

Bringing Vegan into Vogue

# VEGAN *life*

## RAPPER GREY

Talks about THAT  
viral Thanksgiving rap

## *An ode to mothers everywhere*

The precious bond between  
animals and their babies

## LIFE AFTER ANIMAL EXPLOITATION

Art that opens your mind

## 15 MINUTE SWEET TREATS

## TOP FREESTYLE FOOTBALLER TOM FOLAN



Chocolate and peanut butter  
'Freakshake' p.28



Hare in focus p.92



Meet the chef p.70



Say cheese p.38



In the can p.80



Vegan kitchen p.90



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# WELCOME



Spring has finally (almost) sprung, and I couldn't be happier to have reached March after the painful slog of winter.

And it's not just the lighter mornings and warmer weather I'm excited about. This month we have put together an issue we just can't wait to share with you. It's full of food, interesting people, and vegan news.

A regular debate within vegan groups is whether or not to buy products if that purchase will benefit a non-vegan 'parent company'. It is a topic many people feel very passionate about - and it seems as many people feel confused by. We dug down into the nitty gritty of the issue, and asked some experts for their thoughts.

An exciting recent musical discovery is rapper Grey. You will most likely have heard his vegan-inspired Thanksgiving rap that went viral at the end of last year. As well as being a fantastic rapper, Grey is also a dedicated vegan. He shared some insight into his work and ethics with us.

*Beautifully Real Food* by Sam Murphy is one of the most, well, beautiful, cookbooks I have seen in a while, so we just had to have a catch-up with the innovative chef, and ask her to share her food philosophies (and her signature recipe) with us.

On the sporting side of things, we're always interested in talking to athletes who are smashing the 'vegans are weak' myth, and we've done just that with our profile of top freestyle footballer Tom Folan. If you're on Instagram, you should go and check out some of his impressive moves right now.

We've also stuffed the issue full of tasty recipes, the latest news from around the world, updates on animal activism, and a whole host of other features.

I hope you enjoy the issue, and have a great month.

Maria Chiorando  
Editor



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Recipes and images from: *Vegan in 15 - Delicious plant-based recipes you can cook in 15 minutes or less* by Kate Ford. Published by Short Books, £8.99. Photographer Romas Foord.

## THOUGHTS ALONG THE VEGAN WAY

**"Don't treat animals as animals. Treat them as living beings. That's what they are."**

~ Anthony Douglas Williams

# VEGANlife

## MEET THE TEAM



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# VEGAN *diary*

## MARCH 2017



March 4

### Northeast Florida Veg Fest

Jacksonville, Florida, will welcome the sixth annual Veg Fest at the Riverside Park located next to Historic Five Points. Organisers say: "The day-long event will feature live music, dynamic speakers, cooking demonstrations, exceptional freebies, and a pie-eating contest."

Purchase tickets via the website. [nfvegfest.org](http://nfvegfest.org)

March 20  
Meatout



Since 1985, thousands around the world have celebrated the first day of spring by eating vegan for the day, as a huge part of international event called Meatout. Every year, Meatout raises awareness of the benefits of a compassionate diet; helping animals, achieving great health, and saving the planet. [meatout.org](http://meatout.org)

March 5

### South West Vegan Festival



Taking place at the Tramshed, Bristol, this event promises guests a selection of stalls alongside talks, demos, and performances. VIP tickets are available for £15 and include a goody bag, promotional offers, and early entry. All other tickets are priced at £3. [southwestveganfestival.com](http://southwestveganfestival.com)

March 25

### LABL Vegan Fair



At this event there will be over 120 stalls offering everything from delicious vegan food and drink, to natural beauty and handmade gifts. This event at St George's Hall, Liverpool, will broaden your horizons and provide you with many opportunities to taste, try, and buy fantastic goods. Admission is £2 (pay on entrance) and doors open at 10am. [labl.org.uk](http://labl.org.uk)



March 11-12

### VegFest UK Brighton

Taking place once again at the Brighton Centre, this large scale event will have over 200 stalls and 20 caterers offering delicious food and gift ideas to guests. Advance tickets for the event are £7 (day)/£10 (weekend). Tickets on the gate will be £10 and doors open at 11am. [brighton.vegfest.co.uk](http://brighton.vegfest.co.uk)

March 25

### Oxford Vegan Festival



The first vegan fest in Oxford will take place at the Kassam Stadium Conference and Events Centre. Organised by Farplace Animal Rescue, attendees can expect a variety of stalls, cooking demonstrations, vegan hotdogs, and much more. Doors open at 10.30am and tickets are £3 (under 16s go free). VIP tickets with goodie bags are available. [oxfordveganfestival.com](http://oxfordveganfestival.com)

March 12

### Vegan Food Fair



Head to the ASB showgrounds in Auckland and enjoy a huge range of stalls serving delicious plant-based food and beverages, as well as music and entertainment for the whole family. Treat your taste buds, educate yourself, and discover New Zealand's best vegan food. Entry is \$5 and doors open at 10am. [veganfair.co.nz](http://veganfair.co.nz)

March 25

### Kingston Vegan and Yoga Fest



This festival at Kingston College is a celebration of two things that are changing the world for the better – yoga and veganism. Organisers say: "Visit the fest to participate in yoga sessions, enjoy yummy vegan and raw vegan food, shop for vegan products, and attend talks." Gates open at 9.15am and entry is £5. [yogific.com/kingston-yoga-and-vegan-fest](http://yogific.com/kingston-yoga-and-vegan-fest)



March 18-19

### VeggieWorld Hamburg

Europe's largest and oldest vegan trade fair is once again happening in Hamburg at the Messe Schnelsen. The fair presents an extensive range of food, animal-free cosmetics, and sustainable fashion, as well as information about the veggie and vegan lifestyle. The event starts at 10am and entry is £7 (kids under 14 go free). [veggieworld.de/en](http://veggieworld.de/en)

March 26

### Vegan Street Fair, Los Angeles



This annual vegan food celebration is where local vegan-friendly restaurants and vendors come together to serve you bite-size portions of vegan eats all in one place. There will also be a bar available at the fair and several vegan stalls. For the first year, entrance to the open air fair will be free. [veganstreetfair.com](http://veganstreetfair.com)



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# VEGAN NEWS

Bite-sized updates on all things vegan from the worlds of entertainment, politics, sports, animal advocacy and more. Got news to share with us? Get in touch!

## Comedian Simon Amstell directs first feature film *Carnage* – about veganism

Vegan comic Simon Amstell has penned a film about veganism. Set in a utopian 2067, *Carnage* looks back at a time when human beings ate other animals.

For the young people of this time, the idea that their grandparents could have been complicit in a bloodbath of unnecessary suffering is wholly unimaginable. The film aims to break the taboo around Britain's animal eating past, whilst showing compassion for a generation, now seeking therapy to cope with the horror of their unthinkable actions.

*Carnage* combines archive with original drama and is narrated by Simon Amstell, who gives a unique comedic peek into a future where animals live equally amongst humans.

The film stars Martin Freeman, Joanna Lumley, Dame Eileen Atkins, Lindsay Duncan, Alex Lawther, Gemma Jones, Linda Basset, Marwan Rizwan, and John Macmillan. Playing themselves are Kirsty Wark, JME, Lorraine Kelly, and Vanessa Feltz.

Writer and director Simon Amstell says: "I have written and directed a film about veganism. I'm sorry."

Victoria Jaye, head of content, BBC iPlayer, says: "In a culture obsessed by what's on our plates, Simon Amstell's film *Carnage* imaginatively challenges our attitude towards eating meat, fish, and cheese triangles. Prepare to never look at your dinner the same way again."

*Carnage* will premiere on BBC iPlayer in spring.



## Vegan eggs now available nationwide

Follow Your Heart's Vegan Egg hit British shores last year. While the product won plaudits from many plant eaters, some complained it was difficult to find. Now nationwide health food retailer Holland & Barrett is selling the product – making it more accessible. The egg – the UK's

first to be made from algae – can be used to make scrambled egg or in baking. The main ingredient is flour made of algal, a substance derived from water-dwelling algae. Reported to be rich in nutrients, each serving contains 4.4g fibre, and is packed full of naturally high amounts of healthy fats, amino acids and micro-nutrients. Holland and Barrett's category manager for special diets, Carl Copson, said: "Vegan Egg has been specially developed to ensure that vegans can enjoy the versatility that eggs can add to meal planning and because they contain algae, they can help to ensure that you are meeting your fibre and essential amino acid needs without compromising a vegan diet."

## Farmers blast Sainsbury's 'anti-meat agenda'

The National Farmers' Union [NFU] has accused Sainsbury's of having an 'anti-meat agenda' following revelations the supermarket giant has plans to redesign its stores to persuade customers to buy less meat. The retailer is taking part in an initiative run by the Wellcome Trust, called Our Planet, Our Health, which encourages people to cut their meat consumption to benefit their health and reduce greenhouse gas emissions. Some of the new measures include placing vegetarian and vegan options nearer to meat on supermarket shelves and offering reward points for those who choose healthier, vegetarian and vegan products. Many vegans have welcomed the measure, but unsurprisingly the farming union has slammed the move, with NFU livestock board chairman Charles Sercombe saying: "The NFU has major concerns over the anti-meat agenda that Sainsbury's is pursuing in its recent involvement with in-store trials attempting to change customers' buying habits. The high-quality meat products produced by British livestock farmers are naturally rich in protein and



are a good source of iron, zinc and essential vitamins. Unfortunately, the positive role red meat plays in a healthy, balanced diet is often overlooked."



## Vegan meringues to sweeten your coffee

Israeli innovation is behind a new meringue sweetener that can double-up as a replacement for sugar in a hot drink or a low calorie sweet treat of its own. Lampados International, a family-owned company in Caesarea which specialises in table top sweeteners and health products, has announced that it is launching Liteez. The dual-purpose meringue 'kiss' sweetener can be added to a hot drink and will melt when stirred. It only has one calorie per meringue can also be eaten alone as a vegan, egg-free treat. "The idea was to craft a whole new concept for a healthier, tasty, and indulgent sweetener to simply create a new experience for coffee and tea, or as a casual snack," says Noam Kaplan, CEO of Lampados. Liteez uses a vegetable protein that has the ability to foam like eggs to help create the desired texture and form. Sugar's functionality is replaced with prebiotic fibres to form stable foam and maintain the kiss shape, while being highly soluble in hot drinks, such as coffee or tea. Production for Liteez will begin this month and will be widely available in Europe and the United States by October 2017.



## Plant-based diet hailed 'single biggest movement of 2017'

Renowned health expert and daily talk show host Dr Oz dedicated an entire episode of his show to the vegan diet. In the episode, *The Beginner's Guide to Going Vegan without going Crazy*, Oz confidently assured his audience that the vegan diet will be the 'single biggest movement of 2017', before busting a few myths about the lifestyle. Dr. Oz noted that 3.7 million Americans now eat a vegan diet, and that the lifestyle has increased significantly in popularity. "And here's the big deal," he said on his show. "Studies continue to show people who live like this end up being healthier, feeling better, and living longer." With help from Terry Hope Romero, a long time vegan and author, Dr. Oz highlighted some key foods to incorporate in transitioning to veganism, including beans, quinoa, and sweet potatoes. The segment is the latest of Dr. Oz's recent discussions of vegan diets, including an appearance earlier this year on *The Wendy Williams Show* where he touted the benefits of ditching animal products for the New Year as part of the '21 Day Weight Loss Breakthrough'.



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## Conservation groups oppose new housing development over fears for wildlife

A proposed housing development in Kent has been labelled 'deeply concerning' for its threat to the nightingale and its habitat. The plans, unveiled by Medway Council, propose thousands of new homes on a Site of Special Scientific Interest [SSSI] which conservationists argue would jeopardise the legal protection of thousands of wildlife habitats. Lodge Hill, in Kent is a particular haven for nightingales and- is one of the last strongholds for the bird in the UK. They are listed as one of the country's most threatened birds after a 90 per cent drop saw their population hit less than 6,000 singing males. "Flying thousands of miles from Africa, nightingales arrive at Lodge Hill every year to spend the summer in Medway where they nest and raise young," Alan Johnson, south east conservation manager for the RSPB, said. The government's National Planning Policy sets out that land that has been classified as SSSI can only be developed if all other options for potential developments have been exhausted. Lodge Hill has been the only one of 4,000 SSSI sites in England to be designated for its nightingale population and campaigners argue the land should be 'protected for nature'.



## Help bats with The Bat Conservation Trust

During bats' most active months (May and September), the Bat Conservation Trust [BCT] runs an out of hours helpline, where volunteers answer emergency calls in the evenings and over the weekends. BCT are currently calling for the public to get involved. The National Bat Helpline receives a variety of bat related calls every year. In 2016, the helpline received over 12,000 enquiries, more than 50 per cent of those related to a bat being found in need of assistance. Volunteers take calls from the comfort of their own home and can help as much or as little as they are able. In 2016, 28 volunteers assisted with the service, answering 2,266 calls, the second highest on record. By giving advice, volunteers will be helping bats who have been found in need, have a second chance. Full training and support is provided. Spaces are limited so get in touch soon. (Don't worry if you miss out this time, there are many other ways you can volunteer this summer to help bats in your area). Visit [bats.org.uk](http://bats.org.uk).



## Introduction of federal legislation to prohibit slaughter of American horses

Federal lawmakers have introduced legislation to prevent the establishment of horse slaughter operations within the U.S and end the current export of American horses for slaughter abroad. Approximately 130,000 American horses are shipped to Canada and Mexico each year to be slaughtered for human consumption in foreign countries. The horses will often endure long journeys to slaughter plants without adequate food, water, or rest. "Horses sent to slaughter are often subject to appalling, brutal treatments," said Rep. Schakowsky. "I am proud to once again join a bipartisan group of colleagues in reintroducing the Safeguard American Food Exports [SAFE] Act, which will ensure these majestic animals are treated with the respect they deserve."



## Italian restaurant reports 150 per cent increase in sales of vegan dishes

With more vegans in the UK than ever, high street restaurant chain Zizzi has reported a 150 per cent increase in sales of its vegan mains. Vegan dishes are now accepted and enjoyed up and down the country and Zizzi reports that 2017 is set to be its strongest year ever for vegan and vegetarian dishes. Since launching the vegan menu early last year the restaurant has seen sales of vegan dishes more than doubled, and now offers nine dishes and a range of vegan wines. In addition to the award winning vegan rustica Margherita pizza, other best sellers include the vegan spaghetti pomodoro and the vegan lentil ragu. Zizzi marketing director, Jo Fawcett, said "We are so pleased our vegan menu has been such a hit with diners. The dishes are so great that we're seeing people who aren't even committed vegans choose them. Our customers now want more choice and flexibility so we are continuously evolving our menus, including our vegan offering, with more new dishes launching this month."



## Mexican street food pop-up finds permanent home

Club Mexicana, a specialist in Mexican vegan food, has found a permanent home in Haggerston. The street food expert Meriel, who made a name for herself serving vegan dishes across London, has started an open-ended residency at Pamela on Kingsland road. The new residency is a marked change for Pamela, which previously hosted Louisiana-style street company Decatur. Club Mexicana founder Meriel Armitage said: "Our food is all about flavour which packs a punch, but with a sprinkling of 80s kitsch to sweeten the blow. 2017 is going to be a massive year for vegan food, and we're thrilled to be teaming up with Pamela, who've proven themselves to be trailblazers to champion a 100 per cent vegan menu." Some signature dishes include, bbq pulled jackfruit taco, jalapeno poppers stuffed with cashew cheese, and a masa pancake with pumpkin seed puree and jackfruit tinga. Club Mexicana is open Tuesday to Saturday 6pm-late.



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## 'Stepping stones' created for wildlife

The RSPB has created a series of nature-friendly stepping stones which will allow wildlife to move more easily through the countryside. Another 26 hectares of wild flower-rich chalk grassland have been created from former cereal fields on the Winterbourne Downs Reserve. The RSPB aimed to have 200 hectares of restored chalk grassland on the reserve, and this final area is the last to be converted. Patrick Cashman, the RSPB's Wiltshire reserves manager, said: "We are very grateful to Viridor Credits for these habitat restoration works. This will provide new homes and connections for downland bumblebees, butterflies, and birds, such as the stone-curlew and turtle dove, and give people the opportunity to see wildlife returning to Wiltshire's historic chalk grassland landscape." The

new dew ponds at Winterbourne Downs should provide better conditions for turtle doves and great crested newts, it is hoped they will also tempt tree sparrows to the reserve.



## Death of Grand National race horse was avoidable

Former Grand National winner Many Clouds collapsed and died after a gruelling race at Cheltenham earlier this year but UK-based animal rights group Animal Aid said it was a tragedy that need never have happened. Animal Aid warned the regulator, the British Horseracing Authority (BHA), 10 months ago that Many Clouds could collapse and die while racing. It was reported, after winning the Grand National he physically suffered in races and needed oxygen to recover. The BHA took 10 days to give a brief reply relating to the then nine year old gelding. Sadly, after running three and a quarter miles on very testing ground and jumping 21 fences, an exhausted Many Clouds dropped dead in front of a loud crowd of race-goers. Animal Aid horse racing consultant, Dene Stansall said: "The racing to death of Many Clouds was as predictable as it was tragic. All of those connected with the horse would presumably have known of his life-threatening health condition and they failed to act in the horse's interest." Many Clouds is one just one of the thousands of race horses who are exploited daily by the racing industry. Many suffer the ultimate price of death on the racecourse.



## RSPCA launches fundraising appeal to mend dog's broken heart

The RSPCA's Coventry branch has launched an appeal to raise £2,500 for a resident dog urgently requiring a pacemaker. Terrier-cross Molly arrived at the branch in May last year, after her previous human companions did not care for her properly. Just as she was about to be rehomed, it was discovered that she had a heart condition called heart block, which slows down her heart rate. Danni Holder, supervisor at the Coundon Wedge Drive centre, said: "We are asking people to help us fundraise the money to pay for her pacemaker. She is an absolutely wonderful dog and we are all hoping that she will recover." Molly, who featured on Channel 5's *The Dog Rescuers*, was undergoing a neutering operation when the vet discovered her heart rate was slowing down. Danni added: "We were all so happy when Molly was signed over to us, and this is where the next chapter of her story begins. We are appealing for people to help us in our appeal to fundraise £2,500 so we can mend Molly's broken heart."



## Clothing store Monsoon ditches down feathers

After learning how they are obtained, international fashion, homeware and accessories retailer Monsoon has banned the use of down feathers in its products. Down will be joining the banned materials list alongside fur and angora. "Every day, animal right charity Peta hears from shoppers who oppose cruelty to animals and want to support retailers that share their values," says Peta director Elisa Allen. "By keeping down feathers off their racks, Monsoon Accessorize is proving yet again that compassion is the fashion." Peta revealed in a recent video exposé of goose farms in China that workers pin geese down and rip their feathers out as they struggle and scream. Many birds endure this torture multiple times before finally being slaughtered.







# OUR VEGAN lives

## Are you a vegan superhero?

The superhero is an archetype that calls to us all. Although the memory of jumping off the garage roof in a cape and mask might be slightly embarrassing in the cold light of adult realism, we all know we did it. Fancy-dress parties or events such as Halloween provide an acceptable outlet for superhero longings that persist beyond childhood.

Let's face it, the belief in the improbable, too often dismissed as childhood fantasy, is a primary evolutionary force that propels us forward as a species. Human flight, telecommunications, the internet - all once belonged to the realm of imagination.

One perfect line from the 1980 incarnation of *Flash Gordon* has never left me: "Flash, Flash, I love you but we only have 24 hours to save the world". Thus, the vegan superhero was born.

At the end of November last year, a few of us took to the streets of Aberdeen to ask people to become superheroes: "Do you want to save people? Do you want to save animals? Do you want to save the planet? - then the only choice is to become a vegan".

Drawing on the resources of *Cowspiracy*, The Vegan Society, Vegan Organic Network, Farm Sanctuary, and *How Not To Die*, we collaged the how and why of the vegan superhero: how going vegan helps save people, animals, and our beautiful planet. We handed out Christmas-themed leaflets from Animal Aid and Viva with more information on switching to a vegan lifestyle.

The response was very positive. The thing is, people know. Brits are known to be some of the greatest animal lovers on the globe and somewhere inside each of us we know it's not okay to pay for animals to be exploited, tortured and killed for the pleasure of our taste buds. We know it's not okay to take food from a hungry child to feed a cow so that we can eat another beef burger that is killing us. We know it's not okay to continue to ransack Mother Earth of all her resources so that we can maintain an excessive and unnecessary lifestyle. People know. It just takes someone to help them to connect the dots - the picture that emerges speaks for itself.

The change may not occur overnight, but it is coming. What was once a fantasy is becoming more than a possibility. One day we will wake up to a vegan world. We just need a few more Superheroes

Rebecca Knowles is the founder of Vegan Outreach Scotland based in Aberdeen. To get involved, or for more information, join their Facebook group or email [veganoutreachscotland@gmail.com](mailto:veganoutreachscotland@gmail.com).



