagen, and it's used to make carnitine, which helps convert fatty acids to energy. If you suffer from fatigue, dizziness, nausea, loss of appetite, anaemia, kidney stones, hypothyroidism or some disorders of the reproductive system, you may not be getting enough of this specific essential amino acid.

The good news is that the body will store amino acids until it has enough to make the proteins it needs, so you don't need to get sufficient amounts of every amino acid at every meal. As long as you have two to three servings of lysine-rich protein sources per day, you will be fine.

Soya beans, quinoa, amaranth, buckwheat, hemp seeds, chia seeds, pumpkin seed kernels, kidney beans, chickpeas and spirulina are all good things to include in your diet in order to get enough of the nine essential amino acids.

LYSINE: lentils, seitan (see page 20), white beans, green beans, split peas, pistachios, oats and seaweed

HISTIDINE: lentils, white beans, split peas, peanuts, green beans, sunflower seed kernels, almonds and rye

VALINE: lentils, white beans, split peas, peanuts, oats, sunflower seed kernels and dulse (available in granule form in health shops)

TRYPTOPHAN: white beans, split peas, lentils, green beans, linseeds, sesame seeds and peanuts

THREONINE: white beans. lentils, split peas, green

beans, peanuts, sunflower seed kernels. linseeds and rye

PHENYLALANINE: white beans, lentils, split peas. peanuts, oats, sunflower seed kernels, pistachios and avocado

METHIONINE: brazil nuts, green beans, split peas, sesame seeds, lentils, sunflower seed kernels, oats and peanuts

LEUCINE: white beans, lentils, split peas, green beans, peanuts, sorghum, millet and oats

ISOLEUCINE: lentils, white beans, split peas, peanuts, sunflower seed kernels, oats, linseeds and pistachios.

HOW MUCH PROTEIN IS ENOUGH?

The minimum daily protein intake should be 0,8 g for every kilogram of healthy body weight for adults, says the Food and Nutrition Board of the Institute of Medicine in the USA. But since plant foods have a different amino acid composition, and plant proteins are digested differently to animal proteins, as a vegan you should include more protein in your diet, says Dr Reed Mangels in Protein in the Vegan Diet. Dr Mangels recommends that adults between the ages of 19 and 60 eat no less than 0,9 g of protein per kilogram of healthy body weight, with between 10 and 20 percent of their calories coming from protein. According to Dr Mangels' recommendation, a moderately active female vegan weighing 58 kg would need 52,2 g of protein per day, and a moderately active male vegan weighing 70kg would need 63 g of protein per day. Those over 60 need to increase their protein intake to between 1 and 1,2 g of protein per kilogram of healthy body weight per day, as their bodies don't process protein as efficiently.

The bottom line is that vegans who eat a varied diet that includes a range of vegetables, legumes, pseudo-cereals, unrefined grains, nuts and seeds rarely have a problem getting enough protein – as long as they take in enough healthy calories every day to meet their energy requirements.



1. SWAP SOME GRAINS FOR PSEUDO-CEREALS

Pseudo-cereals, such as quinoa, are seeds that have a similar texture to fine and fluffy grains when cooked – and they are a great source of protein for vegans (especially those with a gluten intolerance). The grains we typically consume, such as wheat, oats, barley and rye, are considered inadequate as a protein source as they don't contain enough lysine and isoleucine. By contrast, quinoa is a good source of lysine and isoleucine, and one cup of quinoa contains 8 g of protein. Likewise, buckwheat (which has no wheat in it and is a pseudo-cereal) is also a good source of essential amino acids and contains 6 g of protein per cup.

2. EAT MORE SEEDS

Harvested from the herbaceous plant *Cannabis* sativa, hemp seeds, are a great source of protein for vegans – particularly those with soya or gluten intolerance. One tablespoon contains an impressive 4 g of protein, and a tablespoon of hemp powder contains 3 g of protein. Due to the polyunsaturated fatty acid content of hemp seeds, they are susceptible to damage at high temperatures, so only add them to warm or cold dishes. You can also add a tablespoon of hemp powder to smoothies, or use the seeds to make hemp milk.

Pumpkin seeds, sunflower seeds and sesame seeds are also excellent sources of protein – all provide 2 g of protein per tablespoon. Be sure to activate seeds and nuts first, though, to make them more digestible and nutritious).

3. LATCH ON TO LEGUMES

Soya is also an excellent source of protein, and it has the advantage that it can add a rich and creamy or chewy texture to dishes, and can be flavoured however you want. It's available raw or in a variety of vegan-friendly products such as soya milk, tofu and tempeh. Raw soya beans provide the most protein at about 36 g of protein per 100 g, followed by tempeh (made from fermented soya beans), which provides 19 g of protein per 100 g. Tofu offers about 8 g of protein per 100 g, while soya milk has about 7 g of protein per cup.

Lentils and other beans are also a great protein source. A cup of lentils will provide you with 18 g of protein, while a cup of red kidney beans will give you 16 g of protein, and butter beans 12 g.

4. GO NUTS FOR NUTS

Almonds, pistachios and cashew nuts are all high in protein: 100 g of raw almonds provide 21,2 g of protein, 100 g of raw pistachios contain 20,6 g of protein and 100 g of raw cashew nuts provide 18,2 g of protein. Likewise, nut butters are also an excellent source, with one tablespoon of almond butter containing about 4 g of protein, and one tablespoon of cashew butter, about 2–3 g of protein.

5. CONSUME MORE GREEN VEG

Be aware that some green veg pack more of a protein punch than others. Cooked bok choy (also known as pak choi) and cooked brussels sprouts both provide 3 g of protein per cup, while cooked green beans contain 2 g of protein per cup. **

INSPIRATION









PLANTING THE SEED

Adien Aggenbach had followed a vegetarian lifestyle for years. But when she realised the extent of animal suffering for human consumption, she decided to go further. Going vegan not only changed her life, body and soul buť also resulted in a new business, Cape Town's first vegan eatery, Plant Café.

As told to Marli Meyer



been vegetarian for about 17 years, but it wasn't an ethical decision. I just sort of grew out of liking meat and, eventually, fish. Then one day I watched a clip from Earthlings on dairy cows and what happens to them, and it just broke my heart. I was like:

'That's it! No more. I'm not giving these guys a cent of my money.'

My partner was vegetarian, so I was vegetarian by default. Technically, I was pescatarian, because I didn't think of fish as animals. But as I learnt more, I realised that fish are actually very intelligent animals - they also have social structures and they recognise people. And for every fish you eat, whales and dolphins have died too; the collateral damage of fishing with those massive nets is insane!

I started doing research on what was really going on everywhere – it's brutal. I felt betrayed by society and I realised that the lies they're feeding us are making us sick. The more you know, the harder it becomes to justify.

Then a funny thing started to happen. I travel a lot for work -



engineering is my day job - and whenever I got off the plane I'd get the sniffles or a cold. When I went vegan, it stopped.

I moved back to South Africa - to Riebeek-Kasteel - in 2009 for work, after having lived in the States for a while. At first I thought I'd die of starvation, because what would I find to eat there? But I just started playing - experimenting with food, learning new recipes, and learning a different way to cook. Substituting plant-based milks for dairy was one of the first basic things; it's such an easy thing to do because there are so many options! I read up on what to use if you need a thickener or if you want French toast. I started using bananas, then aquafaba, the vegan substitute for eggs.

At that stage there was no catering for vegans here - no vegan restaurants, hardly any food in the shops. I was working with African Vegan Outreach, a non-profit organisation we founded to bring the message of compassion and non-violence to South Africans. I found it frustrating because people didn't want to know about veganism - they'd just throw the brochure away and order a steak. I joked with the friends I was doing the outreach with that I should open a vegan café, because we needed to eat.

And then I did just that!

hen I started Plant people told me I was crazy, that Cape Town couldn't sustain a vegan restaurant. Plus, I didn't have any restaurant experience other than waiting tables. We started putting the menu together based on the things I missed from the States. The first shop we opened was in the Bo-Kaap – and people were queueing out the door. It has just grown and grown. We're so grateful to our loyal clientele. It's also nice to see other vegan eateries, like The Hungry Herbivore, opening up in Cape Town.

IF WE FED ALL THE GRAIN WE'RE FEEDING TO FARMED ANIMALS TO HUMANS INSTEAD, THERE WOULDN'T BE WORLD HUNGER.



After going vegan I felt so good I didn't miss meat at all. Initially I lost about 4 kg and had tonnes of energy. But it's deeper than just a physical thing; it's a spiritual transformation too. I really felt as if I was being cleansed and had a new, light energy. I think we all absorb energy, and if we eat food that has anger, suffering and torture trapped in it, we're inevitably going to pick it up. Maybe that's collectively what's going on with humanity?

I hung on to my leather shoes and my leather belt, but eventually I gave everything away. The products you use in your home are also important. I don't think people realise that everything from your toothpaste to your washing powder is tested on animals.

Once you know, it's easy to choose products appropriately. Beauty Without Cruelty has a humane guide. Woolworths has its own Beauty Without Cruelty-approved cleaning, skincare and beauty ranges. There are lots

of options at Wellness Warehouse.

I know many vegan parents who've given their children the option of eating meat but they preferred not to! Often, parents tell me that their kids no longer have allergies since going vegan – many allergies are caused by dairy. If you think about it, you're drinking the milk of another species. There are rare instances when one species drinks another's milk for survival, but it's not natural. Dairy is a massive money machine and it breaks the sacred bond between a baby and a mom.

Vegetarianism is a good stepping stone. But if it's really about ethics for you, you wouldn't choose to contribute to suffering.

When people mostly do the right thing but sometimes eat meat, I feel that that's better than eating a lot of meat. But 'humane', 'grass-fed' or 'free-range' are just labels - the 'humanely' reared cow goes to the same slaughterhouse as the factory



cow. It experiences the same anxiety, dies the same way. Free-range is a sales gimmick to ease the conscience.

supplement with vitamin B12 and iodine. When I'm training a lot, I add magnesium and a spirulina smoothie every day, and I use the vegan recovery protein drink that we sell. Studies show that muscle recovery is faster on plantbased protein than on animal protein, so it's good for endurance sport and for recovery. Everyone - even meateaters - should supplement with B12, as it comes from the soil, which is now depleted. I also take vitamin C.

I never feel short-changed. I feel I've gained so much more than I've given up. At Plant we do serve things like imitation bacon, because I don't want to cater to only vegans

but to meat-eaters too, and it's got to be accessible to them. I want it to be a non-threatening environment. Obviously, I want the whole world to go vegan overnight! But second prize is for everyone to start somewhere.

Do a meat-free Monday first, then gradually cut down, then do a 21-day detox. Your body chemistry will change; your taste buds will change... My advice to anyone making the

transition is to take small steps. It is important to be aware of the realities, but don't get bogged down and feel defeated. Also, remember that you can make an impact - ethically and environmentally - by changing your own ways. Our planet cannot sustain the effects of animal agriculture, which are devastating. Large swathes of the Amazon rainforest have been cleared to plant soya to feed to livestock. If we fed all the grain we're feeding farmed animals to humans instead, there wouldn't be world hunger.

It's about a spiritual revolution. I have no doubt we're going to look back and say, 'How could we have allowed animal slavery to happen?'

Eat more plants. You'll feel better, the planet will feel better, animals will feel better. 👻





ost vegetarians and vegans know their way around soya burgers, macon and tofu in their stir-fries, but there are too many who have never tried seitan (pronounced say-tan). Seitan is derived from the

protein portion of wheat, so it's also sometimes called 'wheat-meat'. It works well in recipes that require meat, especially where a similar texture and level of protein is going to make the critical difference to the final outcome. But the interesting thing is its protein count: compared to tofu or soya, seitan is proteinpacked: it offers 75 g of protein per 100 g, compared with tofu's 8 g or the soya bean's 36 g. It is relatively low in carbohydrates and practically fat-free!

Seitan first appeared in the 6th century as an ingredient in Chinese noodle dishes, and was also widely used in Japan and Vietnam. It is often found on the menu in Asian restaurants to cater for Buddhists, who don't eat any form of meat.

Seitan is made by washing wheat flour dough with water until all the starch is removed. What remains is a sticky, insoluble gluten 'meat' that can then be cooked in various ways. The Chinese enjoy it fried, steamed or baked. Yóu miàn jin, translated as 'oilfried gluten', is raw gluten torn into small bits and deep-fried to form small, airy balls, something like dumplings, often eaten in soup or stew. Seitan can also be wrapped around itself to form a long sausage, or the gluten can be leavened and then baked.

In the West, seitan is often sold in blocks at health shops or at vegan and vegetarian markets. It is relatively flavourless on its own, hinting at a mild savoury flavour, so it's often sold flavoured with mushroom, onion or herbs. Naturally, it takes on the flavour of whatever it is cooked with, hence its versatility. It is often chosen over tofu or soya if the cook needs a product similar to meat in texture and look. Many people choose to shape the gluten to resemble patties or steaks, and then flavour it with smokey sauces.

Cooking with seitan is a great way to up your protein intake. It is easy to work with and readily available - and is increasingly making its way onto the menus of local restaurants. If you have the time (and the ingredients), you could easily make your own seitan at home. But however you source it, try out this great vegan curry recipe opposite to experience this miracle ingredient yourself!

BASIC SEITAN RECIPE

Serves 3

- 1 cup vital wheat gluten
- 3 tbsp yeast
- 1/2 cup vegetable broth
- 1/4 cup liquid amino acid
- 1 tbsp olive oil
- 1½ tsp minced garlic
- cooking broth (4 cups vegetable broth, 4 cups water, 1/4 cup tamari)
- 1. In a bowl, stir together the wheat gluten, yeast, vegetable broth, liquid amino acid, olive oil and garlic until the ingredients come together in a ball.
- 2. Knead the dough until it has a rubbery texture. Divide into 3 equal pieces and shape into 2 cm thick patties.
- 3. Bring the cooking broth to a boil in a large pot. Gently place the patties in the boiling broth. Cover the pot but set the lid askew to vent steam, and reduce the heat to low. Continue simmering for about 1 hour or until the patties are firm, turning them occasionally.
- **4.** Remove the pot from the heat, remove the lid, and allow the patties to cool in the broth for 15 minutes before serving.

Tip: You can store the seitan patties in an airtight container, covered with the broth, in the fridge or freezer. Use the broth as a base for a soup.