## Meet Elizabeth,

a seven-week-old Feral kitten who was taken in by **The Mayhew** after being born in a garden shed. After months of hard work, socialising and care from our cattery staff, Elizabeth came out of her shell and is now fully domesticated and happy in her new home.

## The Mayhew

rescues and rehomes hundreds of dogs and cats in London every year and our Animal Welfare Officers work across London to prevent the mistreatment and neglect of animals.

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The  
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## Chinese medicine fuelling rise in donkey slaughter

Thousands of donkeys in developing countries are being skinned alive to sustain demand for use in traditional Chinese medicine. An investigation by The Donkey Sanctuary showed donkeys were getting caught up in global trading of their skins which are boiled to produce gelatine, a key ingredient in a medicine called ejiao. Ejiao is a gel which can be dissolved in hot water or alcohol to be used in food or drink or used in beauty products such as face creams. The Donkey Sanctuary's *Under the Skin* investigative report reveals the trade has led to an explosion in the number of donkeys in Africa, Asia, and South America stolen and slaughtered for their skins. Alex Mayers, international programme manager at The Donkey Sanctuary said: "We've seen reports of donkeys being skinned alive, being bludgeoned to death, being transported for long distances with no opportunity to rest, feed, or drink. Donkeys are very intelligent and are particularly sensitive to the effects

of stress." Virtually all countries with significant donkey populations are reporting an increase in donkey slaughter. Five countries have banned exports of donkey hide – Pakistan, Senegal, Mali, Burkina Faso and Niger – but the donkey sanctuary

warns more countries need to follow suit and ban the slaughter and export of donkeys for their skins.



## Bird species vanishing from UK

Rising temperatures and crop farming mean birds are disappearing from parts of England, while butterflies and dragonflies are faring better. Research, published in *Global Change Biology*, found that cold-associated birds, such as the meadow pipit, the willow tit, and willow warbler have disappeared from sites in the UK where they historically thrived. Tom Oliver, at the University of Reading, who led the new study said: "Birds are facing a double-edged sword from climate change and declines in habitat quality. In England, birds really look like they are struggling to cope with climate change. They are already being hit with long-term reductions in habitat quality and, for the cold-associated birds; those losses are being further exacerbated by climate change." The study looked at more than 600 sites in England between 1964 and 2009, mapping observations of birds and butterflies. While cold-loving birds are on the decline, some butterfly species are becoming more prevalent as average temperatures rise. Natural England climate change specialist Dr Mike Morecroft stressed the importance of using land management to support wildlife. He said: "Working together to create larger natural areas in strategic places will help species to cope with a changing climate."



## First vegan farmed animal sanctuary in Scotland

The creator of the UK's only fully independent networking site for vegans is looking to open central Scotland's first ever fully vegan animal sanctuary. Director Lynn Jolly is using the money generated from the site – Bohemian Hippy – to fund the project and is looking to get others involved in the project through crowdfunding and possible grants. She was inspired to launch the project following her experience rescuing and rehabilitating a two year old bull from the dairy industry last year. "Sadly most people really have no connection whatsoever to farm animals like cows, chickens, pigs, and sheep, but if they are given the opportunity to see them and interact with them, I can guarantee that many will start to change their perception and see them for the beautiful beings they really are," says Lynn. The sanctuary will not just be a place for animals, as there will be a facility offering holistic therapies, stress management, meditation, and relaxation and possibly yoga and counselling. There will also be a shop selling vegan merchandise and a café. Lynn is hoping to raise £200,000 in order to make the sanctuary a reality.



## Lunch time just got easier with new vegan sandwich range at M&S

Marks & Spencer has launched its first-ever sandwich range following customer demand. The range features the 'super green' sandwich which consists of edamame and minted pea filling wrapped up in a chia and linseed bread, as well as the 'rainbow veg' featuring roasted vegetables and avocado with pumpkin seeds in a red pepper bread. The retailer sells over 1.5 million sandwiches every week, with over 30 fillings, however this is the first time it has sold sandwiches catering for vegans. Helen Brennan, product developer at M&S, said: "We noticed there was a huge gap in the market for food that vegans can eat on the go for lunch. We decided to create two new sandwiches vegans can enjoy – they are so tasty and nutritious I'm sure non-vegans will enjoy eating them too." Vegan products are one of the biggest requests M&S has received from its customers, and it now sells more than 1,800 food and drink items that are suitable for vegans.





# VeggieWorld

The exhibition for the vegan lifestyle

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# VEGAN PLANET

Vegan news from around the world

## USA: Largest animal circus in America to close after 146 years

Animal Defenders International [ADI] has welcomed the announcement by Ringling Bros. Barnum & Bailey Circus that it will close its animal shows from May. The company blamed declining ticket sales, which had fallen further after it removed elephants from the act last year, for its demise. Jan Creamer, ADI president, said: "After decades of exposing the suffering of animals in circuses behind the scenes, we are pleased to hear that Ringlings has finally bowed to public opinion – it was a mistake for them not to see the trend away from animal shows to human-only performances over a decade ago. Circuses can survive without the animal performances." Studies of the use of wild animals in traveling circuses show that in the circumstances of a traveling show, circuses cannot meet the needs of wild animals. Across 27 states in the US, 66 jurisdictions have already decided to either ban or restrict the use of wild animals in traveling shows, due to concerns about public safety and animal welfare.



## France: Bill passed ordering cameras in all slaughterhouses

France has made history after passing a bill ordering mandatory cameras in all slaughterhouses, following issues with animal welfare. The new bill requires slaughterhouses to install CCTV cameras across all areas, including on the killing floor, by 2018. The measure is in response to the public outcry that happened after a series of undercover investigations were released to the French media, by the French animal rights organisation L214. A trial will take place this year to inform how the technology will be rolled out across the board. Those caught inflicting unlawful cruelty on animals could face up to one year in prison. In response, UK-based group Animal Aid is calling on George Eustice MP, minister for DEFRA, to bring forward similar measures in the UK. Luke Steele, farming and slaughter campaigns manager, asked: "If the French National Assembly can make CCTV mandatory, then why can't the UK parliament do the same?"



## China: Discovery of new species of Gibbon

Scientists have discovered a new species of gibbon living in south-west China's rainforests. The animals have been studied for some time, and new research confirms they are a different species. The breed has been named the Skywalker Hoolock gibbon by discoverers, partly because when translated into Chinese characters the scientific name means 'heaven's movement', but also because the scientists are *Star Wars* fans. Dr Sam Turvey from the Zoological Society of London, who was part of the team studying the apes, told BBC News: "In this area, so many species have declined or gone extinct because of habitat loss, hunting, and general human overpopulation. So it's an absolute privilege to see animals as special and as rare as gibbons in a canopy in a Chinese rainforest, and especially when it turns out that the gibbons are actually a new species previously unrecognised by science." The researchers estimate that there are about 200 Skywalker gibbons living in China and also potentially in neighbouring Myanmar, but warn habitat loss and fragmentation is putting the primates at risk of extinction.





## Asia: Increased use of snares wiping out wildlife

An extinction crisis is emerging in Southeast Asia due to an increase in snares wiping out wildlife in unprecedented numbers, according to an article published in the journal *Science*. Homemade wire snares often kill or injure any animal caught in them, further endangering 'some of the planet's most distinctive and imperilled mammals', researchers wrote in the report. Traps are often left within designated wilderness areas. In 2015, officials in Cambodia's Southern Cardamom National Park removed 27,000 snares, nearly double the number removed in 2010. The authors warn many Southeast Asian tropical forests could soon be facing 'empty forest syndrome' in which the ecosystem is devoid of large mammals who provide a range of vital functions. "Only legislative reform that penalises the possession of snares, and materials used for their construction, inside protected areas can combat this ongoing wildlife crisis in Asian forests," the authors write. "Without such reforms and their enforcement, the spectre of 'empty forests' will become even more likely."



## Australia: Vegan protesters descend on MasterChef filming

A group of vegan activists held a peaceful protest during the filming of an outdoor challenge for TV show *MasterChef* at the South Melbourne market, over the show's lack of vegan choices and vegan contestants. The protest was also to remind people to make kinder meal choices and draw awareness to animal cruelty. A variety of different animals were printed on posters that were held up for the audience to see. They included a cow, pig, chicken, sheep, crayfish, salmon, prawn, kangaroo, shark, quail, goat, rabbit, and duck. Despite each poster showing a different animal, they all featured the same important message: "I am not an ingredient. I am someone." Speaking to the Herald Sun, protest leader Natalie Cruz explained: "People watch cooking shows because they love food and they are a good platform to raise awareness that animals are living and breathing souls and not just ingredients. We want vegan contestants to go on the show and prove to the audience that you can cook amazing and nutritious meals without using meat or dairy."



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# DEAR FGV

Top blogger and Vegan Life agony uncle Fat Gay Vegan offers his words of wisdom, encyclopaedic plant-based knowledge, and trademark wit. Got a problem? Write to [maria@veganlifemag.com](mailto:maria@veganlifemag.com)

**Q** Dear FGV,  
As a fan of your blog and agony uncle pages in Vegan Life you sprung to mind after a frustrating phone conversation with my mother. Amongst other things she called veganism a cult which I told her was ridiculous.

To set the scene, our seven year old son has recently decided to become vegan like myself, and my husband. My son's biological father (who is a meat eater) has contacted my mother to discuss their concerns over our son's welfare since becoming vegan. The problem isn't simply that they have unfounded concerns about his welfare, but that they felt the need to discuss it with each other, rather than us (am I justified in thinking it's a little weird for my ex to be in contact with my mother anyway?).

We have repeatedly tried to reassure my mother that our son is consuming a varied balanced diet through his choice, so I find it upsetting that she has chosen to support my ex, rather than my son. I think she is genuinely concerned that our son may become malnourished and victimised due to us 'giving him no choice' in

being vegan, but what else can we do to assure her that this is not the case? And how should we tackle the subject with his biological father who has voiced no concerns to us directly?

We now have a baby son too, who we plan to bring up vegan until he is old enough to make his own decisions, so any advice before family relations get any worse would be much appreciated.

Thanks,

Stella



**A** Dear Stella,  
I always enjoy hearing about young vegans. As an ex-schoolteacher, I've seen first-hand what a seemingly limitless capacity for compassion children possess. My students were always curious and thoughtful when faced with topics such as animal protection.

So it comes as no surprise to hear about your seven year old wanting to make compassionate food and lifestyle choices. What a wonderful human you have in your life. As always, it's us adults of the world who have to go and make things more troublesome. We are the worst! I've never had to navigate the difficult steps of co-parenting with omnivores (now there's a snappy slogan for a t-shirt) so I can only offer you my sympathy and a few small pieces of advice.

Start by aligning and surrounding yourself with people who have travelled this road before you. A quick Facebook or [meetup.com](http://meetup.com) search will net you a couple of vegan parent and family groups. Get active within these groups and you will quickly discover people who are living lives not too dissimilar to your own who will want to offer invaluable advice and support. Get chatting with other vegan parents

to discover how they deal with non-vegan in-laws and co-parents. Find out the tactics they use in getting their point of view across.

Another top resource is The Vegan Society. The Vegan Society currently has a simple yet thorough online survival guide for vegan parents. I won't bother typing out the URL here but a simple search for vegan diet for children and in pregnancy is a great place to start. You'll find so many resources with which to arm yourself. A final simple piece of advice involves using the two contact points suggested above to find the most-trusted books on vegan parenting.

It might be a bit overwhelming to ask the resistant omni grandparents to read an entire book, but a few carefully chosen photocopied sections will offer them an insight into how safe, happy, and well your child can be as a vegan. The books are also on hand should the biological father ever raise any concerns and speak to you directly, or if you feel the need to pre-emptively address the situation with him.

Inform yourself, inform the other adults involved, and surround yourself with supporters. Your child is extremely fortunate to have you in his corner.



Q Dear FGV,  
I love your blog – it's been one of my go-to resources since before I was a fully-fledged vegan. Just thought I'd get that out of the way.

I have been vegan for a few years. While I am passionate about it, it is simply my lifestyle choice, I don't really take part in any kind of activism, I don't know many other vegans, I don't blog etc. I am not very vocal, and while it's important to me, it does not define me. Because of this, when looking for a relationship, it was never important to me that my partner was vegan. He is very much an omnivore and enjoys eating meat. While this does not correspond to my ethics, I feel I have to accept him, as he accepts me.

Recently, I became embroiled in a very upsetting online dispute (when will I learn to avoid social media?) I was accused of not being a 'proper' vegan because my partner buys non-vegan items. It really felt like quite a vicious attack, and I feel even more disengaged from the vegan community.

I'm interested in your opinions on partners, and what they eat, and whether a 'true' vegan should only be in long term relationships with other vegans?

Thanks,

Kelly



A Dear Kelly,  
You've made me extremely happy by starting your letter with a compliment, however I'm going to waste no time in getting straight to the point of your letter.

Veganism is not a set of rigid rules that control every part of your life, rather it acts as a personal moral compass steering you on a path of compassion. Your decision to live vegan means you have committed to removing the use of animal products from your life as much as possible. Did you notice the use of 'you' and 'your' in the above sentence? Veganism is about YOUR choice to reduce harm to animals. Not your partner's choice. Not your great-grandfather's choice. Not your bank manager's choice. It is about you.

As a vegan, you can love and care for non-vegans, and it has absolutely nothing to do with anybody else. Humans are multi-faceted creatures who have been socialised into all manners of behaviour over thousands of years, including thinking it is the way of the world to use animals however we please. It takes a big shift in thinking to break out of that socialisation. Some people take a long time to get there and some people never get there.

There will be meat eaters in your life who are important to you for deeply emotional reasons and it is unreasonable to suggest you distance yourself from them. I would even go as far as to say that it is dangerous for your personal wellbeing to only socialise and forge relationships with vegans. That kind of isolationist living is going to give you an extremely limited world view and leave you emotionally vulnerable. You love these people, including your partner, for solid reasons.

Take social media insults with a pinch of pink Himalayan salt. Or better still, do not discuss your personal relationships with strangers on a forum that is lawless and designed perfectly to encourage personal attacks. You don't need the permission of trolls to know who you love and why you love them. Your personal and consensual relationships are not the business of anyone else. Being in a relationship with a non-vegan does not make you a bad vegan. A 'true' vegan reduces consumption of animal-derived products wherever possible. They are not responsible for the decisions made by their partner(s) nor are they answerable to strangers on the internet.

Of course you can give it your best shot to convert your partner. You are not going to get that opportunity in a fully-vegan relationship!



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# GO JAPANESE, GOMASHIO

Super condiment of the east

## Gomashio White, Black, Green and Red

*Makes 4 different pots*

### White Gomashio – Original

- 120g (1 cup) white or whole sesame seeds
- 1 tsp rock salt

### Black Gomashio

- 120g (1 cup) black sesame seeds
- 1 tsp rock salt

1. Toast the sesame seeds in a dry frying pan on medium heat, shaking pan frequently until seeds swell up, pop and smell very fragrant. They will tan a little, but take care not to burn them or they will become bitter.
2. Let seeds cool on a plate.
3. Place seeds and salt in a blender, using a small jug if possible. Blend on low for a few seconds or until most seeds are crushed, with some whole seeds still visible. Take care not to over-blend or you will end up with tahini – sesame paste.
4. Store in glass jars in the fridge preferably – the crushed seeds oxidise fast. Lasts for weeks, even months, when stored properly.

### Green Gomashio - Seaweed Pumpkin

- 60g (½ cup) white or whole sesame seeds
- 60g (½ cup) pumpkin seeds
- 1 tsp rock salt
- 1½ tbsp aonori seaweed, green small nori flakes

1. Same method as white and black gomashio. Toast the sesame and pumpkin seeds together.
2. Blend seeds and salt.
3. After blending, stir in aonori by hand before transferring to glass jars.

### Red Gomashio - Smoky Coconut

- 60g (½ cup) white or whole sesame seeds
- 40g (½ cup) desiccated coconut
- 2 tsp smoked paprika
- ½ tsp garlic granules
- ½ tsp coconut palm sugar
- ½ tsp rock salt
- ½ tsp hot chilli flakes (optional)

1. Same method as white and black gomashio, but toast the coconut separate to the sesame. Watch it closely as it burns easily.
2. Blend all ingredients.
3. Transfer to glass jars.







## TOP TIPS

Gomashio, or sesame salt, could be called the parmesan or dukkah of Japan – it's one of those super-condiments that gives any dish an instant, savoury boost. Traditional gomashio is simply sesame seed and salt ground together but I like to take mine a little further by adding some different seasonings. I also use less salt in my gomashio simply so I can eat more of it, to benefit from sesame's excellent nutritional profile. A heaped tablespoon (or more) is a perfect companion to any plant-based dish.

Use gomashio as a finishing condiment or while preparing rice, noodles, pasta, cooked and raw vegetables. Perfect for all assembled meals like salads, buddha bowls and packed lunches.

Use as seasoning when making kale chips, hummus and fried rice. Great in nori rolls.

In these recipes I've used white (hulled) sesame seeds, I find them less bitter than whole, but you can use either. Gomashio is quite salty so use other salt sparingly in your dish. Finally, use a good quality, natural salt.



# ZERO-WASTE KITCHEN

## Creative Crisps

Serves 2

- Potato peel from around 2 large potatoes
- ½ tbsp olive oil
- Generous pinch of chilli powder
- ½ tsp sweet smoked paprika powder
- ¼ tsp salt
- Freshly ground black pepper, to taste
- 50g (⅓ cup) kale leaves

1. Preheat the oven to 150°C (gas mark 2, 300°F) and line 2–3 baking trays with baking paper.
2. Place the potato peel in a mixing bowl with half of the oil, spices, salt, and pepper. Using your hands (wear gloves if necessary), gently rub the peel until it is completely coated with oil and spices. Set aside.
3. Using a sharp knife, remove the tough, woody kale stems and roughly chop the leaves into bite-sized pieces.
4. Place the kale in a mixing bowl with the remaining oil, spices, salt, and pepper. Gently rub the kale for 1–2 minutes until it is completely coated and starting to soften.
5. Spread the potato peel and kale thinly on separate baking trays in single, even layers. Set the kale tray aside.
6. Place the potato peel in the oven and leave to roast for 25 minutes. After 10 minutes, add the kale tray and continue roasting for the remaining 15 minutes, or until crisp. Watch carefully to ensure they don't burn.
7. Remove the crisps from the oven and leave on the trays for a few minutes to crisp up before eating.
8. The crisps are best eaten within a few hours, but can be stored in an airtight container for 1–2 days. Re-crisp them in the oven at a low temperature for 3–4 minutes.

### Sweet Potato and Potato Peel Crisps

Swap the kale for the peel of 2 large sweet potatoes – about 50g (⅓ cup). Combine with the regular potato peel and season as per the recipe. Roast both for 25 minutes, or until crisp.

### Tired Parsnip and Potato Peel Crisps

Swap the kale for 1 parsnip – about 100g (2 cups). Slice very thinly either with a mandolin or a veg peeler, including tops and tails. Season, spread thinly on a baking tray, and roast for around 35 minutes, or until crisp. Thicker slices may need an extra 5 minutes, but watch carefully to ensure they don't burn. Add the potato peel tray to the oven for the last 25 minutes.

### Tired Beetroot and Potato Peel Crisps

Swap the kale for 1 beetroot – about 100g (⅔ cup). Slice very thinly either with a mandolin or a veg peeler, including tops and tails. Season, spread thinly on a baking tray, and roast for around 35 minutes, or until crisp. Thicker slices may need an extra 5 minutes, but watch carefully to ensure they don't burn. Add the potato peel tray to the oven for the last 25 minutes.



Recipes and images from: *My Zero-Waste Kitchen*  
Published by DK on 16 January 2017, £6.99. DK.com





## Pimp up your Pesto

Makes about 160g (5½ oz)

- 2 cloves garlic, roughly chopped
- 65g (3 cups) basil leaves, roughly chopped
- 50g (⅜ cup) pine nuts
- 1 tbsp apple cider vinegar
- 4 tbsp olive oil
- Salt and freshly ground black pepper, to taste

### First make the base

1. Place the garlic, basil, pine nuts, and vinegar in a food processor and whizz until combined.
2. With the motor running, slowly drizzle the olive oil into the pesto until combined. You may need to stop the machine occasionally to push the mixture down with a spatula.
3. Season with salt and pepper to taste.
4. Store in an airtight container in the fridge for up to 1 week.

### Now zero-waste it!

#### Tired nuts or seeds

Swap the pine nuts for 50g (⅜ cup) tired nuts or seeds, such as walnuts or pumpkin seeds. Whizz them in the food processor before adding the other ingredients, then add an extra tbsp vinegar and an extra 2–4 tbsp olive oil. Adjust the oil as needed to get the right consistency.

#### Carrot leaves

Swap the basil for 65g (3 cups) thoroughly washed carrot leaves, plus an extra tbsp vinegar and an extra 2–4 tbsp olive oil. Carrot leaves are less juicy than basil, so adjust the amount of olive oil accordingly.

#### Leftover parsley stalks

Swap the basil for 65g (3 cups) leftover parsley stalks, plus an extra tbsp vinegar and an extra 2–4 tbsp olive oil.