WHERE TO BUY SEITAN

- NobleWay Foods, Cape Town 082 900 7476; noblewayfoods.wixsite.com/seitan
- Ethical Earth, Bloemfontein 083 431 8367; www.ethicalearth.co.za
- Tabu Food, Pretoria 076 804 5599; www.tabufood.co.za
- www.wellnesswarehouse.com

SEITAN AND VEGETABLE CURRY

Serves 4

- 1 cup dry basmati rice
- 1 tbsp coconut oil
- 1 medium onion, diced
- 1 large garlic clove, minced
- 1 medium sweet potato, chopped
- 1 packet (225g) seitan, cubed
- 1/2 tbsp curry paste
- 1/2 tbsp curry powder
- 1 medium carrot, chopped
- ½ tbsp corn starch
- ½ cup sweetened soya or almond milk
- 1 cup vegetable broth
- 3–5 large kale leaves, trimmed and torn or chopped
- a pinch of salt
- a dash of red pepper flakes
- **1.** Cook the rice according to the instructions on the packet.
- **2.** Heat the coconut oil in a large frying pan.
- **3**. Add the onion and stir for about 5 minutes.
- **4.** Add the garlic and stir for about 3 minutes.
- **5.** Add sweet potato, seitan, curry paste and curry powder. Cook for about 5 minutes or until browned. Add the carrot.
- **6.** Combine corn starch and milk and whisk well. Add to the pan along with the vegetable broth. Stir to combine.
- **7.** Let simmer for 5 minutes, stirring occasionally. Add kale, salt and red pepper flakes and simmer until kale is wilted.
- 8. Serve the curry with rice. "





PHOTOGRAPHS: GALLO IMAGES/GETTY IMAGES

no commitment at all about what you're going to eat six months or a year from now. And second, we work as a group. All our research participants get together every week. They share successes and challenges, swap recipes and keep each other going strong.

'The question then was, how can you get the same kind of support if you don't live near our office in Washington DC? So we launched the 21-Day Vegan Kickstart programme so people can do it wherever they are. It's all online. They get tonnes of support, they can talk with each other, and the whole programme is fun and very quick - just three weeks. And it's free!'

HOW DOES IT WORK?

- You sign up at www.pcrm.org/ kickstartHome with your email and personal details.
- On the first of the month following that day, you start receiving your daily motivational messages, tips and support from the Kickstart coaches - doctors, celebrities and athletes – who guide you through it.
- It lasts three weeks, and you get meal plans for each day.
- There is a community forum where you can ask questions, share tips and successes and chat to others experiencing what you are going through.

WHAT ARE THE BENEFITS?

'In our research,' says Dr Barnard, 'we've found that almost everyone loses weight, unless they are already at their ideal weight. And their cholesterol levels fall. If they have high blood pressure or diabetes, those conditions improve and sometimes go away. And what matters

most is that you're being pulled out of an unhealthy rut and getting into a good healthy groove that will bring you toward your goal.'

The other benefit is that you don't have to think about what to cook or how you'll be sticking to your new lifestyle - it's all done for you. The meal plans include recipes for breakfast, lunch, a snack and dinner

AN EXAMPLE MENU

- BREAKFAST: cinnamon apple oatmeal
- LUNCH: vegan tomato soup
- SNACK: sliced sweet pepper
- DINNER: barbecue-style portobello mushrooms with quinoa pilaf

You'll also receive other resources, like the pocket guide that helps with what to choose when you eat out.

Are there any other similar programmes?

This is the best-known challenge, but there are others.

• The 30-Day Vegan Pledge

by The Vegan Society (www.vegan society.com) is similar but lasts a whole month. It's also online- and email-based.

• The 30-Day Vegan Challenge

by Colleen Patrick-Goudreau, the author of six books, including The Joy of Vegan Baking and Vegan's Daily Companion. You can also sign up to an online programme linked to the book. According to her website, www. colleenpatrickgoudreau.com, this comprehensive guide:

- debunks common nutrition myths and explains the best sources of such nutrients as calcium, protein, iron, and omega-3 fatty acids
- helps you become a savvy shopper, eat healthfully affordably, restock your kitchen, read labels, and prepare nutrient-rich meals without feeling overwhelmed
- offers practical strategies for eating out, travelling, hosting holiday gatherings, and attending social events
- provides delicious, nutrient-rich, easy plant-based recipes
- empowers you to experience the tangible and intangible benefits of living a healthy, compassionate life, including achieving healthful numbers for cholesterol, blood pressure, weight, and more.
- The Cape Town Vegan **Challenge** is run by Vegilicious (www.vegilicious.co.za) once a year, usually in April. The challenge is 30 days long and includes a series of events like a vegan braai, screenings of informative films about the vegan lifestyle, dinner parties at participating restaurants and online support and resources.

There are also lots of online seven-day vegan challenges if you'd prefer to start small. But the challenge, in any form, is a way to get into the flow of a vegan lifestyle while cooking delicious recipes, learning about new ingredients and making sure you're getting all the nutrients you need. As Dr Barnard says: 'So many people describe [the challenge] as just the experience they need to break away from unhealthy habits.' 👻



smart answers

The moment you utter the words 'I'm vegan', you will be inundated with questions - guaranteed. Here's how to answer them.

By Liesl Robertson

WHAT'S THE DIFFERENCE BETWEEN BEING VEGETARIAN AND BEING VEGAN?

The real challenge here will be to not say what you are thinking, which is 'duh'. In short, a vegetarian is someone who doesn't eat meat, while a vegan avoids all animal-related products, as in meat, dairy, eggs and even honey. More importantly, veganism is about more than food - it's a lifestyle, a moral stance that recognises both animals and insects as sentient beings.



There are three reasons people choose to become vegans: 1) For the animals 2) for health, and 3) for the planet.

Coined by Donald Watson in 1944, the term 'veganism' is defined as 'a way of living that seeks to exclude, as far as possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing and any other purpose'. So the decision is usually made from an animal rights perspective: a belief that animals have a right to life as much as we do, and an outright refusal to partake in the unnecessary killing that goes on in the animal industry. According to PETA, the average American consumes 26 chickens, half a pig, one turkey, a tenth of a cow and 40 fish per year - so just one vegan can make quite a difference.

Second, a plant-based vegan diet has been shown to have tremendous health benefits, from a reduced risk of cancer, diabetes, high blood pressure and premature death to increased energy, younger-looking skin, reduced allergy symptoms, and stronger hair and nails. Vegans also tend to have lower BMIs and lower percentages of body fat.

Third, a plant-based diet is better for the earth: livestock consume more protein, water and calories than they produce and meat production contributes to global warming, pollution, deforestation, land degradation, water scarcity and species extinction. Here are some nice stats to whip out: studies have shown that 'a varied vegan diet requires about a third of the land needed for conventional Western diets' and '3,5 billion humans could live off the food currently fed to livestock'.



Actually, if you look at human anatomy, the facts suggest that we are designed to be frugivorous herbivores, living on a diet of fruits, seeds, roots and leaves. Our teeth are not strong enough to chew and crush bones, and we don't have the long, sharp canines of carnivores. Instead, we have a small, flat mouth and a digestive system geared towards digesting plants: for instance, the enzyme ptyalin in your saliva breaks down complex carbohydrates found only in plant foods.

BUT POESN'T YOUR BODY NEED MEAT?

If you plan your meals properly, you don't need meat to be healthy. Grains, beans, nuts and vegetables all provide large amounts of protein; broccoli, dark leafy greens, tofu, fortified juices and soya milk are packed with calcium; and you can get iron from chickpeas, spinach and pinto beans.

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Veganism is a way of living that seeks to exclude, as far as possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing and any other purpose.

What you do need to keep an eye on is your vitamin B12 levels – you will need to take a supplement for that.

The American Dietetic Association writes: '[Properly planned vegan diets] are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases... [and] are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood and adolescence, and for athletes.'



Keep in mind that milk is meant for the cow's calf. But dairy cows have their calves taken away within a day or so after giving birth and the calves are fed a substitute formula, and the milk intended for the calf is bottled and sold. Throughout their lives, the cows will be impregnated again



and again in order to keep producing milk. Their living conditions are cramped and mastitis, an infection of the udder, is common due to the unnaturally high milk yields.

Since male calves are of little use, they are either killed shortly after birth or raised for veal. The female calves will become dairy cows like their mothers, milked until their milk yields start to decline and slaughtered after seven or eight years (less than a quarter of their natural life expectancy).



Even free-range hens are often crammed into small living spaces: EU legislation, for instance, stipulates that 1 m² of floor space can be occupied by up to nine birds. In South Africa there is still no official free-range labelling legislation in place to determine requirements. The hens' beaks are also routinely trimmed to prevent them from pecking one another and they're usually slaughtered before reaching the midpoint of their natural life span.



Did you know that a typical honey bee produces just a twelfth of a teaspoon of honey in its lifetime? And that is after travelling for kilometres a day and visiting up to 1500 flowers. Some large commercial honey producers take all the bees' honey, replacing it with a cheap sugar substitute that is not as nutritious. Plus, some of the bees invariably get crushed when the hives' storage slots are emptied. That

honey that you're spreading over your toast was painstakingly produced and was meant to feed the hive in winter, when food is scarce. There are many natural sweeteners you could use in place of honey.

IS VEGANISM REALLY THAT GOOD FOR THE PLANET?

Without question. Meat production, in particular the rearing of beef, is detrimental to the environment, releasing what *Scientific American* calls 'prodigious amounts of heat-trapping greenhouse gases'. And, in the US alone, more than 100 million hectares of forests are cleared every year to make space for grazing. If you want to do something good for the environment, adopting a vegan diet is more impactful than switching to a greener car!

Also, consider this: instead of spending millions growing food for livestock, we could just cut out the middle man; the amount of grain it takes to feed livestock in order to produce meat for one person could feed five people if they just ate the grains. It takes more than 7 kg of plant food and thousands of litres of water to produce less than 500 g of beef. In comparison, it takes 94 litres of water to grow 500 g of wheat.

There have been arguments made to the contrary. A recent study that found that, calorie for calorie, producing lettuce creates more greenhouse gas emissions than bacon has been quoted a lot in the media – but this is an oversimplification. In short, not *every* plant product is more environmentally friendly than *every* meat product. Veggies like kale, broccoli, rice, potatoes, spinach and wheat (to name just a few) all rank lower than pork in terms of greenhouse gas emissions. And although it's true that

it takes more water to grow cherries, mushrooms and mangoes than any meat, crops like corn, peanuts, carrots and wheat all use less water than all non-seafood meat.



Leather is more than just a byproduct of the meat industry - in fact, many animals are raised just for their skin. Wool also seems like an innocent byproduct of sheep farming, but, as with dairy cows, they are sent off to slaughter when they stop producing as much wool. Shearers are also often paid per sheep, which means that shearing takes place at quite a pace, resulting in nicks and cuts, or even ears, tails and pieces of skin being taken off in the process. The wool industry also practises 'mulesing', which is meant to prevent fly strike; during this process, a part of the sheep's flesh is cut off without anaesthesia.

As for silkworms, they're typically killed in their pupal stage. In order to unravel the cocoons and produce silk thread, they are submerged in boiling water with the silkworms still inside. Approximately 15 silkworms are killed to produce just 1 g of silk.



Their numbers would probably decline; considering their living conditions, that's probably for the best. And, since less land would be used to rear livestock, new habitats would be freed up and wildlife populations would flourish.

GREAT READS

Inspiring lifestyle guides and recipe books to enhance vour vegan experience.

By Ethne Withers



THE NEW VEGAN: GREAT **RECIPES, NO-NONSENSE ADVICE & SIMPLE TIPS**

By Áine Carlin (Kyle Books)

'Veganism gave me the confidence to become the person I always thought I could be... compassionate, caring and openhearted,' wrote Aine Carlin in Keep It Vegan, which won her both a PETA and a Gourmand Award.

Now Aine is back, with more practical answers to some of the challenges of being vegan. But her main emphasis is on enjoying good vegan food that's healthy and economical. Recipes such as Stuffed Baked Apples

with Almond Cream (for breakfast!), the intriguing Queso-less Quesadilla with Apple Chutney, and the indulgent Sticky Bourbon Baklava, are all very tempting. There are also gluten-free recipes, as well as instructions for making your own beauty products. Read more at peasoupeats.com.

STICKY **FINGERS VEGAN** SWEETS: 100 SUPER-SECRET VEGAN RECIPES

By Doron Petersan (Avery Press) The title of this book suggests finger-licking

vegan indulgence, and author Doron Petersan's back story positively guarantees it! The founder and chef of the highly successful Sticky Fingers Sweets & Eats bakery in Washington DC, which has established itself as 'the local bakery that happens to be vegan', Doron also took the crown a couple of years back in the Food Network's Cupcake Wars: All Stars TV show.

This book features 100 'triedand-true' vegan recipes ranging from indulgent snacks to breakfast treats, plus the promised cakes and desserts. It includes the bakery's three most popular sweets - Little Devils, Cowvin Cookies and Sticky Buns.

MAIN STREET VEGAN: EVERYTHING YOU NEED TO KNOW TO EAT HEALTHILY



By Victoria and Adair Moran (Penguin) Main Street Vegan makes the argument for vegan living in a straightforward way that will be invaluable for anyone contemplating



the change, or for those who've tried veganism and then slipped back into their old ways. Each chapter deals with one or other troubling issue, offering pragmatic lifestyle and eating solutions, with the emphasis on making the

transition to plant-based eating and cruelty-free living step by step. The recipe at the end of each chapter shows that plant-based dishes can 'mimic traditional favourites or stand on their own as simply delicious'. The authors have an infectious sense of adventure and the ability to rise to a new challenge – both of which they reckon you need to become vegan.

Check out mainstreetvegan.net.

VEGAN SLOW COOKING FOR TWO-OR-JUST FOR YOU

By Kathy Hester (Fairwinds Press)

The book opens with an introduction on how to use a slow cooker effectively; and follows this with 100 diverse recipes. Besides breakfast

treats, soups, curries, stews, risotto and pasta dishes, there are also tasty sandwich fillings, drinks and desserts; and for busy vegans on the go there are complete savoury meals in a pot,



including an All-in-One Thanksgiving Dinner. All recipes are calculated for a 1,5-litre cooker, which limits them to just enough for singles (with leftovers), couples or not-very-hungry small families. 👻







Generally speaking, distilled spirits are your best bet. Most brands of hard liquor, like bourbon, vodka, gin, whisky and rum, are vegan. Sometimes it's less obvious: all vermouths from Martini & Rosso contain 'trace amounts of animal byproducts or ingredients'; and some liqueurs may also have non-vegan sugar (filtered through bone char) added at the final stage of preparation. Cream-based liqueurs, obviously, are not vegan; and it's also a good idea to check the label for honey, which is used in some spirits and a variety of cocktails.

When it comes to beer, cider and wine, it helps to do your research. Many are processed or filtered using animal products such as gelatine (extracted from the skin, tendons, ligaments, and/or bones and hooves of, usually, cows and pigs) or egg whites. The classic stout Guinness, for instance, is not vegan: isinglass, a form of collagen obtained from the swim bladders of fish, is used during filtration.

> But if you're a Guinness fan, there is light at the end of the deprivation tunnel: earlier this year, the makers announced that they were exploring

an alternative filtration method because 'we could not label Guinness as suitable for vegetarians'. The new process involves 'a state-of-the-art filtration system at St James's Gate, which, once in place, will remove the use of isinglass in the brewing process.'