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# GREY MATTER

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The artist behind that Thanksgiving rap spills the beans





**V**egan rapper Grey made waves at the end of last year when his Thanksgiving rap and video went viral. The catchy rap was partly inspired by a YouTube clip of gospel singer Shirley Caesar, singing about Thanksgiving. Her words (beans, greens, potatoes, tomatoes) form the backbone to Grey's song.

The Florida native (who now lives in Atlanta) has been making music for many years, releasing his first LP *UnDaEsTiMaTeD* under the name Lil Grey in 2001. His second *Grey Skies* followed in 2004, before he took a hiatus from music to play collegiate football and study for a BSc in marketing. It wasn't until 2010 that Grey returned to his musical ambitions, moving to Maryland in 2011 to start working the music circuit in Baltimore and DC.

Another record - *N:Ow or N:ever* - was released in 2013, receiving regional radio play for the single *For Da Money*. Grey moved to Atlanta and toured locally, gaining recognition and success for his performances. In November 2016, he released his now famous *Vegan Thanksgiving Rap*.

Vegan Life was delighted to catch up with Grey, to talk about veganism, artistry, and how that rap has changed his life.

**Can you tell me a little bit about why/how you became vegan? How long have you been vegan?**

About 10 months ago, my girlfriend introduced me to it. She's a huge animal lover and would often send me (animal rights charity) Peta videos to watch. She then decided one day she was making the transition into being plant-based. She would whip together these delicious vegan plates and share them with me.

Next thing you know, I was right along with her. By the third meal, I was convinced, 'you mean to tell me this isn't meat, it's much healthier for me, and it's easy to make?...Sign me up'.

"Once I started to understand what's in the food that we eat and the effects it can have on the body, in addition to the obvious animal cruelty behind it, it was enough for me to start a new lifestyle."

**Was it an easy transition? Do you have many vegans in your family/friends/community?**

For me I think it was a pretty smooth transition - especially as I had my significant other on board and motivating me as well. I guess my friends and family couldn't believe that I would give up meat at first. However, as time went on, they saw I was serious and they supported me. I don't believe I have any vegans in my family, but have had some family members considering better eating options after the video. I do know a lot of amazing vegans though.

**Can you tell me a bit about your musical background? How long have you been making music? How would you define yourself musically?**

I've been making music for a long time. I started creating my own music at the age of 13. Musically, I like to create transparent music, music that comes from the soul.

**Your Thanksgiving rap went viral - were you expecting this kind of response? What were you hoping for when you created the music and video?**

Definitely wasn't expecting that kind of response. I didn't even like the video to be honest. I almost deleted it. I normally did freestyles in the car every Friday using the hashtag #GreyCantFreestyle and this was just another freestyle. I knew something was different though about

an hour after I posted it when I received way more likes and comments than usual. Once it went viral, I told myself I have to write a second verse, and we have to shoot a video for it ASAP. The video was a lot of fun.



**Lots of people have written about you, as well as sharing the video. How does that kind of attention feel?**

It feels pretty cool. It's funny how something so small and unexpected, can become bigger than you imagine, and ultimately change your life. It's crazy and awesome at the same time. I am very humbled by the entire experience.

**What inspired the rap? Do you have a particular creative process? How long does it take to create a track from conception to recording?**

I saw the original video on Instagram and instantly loved the beat. I couldn't stop playing it. I told myself I have to spit something on this. As far as creating music, it all varies. Some songs take hours, some take days. It all depends.

**Now the Thanksgiving rap has been so successful, do you think you will change the focus of your music, and use it more as a vegan outreach tool?**

My music has always been a reflection of myself and what I'm feeling or going through at any given moment. I think this experience will definitely add to the content of the music including veganism.

As I evolve as a person, so will I as an artist.

**How important do you think the arts - including your own work - can be in educating and inspiring people about animal exploitation?**

I think it's extremely important to use your given talent to express yourself and educate others about various social issues and current events.

As far as being a musician, I will always create music. I look forward to creating new content as I evolve and life changes. As far as being a vegan, I hope to use my transition and experience to encourage others to do research on the foods they put in their body, and look into healthier food options.

Find out more about Grey at his website [officialgreymusic.com](http://officialgreymusic.com)



# THE VEGAN STUDENT

Vegan recipes and tips for thrifty students – or anyone on a tight budget

With the university term now in full swing, many of us are starting to feel the pinch (anyone else's bank account already scarily close to its overdraft?). I find that lunch is the meal where it is easiest for me to overspend, especially with ever more vegan convenience foods cropping up in supermarket chains and fast food restaurants. Here are my top tips for saving money at lunchtimes.

1. Include lunchtime foods in your food budget. Buying your lunch out encourages you to rack up extra food costs that you haven't planned for. So don't forget about lunch: work the cost into your weekly food shop. You'll find you save more money in the long run.
2. Make a bit of time for meal prep on Sundays. Big batches of homemade hummus, roasted vegetables, and vegan pesto will see you through.
3. Don't underestimate how much you will eat at lunchtime. If you're anything like me, you will need not just a sandwich, but at least two or three snacks plus fruit to tide you over until dinner time. So buy the basics: bread, hummus, salad and the like, but also some extra treats, so that you will be less likely to splash the cash on an overpriced vegan cookie or cake in your lunch break.

**Sandwich filler ideas – lunchtime will never be boring again.**

## Roasted red pepper, carrot, sweet potato, and butterbean hummus

Add 1 chopped red pepper and 3 large peeled cloves of garlic to a baking tray. Drizzle with olive oil and season with salt and pepper and roast for 15 minutes at 180°C (gas mark 4, 350°F), or until caramelised. Meanwhile, steam or boil ½ chopped carrot and ¼ chopped sweet potato until soft. Add all the cooked veggies into a food processor along with 2 cans of butter beans (drained and rinsed), 1 heaped tbsp light tahini, 1 tbsp extra virgin olive oil, 1 tsp salt, ½ tsp garlic powder and 1 tsp smoked paprika, and blend.

## Marinated baked tofu

In a small bowl, use a fork to mix together 2 tbsp soy sauce, 2 tbsp balsamic vinegar, 1 tbsp sesame oil, 1 tsp maple syrup and ½ tsp smoked paprika. Press the tofu to remove excess water, then cut into thin slices. Lay on a non-stick baking dish, then pour over the marinade and flip to coat the tofu. Bake for 20 minutes at 180°C (gas mark 4, 350°F), flipping over half way through. These tofu slices are great in a sandwich layered with vegan mayo, avocado, sliced red pepper, sesame seeds and coriander.

## Coconut bacon – my secret weapon sandwich filler

Coconut flakes are surprisingly cheap and a great source of healthy fats. Make a batch of coconut bacon to sprinkle on top of your midweek mac and cheese, and you will have some leftover to add to your sandwiches too. Simply mix together 1 tbsp balsamic vinegar, 1 tbsp soy sauce/tamari, a few splashes of liquid smoke, and 1 tsp maple syrup, then mix with 50g (⅔ cup) of coconut flakes. Spread thinly on a baking tray and lightly toast in a warm oven for 5-10 minutes.



## Oaty Date & Apple Bars

Makes 10-12 bars

### For the date filling

- 350g (2 cups) chopped pitted dates
- 160ml (⅔ cup) water
- Dash of ground cinnamon

### For the crumble sandwich

- 100g (1 cup) self-raising flour
- 100g (1 cup) rolled oats
- 50g (½ cup)

- desiccated coconut
- 100g (½ cup) brown sugar
- ½ tsp ground cinnamon
- 1 tbsp agave/date/maple syrup
- 115ml (½ cup) rapeseed oil
- 115ml (½ cup) water
- 1 Granny Smith apple, cored and chopped in half, then thinly sliced

1. To make the date filling, add the dates, water and cinnamon to a pan and stew for 10-15 minutes, until the dates are soft and all the water has been absorbed.
2. Preheat the oven to 180°C (gas mark 4, 350°F). Stir together the dry crumble ingredients in a large bowl.
3. Add the oil and water and mix together with your hands. If it looks too dry, add a little more water – it should form a crumble-like consistency.
4. Grease a loaf tin, then press ⅔ of this dry mixture into the bottom of the tin. Spread on the date filling in an even layer. Sprinkle over the remaining crumble, then press the apple slices on top.
5. Dust the top with cinnamon and sugar, then bake for about 30 minutes, until golden brown. Once cooled, slice into bars and enjoy.

These are a fab energy boosting snack to take on the go. Unlike most 'health food' snacks on sale these days, they contain only a few store cupboard ingredients. No expensive protein powders or superfoods here.

Approx Total Price (Tesco):  
£3.40  
Price per bar: 28p

You can follow Elsa Field on Instagram @elsameetsveg



# VEGAN IN 15

Super neat sweet treats

## Banana and Pecan Pancakes with Maple Syrup

Makes 8-9 small pancakes

- 1 banana
- 150ml ( $\frac{2}{3}$  cup) dairy-free milk (nut, oat or soya)
- 120g ( $1\frac{1}{4}$  cup) self-raising flour
- 1 tsp maple syrup (plus extra for drizzling)
- Pinch of salt
- 3 tbsp sultanas
- 2 tbsp pecan nuts
- Coconut oil or dairy-free margarine for frying

1. In a blender or food processor, blitz the banana, milk, flour, maple syrup and salt into a smooth batter. Pour it into a jug.
2. Roughly chop the pecan nuts, and stir them into the batter along with the sultanas.
3. Heat a little oil or margarine in a large frying pan, and pour the batter into three separate circles to create small pancakes. Fry gently for a minute or so until golden brown, then flip over and cook for a further minute. Repeat this until all the batter has been used up.
4. Serve immediately, with a drizzle of maple syrup.



Recipes and images from: *Vegan in 15 - Delicious plant-based recipes you can cook in 15 minutes or less* by Kate Ford. Published by Short Books, £8.99. Photographer Romas Foord.  
© KATE FORD 2016

Per 100g:

211	7.6g	3.4g	9.9g	0.35g	4.5g
kcal	Fat	Saturates	Sugars	Salt	Protein



ON THE  
COVER

## Chocolate and Peanut Butter 'Freakshake'

*Makes 1 large shake or two small ones*

- 150ml ( $\frac{2}{3}$  cup) nut milk (hazelnut or almond work really well here)
  - 1 banana
  - 1 heaped tbsp peanut butter
  - 1 scoop dairy-free vanilla ice cream
  - 1 tsp cocoa powder
  - 1 tbsp maple syrup
  - 100g ( $\frac{1}{2}$  cup) plain/dark chocolate chips (check the label)
  - Handful sweet popcorn
1. Place the nut milk, banana, peanut butter, ice cream, cocoa powder, maple syrup and about a third of the chocolate chips into a blender or food processor, and blitz until smooth and creamy, (this may take up to a minute).
  2. Set aside about a tablespoon full of the remaining chocolate chips, and pour the rest into a small microwave-safe bowl. Microwave on full power for one minute until melted, and whisk with a fork until smooth.
  3. Dip the rim of your glass into the melted chocolate, then use a teaspoon to drizzle more of the chocolate around the rim to create the trademark freakshake dribbles around the outside.
  4. Pour in the milkshake, then top with as much popcorn as gravity will allow, scatter carefully with the chocolate chips, and then drizzle the whole lot with even more melted chocolate.



Recipes and images from: *Vegan in 15 - Delicious plant-based recipes you can cook in 15 minutes or less* by Kate Ford.  
Published by Short Books, £8.99. Photographer Romas Foord.



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# NO BAKE CAKE

Try these romantic treats

These irresistible no-bake mini cheesecakes make a really cute dessert. They are easy to make and can be prepared in advance.

## Mini No-Bake Raspberry Cheesecakes

*Makes 10-12 individual desserts (depending on the size of your muffin tin)*

### For the crust

- 100g ( $\frac{3}{4}$  cup) pecan nuts
- 100g ( $\frac{1}{2}$  cup) medjool dates, pitted (approximately 8)
- 75g ( $\frac{3}{4}$  cup) desiccated coconut
- 1 tbsp coconut oil, melted
- Zest 1 lemon
- Pinch salt

### For the filling

- 125g ( $\frac{1}{8}$  cup) cashew nuts, soaked overnight (or for at least 4 hours) and then drained through a sieve
- 60ml ( $\frac{1}{4}$  cup) coconut oil, melted
- 200ml (1 cup) organic, tinned coconut milk (half a standard 400ml tin)
- 150g (1 cup) fresh raspberries
- Juice 1 lemon
- 80ml ( $\frac{1}{3}$  cup) maple syrup
- 1 tsp vanilla extract
- Pinch salt

### To Decorate

- Fresh raspberries or any berries of your choice.

1. Begin by soaking the nuts. Place your cashews in a bowl and add enough water to cover them. Cover and soak for approximately 4 hours.
2. Cut thin strips of baking paper and lay a strip in each cavity of the muffin tin. The paper will act as a little handle to lift out the cheesecake.
3. Make the crust by placing all the ingredients in a food processor. Whizz until smooth. Add a drop of boiling water if the mixture looks a little too sticky.
4. Tip the crust mixture into the prepared muffin tin and pat down to create a thin, even layer in each section.
5. Place the tin in the freezer for 2-3 hours to allow the base of the cheesecake to harden (which will make it easier to load with filling).
6. Meanwhile, make the filling. Rinse and drain the soaked nuts. Wipe out the food processor and blitz the cashews.
7. Add the remaining filling ingredients and blend until smooth.
8. Taste the mixture and add more lemon juice or maple syrup as required.
9. Remove the muffin tin from the freezer and pour some filling mixture on top of each base crust. Level out the fillings then place the tin back in the freezer for a minimum of 3-4 hours, or overnight.
10. Approximately 30 minutes before you are ready to serve the cheesecakes, remove the tin from the freezer and allow to thaw slightly.
11. When you are ready to serve the cheesecakes, remove them from the tin and place on a plate decorated with fresh berries.

Recipes from *Kate Sandat*

Photography from *Stacey Andrews, Pixie & Willow Photography*



Per 100g:

364	31.0g	16.0g	11.0g	0.07g	5.3g
kcal	Fat	Saturates	Sugars	Salt	Protein



A close-up photograph of several small, round tarts or cupcakes. Each tart has a thick, light-colored, textured filling (likely cashew-based) and is topped with a single, vibrant red raspberry. The tarts are arranged on a dark green surface, possibly a tablecloth or paper. The background is dark and out of focus, emphasizing the tarts in the foreground.

### KATE'S TOP TIPS

You will need a food processor or blender to create the luxurious, smooth texture of the filling.

Soaking the cashews neutralises enzyme inhibitors and enables your body to absorb more of the vitamins and minerals from the nuts. It also helps to make the filling moist.

Turn the tin of coconut milk upside down and place it in the fridge. Then when you open it, you will have all the cream on the top. This will make it easier to ensure you have half the cream and half the water to make up the 200ml required. Alternatively just give the tin a really good shake before measuring the required quantity.

If you use a high quality blender, you will achieve a smoother, creamier texture for your filling. I use a Vitamix which is an excellent choice, but expensive.

You will need a mini muffin tin lined with baking paper and lightly greased.





# CAN A PLANT-BASED DIET EASE THE SYMPTOMS OF FIBROMYALGIA?

Sophie Hollingsworth reports on this little-known condition

Chronic pain, fatigue, and depression are three of the many symptoms of fibromyalgia, a condition which affects an estimated 1 in 20 people to some degree. Sufferers can also experience problems sleeping, headaches, and irritable bowel syndrome among other symptoms. While treatments are available to ease some of these symptoms, according to the NHS, it is very not likely they will be eliminated.

Fibromyalgia is defined by the NHS as ‘a condition that causes widespread pain all over the body.’ It often takes a long time to diagnose due to its similarity to conditions such as rheumatoid arthritis and lupus. These illnesses, whilst having similar symptoms, can be confirmed or ruled out using blood tests. One symptom which sets fibromyalgia apart from these other conditions is what is commonly known as ‘fibro fog’. Fibro fog is described by sufferers as feeling as though their brain and head are blocked, and feeling so overwhelmed from processing the pain and mental aspects of the condition, that they struggle to concentrate, absorb information, recall simple memories, and sometimes even lose track of conversations mid-sentence.

Fibromyalgia is seven times more common in women than men, typically developing between the ages of 30 and 50, but can affect anyone of any age. It is often unknowingly triggered by a trauma, event, or accident which has caused pain in some way.

Could a plant-based diet be helpful to people suffering with this complicated condition?

A well-planned plant-based diet can be beneficial for the vast majority due to the large consumption of fruits, vegetables, and grains which are full of the nutrients and vitamins vital for maintaining a healthy body. A much-cited journal published in the latter half of 2016 by the Academy of Nutrition and Dietetics outlined just this.

“It is [our position] that appropriately planned vegetarian, including vegan diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, childhood, adolescence, older adulthood, and for athletes.”



So how is fibromyalgia normally treated? The NHS website explains that ‘whilst treatment is available in various forms to ease symptoms, it is unlikely for the condition to ever completely disappear’.

Sadly, for the millions of fibromyalgia sufferers in the UK and in the rest of the world who cope with the exhaustion which comes from the illness daily, there is currently no cure. Fibromyalgia is therefore usually treated with a cocktail of prescription medication including muscle relaxants, antidepressants, painkillers, and anti-inflammatories. Whilst these medications can help to control the symptoms, they can only work to a certain extent. In addition, taking excessive amounts of prescription medication over an extended period is considered to be neither healthy, nor a viable long-term solution.

Doctors and physicians have found however, that a variety of alternative therapies can be beneficial to fibromyalgia sufferers, some even more so than medication. These alternate therapies include acupuncture, chiropractic treatment, and CBT (cognitive behavioural therapy). Though these treatments are not often funded by the NHS, and therefore require payment by the patient, some patients who use them have reported substantial relief from pain.

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“My personal experience of using a plant-based diet to help control the symptoms of fibromyalgia has been significant; I found that the swellings in my joints reduced significantly within the first month of eating this way.”

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My personal experience of using a plant-based diet to help control the symptoms of fibromyalgia has been significant; I found that the swellings in my joints reduced significantly within the first month of eating this way. My plant-based diet also improved my energy levels – important as this in turn helps fibromyalgia sufferers to focus and partake in their daily activities with greater ease.

This improvement can then significantly improve the mental health of a person who may previously have been struggling to leave the house. If the symptoms of the condition can be improved by diet, and sufferers are able to engage more fully in everyday life, this can really help with mood. Again, in my experience of following a plant-based diet full of fruits and vegetables, the ‘good’ and ‘bad’ days, often mentioned by fibromyalgia sufferers, have been improved markedly making the good days even better and the bad days more bearable.

My anecdotal experience is backed up by a study brought to attention by vegan charity VivaHealth! This major online resource covers many issues relating to vegan health and nutrition.

One particular study, by Lamb et al (2011), tested whether being on a plant-based diet could help the participants’ pain levels. After four weeks, the participants were found to have a higher tolerance for pain, and a definite decrease in both pain and the stiffness in their joints. This suggests eschewing all animal products from your diet is worth exploring further as a symptom and pain management system,

particularly as the benefits come without the adverse or unwanted side effects certain medications and therapies can sometimes cause.

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“A variety of alternative therapies can be beneficial to fibromyalgia sufferers, some even more so than medication. These alternate therapies include acupuncture, chiropractic treatment, and CBT (cognitive behavioural therapy).”

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While research on vegan diets and fibromyalgia are currently fairly scarce, there are a couple of other studies worth noting, where researchers looked at the effects of a raw plant-based diet on the condition. The studies (Kaartinen et al, 2000, and Donaldson et al, 2001) both revealed a significant reduction in pain, as well as improvements in other facets of emotional, physical, and mental health. When it comes to general dietary guidelines, some advice is provided by the UK Fibromyalgia website. According to the resource ‘some research has suggested that eating foods with a low sugar content can be beneficial to fibromyalgia sufferers’. Many plant-based diet staples (including legumes, beans, vegetables, and unrefined grains like quinoa) are compatible with a lower sugar diet.

Whilst many fibromyalgia sufferers – including myself – eagerly await long-term medical research into cures for the condition, the data that does exist, as well as my own experience, suggests a plant-based diet can have a notable effect on some symptoms, and does so without the dangerous and uncomfortable side effects of some medications.

As noted earlier, fibromyalgia has many symptoms, and they are not the same for everyone. The main symptom is pain throughout the body, which may feel like an ache, a burning sensation, or sharp, stabbing pain.

Additional symptoms may include (information from the NHS):

- Extreme sensitivity
- Stiffness
- Fatigue
- Poor sleep quality
- Cognitive problems (‘fibro-fog’)
- Headaches
- Irritable bowel syndrome (IBS)
- Dizziness and clumsiness
- Feeling too hot or too cold – this is because you’re not able to regulate your body temperature properly
- Restless legs syndrome (an overwhelming urge to move your legs)
- Tingling, numbness, prickling or burning sensations in your hands and feet (pins and needles, also known as paraesthesia)
- Women may experience unusually painful periods
- Anxiety
- Depression



# SETTING THE *vegan* RECORD STRAIGHT



Victoria Eisermann, former model, co-founder of K-9 Angels charity, and radio host, talks about her cruelty-free life

While I always try to live as balanced a life as possible (a little bit of what you fancy and all that), I fear I've been a bit of a 'naughty' vegan...while I believe that being vegan is not only cruelty-free, healthy, and better for the planet, it is possible to overindulge by eating too much, even with the best that a plant-based diet has to offer.

Here's where I have to be honest with you all...

I simply love vegan cake and chocolate, and nut roast and potatoes, and all the other delicious things you can think of. What can I say? I am 100 per cent vegan from head to toe but I'm also human. Because I don't enjoy the idea of punishing (and unhealthy) fad diets or deprivation, I decided to try and check out some vegan spa treatments, to reverse the sluggish feeling I was suffering from. Despite it being a while since the festive season, I still wasn't feeling like my most energetic and best self. Could a spot of pampering be the answer?

So how easy it is to find vegan-friendly spa treatments in the UK?

I had feared it would be tough – and this proved to be the case. Despite loads of research, while I found a number of options abroad – especially holiday retreats and longer stays, it wasn't so easy to find anything closer to home.

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"I love living a vegan lifestyle; the food makes me feel energetic and great, as well as being a satisfying moral choice. But I don't obsess about nutrition, and I certainly enjoy my food."

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Maybe unsurprisingly, the place I finally stumbled on, is in London. A bit of a trek for me, but I always enjoy a trip to the capital. The spa – called My Detox Spa ([mydetoxdiet.co.uk](http://mydetoxdiet.co.uk)) – has a couple of locations

in south east London, one in Greenwich near the Cutty Sark, and one located outside Blackheath Overground station. I got a train from London Victoria that took 15 minutes.

I was pleasantly surprised to discover that My Detox Spa is something of a 'one-stop shop' for vegan products. As well as the treatments you can have at the venue, you can enjoy juices and soups. They also offer packages where these foods are delivered to you. For me, I was excited at the prospect of a treatment followed by some juice and vegan cake.

The treatment menu offered a number of options, including colon hydrotherapy, as well as something called Iyashi Dome, which is said to rid your body of toxins while burning calories. I made up my mind to try these in the future. This time I decided to go with a full body scrub and body mud mask with Indian head massage.

Reassuringly, I was assured all products used for facials, body scrubs, and mud wraps were cruelty-free. I don't generally go in for facials – I feel like I choose my products very carefully and look after my skin well, but I did enjoy the treatment, and my face felt very soft and hydrated afterwards. The massage was great too – with soft music, and aromatic oils. It was incredibly relaxing, and I enjoyed it.

I love living a vegan lifestyle; the food makes me feel energetic and great, as well as being a satisfying moral choice. But I don't obsess about nutrition, and I certainly enjoy my food, meaning sometimes I overindulge. While a brisk walk and lots of fruit and veg are a great solution to excess, it's really nice to treat yourself to something a bit more indulgent.

I love spas, but I feel that while exciting new vegan restaurants are popping up everywhere, spas are a tad behind when it comes to making cruelty-free relaxation easily accessible.

Are there any budding vegan entrepreneurs out there looking for a new venture? There's definitely a gap in the market for vegan spas and spa treatments. I'd certainly be first in line to try it...

You can read Victoria's cruelty-free blog at [victoriaeisermann.com](http://victoriaeisermann.com).

A close-up photograph of a white bowl filled with penne pasta. The pasta is coated in a vibrant green pesto sauce. It is topped with golden-brown, shredded cheese and whole pine nuts. The bowl is set against a light, textured background.

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# AN ODE TO MOTHERS EVERYWHERE

The precious bond is not limited to human animals

**T**his month many people will be buying cards and presents in celebration of Mother's Day. But it's not just human mothers who care for their young.

Witnessing the ways many animals care for their children is both inspiring and tragic. They are so much more than commodities, given the chance, animals create loving family units. Some rescued farm animal mothers living in sanctuaries remain with their children for their lifetime and continue the same maternal care even when their offspring have grown up.

Tragically, many of the animals routinely exploited for food or entertainment, never get this chance to fulfil their parental role. Here we have rounded up some (but not all) of these remarkable creatures, and pay homage to the special bond shared between mother and child.

## Cows

Cows are emotionally complex, social animals who develop close relationships with other cows. Mothers and calves have particularly

close bonds. Cows are deeply devoted to their young, and the bond formed between a mother and her calf remains long after the baby is an adult, with the two remaining together as grazing partners for years if they have the chance.

Gestation length varies for a number of reasons including breed of the mother, and sex of the calf. The length ranges from 279 to 287 days. For most breeds, 283 days is common. Ideally, calves would suckle from their mothers for nine months to a year. Cows never forget their offspring and it is quite common to see them licking their grown calves just as they did when they were young.

## Pigs

Pigs have a matriarchal family unit where piglets are cared for by the female relatives. Pigs are good mothers and develop strong bonds and love for their children, just like human mothers do. In the wild, a sow (female pig) will search for a safe place, and build a nest for her unborn babies. They have been known to walk over six miles to find somewhere suitable. If separated from her babies, a sow will get very anxious, and mourn when they are taken away.

Female pigs, also called gilts, give birth to offspring twice a year to a litter of on average 10 piglets. Feral hogs have five to six piglets per litter and average 1.5 litters per year. The gestation period of a sow is 114 days (three months, three weeks, and three days). At birth, piglets weigh around 1.1 pounds, and within a week will double their weight. After spending two weeks in a purpose built nest, the sow and her new piglets return to the rest of the herd, over the following 12 weeks the piglets are gradually weaned and begin to eat solid food.

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“Pigs have a matriarchal family unit where piglets are cared for by the female relatives. Pigs are good mothers and develop strong bonds and love for their children, just like human mothers do.”

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### Chickens

The relationship between the hen and her chicks is very strong, even before hatching. Hens have been known to ‘talk’ and cluck to their chicks while they are still in their eggs. As the chicks grow older and develop within the eggs they also begin to peep and squeak back to their mother. This routine helps the chicks to create a bond with their mother before they even hatch.

It takes an egg 21 days to hatch after it has been laid. Each day the hen turns the eggs around thirty times in order to keep them in the best heat and moisture condition. When it is time for the egg to hatch, the chick will use the ‘egg tooth’ at the end of the beak to break through the shell, and the chick will then push out of it. Once hatched, the chicks will stay close to their mum, for one to two months. The hen instructs them what to eat and protects them from predators. At night, the chicks sleep under the wings of their mother.

### Sheep

Ewes are very caring mothers and the mother-child relationship they build is very affectionate and close. Each mother can recognise her lambs by bleats alone and will get distressed when she can’t find her young. Ewes will often foster or adopt lambs who have become lost from their own family or flock. Sheep are pregnant for 142 to 152 days. (approximately five months) and will usually give birth to either one or two lambs at a time.

Since ewes gestate for only five months, it is possible for them to lamb more often than once per year. The lamb will suckle on her mother’s milk for around four months before beginning to eat grass, hay, and grain. Sheep are flock animals and very family-orientated and stay with their families (mum, dad, siblings) for life when allowed to in a sanctuary/wild setting.

### Goats

Like many other farm animals listed, goats have amazing lifelong relationships with their offspring, and form very strong mother-child bonds early on. Mothers will often call to their young to ensure they stay close by. In 2012, research found that mother goats can remember their babies’ voices for years, even after the two have been separated.

Female goats, or does, reach sexual maturity between the ages of eight to 10 months, so they can produce their first offspring around the age of 13-15 months. Does will give birth to one or two kids after five months (150 days) and the kids begin nursing soon after birth. Kids are not usually weaned any earlier than 10-12 weeks. The young goats need to eat an increasing amount of solid food from two to three weeks old, in order to encourage stomach and digestive development. Much like sheep, kids will stay with their families for life given the chance.

In addition to farm animals, animals used for the entertainment industry are also denied the opportunity to care for their babies. In the wild, these animals would spend the rest of their lives with their offspring, but instead they are torn from their natural habitats and forced to endure life in captivity.

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“Orca gestation is 13 to 16 months. A calf is born in autumn weighing almost 400 pounds and measuring up to seven feet in length. Female killer whales will give birth every three to 10 years.”

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### Elephants

The bond between a baby elephant and her mother has been described as the closest of any animal on earth. Elephants live in social groups known as herds, where the oldest female is the matriarch. Once a calf is born, the other ladies in the herd all lend a hand, including grandmothers, sisters, and aunts. These full time babysitters are called ‘allomothers’, and they help in every aspect of rearing young calves.

Elephants have the longest gestation period of all mammals, carrying their young for nearly two years before giving birth. Twins are very rare, and the vast majority of elephants give birth to only one offspring at a time. Elephants will wait two to five years before mothering another calf.

### Orcas

Orcas, also known as killer whales, are very social, maternal animals. They live in small nuclear and extended families that we call pods, clans, and communities. The mother and her children, even her adult sons, stay together throughout life. An orca’s pod, more than any specific location, is their home. As orcas can live up to 90 years, this means many generations travelling together.

Orca gestation is 13 to 16 months. A calf is born in autumn weighing almost 400 pounds and measuring up to seven feet in length. Female killer whales will give birth every three to 10 years. Calves nurse for five to 10 seconds at a time, several times an hour, 24 hours a day. This continues until the calf is weaned at around one year. Babies will stay very close to their mothers, saving energy by swimming in her slipstream.



# SAY CHEESE

A guilt-free pleasure







## Vegan Zucchini Cheese

- 4 medium courgettes (zucchini), peeled
  - 470ml (2 cups) water
  - 115ml (½ cup) apple cider vinegar
  - 160g (1 cup) hemp hearts
  - 130g (1 cup) pumpkin seeds, soaked 2-8 hours
  - 2 tsp salt
  - 1 tsp garlic powder
  - ½ tsp turmeric
  - 30g (½ cup) nutritional yeast
  - 4 tbsp agar powder
1. Oil a litre (4 cups) container with coconut oil.
  2. Rinse seeds and place in the blender with the water and vegetables.
  3. Blend until smooth.
  4. Add the rest of ingredients and blend until smooth.
  5. Combine the agar powder and water in a small pot and bring to a boil.
  6. Stir constantly to prevent sticking.
  7. Lower the heat to minimum and stir for 2 minutes. It will turn into a thick paste. Remove from heat.
  8. Add the agar paste to the blender.
  9. Blend until well incorporated.
  10. Pour the cheese into the oiled container and refrigerate for 2 hours.
  11. Turn out the block of 'cheese' and slice to serve.

## Nacho Cheese

- 140g (1 cup) sunflower seeds
- 135g (1 cup) brazil nuts
- 140g (1 cup) almonds
- 1 tomato
- 175g (1 cup) diced red peppers
- 40g (¼ cup) ground flax seed
- 1 pinch cumin
- 2 tsp salt

Soak sunflower seeds, brazil nuts, and almonds for 4 hours. Add all ingredients to a blender and process until as smooth as desired.

Recipes and images from  
*mypureveganfood.com. Author Lena Ksanti*



# CHEEKY LEEKY SALAD

Smoky flavours with a kick

## Chargrilled Leek, Courgette and Herb Salad

Serves 4

- 400g (3 cups) baby leeks
- 400g (2½ cups) courgettes
- Zest of ½ a lemon
- 12 basil leaves, shredded
- Small handful parsley, chopped
- 20g (¾ cup) pine nuts, toasted
- ½ tsp maple syrup
- ½ tsp English mustard
- 1 tbsp white wine vinegar
- 3 tbsp extra virgin olive oil
- A handful of rocket
- Salt and pepper

1. Remove any tough outer leaves from the baby leeks. Bring a pan of salted water to the boil and blanch the leeks for 2 minutes. Drain and refresh under cold water. Drain once again and pat dry with kitchen paper to remove any excess water.
2. Slice the courgettes into eight lengthways and remove the seeds with a sharp knife. Place in a large bowl with the leeks, drizzle with a little oil and season with salt and pepper.
3. Heat a chargrill pan until smoking and add the vegetables, in batches, so you don't overcrowd the pan. Cook for 2-3 minutes on each side until lightly charred and keep to one side.
4. To make the dressing, whisk together the maple syrup, mustard, olive oil and vinegar with a little salt and pepper.
5. Pour the dressing over the char-grilled vegetables, adding the herbs, lemon zest and rocket. Toss together well. Taste to check the seasoning and tip onto a serving dish, sprinkling with pine nuts just before you serve the salad.



Per 100g:

67	5.0g	0.6g	2.1g	0.09g	2.1g
kcal	Fat	Saturates	Sugars	Salt	Protein

Recipes and images from: [britishleeks.co.uk](http://britishleeks.co.uk)





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# A PARENT'S TALE

Brit in Germany Charlotte Meyer  
Zu Natrup balances motherhood  
and veganism



**P**re-children, if I had had the mind to and had sat down one day with a cup of tea and tried really hard to imagine what a bad day would have looked like, I might have come up with a ludicrous amount of rain during the commute.

This would have subsequently led to rain-soaked garments, forgotten lunches, followed by back to back lessons with all my classes, broken photocopying machines, angry parents, trains cancelled, parents' evenings, and morning sickness. However, nothing I imagined would have come close to what an average day looks like with the responsibility and care of two children under three. This I have known for a while - since as early as the birth of baby number one, in fact.

However, this particular cracker of a day, took even me by surprise. This is because, somewhere in my mind, I work on a kind of universal balance system. It helps me cope. There are bad days, when I have left the pram outside the night before, and it has snow on it and I cannot go out but must remain caged inside with both children all day and think of exciting and distracting things to do on three hours of sleep. Or other days when a new babysitter or friend is coming over and one baby, awoken from a nap, is wailing upstairs and the second child is wrestling themselves through a particularly eye-peeling nappy change that requires a change of outfit for them (and for me. And the outfits are also upstairs).

Meanwhile, a cat has done her business somewhere near to, but not actually in, the litter tray. A jar of barbeque sauce has committed hara-kiri by plummeting from the shelf in the kitchen into sticky, sharp chaos that every toddler simply has to walk through. And then the doorbell goes. On those days, I batten down the hatches, look forward to potential peace at nightfall and satisfy myself that if things are a little bit pooppy today (literally), then I must have earned some good times and there will be days filled with calm naps (theirs) and moments of freedom in the future.

This particular bad day, then, took me by surprise because in this week alone I had moved house (not the easiest thing to do with two tiny babies in tow), and gone on an epic cold first walk from the new house in driving rain next to a wailing toddler. I had also rushed both to hospital for what turned out to be nothing more than a minor ailment for one and a realisation that a) I might be a tiny bit over-stressed and b) a further understanding of just how loud his voice is.

And so when Friday dawned and I had a definite plan to go and buy some much needed food and get some fresh air, (without any trips

to A&E), I was strangely excited at the thought of a blissfully average day. And so we went through the productions of putting on snow suits, packing the nappy bag, returning to the house for the shopping list, and returning to the house again for a nappy change. We finally made our way to town.

The first part of the morning went well. The big job on the list was to find suitably cosy vegan winter shoes for my eldest child - which was pleasingly easy. After a relatively smooth exchange with the shop assistant, little one left the shop with warmer feet and excitedly talking about 'neue schuhe'.

By the time I found the supermarket it was past lunch time. The younger one, in the pram, was beginning to get that wild look he gets in his eye when he is hungry. I had peaked energy-wise. So had the toddler. However, here we were and food we needed, and so on we muddled. I went through all the procedures behaviour manuals suggest. I got down to the toddler's level and we talked about not needing to touch everything in the shop and how it would be great if she could stay close to me and keep up with the pram. But there was no other choice then to let her wander behind me because we had done so much shopping that her seat was filled with bags and produce.

Ensuring your food is vegan can sometimes mean shopping takes a little longer - reading labels in a language you are currently getting to grips with makes this task even more time-consuming and I was very conscious of the increasingly hangry and agitated toddler in my care.

Out of the two of my children, the elder, now bedecked with her 'neue schuhe' was admittedly more of a flight risk, and so, even I was surprised when I managed to misplace the more sedentary, and calmer (at this point) baby. He, who was still sitting in his pram, currently quiet although soon to be on the verge of a great, loud, hunger. It is still a mystery to me as to how I managed this.

All I remember from the incident afterwards was that the supermarket was bewilderingly full of very narrow, overstuffed shelves which made it impossible for me to turn my double seater round, as it was now laden with new mop and bucket (ours are still lost in the packing and the house was sadly becoming invisible under sticky hand prints and shoe marks). It was also bewilderingly full of octogenarians with tiny trolleys and zimmer frames, and above all, it was my first time there.

As such, I had to keep letting 'neue schuhe' momentarily out of sight, so that I could navigate the pram forwards and backwards in the aisles,



trying to turn, and asking attendants if they knew where the almond milk and rice were or if they could tell me where matches and scissors could be found. Then I would have to retrace my steps and beguile the little one to follow me. The toddler, now very tired, was getting more and more involved in her exploring of the shelves. She greeted each new object she found with 'was is das?' (this is a debased version of English and German) and lingered with it longer than necessary. She even started conversations with the object and also with elderly shoppers who are always happy to see toddlers and ready to have a chat with them.

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"Ensuring your food is vegan can sometimes mean shopping takes a little longer – reading labels in a language you are currently getting to grips with makes this task even more time-consuming."

---

Finally, unable to actually find the shopping list that I had returned to the house to retrieve, and believing I had probably bought enough things to manage a few days, I manoeuvred the pram nearer to the

checkouts and looked round for toddler. By this time, I could feel myself to be either on the verge of tears or anger, or both. I was tired of asking her to follow, and I was hungry, and she was tired of being bothered and not being allowed to play with her new assortment of findings.

On calling her name a little too loudly, a passing woman said fairly unhelpfully, 'Jessica will nicht kommen. Jessica spielt mit zucker\*'. So to the sugar aisle I headed, there she was, having a chat with the marzipan and hundreds and thousands. I counted to 10 and attempted to persuade her to come with me, suggesting we were almost done, and that lunch was on its way. She disagreed with this suggestion so strongly that she threw herself on the floor and sought consolation in crying into her snowsuit. Left with no alternative, I bundled her under my arm and headed back to where I thought I had left the pram, but it was not there.

I will not need to convince anyone reading this that blind panic on the absence of a pram, and its contents, from the place where I had only a moment ago left it, is far worse than any rainy commute, lengthy parents' evening, missing lunch, or even morning sickness all rolled into one... Suffice to say, after everyone was found to be safe (the pram, moved 'out of the way' by a passing zimmer user and accompanier was hidden behind a group of old ladies who were entertaining its tenant by showing him vegetables and cooing over his chubby cheeks), I will have the greatest hopes of many 'good days' to follow shortly in recompense.

\*'Jessica will not come. She is playing with sugar.'

## MELON BEAN SALAD

### Serves 4

On those days you need to pack some deliciously sweet, but healthy, quick energy into tiny vegan tummies, this recipe works a treat. If you can, cook the mung beans in advance, so you just need to assemble the ingredients quickly before eating.

#### Salad

- 1 x ripe cantaloupe melon
- 200g (7oz) mung beans (if you can't find mung beans, try petit pois, they have a similar sweet flavour)
- Pea tendrils

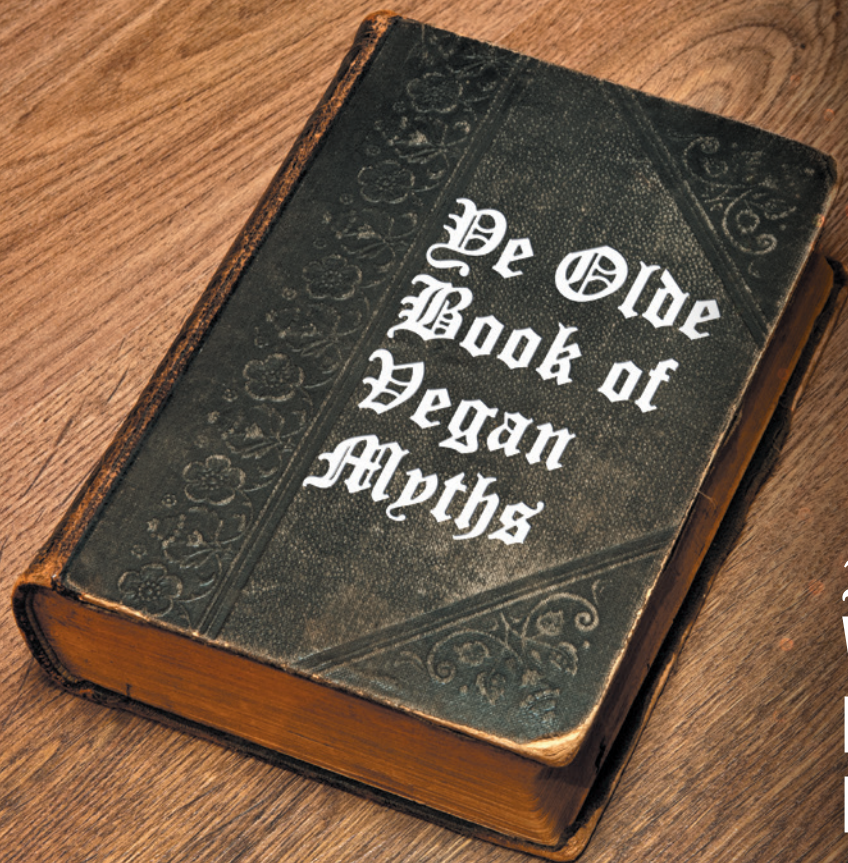
#### Dressing

- 2 tbsp coconut oil (you can also use olive oil)
- Good squeeze of lemon juice
- Pinch of sea salt

1. Boil the mung beans until soft – this should take around 20-25 minutes.
2. In the meantime, chop the melon into small pieces, and mix the dressing ingredients together.
3. Coat the fruit and pulses in the dressing, and liberally garnish with pea tendrils.