Check the ingredients of your mixers too: some sodas contain ester gum, or 'glycerol ester of wood

THE WORD TO LOOK OUT FOR 15 GLYCEROL -IT'S DERIVED FROM ANIMAL FATS.

rosin'. The word to look out for is glycerol - it's derived from animal fats.

Even fruit juices are not necessarily safe. Before you top up your mimosa,

check the label on the orange juice - Tropicana's 'heart-healthy' orange juice, for instance, contains added fish oil and fish gelatine to give it an omega-3 boost. Also tread carefully when it comes to pink lemonades and grapefruit juices: an ingredient called carmine, carminic acid, E120 or natural red 4 (aka the ground-up shells of cochineal bugs) may be used to enhance the red colour.

So how can you be sure what's vegan and what isn't? A good place to check is online at www.barnivore.com: The Barnivore Vegan Alcohol Directory is a comprehensive list (27552 entries, at last count) of beers, wines and liquor. You can help to expand the list by contacting companies using the email template to find out if products are vegan - there are already quite a few South African wines listed in the directory. The best thing to do is to conduct your own research online - generally, wineries that produce vegan wines are very vocal about it. 👻

A FEW GREAT TIPPLES FOR **VEGANS**



Keep in mind...

Checking the label isn't always the answer. Animalderived products such as gelatine are sometimes used to remove impurities and improve clarity in beer, wine and cider, but they're not regarded as ingredients because they're removed in the process.

10 CELEBS you didn't know were vegan

We love a socially-conscious celeb - and these 10 stars are doing their bit for animals, and the world.

By Sandra Parmee



behind it was irrefutable,' she says. 'Science is always changing, but this one seems to stick.'

<mark>1.</mark> ELLEN DEGENERES

Our favourite talk-show host used to love cheeseburgers and steak. 'I did what everyone else did: I had a disconnect,' she says. Then she forced herself to watch the documentary Earthlings. 'You just see that and think: "I can't participate in that!"" Becoming vegan has led to positive changes in her life: 'I'm healthier for it; I'm happier for it.'

2. MICHELLE PFEIFFER

Michelle insists that her diet is about vanity: 'I really noticed a difference in my skin not too long after switching to fully vegan,' she told Urbanette magazine. It started when she saw The Last Heart Attack on CNN, and then bought a book by Dr Caldwell Esselstyn called Prevent and Reverse Heart Disease. 'I felt like the science

3. ELLEN PAGE

The Juno star is a longtime vegan, and outspoken about it. 'Why are vegans made fun of while the inhumane factory-farming process regards animals and the natural world merely as commodities to be exploited for profit?' she asked on Twitter.

4. JAMES CROMWELL

In the 1995 film Babe, about a sweet little talking pig, James Cromwell played a kind-hearted farmer, a role that got him an Oscar nomination and turned him vegan! 'I cared about [the animals'] welfare, and then you have lunch and it's all there in front of you, and I thought I should go the whole hog, so to speak,' he said.

5. ARIANA GRANDE

The tiny 23-year-old pop star has been

a PETA-verified vegan since 2013. 'I love animals more than I love most people, not kidding. But I am a firm believer in eating a full plant-based, whole-food diet that can expand your life length and make you an all-around happier person,' she told Mirror.

<mark>6.</mark> JOAQUIN PHOENIX

A vegan since the age of three, Joaquin narrated the film Earthlings, which has converted loads of people and celebs (such as Ellen DeGeneres).

7. MILEY CYKUS

Miley is so serious about her diet that PETA says she might be 'the veganest vegan to ever vegan'. She made the decision in 2014 and says that her pet pig and fish inspired this shift. 'I realised these are intelligent animals,' she told Jimmy Fallon.

<mark>8.</mark> STEVIE WONDER

He's been vegan for about two years now, and even sang about his diet in Carpool Karaoke. Check it out on YouTube - search for 'Stevie Wonder Go Vegan'.

9. SIA

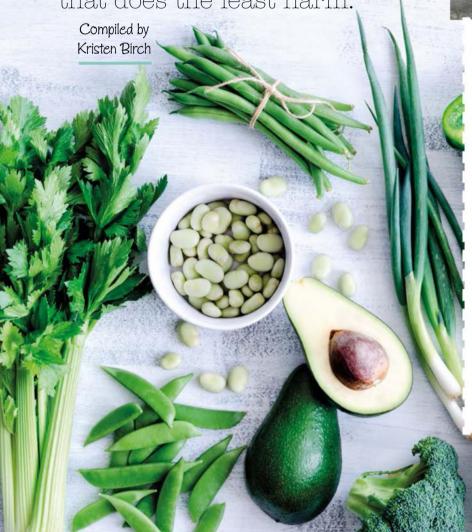
The quirky Australian singer of 'Chandelier' became fully vegan in 2014.

10. PAMELA ANDERSON

Trust Pammy to make veganism sexy! She was part of a (rather controversial) PETA campaign for animal rights, and now has a vegan website and a 'sexy little vegan cooking show'. "



For nutritionist Dawn Macfarlane, being a vegan is about living in a way that does the least harm.



B. WHEN DID YOU BEGIN THE VEGAN LIFESTYLE?

A: A few months before I turned 20 I discovered the horrors of factory farming, and was finding it increasingly difficult to sleep with a clear conscience. The problem was that my family entertained often, and this usually meant braais on Sundays. I enjoyed that way of eating because I'd been brought up on it. I'd often tried to cut down on meat, but without any lasting success. But on the eve of my 20th birthday I decided to give myself the gift of not eating meat for one month. I made myself a promise that I would see this through, no matter what. The true gift was realising I couldn't eat meat any longer. I have had some lapses over the years, but I've always returned to eating this way, as I feel at peace with myself. I also find that it increases my vitality and helps me sleep better.

a: WHAT STRUGGLES HAVE YOU HAD WITH VEGANISM?

A: The greatest challenge has been the lack of understanding from others. At first, I was made to feel that something was wrong with me, that I was a fussy eater and inconsiderate towards others. When I tried to explain the violence inherent in our cultural food

> choices, people either distanced themselves from me or became aggressive. I felt very alone. The word 'vegan' was almost non-existent then.



A: Yes. I feel like I am eating a wide spectrum of rainbow foods - foods nurtured by soil, sunshine and the air we breathe. I love the fact that I am eating of life and not of death. It's so easy to do, because the thought of eating in a way that causes suffering and death feels much heavier.

a: HAVE ANY OF YOUR FRIENDS AND FAMILY DISCOVERED VEGANISM TOO?

A: My husband was vegetarian when I met him and has since become vegan. Initially, our daughter ate vegan only at home, but now she embraces it socially too. Some

of my clients who weren't vegan have since made the transition, including friends and family. My brother, who was always dismissive, now admits to veganism being the right way. My husband's social upliftment project, Ubuntu Touch, includes teaching healthy vegan living as one of its core principles for a more connected and sustainable world.

a DO YOU THINK YOU'RE HEALTHIER NOW THAN YOU WERE BEFORE?

A: Before going vegan, my health was in crisis. I had suffered from debilitating migraines for years. I was desperate – I'd tried everything, from the medical model to homeopathy, without success. I was also so anaemic I was scheduled to undergo a blood transfusion. My energy levels were critically low and I felt constantly tired and depressed. I had mild acne, which made me feel selfconscious, and I experienced severe menstrual cramps.

During my month of giving up meat, I started feeling a resurgence of energy. My headaches disappeared as if by magic. When I went to have my blood retested, my iron levels were normal. I was beyond excited. My skin cleared up and this gave me new confidence. My menstrual cramps disappeared. I had no idea that any of this was possible, let alone in such a short space of time. I felt I'd been given a second chance at life.

During my years as a young mother, my family was concerned that my levels of protein, calcium and iron would be compromised, so I used to go for annual blood tests – more to pacify them than for myself. My test results were consistently within the normal range. I seldom get colds or flu, and I haven't been to a doctor due to illness in more than 30 years.

Health encompasses more than

healthy eating, although eating is key - regular exercise, sunshine, fresh air and rest are all essential components.

a: DO YOU PLAN YOUR MEALS?

A: I don't specifically plan my meals. My focus is on eating a wide variety of fresh, organic plant-based whole foods.

a: IS IT EASY TO FIND THE KIGHT FOODS?

A: It is much easier to be vegan today than it used to be. There is so much information. In addition, there are many plant-food options available that make it much easier to live without supporting cruelty. Restaurants are starting to offer vegan options, and many fully vegan restaurants are opening worldwide.

a: WHAT WOULD YOU SAY TO THOSE WHO ARE AGAINST VEGANISM?

A: My main argument would be for compassion in the light of intense animal cruelty. If we can exist in full health and vitality without harming others, why wouldn't we choose to do so? We should be the protectors of the innocent and most vulnerable among us, not their persecutors. We should honour and respect all life. Veganism is good not only for our physical, emotional and spiritual health but also for all the ecosystems on the planet.

Q: ARE THERE ANY GOOD BOOKS YOU'D RECOMMEND?

A: The China Study by T Colin Campbell and Thomas M Campbell and The World Peace Diet by Will Tuttle have been of huge support and inspiration on my vegan journey.

Q: SHOULD WE ALL BE VEGAN?

A: I think so. I dream of a vegan world in which animals and humans live together in peace and harmony. "

DO VEGANS NEED SUPPLEMENTS?

And if we do, which ones?

By registered dietician Jessica Kotlowitz

a common misconception that the vegan diet lacks certain nutrients and that vegans need to take a variety of supplements to be healthy. In fact, research shows that vegans generally get plenty of all their nutrients and have better intakes of certain vitamins and minerals than non-vegans, thanks to the high amounts of fruits and vegetables in their diets.

> But there is one important nutrient that is not available on a vegan diet, and it does need to be supplemented to avoid deficiencies: vitamin B12.

Vitamin 812 is an essential nutrient that plays an important role in the production of DNA and in the functioning of the nervous system. Vitamin B12 deficiency can result in a type of anaemia that makes you tired and weak and can also cause tingling, numbness, confusion and forgetfulness due to damage to the nervous system.

QUICK GUIDE

NUTRIENT: Vitamin B12 TYPE: Cyanocobalamin FORM: Tablet **AMOUNT: 25-100 mcg** per day or 1000 mcg twice a week RECOMMENDED **SUPPLEMENT: Solgar** Vitamin B12 1000 mcg nuggets: take one twice a week

Some of these effects can be irreversible, so it is essential that all vegans supplement vitamin B12.

Vitamin B12 is found in bacteria and in animal products, but not in plants. There are claims that certain plants like

mushrooms, seaweed and tempeh are good sources, but this is not the case. These plant foods contain inactive forms of vitamin B12 that don't perform the necessary functions of vitamin B12 in the body and won't prevent deficiencies.

Some processed breakfast cereals and breads are fortified with vitamin B12, so vegans can get all the necessary vitamin B12 by eating fortified foods. But you'd need to eat at least two servings of these foods a day to prevent deficiencies, and they're not always the healthiest choices because they are usually highly processed. So the best option is to take a vitamin B12 supplement.

It comes in various forms: mouth sprays, skin patches, tablets and injections. All of these are safe and effective, and there are no major side effects to taking vitamin B12 (though some people may get a mild form of acne if they take too much). But you do need to make sure that the quantity of vitamin B12 in your supplement is sufficient and that the type of vitamin B12 is the kind that is well absorbed by the body. The form of vitamin B12 that is most stable and best absorbed is cyanocobalamin. It's been well studied, and we know it effectively improves vitamin B12 levels and prevents deficiencies. The other form, methylcobalamin, hasn't been well studied and we don't know if it is actually effective in improving





Avoid omega-3 supplements that are flaxseed oil-based, as these will contain only ALA (which can easily be consumed through diet) and will not provide you with the DHA that you need. Always check the label for the amount of DHA included in your supplement.

Vitamin D is commonly known as the 'sunshine nutrient', as it is mostly manufactured by the body through exposure to sunlight. Vitamin D plays an important role in bone health and calcium absorption. Dietary sources of vitamin D are very few (only oily fish, organ meat and eggs), so sunshine is a much more important source of vitamin D.

To make vitamin D from the sun, we need to be exposed to direct sunlight (not through a window or glass and without sunscreen on) for about 20 minutes a day. Because we lead such office-bound lifestyles and use sunscreen when we are outdoors, many South Africans, vegan and nonvegan alike, suffer from vitamin D deficiency.

Vegans who get enough sunlight each day do not need to supplement vitamin D, but those who

avoid or don't spend enough time in the sun may need to supplement.

During the winter months it may be necessary to supplement with vitamin D to avoid the winter blues. But if you get enough sunshine through the summer, your body can store up enough vitamin D to last you through the winter.

If you have low vitamin D levels or

don't get enough sunlight you should supplement 1 000 IU (international units) of vitamin D a day. (Get a blood test to find out if you need to do that.)

Vitamin D supplements come in two forms: vitamin D2 and vitamin D3, and can be found in mouth sprays, capsules and skin patches. Vitamin D3 is generally better absorbed, but is usually extracted from animal products, so it's not vegan. Vitamin D2 is usually from plant sources and is not absorbed as well, but is still effective at increasing vitamin D levels in the blood. Mushrooms left in the sun for an hour or two will also synthesise vitamin D2 and can be a great source of vitamin D if you don't want to supplement.

plays an essential role in the function of the thyroid. There are few dietary sources. Amounts of iodine in food vary depending on the iodine content of the soil. In South Africa, table salt is fortified with iodine, so if you include a small amount of table salt (1/4 tsp per day) in your diet it's unnecessary to supplement iodine. Seaweed is also a great source of iodine; eating about one serving a week will help you to reach your requirements.

There are hundreds of 'superfood' supplements on the market that claim to have multiple health benefits, but these health claims are often unproven. These supplements tend to be poorly regulated, so purity and safety cannot be assured. It is possible that some 'superfood' or 'living food' supplements may provide some health benefits, but it's unlikely that they'd provide any health benefits beyond those obtained from a diet high in fresh fruit and vegetables. Until proven as necessary, safe and beneficial and until we know the dosages that are effective for improving human health, these shouldn't be routinely recommended.

All you really need is lots of fruit, vegetables, wholegrains, legumes, nuts and seeds – and vitamin B12!

QUICK GUIDE

NUTRIENT: Vitamin D
TYPE: Vitamin D2
FORM: Capsules
AMOUNT: 1 000 IU per day or
20 minutes of direct sunlight
RECOMMENDED

SUPPLEMENT: Viridian Vitamin D 1 000 IU; take 1 capsule per day

WHAT YOU NEED TO KNOW ABOUT IRON

By Ethne Withers

ron occurs in two forms: heme iron, found only in meat, fish and eggs; and non-heme iron, found in plant foods. Heme iron is more easily absorbed by the body and it improves the absorption of non-heme iron, but as a vegan you won't get iron in this form, so you will generally tend to have lower iron stores in your body. But as long as you're still within the 'normal' range, you're not iron deficient. Plus, new research seems to indicate that having lower iron stores may even be better for your health. But if you display some of the symptoms of an iron deficiency – such as fatigue, difficulty focusing, breathlessness, anaemia, brittle nails and frequent infections, consider taking a supplement.