## Myth 14: VEGAN DIETS ARE DANGEROUS FOR PREGNANT WOMEN

We take some of the biggest lies and misconceptions around veganism and tackle them head on

**I**f you're nurturing a new life it stands to reason you need to be consuming the corpses and secretions of animals. Right? Right? Well actually, no. It is very much possible to have a healthy plant-based pregnancy, as many vegan mothers will attest.

These women are backed up by a number of healthcare professionals, including the American College of Obstetricians and Gynecologists, and the American Dietetic Association (ADA). The UK's own NHS has also stated that a well-planned vegan diet can be healthy during pregnancy.

The much-quoted statement published last year by the American Academy of Nutrition and Dietetics – the world's largest organisation of food and nutrition professionals – said a strong vegan diet is suitable for all life stages. One key point made was that: "Vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, cancer, and obesity." Maintaining optimum health is important at all times – including, of course, during pregnancy.

The one caveat – as ever – is that the diet should be properly planned, and include adequate quantities of certain nutrients. The NHS highlights vitamin B12 (which, it should be noted, is very often lacking in omnivorous diets) as well as vitamin D and iron as particularly important. The organisation also advises pregnant women to ensure their calcium uptake is sufficient.

Notably, the vast majority of foods pregnant women are advised to avoid are non-vegan. According to the NHS: "All pregnant women,

regardless of their diet, are advised not to eat mould-ripened soft cheese (such as brie or camembert) and soft blue-veined cheese (such as roquefort or Danish blue). These cheeses could contain listeria, which can cause miscarriage, stillbirth or serious illness in newborn babies.

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"Vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, cancer, and obesity."

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"Pregnant women are advised not to eat pâté, including vegetarian pâté, which can also contain listeria. Some vegetarian pâté contains raw eggs, which may carry a risk of salmonella infection. Pregnant women are also advised not to eat raw or partially cooked eggs."

Veganuary, a charity which encourages participants to go vegan during January, adds: "Vegan women can easily meet their nutritional needs when pregnant. A study in 1987, of 775 pregnant vegans, showed that their diets had no effect on the birth weights of their babies, and that their own weight gain was normal. In fact, these women actually gained a little more weight than women in the general meat eating population. Preeclampsia rates were also nearly non-existent."



# FAST FOOD

Pasta without the pain

## Pronto Pasta

Serves 4

- 3 tbsp extra virgin olive oil
- 325g (11oz) dried tagliatelle
- 450g (2¾ cup) large ripe plum tomatoes, roughly chopped
- 1 bunch spring onions, roughly chopped
- 3 large garlic cloves, crushed
- 1 tsp chilli flakes
- 1 litre (4 cups) water
- 1 small bunch of basil leaves, torn
- Salt and pepper

1. Add 2 tablespoons of the oil to a large sauté pan, then arrange the tagliatelle nests in the pan in a single layer. Scatter over the tomatoes, spring onions, garlic and chilli flakes. Pour over the 4 cups of water and season really well with salt and pepper.
2. Place over a high heat, cover with a lid and bring to the boil. Remove the lid once boiling and cook over a high heat for 10–12 minutes, tossing the pasta regularly until it is al dente and the liquid has been almost all absorbed.
3. Stir through the basil leaves, season to taste with salt and pepper, and drizzle over the remaining oil. Take in the pan to the table to serve.



Recipes and images from *Simply Dairy Free*  
Author Lesley Waters

Per 100g:

166

kcal

4.0g

Fat

0.6g

Saturates

2.6g

Sugars

0.1g

Salt

5.0g

Protein



# SOBA NOODLE SALAD

Savory zest and sweet digest

## Soba Noodle Salad

*Serves 2 or 3*

### For the dressing

- 60g ( $\frac{1}{3}$  cup) toasted or untoasted sesame oil
- 3-4 tbsp rice vinegar, to taste (I like it tangy, so I use 4)
- 25ml ( $\frac{1}{8}$  cup) tahini
- 1 tbsp pure maple syrup, or to taste
- 1 tbsp low-sodium tamari
- 2 cloves garlic, grated

### For the salad

- 1 225g ( $\frac{1}{2}$  cup) pack soba noodles
- 1 medium red bell pepper, seeded and diced
- 1 medium yellow bell pepper, seeded and diced
- 3-4 (80g) spring onions, finely chopped
- 50g (1 cup) coriander leaves, minced
- 1 batch Cast-Iron Tofu (see recipe)
- Fine sea salt
- 1 tbsp sesame seeds, for garnish
- Fresh lime juice, for serving (optional)
- Sriracha, for serving

1. Prepare the Cast-Iron Tofu.
2. Make the dressing. In a small bowl, whisk together the dressing ingredients until smooth. Cover and refrigerate to thicken slightly.
3. Make the salad. Bring a pot of water to the boil. Cook the noodles according to the package directions. Drain and place in a large bowl.
4. Add the bell peppers, spring onions and coriander to the bowl with the noodles. Add the dressing and toss to coat. Add half the tofu cubes and toss again. Taste and season with sea salt if necessary.
5. Top the salad with the remaining tofu, sesame seeds, and coriander scattered on top. You can also add a squeeze of lime juice on top of each bowl just before serving or simply serve with a lime wedge.
6. The salad can be stored in an airtight container in the fridge for up to 3 days. The tofu will soften as it sits, but it's still very tasty!



Per 100g:

154	7.6g	1.1g	3.2g	0.36g	5.6g
kcal	Fat	Saturates	Sugars	Salt	Protein





Recipes and images from *Oh She Glows Every day*  
by Angela Liddon



## Cast Iron Tofu

- 1 340 to 450g (1½-2 cups) block firm or extra-firm tofu
  - 3 tsp avocado oil, grapeseed oil or olive oil
  - 1 tsp garlic powder
  - ¼ tsp fine sea salt
  - ¼ tsp onion powder (optional)
1. Press the tofu overnight, or for at least 30 minutes.
  2. Slice the pressed tofu into 9 or 10 rectangles 1cm thick and then slice each rectangle into 6 squares, to make a total of 54 to 60 tofu pieces.
  3. Heat a large cast-iron (or non-stick) frying pan over medium-high heat for several minutes.
  4. In a large bowl, combine the tofu with 1 ½ teaspoons of the oil. Gently stir until all the tofu is coated. Stir in the garlic powder, salt, and onion powder (if using).
  5. When a drop of water gently sizzles on the frying pan, it is hot enough. Carefully add the remaining 1 ½ teaspoons oil and tilt the pan to coat it evenly with the oil. Add the tofu to the pan in a single layer (be careful, as the oil might splatter—use a splatter guard, if desired), making sure all the pieces lay flat. If yours is too small to cook all the tofu at once, work in batches.
  6. Cook the tofu on one side for 4 to 7 minutes, until you have a golden crust with some speckled brown spots (the crust should be about 1.5mm in thickness). With a fork, flip each piece (yes, this step is a bit arduous) and cook for 4 to 5 minutes more, until golden. Serve immediately; the tofu crust will soften as it cools.



# Apple Pie Overnight Oats

Serves 2 or 3

## For the Overnight Oats

- 85g ( $\frac{7}{8}$  cup) gluten-free rolled oats
- 375ml ( $1\frac{2}{3}$  cup) unsweetened almond milk, plus more as needed
- 1 tbsp pure maple syrup
- $\frac{1}{2}$ -1 tsp ground cinnamon, to taste
- $\frac{1}{2}$  tsp pure vanilla extract
- Small pinch of fine sea salt
- 1 large Honeycrisp or Gala apple, unpeeled, grated
- 3 tbsp chia seeds
- Ground allspice
- Ground ginger

## Topping Suggestions

- Raisins or chopped dates
- Ground cinnamon
- Chopped walnuts or pecans
- Diced apple
- Drizzle of pure maple syrup
- Coconut whipped cream

1. In a medium bowl, stir together the oats, milk, maple syrup, cinnamon, vanilla, salt, grated apple and chia seeds until thoroughly combined. Taste and season with allspice and ginger. Cover and refrigerate for a minimum of 1-2 hours, or up to overnight. The mixture will thicken and the oats will soften. If the mixture is too thick for your liking, you can add a splash of almond milk and stir until combined.
2. Portion into bowls and add your desired toppings. Serve chilled, or reheat it in a saucepan on the hob and serve warm, if you prefer. Leftovers will keep in an airtight container in the fridge for a few days.



Per 100g:





Per 100g:

102	5.3g	4.4g	9.9g	0g	1.6g
kcal	Fat	Saturates	Sugars	Salt	Protein

## Mango-Coconut-Lime and Raspberry-Banana Sorbet

Makes 500ml

### For the Mango-Coconut-Lime Sorbet

- 300g (2 cups) frozen mango chunks
- 125ml (½ cup) full-fat canned coconut cream (white portion only)
- 1-2 tsp fresh lime juice, or to taste

### For the Raspberry-Banana Sorbet

- 300g (2⅓ cups) frozen raspberries
- 1 medium banana at room temperature
- 1 tbsp pure maple syrup, or to taste

1. Chill the can of full-fat coconut milk for 24 hours before you begin.
2. Make the mango-coconut-lime sorbet in a heavy-duty food processor, process the frozen mango and coconut cream until creamy (2-4 minutes), stopping to scrape down the bowl as needed. Add the lime juice to taste. Spoon the mango sorbet into a bowl and pop it into the freezer while you prepare the raspberry sorbet.
3. Make the raspberry-banana sorbet in the food processor, process the frozen raspberries and the banana until creamy (2-4 minutes), stopping to scrape down the bowl as needed. Add the maple syrup and process again. Retrieve the mango sorbet from the freezer. Layer both sorbets in parfait glasses and serve immediately. This sorbet is best enjoyed right away, but you can spoon leftovers into ice pop moulds (being sure to press out air bubbles) and freeze for about 6 hours to make ice pops.



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# RISE OF THE SUPERFOODS

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But will consumers continue to buy them this year?





Could superfoods be the answer to all your health-related issues? Supermarket shelves are groaning under the weight of products extolling their nutritional values, and over the last few years, consumers have been keen to try out these highly touted snacks. But will the trend continue?

A study released at the end of last year by market research company Mintel shows a massive 202 per cent increase globally between 2011 and 2015 in the number of new food and drink products launched containing the terms 'superfood', 'superfruit', or 'supergrain'. In 2015 alone there was a 36 per cent rise in the number of food and drink products launched worldwide featuring these terms. In 2015, the US played host to the most 'super' food and drink launches (30 per cent), followed by Australia (10 per cent), Germany (seven per cent), the UK (six per cent) and Canada (six per cent).

These launches tie into a growing general interest in 'healthy eating', with further research by Mintel showing a demand for nutritious products. According to the research, over seven in 10 consumers in France, Germany, Italy, and Spain agree that health-promoting benefits of natural foods, for instance fruit and vegetables, are preferable to the added benefits of functional foods.

What defines a food as super? While there is no legal definition, according to the NHS: "Foods that have been elevated to superfood status in recent years include those rich in antioxidants (such as beta-carotene, vitamins A, C, E, flavanoids and selenium) and omega-3 fatty acids. Antioxidants are chemicals thought to protect against the harmful effects of free radicals, which are chemicals naturally produced in every living cell and known to cause cell damage."

Stephanie Mattucci, global food science analyst at Mintel, adds: "The popularity of 'super' products is clear as food and drink manufacturers globally are tapping into a demand for these nutritionally dense ingredients. But superfoods are not only limited to food and drink, they are regularly springing up in the beauty, health and hygiene and pet food aisles as a result of today's consumers becoming much more aware of what they are putting into and onto their bodies."

So which 'superfoods' are likely to be popular this year?



One of the biggest food categories to see a boost thanks to this growing interest is 'ancient grains'. These include freekeh, millet, farro, and teff. The recent trend towards a wheat-free diet has resulted in a growing number of products containing these ancient grains. Additionally, 30 per cent of UK pasta consumers believe that pasta made with ancient grains, for instance quinoa, is healthier than regular

pasta. And whilst quinoa and buckwheat have all become household names in recent years, it's chia which has seen the biggest rise in usage. Between 2014 and 2015, there was a 70 per cent increase in the percentage of food and drink products launched containing chia, whilst the percentage of food and drink products containing teff rose by 31 per cent. Meanwhile, the percentage of food and drink products containing quinoa rose by 27 per cent.



According to Stephanie: "Desire for healthier, less refined alternatives to wheat has fuelled the rediscovery of ancient grains. Flavourful and nutrient-dense ancient grains have begun to change the negative perception of some carbohydrates by leveraging their nutritional profile and rich heritage. Ancient grains offer an alternative to wheat but also come bundled with functional and nutritional components, and provide new flavours and textures. They are a great way for free-from products to talk about health."

The same research reveals that 'super seeds' have also seen an uptick in usage. Over the past two years, the percentage of food and drink products containing chia seeds has risen by 70 per cent, whilst the percentage containing pumpkin seeds has grown by 27 per cent and the percentage of food and drink products containing sunflower seeds has grown by 22 per cent.



"Some seeds, including chia and pumpkin seeds, offer complete protein, with all nine essential amino acids in the correct ratios. However, a lot of protein from seeds is incomplete. Blending seeds can help improve the quality of protein," Stephanie says.

Going forward, Stephanie believes that turmeric, 'known for its anti-inflammatory benefits' and moringa, said to have beauty and anti-aging properties, could be the superfoods to watch.



“Turmeric has potential as an ingredient in supplements and functional food and drink products, particularly within products aimed at the growing senior population. Additionally, moringa could be used in anti-ageing beauty food products. Whilst currently the ingredient is used in many beauty launches, the leaves are nutritional powerhouses,” she concludes.

Alison Hornby, a dietitian and spokesperson for the British Dietetic Association, adds: “No food, including those labelled ‘superfoods’, can compensate for unhealthy eating. If people mistakenly believe they can ‘undo’ the damage caused by unhealthy foods by eating a superfood, they may continue making routine choices that are unhealthy and increase their risk of long-term illness.”



But not everyone is a fan of the ‘superfood’ label – the lack of official definition for these foods leads opponents to claim that the term is used for marketing purposes, and in the media. In addition, some criticise the media for being too quick to jump on a trend, publishing new information without full proof, or proper scientific studies.

The NHS says: “Most research on superfoods tests chemicals and extracts in concentrations not found in the food in its natural state. Garlic, for example, contains a nutrient alleged to help reduce cholesterol and blood pressure. But you’d have to eat up to 28 cloves a day to match the doses used in the lab – something no researcher has yet been brave enough to try.”

“Superfoods are better for you than a processed ready meal. The fact that our foods are nutrient-dense means you can get your daily vitamins and minerals more easily.”

However, under EU law, any use of the word ‘superfood’ must be supported by scientific evidence. One superfood producer has previously clarified and defended the claim. Ben Purcell is chief executive of Naturya, one of the UK’s leading superfood brands. According to Ben, a superfood is defined by having more micronutrients than any other food on the planet. He lists cocoa, chia, wheatgrass, spirulina and goji to name a few. He said: “Superfoods are better for you than a processed ready meal. The fact that our foods are nutrient-dense means you can get your daily vitamins and minerals more easily.”

As ever, nutritional wisdom falls on the side of moderation, with the NHS saying: “Diet plays an important role in our health, but there is concern that too much focus on individual foods may encourage unhealthy eating. Dietitians avoid the term ‘superfood’ and prefer to talk of ‘super diets’, where the emphasis is on a healthy, balanced diet, rich in fruit and vegetables and wholegrain foods.”

#### Vegan ‘Superfoods’

- Blueberries
- Goji berries
- Chocolate
- Wheatgrass
- Pomegranate juice
- Green tea
- Açai berries
- Broccoli
- Garlic
- Beetroot







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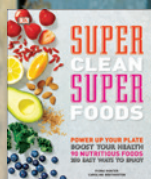
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# PACK YOUR PLATE WITH VEGGIES

Super clean stir-fry



Recipes and images from *Super Clean Superfoods*  
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Per 100g:

145	6.3g	2.3g	6.1g	0.88g	4.8g
kcal	Fat	Saturates	Sugars	Salt	Protein



## Quinoa Cashew & Vegetable Stir-Fry *Serves 4*

- 100g (½ cup) quinoa, rinsed
- 1 tsp reduced-sodium vegetable stock powder
- 30g (¼ cup) raw cashew nuts
- 1 tbsp coconut oil
- 2 medium carrots, peeled and julienned
- ½ small red onion, finely sliced
- 100g (1 cup) beansprouts
- 100g (1 cup) savoy cabbage, roughly shredded
- 1 mild red or green chilli, deseeded and finely chopped

### FOR THE SAUCE

- 3cm (1½ in) piece of ginger, peeled and finely grated
  - 1 large clove garlic, crushed
  - 1 tbsp lime juice
  - 1 tbsp agave
  - 2 tbsp reduced-sodium soy sauce
  - 1 tsp sesame oil
1. Place the quinoa in a small, heavy-based saucepan with the vegetable stock powder and 200ml (1 cup) cold water. Bring to the boil, then reduce to a low simmer and cook, covered, for 15 minutes until all the liquid has been absorbed and the grains develop a 'ring' around them, known as the germ.
  2. Turn the cooked quinoa out onto a large plate, fork through to separate the grains, and allow it to cool. At this point, the quinoa can be refrigerated for up to three days before using.
  3. To make the sauce, whisk all the ingredients together in a small bowl until combined. Set aside until needed.
  4. Heat a wok over a medium heat and dry-fry the chopped cashews for 2–3 minutes, stirring constantly, until they start to colour in places and turn golden-brown. Remove from the pan and roughly chop.
  5. Wipe the pan with a piece of kitchen paper to remove any nut residue (which will otherwise burn).
  6. Heat the coconut oil over a high heat until it starts to almost smoke. Add the carrots and stir-fry for 1 minute. Add the onion and cook for a further minute. Finally, add the beansprouts and cabbage and cook for another minute, along with the chilli.
  7. Add the sauce to the pan, mix it well, then add the cooled quinoa to the vegetables. Turn them through well and cook for a final 1–2 minutes until the quinoa is heated through. Scatter the cashews over the top of the dish and serve immediately.

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## T-Tox Blended Matcha Tea

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*t-tox.com*



## Vegan Lip Finishing Set

This cruelty-free kit contains a matt lipstick, a lipstick sealer, and an artificial hair double-ended lip brush. You can wear the lipstick alone or over other products to mattify your look. The sealer locks colour onto your lips, and the brush gives your look a precision finish.  
*saturatedcolour.com*

## Mother's Day Pick

### Nourish Argan Anti-Ageing Peptide Serum

It's not just good for eating – kale is also good for the skin. This serum from Nourish uses antioxidant-rich kale extract to provide protection against urban pollution and the damaging effects this can have on skin, helping to counter the signs of ageing.  
*nourishskinrange.com*



# Julie's VEGAN FINDS

Publisher Julie takes to the shops to bring you her favourite vegan finds. Send information about new products to [vegannews@primeimpact.co.uk](mailto:vegannews@primeimpact.co.uk)



## Mother's Day Pick

### Primavera Harmonising Body Oil

This luxurious oil with rose and osmanthus provides the ultimate pampering session - essential oils supply intensive nourishment leaving the skin soft and supple with a luxurious fragrance, leaving you feeling relaxed and pampered.  
*primaverallife.co.uk*



## Sweet Potato Spirit Co.

Ever tried sweet potato spirits and liquors? Now you can with these innovative drinks from artisan distiller Garry Smith. Sweet potato is distilled then mixed with raw, natural ingredients, such as fresh raspberries and oranges and triple-distilled in copper stills to ensure a smooth taste.  
*drinksupermarket.com*

## The Coconut Company Amino Barbecue Sauce

An alternative to soy sauce, this tangy condiment is derived from raw organic coconut sap, which has a little sea salt, coconut nectar, and garlic added to it. With the further addition of organic coconut vinegar and tarragon, it has a rich and complex flavour – perfect for marinating tofu.  
*thecoconutcompany.co*



## Myprotein Vegan Protein Bar

Yet another answer to the age-old 'where do you get your protein' question, these tasty bars are packed with the macronutrient. They come in three flavours (choc orange, choc chip, nut & vanilla, and peanut & maple) and make a perfect pre or post workout snack.  
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# THOSE LITTLE TWISTS

Oliver Coningham writes about the new generation of flavoured drinks

The majority of us vegans are familiar with transforming mundane or unusual ingredients into delectable delights. Our kitchens become sacred spaces where a form of culinary alchemy occurs. Wielding a tub of nutritional yeast in one hand and a spoon in the other, even the most banal fruit or vegetable can be resurrected as a dish worthy of *MasterChef* or *The Great British Bake Off*.