Vegetarians could need as much as 1,8 times the amount of iron recommended for meat-eaters, says the Food and Nutrition Board of the Institute of Medicine in the US, because of the lower rate of absorption of non-heme iron from plant foods. This figure could be even higher for vegans, who don't eat eggs. And those who take part in regular intense endurance exercise, such as running, may need even more iron per day, so the American College of Medicine recommends that vegan athletes should have their iron levels checked regularly.

Keep in mind...

- Avoid drinking tea, coffee
- and cocoa at mealtimes, as
- the polyphenols in these
- drinks 'capture' iron, so
- your body cannot absorb it.

Good plant sources of iron

- · BEANS are high in iron, soya beans in particular. But the iron in soya beans is not very accessible unless you ferment them and eat them in the form of miso or tempeh, for example. Lentils have 3,3 mg iron per half cup, whereas the same quantity of kidney beans has 2,6 mg of iron. It is very important to soak the beans as per the instructions on the packet in order to unlock the nutrients.
- MOLASSES is rich in iron (use it as a sugar replacement). Two tablespoons will give you about 3,8 mg of iron.

- GREEN LEAFY
 VEGETABLES are a good source of iron. Spinach offers the most, at 3,2 mg of iron per half cup, and swiss chard is next with 2 mg per half cup. Dulse seaweed is also rich in iron.
- GRAINS are a good source of iron. Oatmeal has about 1 mg of iron per half cup (soak oats overnight before cooking to increase the iron absorption), and a slice of wholewheat bread (preferably leavened to improve iron availability) has about 0,68 mg. Also include fortified cereals, quinoa, brown rice and wheatgerm in your diet.
- SEEDS AND NUTS contain enzyme inhibitors and antinutrients that

make them difficult to digest and prevent us from accessing a lot of the nutrition. This is the reason many people are now 'activating' their nuts and seeds before eating them. This involves soaking them for several hours, then draining and drying them to remove the natural chemicals. Find out more at movenourishbelieve. com/nourish/everythingyou-need-to-knowabout-activating-nuts.

Whole sesame seeds are tops for iron, with 4,19 mg of iron per 30 g, and tahini has as much as 2,6 mg of iron per 30 g. Roasted pumpkin seed kernels are also high in iron, providing 4,18 mg per 30 g, and toasted sunflower seed kernels offer 1,91 mg per 30 g. Cashews, pine nuts, almonds and pistachios are also good sources of iron. €



So much information on food labels is couched in wording many of us are unfamiliar with, it's a veritable minefield. Here are some pointers to help you make informed choices when you shop for groceries.

By nutritionist Dawn Macfarlane

irst, let's state the obvious: vegan foods may not contain animal products or byproducts. Also, they may not have been tested on animals or caused any harm to them. All unprocessed plant foods are vegan, so a whole-food plant-based diet is the best option.

Look for the Certified Vegan logo or wording to the effect that the product is suitable for vegans or strict vegetarians. Check the ingredients and allergens lists for no-nos like egg, milk, casein or whey. Note that 'May contain...' labelling is a legal

requirement if allergans are used in the same factory and does not necessarily mean the product isn't vegan.

'Natural flavourings' is an umbrella term often used on the packaging of products that contain very few natural ingredients - and these flavourings can be from both animal and plant sources. Generally, the more processed the food, the greater the potential for hidden ingredients. Foods labeled 'enriched' could contain ingredients from animals, such as vitamin D3, or cholecalciferol, which is derived from either fish oil or lanolin found in sheep's wool.

SCRUTINISE FOOD LABELS FOR THESE INGREDIENTS:

- Albumen/albumin/ **ovalbumin** – from egg white. Used in cakes, pastries, sweets, soups, stews and imitation sausage. It is sometimes used to clarify beer and wine.
- Ambergris from whale intestines. Used as a flavouring in foods and drinks.
- **Anchovies** in olive tapenade, Worcestershire sauce and caesar salad dressings.
- Artificial flavours may be derived from animal sources. In baked foods, beverages, cereals, salad dressings and other processed foods.
- Beeswax in chewing gum, ice cream and confectionery, and used to coat some fresh fruits and vegetables.
- Butter fat/butter oil/ **buttermilk** – included in some dark chocolates, breads and other processed foods.
- Carbamide/urea from urine and other body fluids. Used to brown baked foods like pretzels.

pigment from crushed cochineal beetles. Used as a food colouring in sweets, confectionery, maraschino cherries, spreads and fruit juices.

• Casein/calcium caseinate/sodium caseinate – derived from the milk protein casein. Can be found

• Carmine/cochineal/

carminic acid/E120 - red

- Casein/ calcium caseinate/ sodium caseinate – derived from the milk protein casein. Can be found in soya cheeses, non-dairy creamers, frozen desserts and flavoured crisps, and is sometimes used to clarify beer and wine.
- Castor/castoreum creamy substance from muskrat and beaver genitals. Labelled 'natural flavouring', it can be used as a vanilla substitute in ice creams, chewing gum and alcoholic beverages.
- **Curds** made from coagulating milk. Used in spicy foods like curries.
- **Cysteine/L-cysteine** from poultry feathers. Used in bread, bagels, baking mixes and cereals.
- **Diacety1** milk derivative. Found in microwave popcorn, corn chips, crackers, cookies, chocolate, cocoaflavoured products, sweets, desserts, flour mixes, sauces, soft drinks, chewing gum and ice cream.
- Disodium inosinate/E631
- can be produced from meat or fish.
 A flavour enhancer in snack foods.
- **Emulsifier** may be derived from plants or animals. It's used in many processed foods.
- **Flavour enhancers** may be derived from plants or animals. Used in sauces, including some brands of soya sauce.
- **Foaming agents** typically from animals. Used in processed foods to create a 'whipping' effect.
- **Gelatine/gelatin** obtained by boiling skin, tendons, ligaments and bones from cows or pigs. A thickening agent in jelly, puddings, chewing gum, chewy sweets, jams, cakes, ice cream and yoghurt; used to make salt and

spices stick to roasted peanuts; and used to clarify beer and wine.

- **Ghee** clarified butter used in many Indian dishes.
- **Glutamic acid** amino acid in plant and animal tissue. Used as food seasoning.
- Glycerine/glycerin/glycerol/E432 a byproduct of soap manufacture, usually made from animal fat. Used as a food sweetener, also in chewing gum.
- **Isinglass** a form of gelatine obtained from fish bladders. It is sometimes used to clarify beer, wine and apple juice.
- **Lactic acid** from the blood and tissue of animals. Used in beer, pickles and sauerkraut.
- **Lactose** milk sugar. Can be found in baked food. Lactalbumin, lactalbumin phosphate and lactoferrin are also derived from milk.
- **Lanolin/lanolin acids** from the oil glands of sheep extracted from their wool. May be in chewing gum.
- **Lard/tallow** fat from pigs. Can be used to fry chips, and may be found in baked foods and baked beans.
- **Methionine** essential amino acid usually derived from egg albumin and casein. Used as a texturiser and to keep crisps fresh.
- Milk fat/milk solids/ clarified butter/non-fat milk powder – can be found in dark chocolate and other processed snacks.
- **Mono- or diglycerides** sometimes derived from animal fats. In sweets, crisps, bread, cake mixes and dairy-free margarines.
- **Musk** from the genitals of wild animals. In some food flavourings.
- **Rennet casein** milk coagulated by the addition of rennet from the stomach of calves. May be found in imitation cheeses.
- **Shellac/E904** resin secreted by the lac insect. Used to glaze sweets

and confectionery and to coat some fresh vegetables and fruits, like apples.

- **Stearic acid** mostly from animal fats. In chewing gum and food flavouring.
- Whey/whey protein hydrolysate – protein from milk. Cheap flavour enhancer found in crisps, bread, baked goods, in some soya milks and dark chocolate.

THINK TWICE BEFORE YOU BUY THESE:

- **Breads** are often given a shine on top with egg or egg wash, and some contain buttermilk or other dairy products.
- **Deep-fried foods** often have egg in the batter.
- Fizzy drinks and even grapefruit juice may contain insect-derived dyes or other animal-derived ingredients.
- **Some orange juice** brands contain fish oil or lanolin.
- **Pastas** often contain egg, especially freshly made pasta.
- **Pesto** usually contains Parmesan.
- Processed vegetable meat substitutes may contain traces of dairy.
- **Salad dressings** often contain mayonnaise, which is made with egg.
- **Vegetarian sushi** sometimes contains mayonnaise.
- **Vegetable soups** may contain meat, chicken or fish stock.
- **Processed foods** often contain palm oil. Although not derived from animals, it is a major cause of deforestation and the consequent loss of habitat for endangered species such as the orangutan and Sumatran tiger. **

If in doubt, check with the manufacturer or email Dawn on dawntana@gmail.com for more information.



It's a good idea to cut down on sweeteners in general, but if you have a sweet tooth, satisfy it by choosing good ones that help you to stick to your healthy eating plan.

By nutritionist Dawn Macfarlane

irst off, we'd advise you to go easy on the sweeteners. The World Health Organisation says added sugars should comprise less than 10% of the energy you get from food per day (on a 2000-calorie diet), and says if you limited it to below 5% about 6 teaspoons of sugar - you'd derive additional health benefits.

Sweeteners to avoid

HONEY

Bees make honey from nectar to feed the hive and sustain their young. By eating honey, we're robbing bees of their food during the colder months. Seen in this light, even taking honey from the top of the hive, where there are no larvae, is contrary to the spirit

of veganism. In addition, bees are usually smoked out of their hives, hurting and killing many in the process. Bees produce honey for their survival; we don't need honey to survive.

CANE SUGAR

Refined cane sugar has been linked to obesity, allergies, mood swings, headaches, depressed immunity and insulin resistance.

If you do buy cane sugar, look for products labelled raw sugar, organic unbleached sugar or evaporated cane juice.

ARTIFICIAL SUGAR SUBSTITUTES

Artificial sweeteners (such as aspartame and saccharin) and sugar alcohols (such as sorbitol and xylitol) are not recommended, because they are either chemically synthesised or highly processed.

The glycaemic index explained

The glycaemic index (GI) is a ranking of carbohydratecontaining foods based on how slowly or how quickly they cause increases in blood glucose levels. Glucose is the reference food, with a GI value of 100. Foods with a low GI value (55 or less) release glucose into the bloodstream slowly and steadily, whereas foods with a high GI value (70 and above) release glucose rapidly. A low-GI diet is believed to be the best for preventing diseases and controlling your weight.

The healthiest sweeteners are as close to the whole food as possible...

FRESH FRUIT

Fruits are nature's desserts and an excellent natural sweetener. Slice or grate fruit into cereal and porridge. Also, sauces from apples or bananas can be used for baking.

• Eating fruit gives you antioxidants, vitamins, minerals and fibre.

FRUCTOSE

Derived from fruit, fructose looks a lot like white sugar.

- Fructose does not have much nutritional value, and in high quantities could damage the liver and cause insulin resistance.
- It has a lower GI than cane sugar.

DRIED FRUIT

Dried fruits create
a stickiness, binding foods
together in raw food recipes.
Dates and raisins can be
soaked and blended to
sweeten nut milks and
make sweet treats. Try to
avoid dried fruits that are
preserved with sulphur
dioxide if you are sensitive
to sulphites.

 Dried fruits are significant sources of dietary fibre and potassium.

COCONUT NECTAR AND COCONUT BLOSSOM SUGAR

Made of the sap of the flower buds of the coconut palm, the nectar and sugar have a mild flavour.

- They are rich in B vitamins, vitamin C and minerals.
- They have a lower GI than most other sugars.

DATE SUGAR

It looks like brown sugar, but it's finely ground dried dates.

• It has significant nutritional value, as it is both high in fibre and rich in vitamins and minerals.

SUCANAT

Sucanat is a brand name for what is basically dried sugar cane juice. The juice is extracted from the cane and then evaporated to dry into granules.

• In contrast to table sugar, the vitamins, minerals and trace nutrients have been retained. Like molasses, it is high in iron, magnesium and B vitamins.

STEVIA

This sweetener is derived from a herb, *Stevia rebaudiana*. It is 30 times sweeter than cane sugar, yet does not contain any sucrose. Only a small amount is needed to sweeten food. Stevia can be found in liquid and powdered form – the white powdered form has been refined and is not recommended.

- Powdered stevia does not contain vitamins or minerals.
- It has a zero GI value, which means it does not affect the blood glucose level at all.

BARLEY MALT SYRUP

This is a sticky syrup made when roasted sprouted barley is combined with water and cooked down.

About half as sweet as white cane sugar, it lends food a malty flavour.

• It contains B vitamins.

BROWN RICE SYRUP

This syrup is made from whole-grain rice treated with enzymes to break down starches into sugars. The resulting liquid is boiled down into a syrup.

- It may contain traces of arsenic.
- It has a very high GI of 98.

AGAVE NECTAR

Sap is extracted from the agave plant, filtered and heated at a low temperature to break down carbohydrates into sugars to make this syrup. It has a mild, neutral taste – some say it tastes like honey.

- It does not crystallise like honey, so it has a longer shelf life.
- It has a very high fructose content, which could be bad for your health.
- It has a lower GI than many other sweeteners.

MAPLE SYRUP

To make this sweetener, xylem sap is tapped from maple trees and boiled down to the consistency of syrup. Look for "pure maple syrup"; imitation ones are just flavoured corn syrup.

- Maple syrup contains zinc, manganese, iron, calcium and potassium.
- It has a GI of about 54.

MOLASSES

Molasses, also called black treacle, is a byproduct of extracting sugar from sugar cane.

- It is high in B vitamins, iron, potassium and magnesium.
- It has a GI of about 55. 📽

Is it ethical TO HAVE PETS?

We might love our furry friends to bits, but are we just keeping them captive for our own happiness, at the expense of theirs?



Things to consider before deciding on a companion animal

- Never buy animals from a pet shop or an illicit breeder. Rather take home a rescue animal.
- · If you're going to get a dog, consider getting two to prevent loneliness.
- Try not to leave dogs alone all day. If possible, take them to a day-care facility while you're at work so they can be with people and other dogs, or drop them off at a family member's home.
- Don't keep caged animals.
- Think about things from your animal's perspective.
- Take your time when walking your dog. Let them sniff and amble to their heart's content. It's a treat for them to be in a different environment.

By Sandra Parmee

Liberation, in which he lobbied for better treatment of animals and for a plant-based diet. But he didn't object to us keeping animals as pets. Gary Francione and Anna Charlton, authors of Animal Rights: The Abolitionist Approach, take a harder line. They say that keeping animals as pets violates their fundamental rights - and that animals should have the right not to be property. 'Non-human animals have a moral right not to be used exclusively as human resources, irrespective of whether the treatment is "humane", they say. When we claim to own something, we take away its intrinsic value. Francione and Charlton compare it to human slavery, where the master decides how to treat the slave and decides how important the slave's life is.

If animals are property, they say, 'they are things that we value. They have no rights; we have rights, as property owners, to value them. And we might choose to value them at zero.'

We may believe that we treat our animals well, they point out, but we can't control how other people treat their animals. There are laws that control this, of course; that protect animals and prosecute people for abusing or neglecting their pets. But they don't always work. The law inevitably favours the pet owner, as the assumption is that the animal is their property.

ost of us don't think twice about having pets. We either grew up with cats and dogs at home, or desperately wanted them, so when we got our own homes, we got a couple of pets too.

Our pets bring us endless joy and companionship. In turn, we look after them well: we feed them good food, we take our dogs for walks, and we cuddle and adore them. So why would people believe it unethical to keep pets?

Back in 1975, Peter Singer, who is considered the father of the animal rights movement, wrote Animal

WHY ARE PETS TREATED BADLY?

According to Jessica Pierce, US bioethicist and author of Run, Spot, Run: The Ethics of Keeping Pets, the pet industry encourages people to buy pets to keep the huge industry going. 'Pet-keeping is advertised as easy and fun. You can buy an animal for less than you can buy a pair of shoes. And this makes it easy to underestimate the seriousness of the decision to bring an animal into our homes, and feeds into an attitude that animals are disposable.'

PETA (People for Ethical Treatment of Animals) says the pastime of domesticating animals has created an overpopulation crisis. Millions of animals are put to death every year, as they are considered 'surplus'.

Sometimes we don't even realise that we are treating animals badly. Pierce talks about the humble goldfish, a starter pet for most families with small kids. When we get a goldfish for our kids, how long do they live? Probably no more than a few months a year if we're lucky. But, says Pierce, did you know that the goldfish actually has a lifespan of 25 years?!

'I began to notice more and more research emerging on the cognitive lives of fish, including goldfish, and came to realise that they are sentient creatures just like the other animals in my home; that they have feelings and experience things like fear and boredom,' says Pierce.

It is possible that goldfish die so quickly because they are unbelievably bored. We keep birds in cages when

the one thing they want to do is fly. We keep animals from their own kind, from learning how to survive in the wild, from any chance at freedom. 'When kept alone in a small cage, birds, small mammals like hamsters and gerbils - and even fish - lack adequate physical, mental and social stimulation. Solitary confinement of human prisoners is considered a violation of basic human rights, yet this is essentially what we do to some of our pet animals,' Pierce says.

Many of us leave our dogs alone at home all day with nothing to do but lie around. What choice do we have? We have to go to work. But, Pierce argues, dogs are evolved to work, too - they want to do jobs for us or for themselves. 'We know from research that they need to have meaningful work.'

Despite this, Pierce believes many dogs and cats live pretty good lives: 'They have co-evolved with us and are comfortable in human environments.'

What about other animals? Pierce says that 70% of captive reptiles die before they even reach your local pet store. Of the survivors, 75% will not live past their first year as a pet. Some animals just don't adapt well to our world. So should we stop buying pets at all?

Well, most of us know it's better to rescue an animal than to buy one; buying a pet from a breeder or pet shop is possibly the worst thing you could do. PETA highlights the reality of puppy mills, where millions of dogs are 'confined to filthy wire cages in puppy mills, forced to churn out litter after

litter until they wear out, then killed or dumped at the local animal shelter.'

IS THERE A SOLUTION?

'It's complex,' Pierce says. 'There are so many positive things about keeping animals as our companions.' She encourages us to try to see things from the animal's perspective before making the decision. Would you want to be kept in a cage all day, with no company and nothing to do or live for?

Francione and Charlton argue for the complete end to the pet industry. 'We love our [rescue] dogs, but if the world were more just and fair there would be no pets at all, no fields full of sheep and no barns full of pigs, cows and egg-laying hens. There would be no aquaria and no zoos.'

'However "humanely" we treat animals, argue Francione and Charlton, they are still subject to treatment that, were humans involved, would be considered torture. 'They are perpetually dependent on us. Some of us might be benevolent masters, but we really can't be anything more than that.'

PETA's take on the issue is interesting: 'PETA does not want to confiscate animals that are well cared for and "set them free". What we want is for the population of dogs and cats to be reduced through spaying and neutering, and for people to adopt animals (preferably two, so they can keep each other company when the humans aren't home) from pounds or animal shelters - never from pet shops or breeders - thereby reducing suffering in the world.'

Keep in mind...

Can my animal companion be vegan too? We take a look at your options.

Worth considering, but not for all animals, says Dr Quixi Sonntag, of the Faculty of Veterinary Science at Pretoria University.

'Dogs have similar nutritional needs to humans - they're omnivores, but can obtain their essential nutrients from plant material only."

Cats, however, need the nutrients from meat, says Dr Sonntag, and any deficiency could cause serious problems, like stunted growth.

Sonntag recommends feeding your dogs and cats some home-cooked dishes, 'as long as the diet is balanced and fulfils the nutritional requirements for that species'.

beautifully

Here's a guide to looking pretty the cruelty-free way, and our pick of the best buys.



A vegan-friendly beauty product is never tested on animals: not at the source (the ingredients), during formulation, or as a final product. It is also free of any animal-derived ingredients such as egg, honey, beeswax or milk. Look for the bunny symbol on beauty buys, which indicates they've been certified by Cruelty Free International, or for the Beauty Without Cruelty logo on South African products.

THE HIT LIST

People for the Ethical Treatment of Animals (PETA) has a 1-o-n-g list (www.peta.org) of animalderived ingredients to avoid in beauty products, food and more. The list isn't all-inclusive - there are thousands of technical and patented names for ingredient variations. We've singled out some no-go ingredients found in beauty and hair-care products.

LET'S BE REALISTIC

PETA says, 'We want to emphasise that no one can avoid every single animal ingredient. Being vegan is about helping animals, not maintaining personal purity. Boycotting products that may contain trace amounts of animal products can actually be harmful to animals in the long run. For example, by refusing to eat a veggie burger from a restaurant because the bun may contain traces of milk or eggs you are discouraging that restaurant from offering vegan options because it seems too difficult a task.'

Good to know...

- Go cruelty-free with your makeup brushes too opt for

Steer clear of these...

ALPHA-HYDROXY ACIDS: These include several acids (lactic acid among them) used in exfoliants and anti-wrinkle creams.

Alternatives: glycolic acid, citric acid & salicylic acid

AMINO ACIDS: These are the building blocks of protein in all plants and animals. They're used in beauty products, and you won't know whether they're animal- or plant-based unless it's specified.

Alternatives: synthetic & plantsourced amino acids

BEE PRODUCTS: Honey, wax and pollen are used in many health and beauty products. Wax, for instance, is used in lipsticks. depilatories and hair straighteners. Alternatives: pollen collected from plants, parafin & vegetable waxes

COLLAGEN: This fibrous protein is usually derived from animal tissue. It doesn't even have any effect on the skin's own collagen, and it's an allergen.

Alternatives: soya protein, almond oil & amla oil

COLOURS & DYES: Pigments from animal, plant and synthetic sources are used to colour foods, cosmetics and other products. That crimson colour you love so much? It's often cochineal, which is derived from bugs. Coal tar derivatives used as colours are continuously tested on animals because they're carcinogenic.

Alternatives: grapes, beets, turmeric, saffron, carrots, chlorophyll, annatto & alkanet

ELASTIN: Similar to collagen, this protein is found in the neck ligaments and aortas of cows. Again, it doesn't improve the elasticity of human skin anyway! Alternatives: synthetics & protein from plants

FATTY ACIDS: These may be one or a mixture of acids like caprylic, lauric, myristic, oleic, palmitic and stearic acid. They're used in soaps, lipsticks and cosmetics.

Alternatives: vegetable-derived acids, sova lecithin & safflower oil

GLYCERIN & GLYCEROL: These are byproducts of the soapmaking process and often contain animal fat. They're in cosmetics, chewing gum, toothpastes, soaps, ointments, lubricants and plastics. Look out for their derivatives too: alvcerides, alvcervls, alvcereth-26 and polyglycerol.

Alternatives: vegetable glycerin & seaweed derivatives

HYALURONIC ACID: When animal-derived, this protein is sourced from the umbilical cord and fluids around the joints. It's used in cosmetics.

Alternatives: synthetic hyaluronic acid & plant oils

KERATIN: This protein, from ground-up horns, hooves, feathers and hair of various animals, is found in hair rinses, shampoos and permanent wave solutions.

Alternatives: almond oil, soya protein & human hair from salons

LIPOIDS & LIPIDS: These fat and fat-like substances in skin-care products are derived from animals and plants.

Alternatives: vegetable oils

RETINOL: This form of vitamin A is animal-derived.

Alternatives: carotene

VITAMIN A: This vitamin could be sourced from fish liver oil, egg yolk and butter. It is widely used in cosmetics, creams, perfumes, hair dyes and vitamin supplements.

Alternatives: synthetic vitamin A or sourced from plants



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WHAT TO EAT

before, during and after exercise

is no secret that nutrition plays a vital role in athletic performance and recovery. But with so many diets advocating different approaches, this remains an area of confusion for the health-conscious athlete.

For a long time, for instance, the traditional diet for athletes pushed the consumption of large quantities of protein. And although protein is a necessary macro-ingredient, we now know that the large quantities that were recommended are not.

For the vegan, the focus on protein - often, animal protein - has posed a particular difficulty. This doesn't mean we can't be vegan and active. There are many successful athletes (and not just endurance runners) who compete on entirely vegan diets. It just requires focus, says foodninja_za, a dietician who specialises in the science behind nutrition and exercise. (Exercise here refers to a standard mixed cardio/moderate resistance, 60-90 minute workout where the goal is to maintain a healthy weight or shed a little fat for a more ideal body weight.)

For the most part, if you are getting an even enough distribution of carbohydrates, proteins and fats in your meals throughout the day, you don't need to be overly concerned about what you consume directly before and after exercise. But if you would like to make sure, these are her suggestions:



By Jamie Day

THE PRE-WORKOUT SNACK

This serves to prepare your body for physical exertion. A piece of fruit is an effective pre-workout carbohydratebased snack. But the snack's size should speak to how hard the session will be and what your body composition goals are. Some vegans have come up with a general rule: consume carbohydrates and protein in a 3-to-1 ratio. One vegan blogger swears by her Green Smoothie: 2 bananas (the carbohydrate component) whizzed together with baby spinach and 1 cup soya milk (the protein component), half a cup almond milk, and ice. The carbs to include should be quickworking, high-glycaemic carbs such as dates or bananas. Hard-to-digest, starchy carbs like bread should be avoided, as this will divert energy for digestion rather than movement.

PURING EXERCISE

Most people's energy stores last 60–90 minutes. But if the session stretches beyond 90 minutes, you may find you need an extra kick. Though not scientifically proven, some people swear by drinking coconut water to stay hydrated and maintain electrolyte levels. Coconut water contains easily digested carbs in the form of sugar and electrolytes, and is healthier than sugar-filled sports drinks. However, a teaspoon each of salt and sugar dissolved into regular tap water is as effective, says foodninja_za.

POST-WORKOUT SNACK

What you eat after exercising should replace glycogen stores and rebuild muscles in preparation for the next workout. A combination of carbs and protein is recommended postworkout. Vegan-friendly combinations would be a piece of fruit and nuts, or fruit and soya-based biltong. A pro athlete we spoke to says she has a dry shake of avocado, nut butter, mixed seeds, raw cacao powder, water and a scoop of Puregreen protein powder (specifically formulated for vegans) straight after a workout.

Legumes, sprouts or vegan cheeses are fibrous foods that are difficult to digest, and are not recommended post-exercise, especially if you're going to exercise again within 12 hours. But if you normally exercise 3–4 times a week, eating a mixture of legumes and rice is an effective way to tick the carb and protein boxes. \checkmark