We can use the fruit of the jackfruit tree, a species native to tropical regions throughout the world, and with the help of some BBQ sauce and select spices, make it into something not dissimilar to pulled pork. The discarded water from a tin of chickpeas can undergo a metamorphosis into the most beautiful meringues and macarons. Even the humble carrot can easily be converted into an uncanny imitation of the hotdog.

Before global trade and the subsequent accessibility to a diverse range of ingredients, many drinks would have been flavoured with herbs, spices, and fruits out of necessity. Prior to the extensive use of hops, an old-fashioned herb mixture was used for bittering and flavouring

beer resulting in what was known as a gruit. In the UK, where grape growing conditions are not as conducive as those in warmer countries, fruit wines would have been popular in the past. As with many things in life, where natural cycles repeat themselves, there are now more and more drinks that use unusual ingredients to flavour them.

“Even the humble carrot can easily be converted into an uncanny imitation of the hotdog.”

There is an abundance of drinks on the shelves created with an array of diverse ingredients, quite different to what you would expect them to be made from. Amongst the bottles in independent shops and supermarkets you will find beers flavoured with chocolate or chillies, wines made from hedgerow fruits, and ciders infused with hops.





### Kofra Stout (5.9%) – Redwell Brewing

RRP £3.00 for 330ml ([EeBria.com](http://EeBria.com))

Redwell Brewing was established in Norwich by a group of beer lovers with the aim of making vegan-certified beers and lagers. By doing this they also wanted to revive the city's rich brewing heritage. Kofra Stout was borne out of a discussion with Jose and Caitlin at Kofra, a local independent coffee shop just outside the city centre. This stout is made using

Kofra's own blend of coffee roasted just for them. The combination of two thirds Guatamala Huhuetaenango Special Reserve 2 and a third Costa Rica Finca Zapotel lends the beer soft fruity notes with very little bitterness. Chocolate malt and roasted barley are added to the pale malt base for an increased depth of flavour and delicious roasted notes. Subtle use of American Chinook and Cascade hops complement the fruity coffee character.

*All of Redwell Brewing's craft beers including the Bullards cask ales that were recently revived do not contain any animal by-products.*



### Fraoch (5.0%) – Williams Bros. Brewing Co.

RRP £1.74 for 500ml ([Williams Bros. Brewing Co. Online Shop](http://Williams Bros. Brewing Co. Online Shop))

Williams Bros. Brewing Co. located in Alloa, Clackmannanshire, is one of Scotland's largest independent breweries. Originally started in the unassuming 'Glenbrew' homebrew shop in Glasgow, the company now produces a diverse range of beer distributed throughout the UK and international market. Fraoch is a distinctive heather ale and Williams Bros. is the only brewery still producing this unique style of beer. Heather ales have been brewed in Scotland since 2000 B.C. with the first pilot batch of Fraoch brewed in 1988. Light amber in colour, the aroma is rich with floral notes and a hint of caramel and dried herbs. The taste is malty with the heather flavour coming to the fore. It's grassy and slightly

herbal before the spicy finish. Enjoy this with a Macsween Vegetarian Haggis (that's also SFV) for a wonderful traditional pairing.

*All bottles and kegs are vegan (apart from May Bee). Most casks are not, however William Bros does supply some vegan establishments (The 78" in Glasgow) with unfinned casks which are vegan-friendly.*



### Alederflower (4.2%) – Stroud Brewery

RRP £2.50 for 330ml ([Stroud Brewery Online Shop](http://Stroud Brewery Online Shop))

Stroud Brewery has an admirable stance when it comes to its environmental impact upon the planet. The company has a clear intention of making its brewery as sustainable as possible - financially, environmentally, and socially. This doesn't just involve the brewing of beer, Stroud Brewery also tries to minimise its use of resources, use local and organic ingredients where possible, and

deliver its beer locally. The majority of its beers are brewed using organic standards and are Soil Association certified. The company believes, as many vegans would agree, that organic farming not only reduces environmental pollution and the release of greenhouse gases, but also limits the use of harmful chemical fertilisers and pesticides. Alederflower is a pale ale that has been subtly infused with elderflowers and hopped with organic cascade and nelson sauvin hops. The gooseberry and almost white wine character of the latter work beautifully with the elderflower.

*Stroud Brewery's entire range of bottled and canned beers (excluding the honey beer, Melissa) are organic and vegan.*



### Pure Hopped Cider (4.0%) – Westons Cider

RRP £1.99 for 330ml ([Tesco](http://Tesco))

Pure Hopped Cider is the result of a chance conversation during the annual hop walk at Worcestershire's Stocks Farm, one of the country's leading hop growers. Paul Halsey, owner of Purity Brewing Co, discussed the hopped ciders he had tried in the United States with the farm's owner, Ali Capper.

They set out to create a unique blend of cider apples that would suit the herbal target hops. Working with Westons Cider, they produced a balanced cider with a hop twist, using locally sourced apples from Herefordshire and English target hops from Stocks Farm. Upon opening the can the nose is greeted with earthy and herbal hops. These continue to dominate the nose with savoury notes including sage. The taste is herbal at first and peppery at times before the dry apple finish. Pair with a simple dish of vegan sausages, mash, and gravy.

*Pure Hopped Cider is vegan friendly and also gluten free. Purity Brewing's Lawless Lager is currently their only officially accredited vegan beer. All Westons Cider products are vegan-friendly.*



### Lemon Drizzle Gin (40.4%) – Sipsmith

RRP £24.00 for 50cl ([M&S](http://M&S))

Sipsmith is the realisation of the dream of two childhood friends, Fairfax and Sam. It began life in a tiny workshop in Hammersmith, London, and was quickly established as London's first copper distillery since 1820. The friends had a simple objective; to return London Dry Gin back to the city where it received its name. Every bottle of Sipsmith is handmade in small batches with each neck dipped in coloured wax. Lemon Drizzle Gin has been designed to cleverly evoke memories of lemon drizzle cake enjoyed warm from the oven with fresh lemon juice slowly evaporating from the top. Sipsmith has taken its classic London Dry Gin and added layers of lemon

to it, including sweet, sun-dried lemon peel, aromatic lemon verbena, and vapour-infused, fresh hand peeled lemon for a sharp bite. Sipsmith has even replicated the soft, biscuity flavours of this traditional cake by adding vanilla pods. Lemon Drizzle Gin makes a great base for a cocktail, but take time to enjoy it served on its own.

*All Sipsmith gin products are vegan-friendly.*



### Chocolate & Mint – Teapigs

RRP £4.15 for 15 tea temples ([Ocado](http://Ocado))

Teapigs is about to get the nation drinking quality real tea again. This means whole leaf tea, whole leaf herbs, whole berries, whole spices, and whole flowers. Not the dusty powder that falls out of the bag to the bottom of your cup. Chocolate & Mint tea is distinctly retro in flavour and redolent of many things; from mint choc chip ice-cream to that famous after dinner chocolate. Decadent chocolate pieces and the finest peppermint leaves merge in this indulgent tasting tea that's only three calories per cup. It's best enjoyed as

it is, with nothing added. Just ensure you allow the bag to steep for that bit longer for more pronounced flavours. Sweet enough without becoming overwhelming, it's perfect for when you crave something chocolatey, but are trying to be virtuous.

*The majority of Teapigs teas are suitable for vegans with the exception of Rooibos Crème Caramel which contains condensed skimmed milk. Please check the website for ingredients.*



# SNACKS AWAY

This is rusk business



Recipes and images from *Michael Kitson*  
Web: [discoverdelicious.org](http://discoverdelicious.org) Instagram: [@discoverdelicious](https://www.instagram.com/discoverdelicious)

Per 100g:

419	24.0g	7.3g	8.8g	0.43g	15.0g
kcal	Fat	Saturates	Sugars	Salt	Protein



# Vegan Buttermilk Rusks

*Makes 40 small or 20 large rusks*

## Dry ingredients

- 500g (4 cups) self-raising flour
- 115g (2½ cups) vegan bran flakes
- 45g (⅓ cup) hazelnuts
- 90g (½ cup) caster sugar
- ½ tsp baking powder
- ½ tsp salt
- 70g (½ cup) pumpkin seeds
- 95g (¾ cup) raisins

## Wet ingredients

- 2½ tbsp water + 1 tbsp ground flax seeds
- 100g/110ml (½ cup) coconut oil, melted
- 275ml (1 cup) + 2 tbsp unsweetened almond milk
- 1 tbsp lemon juice

1. Preheat the oven to 180°C (350°F, gas mark 4).
2. Line a deep-walled baking tray (mine is 33x20x4cm/13x8x1.5in) but it needn't be exactly the same) with baking paper.
3. Sieve the flour into a large mixing bowl. Finely crush the bran flakes using your hands. Crush the hazelnuts in a bag using a rolling pin or something heavy. Mix in the bran flakes, hazelnuts and the rest of the dry ingredients into the flour.
4. Put the tablespoon of ground flax seeds into a small bowl and mix in the water. Stir well and leave for 5 minutes until it has thickened a bit.
5. Measure out the almond milk and stir in the lemon juice. Set aside for a couple of minutes.
6. Whisk together the flax mixture and the almond milk mixture with the melted coconut oil.
7. Add the wet ingredients to the dry, and mix well until fully combined. This could be done in a stand mixer, or using a large spoon or your hands. Make sure there are no lumps of unhydrated flour left.
8. Put the mixture into the baking tin. It will be quite dry and you can push it down and even it out with your hands.
9. Cover with aluminium foil and bake for 40 minutes.
10. Take the tray out of the oven (but don't turn it off) and remove the foil. If it's really not cooked, put it back into the oven uncovered for 5-10 minutes. Let cool for a few minutes. Invert the semi-cooked dough onto a large chopping board.
11. Using a large, sharp knife, carefully slice the dough into rectangles. The size is up to you; I like my rusks quite small. You will have lots of crumbs left over, but you can cook these in a small oven-proof dish and add them to soya/coconut yoghurt or porridge.
12. Spread the rusks out on a larger baking tray, or two smaller trays, and return to the oven. Bake for 30 mins (checking regularly) until golden brown. If they're browning too quickly, cover them with foil again. If they don't look fully cooked, give them 10 more minutes. Then turn the oven right down to 50°C (120°F).
13. Leave the rusks to dry out for a minimum of 3 hours. You could also leave them in the oven overnight with the pilot light on.
14. Once finished drying out, remove the rusks from the oven, or just turn the oven off but make sure to leave the oven door ajar so they don't steam.
15. When the rusks are completely cool, store them in an airtight tin.





# Wish you were here...



Every issue we visit a new area – and bring you the best of its vegan scene

Sheffield is a rapidly evolving city. Set in the eastern foothills of the Pennines, much of the wider metropolitan borough is green space, a nice counterbalance to the extensive redevelopment of central areas. It has a thriving arts and culture scene, with many live music venues and theatres.

But what many people may not realise is just how prominent the city's vegan scene is becoming. Blogger and Vegan Life agony uncle (and expert in all things plant-based food-related) Fat Gay Vegan has even called Sheffield 'the future vegan capital of the UK', thanks to it having its very own 'vegan quarter', a collection of four vegan businesses all within 10 minutes' walk of each other.

#### **The Incredible Nutshell**

This is not a restaurant, but Sheffield's first (and currently only) 100 per cent vegan grocery store. Set in the city's vegan quarter in Heeley, The Incredible Nutshell offers a wide range of products unavailable elsewhere. Shop owner Charley Roberts tells Vegan Life: "Everything is happening in Sheffield – we've gone from not really having many

vegan options at all here to having lots of purely plant-based places to eat, as well as more options in mainstream restaurants. The shop used to be mainly vegan, with some veggie options, but as a

vegan myself, I wasn't comfortable selling those products.

Now we aim to always get the newest and most interesting products in before anyone else. We are also launching an online shop with delivery to Sheffield and surrounding local areas." [incrediblenutshell.co.uk](http://incrediblenutshell.co.uk)



#### **Make No Bones, The White Lion, Burger Lols**

The other three establishments making up the 'vegan quarter' are eateries Make No Bones and Burger Lols, and pub The White Lion.



Blogger Fat Gay Vegan has described Make No Bones as serving ‘some of the best vegan food on the planet’. The founders used to run a food truck, but set up a permanent base on Chesterfield Road last year. Dishes include buffalo avocado ‘wings’, as well as ‘steak’ and ale pie, and desserts too. All the drinks are organic, Fair Trade, and non-GMO. [@makenobonescafe](#)

The White Lion, which has been around since the late 1700s, serves plant-based food at its weekly pub quiz, and has a large selection of vegan-friendly drinks on tap, including cask ales. [whitelionsheffield.co.uk](#).

The fourth establishment of the vegan quarter establishments is Burger Lols. Expect to find hearty and imaginative food like mac n cheese burgers, pulled ‘pork’ sandwiches, freakshakes, and the breakfast burger. [facebook.com/burgerlols](#).

### Luna Rossa

If you’re looking for a place with both vegan and omnivore options, Italian eatery Luna Rossa on London Road offers a huge menu. Although it is a ‘steakhouse’, vegans can dine on a huge range of antipasti (including bruschetta, ‘calamari’, and garlic mushrooms). They can then follow this with risotto or pasta (and there are a staggering number of dishes to choose from on the pasta menu alone, with 14 different options). There are also many different pizza options – complete with vegan cheese – as well as lots of sides, garlic bread with and without cheese, pesto, and artichokes, and even a large dessert menu. [lunarossa-italian.co.uk](#)



### Italia Uno

Described by Charley as ‘take-away food that is restaurant quality’, Italia Uno is hugely popular with Sheffield’s burgeoning vegan crowd. It’s not vegan but has an enormous dedicated vegan menu. You can collect your food or have it delivered to you. “It feels like everyone’s go-to takeaway place in Sheffield,” says Charley. It’s the quality of the food and the sheer number of vegan options that make it so busy. Customers can choose from appetisers including pan-fried mushrooms, bruschetta, and garlic bread. Main courses include two types of lasagne, as well as linguine and ravioli, pasta, salad, side dishes and dessert. The pizza especially comes highly recommended. Also describing itself as a coffee house, Italia Uno serves hot drinks with a range of plant-based milks. [italiauno.co.uk](#)



### A Few Things To Do In Sheffield

- If you’re into culture, why not drop into the Millenium Gallery? Entry is free, and according to the gallery: “As well as being home to the city’s unique Ruskin and metalwork collections, Millennium Gallery hosts some of the finest touring exhibitions in the country, from partners including the V&A, Tate and National Portrait Gallery.”



- Music fans should check out the Leadmill, Sheffield’s longest running independent live music venue and nightclub. According to *Welcome to Sheffield*: “Voted best live music venue by NME readers several times and hosting gigs by bands such as Pulp, Coldplay, Snow Patrol, Arctic Monkeys, and The Strokes, the Leadmill has always been constantly at the forefront of all the biggest chart and indie music whilst not forgetting the classics from Motown right through to the 90s.”
- If you fancy getting out of the city the Peak District is easily accessible using public transport – buses and trains run from Sheffield to various places of interest, including the famous market town of Bakewell, and the Sheffield moors.
- If you’re looking to splash some cash, but fancy something a bit different to the usual high street brands, head to Sheffield’s antique quarter, in the south of the city, along the A621 and surrounding roads. The quarter has over 60 independent shops as well as its own auction gallery. Shoppers can find authentic period antiques, affordable traditional furniture, retro collectables, vinyl, vintage clothing, and upcycled shabby chic as well as local artwork, handmade crafts, and tons of local artisan produce including food and beers.





## Jacqueline Meldrum inspires you to make the most of your weekly veg box

The days are getting longer and brighter which totally lifts my spirits. Spring is here, but no-one has told our crops, so I'm still working on ideas for winter vegetables. I feel like I've been cooking with these same vegetables for months now and I bet you do too. Next month will be so exciting with the arrival of Jersey new potatoes, radishes, samphire, and watercress, but until then let me inspire you with some fresh ideas for these winter staples.



### Cauliflower

Potato and cauliflower work well together when mashed. One has the creaminess and the other adds the flavour. Mash cooked potato and cauliflower together, add wilted spinach, and season well with salt, black pepper, onion powder and

ground cumin. Shape into patties and gently fry in a little rapeseed oil until golden and crisp. Serve them nursery-style with well-cooked vegan sausages and baked beans.

### Onions

I'd never thought of topping dishes with crispy onions until I read Yotam Ottolenghi's cookbook *Jerusalem*. Now I'm addicted, although I try not to make them too often. Add them to sandwiches, top filled tacos with them, pile them on top of homemade burgers, and sprinkle some on dal before serving it.

To make them, finely slice onions and toss in a little salted flour. Fry small batches of the onions in hot oil until crisp, then drain on kitchen paper before adding a little more salt. Heavenly.



### Spinach

Spinach is a great addition to so many recipes, but it's good to make it the star of the show occasionally too. Make a fresh green pesto with olive oil, garlic, salted cashew

nuts, fresh spinach, and black pepper. Whizz until smooth then toss through pasta, or add to sandwiches and wraps with roast vegetables and salad leaves. Alternatively parboil a few potatoes and wilt some spinach (squeezing as much liquid out as you can).

Unroll a sheet of ready rolled puff pastry. Score a border around the edge with a knife. Spread pesto over the pastry avoiding the border and top with slices of potato and your wilted spinach. Season with salt and pepper then finish with some grated vegan parmesan before baking for 20 minutes until golden and crisp. Serve with a dressed green salad.



### Spring Onions

Breakfast spring onion pancakes - that's what I'm saying! These are slightly sweet pancakes with a touch of salt, a tang from the spring onions and a cheesy finish from the vegan parmesan. Whisk together 120g (1 cup) self-raising flour,

200ml (just under a cup) unsweetened soya or nut milk, 2 tablespoons mild olive oil, 1 tablespoon dark agave nectar or maple syrup, then add 4 finely sliced spring onions and some chopped flat leaf parsley.

While a little oil is heating in a frying pan, finely grate some vegan parmesan. Pour a heaped tablespoon of batter into the pan and top with a generous sprinkle of the parmesan. When the pancake starts to bubble, turn it over and give it another minute or so. Continue with the rest of the batter. Eat these as part of a cooked breakfast or serve them with a little dairy-free spread and let the flavours sing.

### Swede

Also called turnip or neeps here in Scotland. First cut some chunks or batons to add to your lunch box, it has a really great flavour raw. (Honestly it does). Now soup.



Although spring's here it's too early to give up on soup. Sauté some onion and garlic in olive oil until soft, then add 6 chopped carrots and a chopped swede. Add some onion powder, ground cumin and coriander, and top with vegetable stock. Bring to the boil, then reduce to a simmer and cook for half an hour. Whizz the soup, but not completely. Make sure you leave some vegetables whole to give the soup body, then season with salt and pepper and serve with crusty bread.





Recipe and image from  
[tinnedtomatoes.com](http://tinnedtomatoes.com)

## Easy Broccoli and Spinach Soup

Serves 6

An easy broccoli and spinach soup. High in vitamins and minerals but cheap to make. Only 145 calories and 38p per serving.

### Ingredients

- 1 tbsp olive oil
  - 1 large onion, finely chopped
  - 2 cloves of garlic, crushed
  - 2 stalks of celery, finely chopped
  - 1 courgette, chopped
  - 3 medium potatoes, chopped
  - 1 large handful spinach
  - 2 heads broccoli, broken into florets
  - 1½ litre (7 cups) vegetable stock (4 stock cubes)
  - Salt and black pepper
1. Sauté the onion, garlic and celery in a large pot with the olive oil until soft.
  2. Add the courgette, potatoes, spinach and broccoli.
  3. Pour in the stock and bring to the boil. Reduce to a simmer and cook for 20-25 minutes.
  4. Blend with a hand blender or in a jug blender then season and serve.
  5. Serve topped with soya cream or some grated vegan cheddar.
  6. Enjoy.

You can find more of Jacqueline's vegan ideas and recipes at [tinnedtomatoes.com](http://tinnedtomatoes.com)

# LIFE HAPPENS CHOCOLATE HELPS



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# LENTIL GOALS

Tangy and moreish, what more can you ask for?