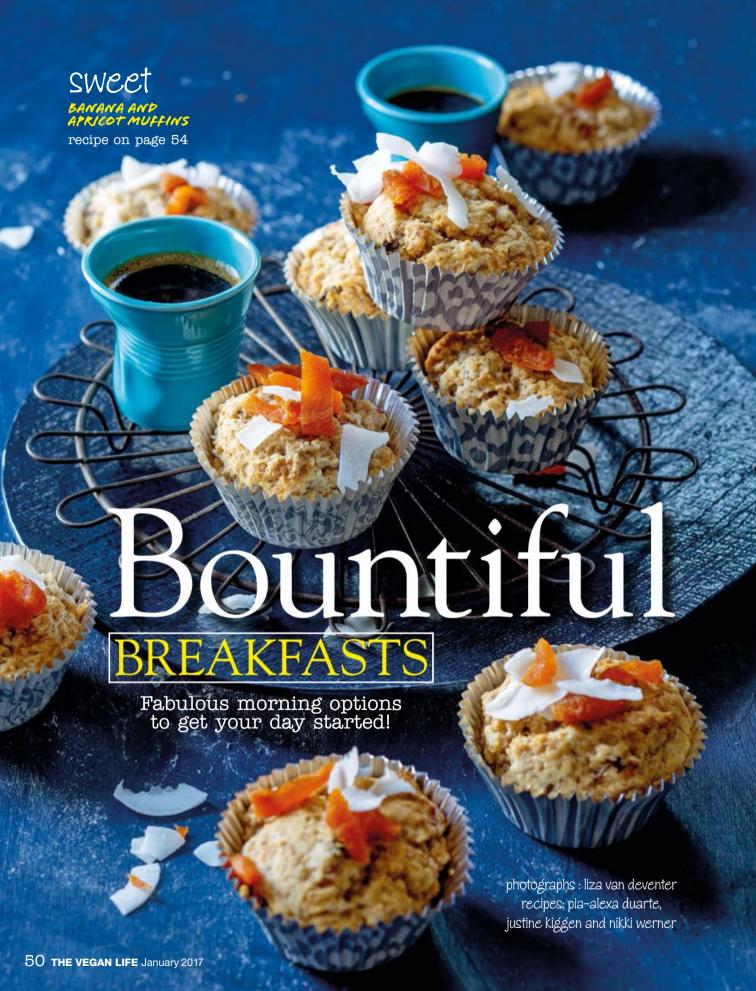
READER RECIPE

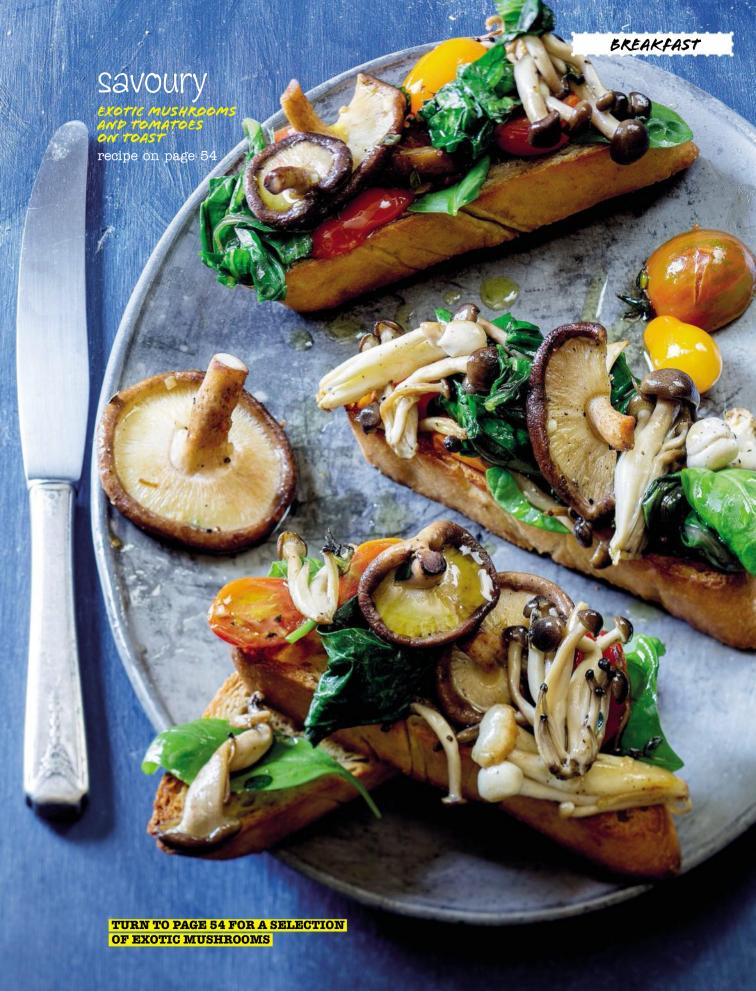
COCONUT ICE

Makes 16 squares

- 1 tin full-fat coconut cream
- ¾ cup white sugar
- · 1 cup icing sugar, sifted
- 1/2 cups desiccated coconut
- 1 small beetroot, washed, peeled and quartered
- 1. In a small non-stick saucepan, bring coconut cream and white sugar to a boil. Reduce to a simmer and stir constantly for 30-40 minutes or until it has reduced by about half. It should have the consistency of regular condensed milk. Allow to cool completely.
- 2. In a large mixing bowl, combine the 'condensed milk', icing sugar and desiccated coconut. The mixture should resemble a firm dough. If it is too soft, add a little more coconut and icing sugar.
- 3. Add the beetroot to the "dough" and knead until the pale pink colour is evenly spread through. Remove and discard the beetroot.
- 4. Line a rectangular or square dish (a large lunch box works well) with wax paper, leaving enough excess paper at the sides to allow you to pull the mixture out once it has set. Press the coconut ice in neatly and use a metal spoon to smooth the top. The slab should be approximately 21/2 cm thick. Refrigerate for at least 3 hours.
- 5. Remove the slab from the container, place on a wooden cutting board and, using a sharp knife, slice into squares. 👻











BANANA AND APRICOT MUFFINS

Makes 20

- 3 cups self-raising flour
- 1 tsp baking powder
- 1 cup brown sugar
- 1 tsp ground cinnamon
- 1 tsp salt
- 2 large or 3 small ripe or overripe bananas
- 1 cup sunflower oil
- 1 cup almond milk
- 3 tbsp white vinegar
- 100g Turkish apricots, roughly chopped
- 1. Preheat the oven to 180 °C.
- **2.** Sift all the dry ingredients together into a bowl and set aside.
- **3.** Combine all the remaining ingredients in another bowl and beat until well combined.
- **4.** Make a well in the centre of the dry ingredients, add the wet mixture and fold together until just mixed.
- **5.** Divide the batter among 12 paper-lined muffin cups and bake for 30–35 minutes or until baked through.

CHIA, BERRY AND BANANA SMOOTHIE

Serves 2-4

- l cup frozen raspberries
- 3 medium bananas, peeled, sliced and frozen
- 2 cups apple juice
- 2 tbsp chia seeds

- 1. Place all the ingredients in a blender and blend until smooth. Add a little more apple juice if you prefer your smoothie more runny.
- **2.** Divide the smoothie mixture between 2 glasses and serve.

MAPLE CLUSTER GRANOLA

Serves 8

- 1 cup rolled oats
- 50g pumpkin seeds
- 50 g sunflower seeds
- 50 g flaked almonds
- 50 g pecan nuts, roughly chopped
- 1/4 cup desiccated coconut
- ¼ cup bran
- ½ tsp salt
- ½ cup coconut oil
- ½ cup maple syrup
- 1 tsp vanilla essence
- ½ cup dried cranberries, chopped (optional)
- 1. Preheat the oven to 150°C.
- **2.** Toss all the dry ingredients except the cranberries on a baking tray and bake for about 20 minutes or until the mixture begins to smell fragrant.
- **3.** Place coconut oil, syrup and vanilla in a small saucepan over a medium heat and stir until melted.
- **4.** Pour the melted mixture over the dry ingredients and toss well to coat all the ingredients. Rough clusters will form; don't break them up. Return to the oven for 30 minutes.
- 5. Remove from the oven and allow

the granola to cool completely.

6. Serve with almond milk or sprinkled over fruit salad with coconut cream.

EXOTIC MUSHROOMS AND TOMATOES ON TOAST

Serves 4

- 2 tbsp olive oil, plus extra for drizzling
- 200 g exotic mushrooms, larger ones thinly sliced
- · 1 clove garlic, crushed
- 2 tbsp fresh thyme leaves
- 80g baby spinach
- 100g exotic tomatoes, halved and pan-fried
- 4 thick slices ciabatta bread
- salt and milled pepper to taste
- fresh basil leaves, to serve
- 1. Preheat the oven grill for the toast.
- **2.** Heat the oil in a frying pan, add mushrooms and cook for 1 minute. Add garlic, thyme and spinach, season with salt and pepper, and cook for another couple of minutes or until the spinach is wilted. Remove from the heat and set aside.
- **3.** Drizzle the sliced ciabatta with a little bit of olive oil and toast under the grill for half a minute on each side or until golden brown.
- **4.** Arrange a few basil leaves and tomatoes on the toast and top with the warm mushroom and spinach mixture. Serve immediately.

Choose from a selection of protein-packed mushrooms

Portobello mushroom Button mushroom mush





LENTIL AND ROASTED SWEET PEPPER SALAD IN A JAR

Serves 4

For the salad:

- 2 red sweet peppers
- 2 tbsp olive oil
- 2 tins (400g each) lentils, drained and rinsed
- 1 red onion, finely sliced
- 2 stalks celery, finely sliced
- 3 carrots, peeled and diced
- 5g flat-leaf parsley, chopped
- 5g fresh coriander, chopped

For the dressing:

- 2 tbsp Dijon mustard
- 2 spring onions, sliced
- ½ cup extra-virgin olive oil
- ¼ cup white balsamic vinegar
- juice and zest of ½ lemon
- ½ tsp sugar (or to taste)
- salt and milled pepper to taste
- 1. Preheat the oven grill, place the peppers on a baking tray and roast them until they are charred on all sides. Place the hot peppers in a bowl, cover with cling film and leave to cool. Once cooled, remove the skin, seeds and pith from the peppers and slice into strips.
- **2.** Toss all the ingredients together in a bowl. Whisk the dressing ingredients and pour over the salad. Taste to adjust the seasoning.
- **3.** Spoon the salad into 4 glass canning jars.





Keep in mind...

Rice wrappers or rice paper are made from rice. water and salt. Wonton wrappers contain egg too. Right before you use the rice wrappers, rehydrate and soften them in warm or hot water. It is not for baking, so don't use it like phyllo pastry!

DELUXE HUMMUS SANDWICHES

Serves 4

For the hummus:

- 1 tin (400g) chickpeas, drained
- 2 cloves garlic
- 2 tbsp tahini
- 2 tbsp olive oil
- 1-2 tbsp water

Filling:

- olive oil
- · 1 onion, thinly sliced
- 1 tbsp balsamic vinegar
- 1 tsp brown sugar
- 1 tin (400g) artichokes, drained and sliced
- 100g marinated cooked sweet peppers
- 50g rocket
- salt and milled pepper to taste
- 8 thick slices of seed bread
- 1. Place all hummus ingredients in a blender and pulse until smooth and creamy.
- 2. Heat a little olive oil in a pan and fry onion until golden. Season with salt and pepper. Add balsamic vinegar and sugar, and cook for a further 5 minutes over a low heat or until the onion is caramelised.
- 3. Spread 2 slices of bread with hummus and top the bottom slice with artichoke, caramelised onion, peppers and rocket. Season and top with remaining slice of bread. Serve immediately.

THAI RICE WRAPS

Serves 4-6

For the wraps:

- 8-12 rice wrappers (can be found at some large retailers or specialist stores)
- 100g vermicelli rice noodles, cooked according to instructions on the packet
- 2 carrots, peeled and sliced with a julienne peeler or mandolin
- 1 red sweet pepper, thinly sliced into strips
- 1 yellow sweet pepper, thinly sliced into strips
- 4 mini cucumbers, thinly sliced into batons
- 3 spring onions, thinly sliced
- 100g bean sprouts
- a handful of fresh mint, torn

For the dipping sauce:

- 1/4 cup light soya sauce
- 1 clove garlic, crushed
- 1/2 tsp sesame oil

To serve:

- toasted sesame seeds
- fresh coriander
- 1. Soak rice wrappers in warm water for a few seconds to soften.
- 2. Working on a clean surface, put a wet rice wrapper down and arrange layers of the filling ingredients in the middle of the wrapper. Carefully enclose the edges of the spring roll inwards, tuck one flap over the filling and roll it up tightly to enclose the filling.
- **3.** Repeat with remaining wrappers.
- 4. Combine dipping sauce ingredients in a small bowl, scatter sesame seeds and coriander over the wraps and serve.

SPICY FALAFEL

Serves 4

- 2 cups dried chickpeas. soaked in cold water overnight
- ½ small onion, finely chopped
- · 4 cloves garlic, crushed
- 1–2 tbsp cake wheat flour
- 1 tsp baking powder
- ¼ cup tahini
- 1 tbsp extra-virgin olive oil
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- salt and milled pepper to taste
- vegetable oil, for frying
- tomato salsa, to serve
- 1. Place all the falafel ingredients in a blender and pulse until the mixture is well combined and has a thick consistency.
- 2. Refrigerate for at least 30 minutes.
- 3. Lightly oil your hands and roll teaspoons of the mixture into balls.
- 4. Heat 2 cm oil in a medium saucepan and fry falafel in batches for about 3 minutes or until golden on all sides and cooked through.
- 5. Serve falafel with salsa.

ASIAN NOODLE SALAD

Serves 2

- 1 tbsp oil, for frying
- ½ red cabbage, finely sliced
- 1 tbsp rice vinegar
- 5 spring onions, chopped
- · 2cm-piece ginger, grated
- · 2 cloves garlic, grated
- 3 heads bok choy, leaves separated
- 100g bean sprouts
- 100g rice noodles, cooked





For the dressing:

- 2 tbsp tamari
- 1 tsp sesame oil
- ½ cloves garlic, bruised
- 1 tbsp chopped fresh coriander, plus extra to garnish
- 1. Heat oil in a wok or frying pan and stir-fry the cabbage with the vinegar for 2 minutes or until just softened.
- 2. Add ginger and garlic and cook for another minute. Add bok choy and bean sprouts and set aside.
- **3.** Combine the dressing ingredients.
- 4. Toss together the cabbage mix with the cooked noodles. Drizzle dressing over and serve topped with fresh coriander.

VEGAN JUMBO **VEGETABLE** SAMOOSAS

Makes about 15 samoosas

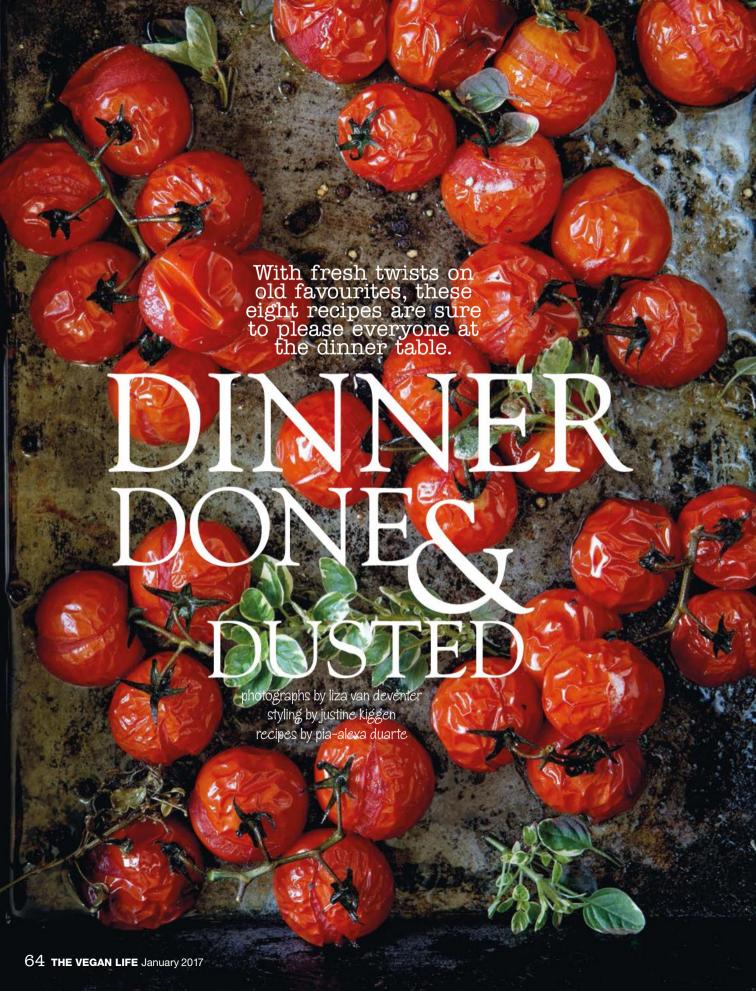
- 3 tbsp vegetable oil
- l onion, chopped
- 1 tsp each ground cumin and coriander
- 1 tsp dried crushed chillies
- 1 tsp mustard seeds
- 1 tsp dried turmeric
- · 1 clove garlic, crushed
- · 2cm-piece ginger, grated
- 3 potatoes, peeled and diced
- 3 tbsp curry leaves
- ½ cup water
- 1 cup peas
- salt and milled pepper to taste
- 500g phyllo pastry
- vegetable oil, for frying
- chutney, to serve
- 1. Heat the oil in a pot, add onion and fry until golden. Add spices, garlic, ginger and potato and cook over a medium heat for 5 minutes, stirring occasionally. Add curry leaves and water and simmer for

15 minutes or until the potatoes are tender but not soft. Add peas and season to taste. Transfer to a bowl and leave to cool.

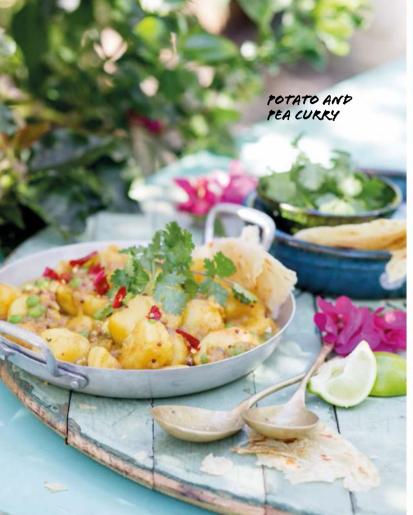
- **2.** Layer 3 sheets of phylo pastry on a clean surface, brushing a little bit of oil between the sheets. Slice the layered pastry into 2 long strips. Keep the remaining pastry under a damp tea towel to prevent it from drying out too much.
- **3.** Place a teaspoon of the filling mixture on the bottom of each strip of pastry and fold the bottom left corner diagonally up, over the filling so that the edge is in line with the edge of the bottom sheet of pastry. Fold the pointed end closest to you straight up and over to completely enclose the filling and repeat the folds until you have reached the end of the pastry.
- 4. Heat 2 cm oil in a medium saucepan and fry the samoosas in batches of 4 or 5 at a time for about 6 minutes or until golden and crispy. Drain on kitchen paper and serve with chutney. 👻















POTATO AND PEA CURRY

Serves 4-6

- 1 kg potatoes, peeled and cut into large chunks
- 2 tbsp vegetable oil
- 1 onion, sliced
- 2 tsp black mustard seeds
- 2 tsp mild curry powder
- 2 green chillies, chopped
- 2 tsp ground coriander
- 2 tbsp tamarind paste
- 2 tsp sugar
- 1 cup peas
- salt and milled black pepper
- fresh coriander, to garnish
- naan, to serve
- **1.** Place the potatoes in a pot, cover with cold water and cook until parboiled. Drain and set aside.
- **2.** Heat oil in a pot and add onion. Fry for 3 minutes or until golden.

- **3.** Add mustard seeds, curry powder, chillies and coriander. Cook for 1 minute, then stir in the tamarind paste and sugar.
- **4.** Add potatoes and 1½ cups of water. Cook for 10 minutes or until the potatoes are cooked through. Add peas and allow to heat through. Season with salt and pepper.
- **5.** Garnish with coriander and serve with naan.

VEGGIE SPAGHETTI BOLOGNESE

Serves 4-6

For the veggie balls:

- 100g pecan nuts
- 250g portabellini mushrooms
- 3 cloves garlic, crushed
- 1 small onion, roughly chopped
- 1 tin kidney beans, drained and rinsed

- $\frac{1}{4}$ - $\frac{1}{2}$ cup dried breadcrumbs
- ¼ cup chopped parsley plus extra for garnish
- salt and milled pepper to taste
- 3 tbsp olive oil, for frying

For the sauce:

- 1 tbsp olive oil, for frying
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 tins (400 g each) chopped peeled tomatoes





- 50 g tomato paste
- 3 tbsp dried oregano
- 1 tsp sugar (or to taste)
- salt and milled pepper to taste

For the zoodles:

- 8 large baby marrows, spiralised, or 800g readymade baby-marrow noodles
- 1. Place all the ingredients for the veggie balls except the oil in a food processor and pulse until well blended. Roll the mixture into golfball-size balls and chill in the fridge for 15 minutes to firm up slightly.
- 2. Heat oil in a frying pan and fry the balls until golden brown. Remove from the heat and set aside.
- 3. To make the sauce, heat oil in a saucepan and fry onion until golden. Add the rest of the sauce ingredients and simmer for 10 minutes or until thickened slightly. Season with salt and pepper.
- 4. Add the veggie balls to the sauce and heat gently.
- 5. Blanch the zoodles in boiling water for 15-30 seconds. Drain and divide among plates. Top with sauce and veggie balls.

MUSHROOM AND PEA RISOTTO

Serves 4

- 3 tbsp olive oil
- l large onion, chopped
- 2 cloves garlic, crushed
- 200g exotic mushrooms, larger ones sliced
- 1½ cups white wine or veriuice
- 450g risotto rice
- 1 1/4 litres vegetable stock
- 1 cup unsweetened almond milk
- 300g peas
- 2 tbsp each chopped fresh mint, chives and thyme
- salt and milled pepper to taste
- micro greens, to serve
- 1. Heat the olive oil in a large saucepan over a medium heat.
- 2. Add onion and fry until soft and golden. Add garlic and mushrooms, and cook for 2 minutes. Add wine and cook for a further 5 minutes.
- **3.** Add risotto to the pan and cook for a few minutes until the grains begin to become translucent, then add 1 cup of the stock and cook until all the liquid has been absorbed (about 6 minutes). Repeat with remaining stock until it has all been added. By this stage the risotto should be plump and just al dente - if not, add a little extra stock and cook until al dente.
- 4. Add almond milk, peas and herbs, and cook for 5 minutes. Season to taste.
- 5. Serve risotto immediately, topped with micro greens.

COTTAGE PIE

Serves 4

- 2 tbsp olive oil
- 1 red onion, chopped
- 2 carrots, chopped

- 3 cloves garlic, crushed
- 4 stalks celery, sliced
- 3 tins (400 g each) lentils, drained
- 1 cup vegetable stock
- 3 tbsp balsamic vinegar
- 3 tbsp fresh thyme leaves
- 2 cups frozen peas
- salt and milled pepper to taste

For the topping:

- 6 large potatoes, peeled
- ¼ cup olive oil
- ¼ cup almond or soya milk
- salt and milled pepper to taste
- 1. Heat the oil in a pot and fry the onion until golden. Add carrot, garlic and celery, and fry for another 3 minutes. Add lentils, stock, balsamic vinegar and thyme, and cook for 5 minutes.
- 2. Stir through the peas and season well with salt and milled pepper. Transfer the mixture to an oven-proof dish and set aside.
- **3.** Boil the potatoes for 20 minutes or until tender and drain. Add olive oil and almond milk, and mash until smooth. Season well.
- 4. Spread potato over the lentil mixture and rough over the top with a fork.
- 5. Drizzle over a little more olive oil and bake at 200°C for 20 minutes or until golden on top.
- 6. Serve hot straight from the oven.

BUTTERNUT STUFFED WITH SPICY QUINOA

Serves 4

- 2 cups vegetable stock
- 1 cup quinoa
- 1 tbsp olive oil
- 1 large onion, chopped
- · 3 cloves garlic, crushed
- 2 sweet peppers (we used





- red and green), seeded and finely diced
- 100g sun-dried tomatoes, reconstituted and chopped
- 2 tsp cumin seeds
- 2 tsp coriander seeds
- l tbsp paprika
- 1 tsp dried oregano
- ½ tsp chilli flakes
- salt and milled pepper to taste
- 2 small butternuts, sliced in half lengthways
- olive oil, to drizzle
- wild rocket, to serve
- 1. Place the stock in a saucepan and bring to a boil. Add the guinoa and simmer for about 15 minutes or until the quinoa is cooked and fluffy. Drain any excess liquid and set aside.
- 2. Heat the olive oil in a frying pan and cook the onion until golden. Add garlic, sweet pepper, sundried tomato and spices, and fry for 4-5 minutes. Season and combine with the guinoa.
- **3.** Preheat the oven to 180 °C.
- 4. Scoop out the seeds from the butternut and fill with the stuffing mixture. Drizzle olive oil over, wrap in tinfoil and bake for 40 minutes or until butternut is tender.
- **5.** Arrange butternuts on a serving platter and garnish with fresh wild rocket.

VEGETABLE CHILLI

Serves 8-10

- 3 tbsp olive oil
- 2 large onions, chopped
- 5 large carrots, peeled and chopped
- 4 stalks celery, chopped
- 4 cloves garlic, crushed
- 2 green sweet peppers, seeded and diced
- 2 red sweet peppers, seeded and diced

- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 tbsp dried paprika
- 1-2 red chillies, seeded and finely chopped
- 2 tins (400g each) chopped peeled tomatoes
- 100g tomato paste
- 2 tins (400g each) kidney beans, drained and rinsed
- 1 tin (400g) cannellini beans, drained and rinsed
- salt and milled pepper to taste
- ½ tsp sugar (or to taste)
- · ready-made guacamole, fresh coriander and vegan nachos. to serve
- 1. Heat the oil in a large saucepan. Add onion and fry until golden.
- 2. Add the carrot, celery, garlic, sweet peppers, ground coriander, ground cumin, red chilli and paprika, and cook for 5 minutes. Add the tomatoes and tomato paste, and simmer for 15 minutes or until the sauce starts to thicken.
- 3. Stir through the beans, season well and add a pinch of sugar if needed. Simmer for another 10 minutes.
- 4. Serve chilli hot with quacamole, fresh coriander and vegan nachos.

ULTIMATE VEGAN PIZZA

Serves 4

For the pizza dough:

- 500g cake wheat flour
- 10g sachet instant yeast
- 1 tbsp salt
- 1 cup warm water
- 3 tbsp olive oil

For the topping:

- 3 tbsp olive oil, plus extra for drizzling over pizza
- 2 onions, finely sliced
- 2 tbsp balsamic vinegar

- 2 tsp brown sugar
- 2 cups ready-made tomato passata
- 1 tin artichokes, drained and halved
- 200 g sliced mushrooms
- 50g Peppadews, drained and sliced
- 4 baby brinjals, thinly sliced lengthways and griddled
- fresh rocket, to garnish
- fresh basil, to garnish
- 1. Place flour, yeast and salt in a bowl and mix well. Make a well in the middle, pour in water and oil, and mix to form a soft dough, adding more water if needed.
- 2. Cover with cling film and set aside somewhere warm for 30 minutes. Tip the mixture onto a lightly floured surface and knead gently. Return the dough to the bowl, cover and leave to prove for another 30 minutes or until almost doubled in size.
- 3. In the meantime, make the caramelised onion: Heat oil in a frying pan, add onion and cook over a medium heat for 10 minutes or until softened and beginning to turn golden. Add balsamic vinegar and cook for 5 more minutes or until the onion is soft. Increase the heat, add sugar, and keep stirring until the onion has caramelised. Season with salt and pepper and set aside to cool.
- 4. Preheat the oven to 190°C. Divide the dough into 3 portions and roll out on a lightly floured surface into rounds about 25 cm across and ½ cm thick. Place a pizza base on a baking tray, spread over some passata and arrange caramelised onions, artichokes, mushrooms, Peppadews and brinjal on top.
- **5.** Season with salt and pepper, drizzle over olive oil and bake for 15-20 minutes or until the crust is puffed up and golden.
- 6. Scatter rocket and basil on top and serve immediately. *

BUCKWHEAT PILAF Serves 4

- 2 brinjals, cubed
- 2 carrots, grated
- 3 baby marrows, sliced
- 4 tbsp olive oil
- salt and milled pepper to taste
- 2 red onions, finely sliced
- 3 cloves garlic, crushed
- 1 tsp each ground ginger, cumin, coriander and turmeric
- 1 star anise

- l cinnamon stick
- 2 cups buckwheat groats
- 1 litre vegetable stock
- 100 g dried cranberries, chopped
- 2 tbsp each chopped fresh mint and Italian parsley, plus extra to serve
- tofu, to serve
- 1. Preheat the oven to 200 °C.
- **2.** Toss brinjal, carrot and baby marrow with 2 tbsp olive oil and season well with salt and pepper. Place on a baking tray and roast for 20–25 minutes or until the vegetables

- are golden and caramelised. Wrap the tray with tinfoil to keep warm.
- **3.** Heat 2 more tbsp olive oil in a heavy-bottomed saucepan or pot and fry the onion until golden. Add garlic, spices and buckwheat, and sautée for 5 minutes.
- **4.** Add stock and bring to a boil. Cook for 10 minutes, then cover with a tight-fitting lid, turn down the heat to the lowest setting and leave to cook for 15–20 minutes or until the buckwheat is tender.
- **5.** Toss through the vegetables, cranberries and herbs. Top with tofu and serve warm.



SWEET Boughnuts, sundaes, ice cream, pecan pie... These desserts are decadent and delicious

decadent and delicious. They prove vegan fare is anything but bland.

JAM DOUGHNUTS recipe on page 81 photographs by liza van deventer styling by justine kiggen recipes by pia-alexa duarte









TIRAMISU

Serves 6

For the sponge cake:

- 150g vegan margarine (Ole or Cardin brand in SA)
- 1 cup castor sugar
- 2 cups cake wheat flour
- ¼ cup corn flour
- 1 tsp baking powder
- ½ tsp salt
- l cup almond milk
- 1 tsp vanilla essence

For the coffee mixture:

- 1 cup hot strong black coffee
- ¼ cup coffee liqueur
- 2 tbsp castor sugar

For the cream:

- 2 cups Orley Whip
- 1 tbsp vanilla extract
- cocoa powder, for dusting
- 1. Preheat the oven to 180°C. Line a 30 cm x 40 cm x 2 cm Swiss roll tin with baking paper and set aside.
- 2. Cream together margarine and castor sugar until pale and fluffy.
- **3.** Sift the dry ingredients over the margarine mixture. Add almond milk and vanilla essence, and beat until smooth.
- 4. Pour the batter into the tin and spread evenly. Bake for 25-30 minutes or until pale golden brown. Leave to cool.
- 5. Combine the coffee mixture ingredients and stir until the sugar has dissolved. Set aside.
- 6. In another bowl, combine Orley Whip and vanilla extract, and whip to stiff peak stage. Set aside.
- 7. Cut out 12 5 cm rounds of cake. Place a sponge cake round in a serving glass, drizzle 2 tbsp coffee mixture over it, top with a layer of cream and dust with cocoa powder. Repeat the layers.