## Puy Lentil Salad with Roasted Vegetables

*Serves 6-8 as a starter*

### For the lentil salad

- 200g (1 cup) puy lentils
- 1 red onion, very finely diced
- 80ml (⅓ cup) olive oil
- 80ml (⅓ cup) balsamic vinegar
- 1 red chilli, trimmed and chopped
- 3 garlic cloves, chopped
- 2 tbsp dark brown sugar
- 3 tbsp tomato purée
- 1 tbsp fennel seeds, toasted and lightly crushed
- 1 bunch of flat leaf parsley leaves
- 75g (⅓ cup) baby spinach leaves, red chard leaves or bull's blood leaves
- Salt

### For the roasted vegetables

- Olive oil
- 300g (2 cups) pumpkin or butternut squash, peeled and cut into 2cm (¾ inch) thick wedges
- 1 fennel bulb, trimmed and cut into 1cm (½ inch) thick wedges
- 150g (⅔ cup) cherry tomatoes
- 1 courgette (zucchini), cut into 1cm (½-inch) thick wedges
- 2 red or yellow peppers, cored, deseeded and cut into 1cm (½ inch) thick wedges

1. Preheat the oven to 180°C (gas mark 6, 350°F).
2. Bring a saucepan of salted water to a boil and add the lentils: lower the heat and simmer for 15–20 minutes until tender. Drain and put in a large salad bowl.
3. Put the onion, olive oil, balsamic vinegar, chilli, garlic, sugar, tomato purée and crushed fennel seeds in a small saucepan. Bring to a simmer and cook gently, stirring frequently, for 4–5 minutes until the sugar has dissolved. Spoon the warm dressing over the lentils and leave to cool.
4. For the roasted vegetables, drizzle a little oil on to the base of a roasting tin. Add the pumpkin or squash pieces, season with salt and mix together thoroughly. Roast for 10 minutes. Toss the fennel and whole tomatoes in a little oil, add to the tin and roast for another 10 minutes. Finally, toss the courgette and peppers in a little oil, add to the tin and roast for a further 10 minutes. By now the vegetables should all be tender and cooked through. Set aside to cool slightly.
5. Roughly chop the parsley and add to the salad bowl along with the spinach leaves and roasted vegetables. Mix everything together well and serve.

Recipes and images from:  
*Mildreds: The Vegetarian Cookbook*.  
Published by Mitchell Beazley, £25  
Web: [octopusbooks.co.uk](http://octopusbooks.co.uk)

Per 100g:





# Wild Rice Salad with Peas, Pea Shoots & Green Harissa

*Serves 6-8 as a starter*

- 300g (1½ cup) wild rice
  - 6 spring onions, trimmed
  - 1 cucumber
  - 1 bunch of flat leaf parsley leaves
  - 1 bunch of coriander leaves
  - 1 bunch of mint leaves
  - 2 green chillies, trimmed
  - 150g (1 cup) frozen baby garden peas, defrosted
  - 100ml (⅓ cup + 1 tbsp) green harissa
  - Grated rind and juice of 1 lemon
  - Salt
  - 50g (1 cup) pea shoots, to garnish
1. Bring a saucepan of salted water to a boil. Add the rice, lower the heat to a simmer and cook for 20–30 minutes until the rice is tender. Drain the rice and leave to cool.
  2. While the rice is cooling, thinly slice the spring onions and roughly chop the cucumber and herbs. Finely chop the chillies and tip into a bowl with the chopped herbs, cucumber, spring onion slices, peas and cooled rice. Toss together with the green harissa, grated lemon rind and lemon juice, then garnish with the pea shoots and serve.
  3. If you would like to save time, dress this salad with lemon juice and olive oil rather than green harissa.
  4. To make in advance, layer all the ingredients except the lemon juice and rind on top of the rice in the serving bowl then just toss before serving, adding the lemon juice and rind at this stage. This will ensure that the colours stay vibrant.

Per 100g:



# Vegan Basil Mayonnaise

*Makes Approximately 500ml (2 cups)*

- 1 small bunch of basil leaves
- 2 garlic cloves
- 1 tbsp Dijon mustard
- 150ml (⅔ cup) unsweetened soya milk
- 300ml (1¼ cups) light oil (such as rapeseed, vegetable or sunflower)
- Salt and pepper

Put all the ingredients in a large measuring jug and season with salt and pepper. Blend with a hand blender until all the oil is incorporated. If the mayo looks too thick, add a little more soya milk or water. Transfer to a suitable container and refrigerate until needed.

You can substitute other herbs for the basil in this recipe; for example chervil or tarragon or a mixture of green herbs. If you don't eat soya products, use almond milk instead of soya milk.

Per 100g:









# MEET THE CHEF

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Sam Murphy

I discovered veganism and the world of plant-based eating around four years ago. I went vegetarian pretty much overnight and then it took me a little while to wean myself off dairy products completely but I haven't looked back since. With the removal of meat and dairy from my diet, I began the quest in my kitchen to replicate my favourite meals in a way that was not only for the most part healthy, but also simple and enjoyable.

My passion for food stems from my childhood; I spent a lot of time in the kitchen with my mum cooking just about anything and everything. Although by the time I turned vegan I considered myself to be an okay cook, learning how to create vegan dishes was a challenge. It involved a lot of trial and error and learning from others. I had the basic cooking skills, but creating delicious vegan alternatives to my favourite dishes, required a lot of experimenting. I had to learn how to use new ingredients, ingredients that I wasn't familiar with prior to my transition.

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"I'm still always learning. I have lots of confidence in the kitchen which I put down to spending a lot of time cooking with my mum, but there are still things that I don't know. I encourage everyone to get in the kitchen, no matter how much you think you may suck – and get cooking."

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I did a lot of research and spent a lot of time in the kitchen testing recipes and asking my friends and family for their opinions. Even to this day, having created a cookbook, I'm still always learning. I have lots of confidence in the kitchen which I put down to spending a lot of time cooking with my mum, but there are still things that I don't know. I encourage everyone to get in the kitchen, no matter how much you think you may suck – and get cooking.

My food – and the recipes in this book – is a very direct reflection of my journey, my creativity, and my beliefs. It's the closest part of me that I can share with you. I truly believe that food should and can simply be enjoyed, minus the cruelty. I wanted to put recipes that I enjoyed eating, my friends enjoyed eating, and dishes I enjoyed as a child onto paper for other people to create and ultimately enjoy. I hope that with my book, I am providing people with the inspiration to create, and the tools to explore their own cooking quest with courage.

As far as I am concerned the recipes in this book are achievable for everyone. There are of course some that people will be able to create in minutes, and others that may take a while longer, but they can all be created by people with a whole range of cooking abilities. My tips are to keep it simple, don't try and create the difficult recipes first. Begin with the basics and work your way up to the showstoppers.

I only wish that more people in the world could realise how easy it is to make delicious, vegan food – and that you can, I repeat, you can, enjoy all of your favourite classics including meaty, cheesy and greasy flavours, and textures all the way up to the sweet decadence of something like cheesecake – minus the cruelty and numerous unhealthy side effects.

When it comes to my signature style, I would describe my cooking as rustic. I don't like following the status quo and I like to do things very quickly, nobody wants to spend ages in the kitchen. I'd say I'm a very casual cook/chef. The best way for me to cook is to just open my cupboards, see what ingredients I have, and see what I can do with them. Everything I create is spontaneous, in the moment cooking.

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"Keep it simple, don't try and create the difficult recipes first. Begin with the basics and work your way up to the showstoppers."

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There are a whole heap of dishes in the book that my family and friends have raved about, including the raspberry and white chocolate slice, and the turmeric baked beans with potato hash. However, in my opinion, signature dish status belongs to the ultimate black bean nachos. They consist of lashings of delicious young green shredded jackfruit and homemade cheese sauce, on top of crunchy tortilla chips. They are indulgent yet simple to create. The cheese sauce is the real winner in this recipe; you wouldn't believe it is suitable for vegans.

Looking to the future I'd love to write another book. In Melbourne, Australia, I currently run a vegan dessert business where I make a lot of raw vegan cake and cheesecakes. It would be great to eventually offer training courses and workshops showing people how to make their own vegan sweet treats. It's fine being able to tell someone how to make something with a cookbook, but it's a whole different thing being able to demonstrate to them. I'd love to pass on what I have learnt to other people.



# SAM'S SIGNATURE DISH

Try this showstopping wonder dish

## Ultimate Black Bean Nachos *Serves 2-3*

### For the main

- 1 x 560g tin (3½ cups) young green jackfruit in brine or water, rinsed and drained
- 1 tbsp coconut oil
- 1 brown onion, finely diced
- 125ml (½ cup) salt-free tomato paste (purée)
- 125ml (½ cup) vegetable stock
- 2 tsp smoked paprika
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- ½ tsp ground nutmeg
- ½ tsp chipotle chilli powder
- ½ tsp dried sage
- 2 tbsp maple syrup or coconut nectar
- 1 tbsp nutritional yeast
- 1 x 400g tin (2⅓ cups) black beans, rinsed and drained
- 125ml (½ cup) extra water, if needed (to prevent sticking)

### For the topping

- Corn/tortilla chips
- Cheesy Nacho Sauce (see recipe below)
- Tomato & mango salsa, homemade or store-bought
- 1 ripe avocado sliced or mashed with salt, pepper, lime juice and coriander

### Cheesy nacho sauce

- 1 large carrot, chopped and boiled until soft
- 120g (1 cup) raw cashews soaked for 3-6 hours
- 190ml (¾ cup) soya or almond milk
- 30g (½ cup) nutritional yeast
- 2 tsp onion powder
- 1 tsp garlic powder
- ½ tsp light miso paste
- 1 tbsp lemon juice
- 2 tsp maple syrup
- Salt, to taste

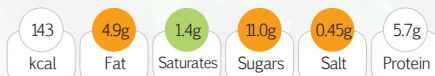
### Ultimate black bean nachos prep

1. Prepare any toppings beforehand.
2. Slice the hard centre part away from the jackfruit chunks and discard, so you are just left with the softer sinewy edges (it will resemble shredded chicken).
3. In a non-stick frying pan, fry the onion in the coconut oil until fragrant. Add the tomato paste, vegetable stock, paprika, onion powder, garlic powder, spices, sage and jackfruit to the pan. Simmer over a low-medium heat for 4-5 minutes until some of the liquid has reduced. Using a fork, gently 'pull' away at the jackfruit – it will start to shred apart like shredded chicken.
4. Add the maple syrup, nutritional yeast and black beans to the pan. Add more water to the pan to prevent sticking if necessary. Remove from the heat after a few minutes and set aside.
5. Begin assembling your nachos by arranging corn chips on a plate. Top with the nacho 'meat', Cheesy Nacho Sauce (heat up as per recipe instructions), tomato & mango salsa and avocado. Serve with fresh lime.

### Cheesy nacho sauce prep

1. Blend all ingredients in a high-speed blender until smooth, creamy and no lumps remain. To serve, simply heat up in a small saucepan.
2. Store any leftovers in an airtight container for up to 5 days in the fridge. When re-using, simply thin out the sauce with a little plant-based milk to reach your desired consistency.

Per 100g:









# TURMERIC BAKED BEANS AND POTATO HASH



## Turmeric Baked Beans and Potato Hash *Serves 2*

### For potato hash

- 3 medium-large potatoes, peeled and chopped
- 1 tbsp vegan butter

### For the baked beans

- 2 tsp coconut oil
- 1 red onion, finely diced
- 1 garlic clove, minced
- 1 400g tin (2 cups) haricot (navy) beans, rinsed and drained\*
- 1 tsp ground turmeric
- 1 tsp ground cumin
- ¼ tsp ground nutmeg

- 1 tbsp coconut sugar
- 1–2 tsp vegetable bouillon
- 125ml (½ cup) tomato purée (paste)
- ½ tin 200g, (1 cup) chopped tomatoes
- 1 tbsp coconut cream
- Salt and pepper, to taste

### To serve

- Sautéed (or raw) greens and mushrooms
- Hummus sesame seeds (optional)
- Salt and pepper

1. Prepare the hash by chopping the potatoes and boiling until tender. Remove from heat and rinse in water.
2. In a non-stick frying pan simply fry the potatoes with the vegan butter over a medium heat until the potatoes are slightly crispy and broken up.
3. For the baked beans, heat up the coconut oil in a non-stick frying pan and sauté the onion and garlic until fragrant and browned.
4. Add the beans, spices, coconut sugar, vegetable stock, tomato purée and canned tomatoes. Simmer for 5–6 minutes over a medium heat.
5. Add the coconut cream and stir in. Remove from the heat and serve. Season to taste.
6. Serve the beans and potato hash with sautéed (or raw) greens and mushrooms of choice. Finish with hummus, sesame seeds and salt and pepper.



## Raspberry and White Chocolate Slice

Makes 6-8 pieces

### For the base

- 130g (1 cup) raw almonds
- 75g (1 cup) coconut flakes
- ½ tsp salt
- 240g or 12 large pitted Medjool dates

### For the filling

- 300g (2½ cups) raw cashews, soaked for 3-6 hours
- 190ml (¾ cup) coconut milk
- 125ml (½ cup) maple syrup or rice malt syrup
- 125ml (½ cup) water
- 2 tsp pure vanilla extract with seeds
- 80ml (⅓ cup) melted cacao butter
- 80ml (⅓ cup) melted coconut oil
- 100g (1 cup) frozen raspberries

1. To make the base, simply pulse the almonds, coconut flakes and salt in a food processor until a fine meal forms. Add the dates and process until it begins to stick together into a dough. Press into a lined 10x20cm (4x8 inch) loaf tin and freeze.
2. Drain and rinse the cashews. Blend them with the coconut milk, maple syrup, water and vanilla in a high-speed blender until no lumps remain. Keep blending and slowly add the cacao butter and coconut oil.
3. Pour over the base. Disperse frozen raspberries evenly throughout the slice and then smooth the top.
4. Freeze the whole slice for 3-4 hours or ideally overnight until fully frozen.
5. To serve, allow the slice to defrost for at least 15 minutes before cutting with a hot, wet knife.
6. Keep stored in a sealed container in the freezer and simply defrost slices prior to consuming.



Per 100g:

366	28.0g	15.0g	13.0g	0.11g	7.4g
kcal	Fat	Saturates	Sugars	Salt	Protein

Recipes and images from *Beautifully Real Food*  
by Sam Murphy. On sale 23rd February  
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# AROUND THE WORLD

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## Top freestyle footballer Tom Folan is using his global sporting adventures to spread the vegan message

**A**lthough he's considered by many to be one of the world's finest freestyle footballers Tom Folan says he has more work to do. The Surrey-based athlete, who has visited a number of countries so far in his career, including the USA, Poland, and China, now wants to use his platform to promote the message of veganism.

"Going vegan is the best thing I've ever done, on a physical, mental, and spiritual level," Tom, 22, tells Vegan Life. "I stopped eating animal products very quickly after watching the documentary *Earthlings* and I quickly discovered that you can be a world class athlete and no animals have to die for you to do it. A few years ago, I cared very little about the food I was putting into my body. As a result, I wasn't able to train at the same intensity I can now. The food I ate was so boring before – I wouldn't go out for dinner anywhere if I couldn't get steak and chips, or pizza. Now I love food."

And his diet has powered him to considerable success as an athlete. "Freestyle football is a relatively new sport," explains Tom. "It became popular around 2006, alongside social media platforms like YouTube and Instagram. I believe social media has played a large role in how much bigger the sport has got over the last few years – Instagram is huge, it's a great platform, and probably the top marketing tool for athletes. Marketing yourself is very different to the sport side of things, but you need to be ready to multitask in this career."

"Freestyle football is its own sport, with its own federation and competitions – it is separate to football. The only thing they have in common is the use of the ball. Comparing football to freestyle football is like comparing ice hockey to figure skating: there is that similarity, but they are fundamentally different sports."

Tom says many people believe freestyle football is about 'keepy-uppies', but there is a lot more to it than that. According to the Freestyle Football Federation: "It is the art and sport of juggling a football using all parts of the body to entertain audiences and outperform opponents in competitions. It is a fusion of tricks with a ball, dance, and music."

Tom adds: "When I started out, there was a handful of other guys. In just a few years, the number and quality of the athletes have both grown so much. It's an amazing community – not unlike the vegan community – full of like-minded people. I've been doing it for about 10 years. I started freestyle when I was 12. When I picked up the ball and started doing freestyle tricks, it was something I really wanted to spend time doing, I really wanted to train. There are no shortcuts, you just have to put in the work – so that should come from a place of enjoyment."

This passion has led to a number of significant accomplishments over the years. Tom says: "I would say one of my biggest achievements is coming second in The Red Bull World Cup in Beijing in 2016. While I don't endorse Red Bull in any way as a product, I like how the company helps niche sports develop."

"When it comes to accomplishments from a personal point of view, I have always had people I looked up to, and would message, asking questions and looking for advice. For me to now be in a position where people are messaging me, saying that I inspire them, is amazing and definitely feels like one of my most important achievements."

And he inspires many: at the time of going to press, Tom has around 60,000 Instagram followers – a count which is rapidly growing. Fans check out his timeline to watch video clips of him performing astonishing freestyle moves, as well as snaps documenting his travel and lifestyle. He also uses the platform to showcase delicious vegan meals, inviting positive commentary on his food choices, and inspiring others to give vegan food a try. "I love how it gives you the opportunity to be interactive with inspiring people from all over the globe," he says.

When it comes to people who inspire him as a vegan, like many others, Tom lists former world champion free runner Timothy Shieff as a key figure. "I do find him really inspiring. It feels like now he's focused his attention on something that's bigger than himself," Tom explains. "Seeing him go from athlete to vegan activist is definitely amazing. I firmly believe there is a whole spectrum of activism, and for some people, it's right for them to go on marches and to be more militant. For many, the *Earthlings Experience* (where masked, silent activists hold screens playing the documentary, for members of the public to watch) is amazing. For others, that's too extreme an introduction. In a way, I feel that just being vegan is a form of activism in itself, as you are rejecting so much of the commodification of animals."

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"Going vegan is the best thing I've ever done, on a physical, mental, and spiritual level."

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And the change has not just impacted on his sporting performance, but on his whole life. Tom says: "I was never the type of person to think about diet. My sister was vegetarian for quite a while, and like an ignorant meat eater, I would laugh at her and wave bacon in her face. It wasn't until I started doing some serious soul searching some time later that I changed. After finding out about some of the disgusting ways animals are treated, that was it for me. There and then I vowed not to eat any animal products anymore – that was just over three years ago."

"It's difficult to explain the mental and spiritual transformation I've experienced, and it's something that will always be really important to me. Once I'd made the decision to become vegan, there was never going to be any going back"

You can follow Tom on Instagram @tomfolanfs and on Twitter @TomFolanFS



# YOU'RE NOT *vegan,* ARE YOU?

Comedian Jake Yapp shares his favourite vegan recipes with us



Jake Yapp is a writer and comedian who went from vegetarian to vegan in 2011. Since then, he has discovered the unbridled joy of veganism (no, honest), but tempers his zeal with an understanding that it can be a strange, mystifying, and even worrying concept for some. Not to mention weird.

This series of recipes is designed to give hope to new vegans, encouragement to would-be vegans, and an option other than hummus for relatives of vegans who aren't sure what to cook. Each recipe comes with a handy 'vegan level' rating, from beginner level 1 (chips) to advanced level 5 (tempeh).

These are serious. Ok? They are, very literally, not for the faint-hearted. I make these maybe once a year, because when I do make them, I end up feeling sick because I eat too much. The nuts are optional, if you're allergic, but I would advise you try something else to bulk out these brownies, like packing foam or gravel or something, because OMG look at the sugar. You are basically baking fudge. But they are so good...

## Chocolate Brownies

*Vegan level: 1*

- 225g (1 cup) vegan margarine (I like Vitalite)
- 400g (2 cups) (I know) brown sugar
- A healthy glob of vanilla extract
- 4 x egg substitute (or 2 tsp cornflour and 2 tsp tapioca flour mixed with 4 tbsp water, or 4 tsp cornflour mixed with 4 tbsp water)
- 225g (2¼ cups) plain flour
- 140g (1½ cups) cocoa
- Pinch salt
- Generous pinch baking powder
- At least 200g (2 cups) nuts, but don't be afraid to add more, around 300g (3 cups). I recommend walnuts, pecans or pistachios, but cashews are ok, and maybe even brazils, hazelnuts or peanuts...it's your brownie, after all.

1. Melt the margarine in a large bowl in a microwave, or, you know, a saucepan, if your kitchen and body are too lovely for microwaves. I'm always happy to slum it. Add the sugar and baking powder, salt and vanilla and stir well.
2. Add the flour and cocoa and stir together. It should have a thick consistency, kind of somewhere between batter and dough, almost. Add nuts if you're going for nuts, and stir in.
3. Tip it all into a greased, standard brownie tin, or a baking tray, around 20cm x 27cm (8in x 10in). Maybe reserve a smear or two around the bowl to lick furtively while it bakes.
4. Bake at 180°C (350°F, gas mark 4) for 20 minutes. Test with a toothpick or knife - it should come out just about clean.
5. Take them out of the oven and try desperately to wait until they've cooled and crystallised into a superb, crispy, chewy triumph. Cut into squares that feel appropriate, and, ideally, serve with your favourite vanilla frozen ice-cream fakery.
6. Don't eat as many as I do.







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# IN THE CAN

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The director behind a ground-breaking documentary spills the beans

Could a documentary ever be lifesaving? According to director Michal Siewierski it can – and wanting to change and save lives with the information he shares was the key motivation behind his movie *Food Choices*.

After spending 15 years shooting, producing, and directing TV commercials, the award-winning filmmaker decided it was time to follow his dreams and use his skills to create something more meaningful, something that could bring about positive change. This decision led to the production of a revolutionary documentary that explores the truth about what we eat.