8. Fill the remaining serving glasses. Chill in the fridge for at least 1 hour.

CINNAMON BUNS

Makes 12

For the dough:

- 1 cup almond milk, warmed
- ½ cup warm water
- ½ cup sugar
- 3 tsp instant yeast
- 3 cups cake wheat flour
- 1/4 cup sunflower oil
- 1 tsp vanilla extract
- ½ tsp salt

For the filling:

- 1 tbsp ground cinnamon
- ¼ cup brown sugar
- 100g ground almonds
- 3 tbsp maple syrup, plus extra to glaze
- · a pinch of salt

For the drizzle icing:

- 1 cup icing sugar
- 1/2 cup maple syrup
- 1. Combine warm almond milk, water, sugar and yeast in a jug and set aside for 10 minutes.
- 2. Place cake flour in a bowl and add sunflower oil, vanilla extract, salt and the yeast mixture. Mix to form a soft dough, adding more warm water if needed. Set aside for 30 minutes to prove.
- 3. Mix the filling ingredients and set aside.
- 4. Preheat the oven to 180°C.
- 5. Tip the dough out onto a clean surface and knead until smooth. Roll it out into a rectangle of about 40 cm x 30 cm and spread the filling mixture on top.
- 6. Roll the dough up tightly to form a long log, and slice the log into about 10 4 cm-thick pieces. Arrange

the slices of dough in a well-greased baking tin. Leave to prove for about 30 minutes or until doubled in size.

- 7. Bake for 35-40 minutes or until puffed up and golden. Brush the hot buns with maple syrup as soon as they come out of the oven.
- 8. Beat together the icing ingredients and drizzle over the cinnamon buns.
- 9. Tear the buns apart and serve with tea or coffee.

SALTED CARAMEL. VANILLA AND COCONUT SUNDAE

Serves 4

For the ice cream:

- 2 tins (400 g each) coconut cream
- 2 tbsp coconut oil, melted
- ¾ cup castor sugar
- 1 vanilla pod, split

For the macadamia brittle:

- 1 cup castor sugar
- 100g roasted and salted macadamia nuts

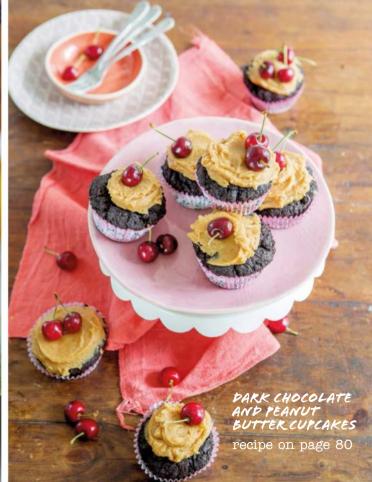
For the salted caramel sauce:

- 1 cup soft brown sugar
- ½ cup coconut milk
- 1 tbsp vanilla or caramel essence
- ½ tsp fleur de sel, or sea-salt flakes
- 1. Combine the ice-cream ingredients in a saucepan over a medium heat. Stir until the sugar has dissolved, then remove from the heat and allow to cool. Once cool, transfer into a freezer-safe container and freeze, or pour into an icecream maker and leave to churn.
- 2. For the brittle, scatter the sugar on the base of a clean frying pan and set over a medium heat until















the sugar begins to dissolve. Swirl the caramel around until all the sugar has dissolved and it has turned a deep amber colour.

- **3.** Line a baking tray with tinfoil and lightly grease with cooking spray. Spread out the macadamias on the tray and pour caramel over them. Set aside to harden, then chop roughly.
- 4. To make the caramel sauce, scatter the sugar into the pan you used for the brittle and repeat the process. Once golden, remove the pan from the heat and add the remaining ingredients. Return to the heat and simmer for 10 minutes or until the caramel has dissolved (it will harden when the coconut milk is added; don't worry, it will dissolve again) and the sauce is slightly thickened.
- 5. To serve, layer scoops of ice cream, sauce and brittle in glasses and serve immediately.

DARK CHOCOLATE AND PEANUT BUTTER CUPCAKES

Makes 12 cupcakes

For the cakes:

- 1½ cups cake wheat flour
- 1 cup sugar
- ¾ cup cocoa powder
- 1½ tsp baking powder
- 1½ tsp bicarbonate of soda
- ½ tsp salt
- ½ cup strong coffee
- 2 tsp vanilla essence
- 1 cup vegetable oil
- 3 tbsp white vinegar

For the icing:

- 2 cups icing sugar
- ¾ cup smooth peanut butter
- 2-3 tbsp warm water
- fresh cherries, to garnish

- 1. Preheat the oven to 170 °C.
- 2. Place all the cake ingredients in a bowl and beat for 3-4 minutes or until well combined and smooth.
- 3. Divide the mixture among 16 cupcake cases and bake for 15-20 minutes.
- 4. Remove from the oven and set aside to cool.
- 5. To make the icing, beat together the icing sugar and peanut butter. Add a little water if needed to soften the mixture
- 6. Ice the cooled cupcakes and top them with cherries.

MELTING MOMENTS BISCUITS

Makes 10

- 200 g vegan margarine
- 1 cup icing sugar, sifted
- 1 tbsp vanilla extract
- 2½ cups cake wheat flour
- 2 tbsp corn flour
- 2-3 tbsp almond milk or water
- raspberry jam, for sandwiching the biscuits together
- 1. Preheat the oven to 180°C. Grease and line a baking tray with baking paper.
- 2. Cream together margarine, icing sugar and vanilla extract until pale and fluffy.
- 3. Sift cake flour and corn flour over the margarine mixture. Add 2 tbsp almond milk and beat until a smooth paste has formed. It should be soft enough to pipe but hold its shape. Add a little more almond milk if needed.
- 4. Place an open star nozzle in a piping bag and fill with cookie batter. Pipe swirls of the mixture 2 cm apart on the baking tray. Bake for

15-20 minutes or until pale golden brown. Leave to cool completely before removing from the tray.

5. Sandwich the biscuits together with raspberry jam and serve with tea.

PECAN PIE

Serves 6-8

For the pastry:

- 200g vegan margarine or vegetable fat, chilled
- 400g cake wheat flour
- 3–4 tbsp almond or soya milk

For the filling:

- 1½ cups brown sugar
- ½ cup maple syrup
- 125g vegan margarine
- 1/4 cup almond milk
- 1 tbsp vanilla extract
- 200 g pecan nuts
- 3 tbsp cake wheat flour
- Orley Whip, whipped, to serve
- 1. Place margarine and flour in a food processor and pulse until the mixture resembles fine bread crumbs. Add almond milk and pulse until a rough dough has formed.
- 2. Tip the dough out onto a clean surface and shape into a disc. Cover with cling wrap and put in the fridge for 30 minutes.
- **3.** Roll out the dough to 3 mm thick. Line a 24 cm greased round pie dish or tart tin with the dough. Trim the edges and set aside.
- **4.** Preheat the oven to 180 °C.
- 5. Place the sugar, syrup, margarine, almond milk, vanilla and 150g of the pecan nuts in a saucepan and stir over a medium heat until the sugar has dissolved. Beat in the corn flour and stir until the mixture is thickened slightly.
- 6. Pour the filling mixture into the

- **7.** Bake for 35–40 minutes or until the pie crust is golden and the filling is set.
- **8.** To serve, slice the pecan pie and top with Orley Whip.

BERRY SWIRL ICE CREAM

Serves 10-12

- 600g ripe bananas, peeled, sliced and frozen
- 350g frozen mixed berries
- 1 cup Orley Whip, whipped until thick
- ½ cup icing sugar
- mixed berries, to serve
- 1. Place the frozen bananas and half of the berries in a food processor and blend until smooth.
- **2.** Fold through the whipped Orley Whip. Scoop the mixture out into a freezer-safe container and put it in the freezer.
- **3.** Place the remaining berries and sugar in the food processor and blend until smooth.
- **4.** Swirl this berry mixture through the soft banana mixture and freeze for about 5 hours or overnight.
- **5.** To serve, top scoops of ice cream with berries.

BROWN RICE AND SOYA PUDDING

Serves 4

- ¾ cup brown basmati rice
- a pinch of salt
- 3 cups vanilla-flavoured soya milk
- 2 tbsp sugar
- 1 vanilla pod, split
- ½ cup berry jam

- freshly grated nutmeg to taste
- fresh berries, to serve
- 1. Preheat the oven to 140 °C.
- 2. Place the rice and salt in a pot, cover with water and boil for 8 minutes or until par-cooked. Drain and set aside.
- **3.** Place the soya milk and sugar in a saucepan. Scrape the vanilla seeds from the pod and add to the milk. Bring to a simmer and take off the heat.
- **4.** Place ½ cup of par-cooked rice in the base of each ramekin and top with a spoonful of jam.
- **5.** Pour over some of the warm soya milk mixture and grate over a little bit of nutmeg. Bake the puddings for 1 hour or until set.
- 6. Top with berries and serve warm.

JAM DOUGHNUTS

Makes 20

- 1½ cups cake wheat flour
- 1/4 cup icing sugar
- 1 tbsp baking powder
- ½ tsp ground cinnamon
- ½ tsp salt
- 2 tbsp coconut oil, melted
- 1 tbsp white wine vinegar
- ½ cup almond milk
- canola or sunflower oil, for deep-frying
- l cup vegan jam of your choice, for filling
- icing sugar, for dusting
- 1. In a mixing bowl, sift together icing sugar, baking powder, cinnamon and salt.
- **2.** Combine coconut oil, vinegar and milk, and add to the dry mixture. Stir to form a soft dough.
- **3.** Turn the dough out onto a lightly floured surface and knead gently until smooth.

- **4.** Divide dough into teaspoon-size portions and roll into small balls. Heat 1½ cups oil in a saucepan over a medium heat and fry doughnuts in batches of 4 at a time for 3–4 minutes on a side or until golden brown and cooked through. Drain on kitchen paper and allow to cool.
- **5.** Make a small incision in each doughnut and fill with jam (a small piping bag works well for this).
- 6. Dust filled donuts with icing sugar.

CHOCOLATE TRUFFLES

Serves 4

- 1 tbsp coffee beans, plus extra for garnish
- ½ cup coconut cream
- 400g 80% dark chocolate
- cocoa powder, for dusting
- **1.** Place coffee beans and coconut cream in a small saucepan and bring to a gentle simmer. Remove from the heat.
- **2.** Place the chocolate in a bowl and strain the hot cream and coffee beans through a sieve over the chocolate.
- **3.** Stir until the chocolate mixture is thick and smooth, then set aside to cool to room temperature.
- **4.** Dust a baking tray generously with cocoa and pour the truffle mixture onto the tray. Freeze until the mixture is firmly set.
- **5.** Dust over more cocoa and slice the truffle mixture into 3 cm squares. You can roll the squares in the cocoa powder to form round truffles if you prefer. Keep refrigerated until 15 minutes before serving.
- **6.** Arrange truffles in small paper cases or on a platter and serve with coffee. **2**



WHAT CAN I EAT?

Here's a guide to a healthy vegan grocery shopping list.

Compiled by Dawn Macfarlane



rich in calcium, iron, vitamin C.

beta-carotene and fibre

VEGETABLES

Artichokes Asparagus Baby marrows

Beetroot

Bok choi

Brinjal

Broccoli

Brussels sprouts

Butternut

Cabbage Carrots

Cauliflower

Celery

Cucumber

Kale

Kohlrabi

Leeks

Lettuce

Mushrooms

Onions

Parsnips

Peas

Potatoes

Naartiies

Oranges

Papaya

Pears

Plums

Peaches

Persimmons

Pomegranates

Prickly pears

Raspberries

Strawberries

Watermelon

Spanspek

Pineapples

Nectarines

Radishes Spinach

Squash

Sweet corn

Sweet peppers

Sweet potatoes

Swiss chard

Tomatoes

Turnips

Sea vegetables

Dulse Kelp

Seaweed

Spirulina

WHOLE GRAINS

rich in protein. B vitamins, zinc and fibre (includes bread, pasta, rice, cereals and porridge)

Amaranth

Barlev

Brown rice

Buckwheat

Bulgur

Corn (polenta)

Couscous

Millet

Oats

Quinoa

Rve

Seitan

Semolina

Sorghum

Spelt

Wild rice

LEGUMES

rich in protein, calcium, iron, zinc, B vitamins and fibre

Black beans

Black-eved peas

Butter beans

Chickpeas

Edamame

Kidney beans

Lentils

Mung beans

Soya beans

Split peas

Sugar beans

VOS continued

NUTS*

rich in protein, antioxidants, vitamins, minerals and omega-3 fatty acids

Almonds (local)
Brazil nuts
Cashews
Chestnuts
Hazelnuts
Macadamias
Pecans
Pine nuts
Pistachios
Walnuts

SEEDS*

rich in protein, antioxidants, vitamins, minerals and omega-3 fatty acids

Chia Flax Hemp Pumpkin Sesame Sunflower

*A small handful (30 g) of nuts/ seeds per day is recommended.

HERBS & SPICES

Basil

Bay leaf Black pepper Cavenne pepper Celery seeds Chilli Chives Cinnamon Cloves Coriander Cumin Dill Fennel Garlic Ginger Lavender Lemongrass Lemon verbena Marjoram Mint Nutmea Oregano Paprika Parsley Poppy seeds Rocket Rosemary Saffron Sage Thyme Turmeric

sometimes

Because plant milks are usually processed and may contain added sodium, sugar and other chemicals, it is recommended that they are used less frequently. However, if you make your own almond, oat or other plant milk, it can be enjoyed more often.

DAIRY-FREE MILKS

Almond milk Coconut milk Hemp milk Oat milk Quinoa milk Rice milk Soya milk



OILS

Oil that occurs naturally in food takes about 3 hours to be absorbed, whereas extracted and concentrated oil takes 3–4 minutes. This rapid absorption leads to the oil being stored as fat.

Coconut oil Flaxseed oil Grapeseed oil Hemp oil Olive oil Sesame oil Sunflower oil Vegans who want to improve their health should choose foods as close as possible to their original form and limit their intake of processed or concentrated foods.

SWEETENERS

Sweeteners are still added sugars. Eating too much of them may increase your risk of disease.

Agave nectar Fruit preserves
Coconut Maple syrup
blossom sugar Molasses
Date sugar/syrup Stevia

CONDIMENTS

Marmite Tomato sauce
Mustard Vegan
Nutritional yeast
Salt and pepper
Soya sauce/ cider and
tamari balsamic

Keep in mind...

Omega-3 fatty acids

A vegan diet rich in fruits, vegetables, nuts, seeds and legumes provides adequate intake of the essential fatty acids.

- Black beans
- · Chia seeds
- Dark-green leafy vegetables
- Edamame
- Flaxseeds/oil
- Hemp seeds/oil
- · Kidney beans

- Spirulina
- Walnuts
- Whole grains
- Winter squash

Watercress

Healthy fats

Eat healthy fats instead of oils.

- Avocado
- Hummus
- Nuts
- Seeds
- Nut and seed butters
- Olives
- Tahini

Vitamin B12

For those following a plant-based diet it is recommended to take a vitamin B12 supplement (25–100 mcg/day) or eat vitamin B12-fortified foods.

Vitamin D

Our bodies create vitamin D from direct sunlight on the skin. It is important to get regular exposure to the sun or to supplement vitamin D (1 000 IU/day).



Dairy Eggs Fish Meat

Poultry

Bee products (bee pollen, honey and royal jelly)