“*Food Choices* is a 100 percent independent film, not sponsored by company, corporation, or government agency. It explores the impact that food has on human health, on the health of the environment, and on the lives of other living species. At the same time it also tackles several delusions about food and diet, offering a unique perspective on these issues. My goal with this film is to empower the viewer with information that can be truly life changing, and in some instances even lifesaving,” Michal told Vegan Life.

With extensive experience in TV and a passion for production, Michal had always liked the idea of creating a documentary. However, he was always put off the idea when he couldn't find a topic that

inspired him enough to embark on the mammoth journey of creating a feature length film. He says: “It wasn't until I became familiar with the plant-based lifestyle and saw first-hand the impact it had on my own life that I became inspired and motivated to finally start the documentary journey.”

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“My goal with this film is to empower the viewer with information that can be truly life changing, and in some instances even lifesaving.”

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Travelling across the whole of the US, the film features interviews with doctors, nutritionists, environmental experts, authors and celebrities, as well as people who shared their story of how they changed their lives, including those who conquered disease or simply lost weight by transitioning to a plant-based diet. They all discuss the many misconceptions society has about food and diet and the far-reaching impacts inherent to our food choices.



Prior to embarking on the three year journey to create '*Food Choices*' which was financed partly through crowdfunding, and partly using his own savings, Michal was attempting to find a solution to overcome several health issues that he had in relation to the food he was consuming. "I was taking some concepts from paleo, some from the low carb Atkins diet, a little bit of juicing, avoiding carbs, protein loading, reading books by Michael Pollan, eating grass fed beef, and taking supplements such as bone collagen, whey protein and fish oil, all under the illusion that I was doing the right thing. If only I had known just how bad for my health all of that was."

"I stumbled across books like *The China Study*, *The Starch Solution*, and *Food over Medicine* and as a result my perspective on food began to change. After being on a plant-based diet for almost two years, I experienced amazing changes in my health, as well as an awakening and increased awareness in my life. I knew I had to find a way to share this information with the world, so people could benefit from it the way I did."



Despite a whole host of documentaries and films surrounding the topics of plant-based living and veganism already on the market, Michal strongly believes *Food Choices* is a very unique film. "It really focuses on answering questions and exposing the truth behind our choices of food. When beginning my plant-based journey I had so many questions, I knew other people did too. I wanted to pack all of these into a 91 minute film but also make it entertaining for the viewer."

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"After being on a plant-based diet for almost two years, I experienced amazing changes in my health, as well as an awakening and increased awareness in my life."

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"Another thing I noticed in other films of this category was that most focused on one single aspect of diet, whether that is human health, the environment, or animal rights. I couldn't find a film that highlighted the bigger picture and presented it from a wider perspective and at the same time explained how everything was interconnected. I saw an opportunity to create something unique and went with it. It is also an

altruistic film as 10 per cent of the proceeds from each download or streaming purchase are allocated for a donation to charity."

Currently playing worldwide in 190 countries and translated in 30 different languages, *Food Choices* has been viewed by millions of people.

As it is his debut film, did Michal expect such a positive response? "At first this was a journey into the unknown, with documentary films you really don't know exactly what you'll end up with and how the film will be received. If I'm honest, I certainly didn't expect my first film to be such a success right off the bat."

As a plant-based advocate Michal encourages everyone to watch his movie, whatever their current dietary choices. "There are important messages in the film for everyone, both meat eaters and vegans alike," he says. "Many have described the experience of watching the film as life changing, especially those who are not yet eating a plant-based diet. Aside from all the educational and entertainment value, it also helps people grasp the wider perspective of the food choices they are making. I know it will sound cliché but I think everyone should watch it, it will change your life for the better, I promise."

After initially intending to take a break from food related films, Michal currently has plans for another in the pipeline. "In the last couple of months I received somewhat sensitive information that motivated me to begin working on another film. I'm still working out the details but all I can reveal for now is that it will be focused on the dairy industry. We will be releasing more details in the upcoming months."



For more information about the documentary and details of how you can watch it visit [foodchoicesmovie.com](http://foodchoicesmovie.com)

#### About the filmmaker

Michal Siewierski is a multiple Emmy award nominated world class TV producer, director and documentary filmmaker with 15 years of experience and hundreds of TV commercials, TV shows and corporate videos to his credit. His productions have played on several stations throughout the United States as well as South and central America.

He is fluent in Portuguese, Spanish, Polish and English. He is also considered an expert in several aspects of the production process, from initial stages of pre-production to script writing, shooting and editing.

Michal also specialises in political campaign productions. He has produced 12 TV commercials for the winning 2011 Chicago Mayoral campaign and produced one TV commercial for the 2012 Obama re-election campaign.

In his free time Michal is a private pilot and enjoys flying around the midwest skies in small airplanes as well as spending time with his baby daughter Vivian, his wife Elka and their dog Shadow, a black Labrador.





# THE PARENT TRAP

Are your buying habits affected by parent companies?

**A** fiercely debated topic within many vegan groups is whether or not consumers should invest in products from businesses with parent companies of questionable morals when it comes to their record on animal testing, or selling animal products.

A parent company is a company that owns enough stock of another firm to control its operation and management. When it comes to the realm of animal testing, one of the most famous examples is The Body Shop, owned by French cosmetics giant L’Oreal.

The Body Shop was set up by Anita and Gordon Roddick in 1976. The founders were vocal in their support for ethical causes, including sourcing Fairtrade ingredients, and never testing on animals. When the business was sold to L’Oreal in 2006, a huge controversy broke out around the disparity in the two brands’ values, as L’Oreal still tests (in its own words) ‘if regulatory authorities demand it for safety or regulatory purposes’. This means the company chooses to sell its products in markets that require testing, for example, China. Although Anita Roddick claimed the green ethics of The Body Shop

would now influence L’Oreal, many customers decided to boycott the brand, believing it no longer aligned with their cruelty-free beliefs.

Cruelty Free International’s ‘leaping bunny’ symbol is considered by many to be the international standard denoting no testing (though this does not guarantee a product is vegan). Despite The Body Shop’s takeover, its products are still accredited with the ‘leaping bunny’. When it comes to its policy on certifying these kinds of brands Cruelty Free International says: “Like you, we want animal suffering to end, so we see it as part of our mission to spread our message as widely as possible. Leaping bunny certification is dependent on a company being able to demonstrate that it meets the criteria for manufacturing cruelty-free products, and corporate ownership alone does not affect eligibility. If a company’s processes and supply chain monitoring meet the strict leaping bunny criteria they can apply for certification.

“In a globalised cosmetics market unfortunately it is inevitable that leaping bunny certified companies may be taken over by larger corporations who may not be certified. We understand that this



may change how some shoppers view a company's ethical status, so we indicate clearly when a Leaping bunny certified company has a non-certified parent company to enable shoppers to make informed choices."



In other words, products certified as cruelty-free can be produced by businesses with parent companies that test. Clearly Cruelty Free International understands that some consumers will not purchase products knowing their money could be going to a parent company with a history of animal testing, despite accreditation.



Copywriter and long term vegan Sarah Foulser is one such vegan. "I believe animal testing is torture. In this day and age, to subject an innocent creature to this kind of abuse, simply to have a new ingredient in a face cream, lipstick, or floor cleaner, is hideous. It is incredible to think that we still haven't rolled out universal testing methods that eliminate the need for carrying out cruel experiments on animals who are then generally killed.

"Even if a particular product isn't tested, if its parent company tests, my money is going directly into the hands of people who effectively torture animals. I don't understand the idea of subsidising companies who are clearly doing something that contradicts my own ethics so comprehensively.

"Another benefit of this is that I tend to seek out smaller brands that are purely vegan, and boost small businesses, instead of pouring yet more money into the hands of giant corporations."

The blog [crueltyfreekitty.com](http://crueltyfreekitty.com) is a useful and respected resource for information about animal testing. Founder Suzi covers both sides of the parent company argument. Arguing against buying these products she says: "There's something else we can't overlook: the profits ultimately go to the parent company.

"When a cruelty-free company is acquired by a new parent, the big guys at the top (those who get all the profits) also change. This means that by purchasing (cruelty-free status) Urban Decay products, you're really giving your money to L'Oréal (its parent company).

"Because this is financing a company that tests on animals, this also means that you might indirectly be funding further animal testing. That's so far from what we want to accomplish by purchasing cruelty-free products."

This is a commonly held view within the vegan community, but not everyone agrees.

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"In a globalised cosmetics market unfortunately it is inevitable that leaping bunny certified companies may be taken over by larger corporations who may not be certified."

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Beauty blogger Gemma Tomlinson ([hellogemma.com](http://hellogemma.com)) has written fairly extensively on the topic and has put forward her case for spending money on accredited products from non-accredited parent companies. She says: "Many brands with strong ethical values have been purchased by larger corporations – parent companies who also own other businesses. If the other brands under the parent company have questionable moral codes, the ethical company is accused of selling out, making a deal with the devil and going back on everything they once held dear. For me this isn't as black and white as it may seem, it isn't always that simple.

"The Body Shop is probably the most famous example of an ethical brand 'selling out' – in 2006 they were purchased by L'Oréal who were perhaps the antithesis of everything Anita Roddick built her business on, yet the deal wasn't as clear cut a decision as people might think... The Body Shop was able to share Fairtrade suppliers with L'Oréal to improve their ingredient selection for their other brands such as Garnier and Kiehls. The buyers from The Body Shop were able to act as a go-between for the small Fairtrade co-ops and L'Oréal, who now source many things more ethically than they once did. They learned from The Body Shop for the better and both parties benefited.

"Whilst two brands might make for strange bedfellows, there are often benefits to a brand having a parent company – funding to keep a flailing business afloat, money for counters in major beauty halls, access to create and expand the product line, or in The Body Shop's case being able to share ethical knowledge with a juggernaut and influence their future business operations. I'm not saying having a parent company with differing ethical values is necessarily a good thing, or the ideal option, but I do think it's important to see that there is often a more nuanced relationship where both parties can benefit. It doesn't mean we should automatically abandon a brand, but rather ask questions, find out more information and then make a decision as to whether or not we want to support them."

Parent companies do not just relate to cosmetic products; food items can also be sold by subsidiaries of larger umbrella businesses. An example is Swedish Glace, which was acquired by global corporation Unilever in 2012. With its history of animal testing, as well as a huge portfolio full of non-vegan items, how do the brands align?

As the trademark relations officer at The Vegan Society, Abigail Stevens is at the forefront when it comes to seeing vegan products





being brought to market. She says: “With the rise in popularity of vegan products and plant-based alternatives, we are seeing more brands being bought by large corporations (or parent companies) looking to diversify their portfolios. A perfect example is plant-based milks, with their growing mainstream appeal, they are an ideal investment, and just last year the popular brand Alpro was bought by dairy giant Danone.

“In doing this, dairy corporations such as Danone are covering all possibilities and ensuring that a shift towards plant-based milks doesn’t limit their profits. Does this mean the Alpro brand will see a change in its ethics, start to sell lacto-free milk, or be wiped off the market indefinitely? Probably not, as the brand was named the fastest growing in ‘Britain’s 100 Biggest Grocery Brands’ list in 2015 and is set to only grow its worth.

“It does mean that Alpro is owned by a corporation that actively promotes, sells, and profits from milk, but Alpro will likely remain a brand offering plant-based, vegan, and widely accessible products to those looking for alternatives to animal products. The diversification of portfolios in dairy corporations to include vegan and plant-based products is a sign of the times. It shows that the dairy industry is taking note of consumer demand and moving away from ‘traditional’ animal products to invest in alternatives.

“Overall, this will mean an increase in the availability of vegan products and competitive, lower prices, will help to make these products accessible to more people.”

Sarah Foulser says: “While I can’t go ‘off grid’ completely, and still need to support places like supermarkets who sell meat, I still avoid companies with unethical parent companies as far as practicable. I understand this argument that buying their products mean more vegan products become mainstream, but for me, it just isn’t a comfortable way to spend my money.

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“Because this is financing a company that tests on animals, this also means that you might indirectly be funding further animal testing. That’s so far from what we want to accomplish by purchasing cruelty-free products.”

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“When it comes to specialist items such as swedish glace ice-cream, which now has a parent company that tests, I will find an alternative brand or go without. It is disappointing to me when small vegan businesses ‘sell out’ to corporations. I feel they are effectively selling their ethics for cash, and I no longer want to support that brand. People argue that buying vegan items from non-vegan companies



won't promote the non-vegan items, but again, for me the issue is putting money into the pockets of unethical businesses – money that could be going to companies who share my values.”

As ever, this lies with the individual to make a decision as to where to draw the line. The Vegan Society's Abigail says: “The Vegan Trademark, which is regulated by The Vegan Society, registers over 26,000 products around the world to demonstrate that they are suitable for vegans. Each product is checked to ensure that it does not contain animal products and the product and its ingredients are not tested on animals.

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“If a vegan trademark registered product is bought by a parent company that has a history of testing their other brands on animals, checks are carried out to ensure that the product is still suitable.”

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“If a Vegan Trademark registered product is bought by a parent company that has a history of testing its other brands on animals, checks are carried out to ensure that the product is still suitable, including ensuring that testing policies will not change as a result of the acquisition. In the common occurrence that none of the testing policies change as a result of the new parent company, the products can still be registered as suitable for vegans with the Vegan Trademark.”

What many vegans agree on is that this is a decision the individual should make based on their own research and belief. Abigail Stevens says: “The Vegan Society acknowledges that individuals might not want to ‘support’ these parent companies, and encourage all ethically-minded consumers to research and choose products that suit their personal preferences.”

Beauty blogger Gemma Tomlinson takes a similar line: “I cannot emphasise enough how much I recommend people do some of their own research and decide where they stand on the issue. For me this applies across many things in life, we are all better off when we check things out for ourselves and form our own conclusions based on what we know.”

Fat Gay Vegan, blogger and Vegan Life agony uncle, also has an opinion on the matter, summing it up comprehensively saying: “Living a vegan life means doing what you can to reduce your dependency on animal-derived products. While the ideal would be to only shop with vegan-owned companies, the shopping habits of millions of vegans on the planet are strictly shaped by financial forces outside their control.

“For many compassionate shoppers, most of the vegan products they have available to them are produced by non-vegan multinationals. It is not always practical or even possible for every item needed in a household to be sourced from a completely vegan company and people shouldn't be shamed when they need to make those choices.”



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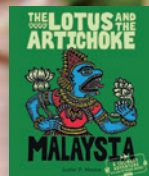


# TASTE MALAYSIA

Oriental palette pleasers



Recipes and images from:  
*The Lotus and the Artichoke, Malaysia*  
Author Justin P. Moore







# Batter-Fried Tofu Cubes with Pineapple Pepper Chutney

Serves 2 to 4

## Tofu Ingredients

- 400g firm tofu
- 3 tbsp rice flour
- 3 tbsp corn starch
- 2 tbsp lemon juice
- 1 tbsp soy sauce
- 1 tbsp water
- Vegetable oil for frying

## Chutney Ingredients

- 125g (1 cup) pineapple finely chopped
- 2 tsp vegetable oil
- 1 tsp black mustard seeds
- ½ large red chilli finely chopped or 1/2 tsp chilli powder optional
- ¼ tsp black pepper ground
- ¼ tsp coriander ground
- 2 tsp corn starch
- 1 tbsp lemon juice or 2 tsp rice vinegar
- 2 tsp soy sauce
- 120ml (½ cup) water
- 3 tbsp sugar

## Tofu Process

1. Cut tofu in slabs, wrap in clean kitchen towel. Weight with a heavy cutting board and press out extra moisture 15–20 min. Unwrap and cut in cubes.
2. Combine rice flour, corn starch, lemon juice, soy sauce, and water in a large bowl.
3. Add tofu cubes. Combine well to coat thoroughly.
4. Heat oil about 2 in (5 cm) deep in medium pot on medium high heat. Oil is hot enough when a drop of batter sizzles and comes to surface immediately.
5. Carefully drop battered tofu cubes into the hot oil. Fry until deep golden brown, 3–5 min, turning regularly with a metal slotted spoon. Do not crowd oil or the temperature will drop and they'll soak up oil instead of frying quickly.
6. Wait 30–60 sec between batches for oil to heat back up. As cubes finish frying, carefully drain and transfer to a plate or bowl with paper towels to absorb excess oil. Continue for all tofu cubes.

## Chutney Process

1. Whisk corn starch, lemon juice (or vinegar), soy sauce, and water in a small bowl.
2. Heat oil in a small pot on medium high heat. Add mustard seeds. After they start to pop (20–30 sec), add chilli (if using), ground pepper, and coriander. Fry 1 min, stirring constantly.
3. Stir in chopped pineapple. Fry, stirring constantly, until lightly braised, 2–3 min. Pour in whisked liquid. Add sugar. Bring to simmer and reduce heat to low.
4. Simmer and cook down to desired thickness, stirring regularly, 10–20 min. Allow to cool.

## Variations:

**Baked:** instead of deep frying in oil, spread battered tofu cubes on a baking tray or greased casserole dish and bake in a preheated oven at 220°C (425°F, gas mark 7) until deep golden brown, 25–35 min.

Per 100g:

113	4.4g	0.4g	7.0g	0.22g	5.5g
kcal	Fat	Saturates	Sugars	Salt	Protein



# Wonton Soup with Vegetables & Tofu Dumplings

- 100g (½ cup) smoked tofu, crumbled
- 100g (½ cup) smoked tofu, thinly sliced
- 1 medium carrot, finely chopped, or grated
- 4-5 shiitake mushrooms, finely chopped
- 1400ml (6 cups) vegan stock
- 1 tbsp sesame oil
- 2 spring onions, finely chopped
- ½ in (1 cm) fresh ginger, finely chopped
- 1 clove garlic, finely chopped
- ½ tsp coriander ground
- ¾ tsp five spice powder
- 2 tsp soy sauce
- 2 tsp lemon juice
- 20-24 wonton wrappers

1. If using dried shiitake mushrooms, rinse and soak for 10 min in hot water. Drain. Chop finely.
2. Chop spring onions and separate into white ends and greens. Save greens for garnish.
3. Heat oil in a frying pan on medium high heat. Add chopped spring onion ends, ginger, garlic, ground coriander, and five spice powder. Fry 2 min, stirring constantly.
4. Add crumbled tofu, chopped or grated carrot, and chopped mushrooms. Mix well. Fry, stirring often, just until vegetables begin to soften, 3-5 min.
5. Add soy sauce and lemon juice. Mix well. Remove from heat.
6. Set up a small bowl with some water and wonton wrappers on a dry cutting board or counter surface. Put about 2 tsp of filling in the middle of a wonton wrapper. First, fold over two opposite corners to meet at the centre and lightly press to seal using a few drops of water. Repeat with two other opposite corners. Press and seal wrapper around filling. Set aside. Continue making wontons until the filling is used up.
7. Bring (strained) soup stock to simmer on low heat. Carefully place filled, sealed wontons into broth. Watch that they do not stick to the bottom of the pot. Gently stir. After the wontons float up to the surface and are cooked, about 5 min, turn off the heat.
8. Portion liquid and 5 or 6 wontons into a bowl. Top with sliced smoked tofu and garnish with chopped spring onion greens. Serve.



Per 100g:

164	4.9g	0.8g	2.2g	2.0g	8.4g
kcal	Fat	Saturates	Sugars	Salt	Protein





Per 100g:

57

kcal

2.5g

Fat

0.3g

Saturates

3.5g

Sugars

0.26g

Salt

3.9g

Protein

## Kangkung Goreng Stir-Fried Spinach with Tofu & Pineapple

- 200g (5–6 cups) water spinach or fresh spinach, chopped
  - 200g (1 cup) firm tofu, cut in cubes or strips
  - 150g (1 cup) pineapple, chopped
  - 1 tbsp oil
  - 2 cloves garlic, finely chopped
  - 1 red chilli, finely chopped (optional)
  - ½ tsp coriander ground
  - ¼ tsp black pepper ground
  - 1–2 tbsp soy sauce (Shoyu)
  - 1 tbsp lime juice or lemon juice
  - 1 tsp agave syrup or sugar
  - ¼ tsp sea salt fried onions for garnish
1. Heat oil in a large frying pan or wok on medium high heat. Add chopped garlic, red chilli (if using), ground coriander, and pepper. Fry, stirring constantly, 1–2 min.
  2. Add tofu, stir well. Fry, stirring constantly, until tofu is golden brown and lightly crispy, 5–7 min.
  3. Mix in chopped pineapple, soy sauce, lime (or lemon) juice, and agave syrup (or sugar). Continue to stir-fry until pineapple is lightly braised, 3–4 min.
  4. Add spinach. Mix well. Reduce heat to medium. Fry, partially covered, stirring regularly, until spinach shrinks and reaches desired softness, 2–5 min. Mix in salt. Remove from heat. Cover until ready to serve.
  5. Garnish with fried onions. Serve with rice.

Recipes and images from:  
*The Lotus and the Artichoke, Malaysia*  
 Author Justin P. Moore



# VEGANkitchen

We bring you some super simple recipes using cupboard staples

FOCUS ON  
*Cauliflower*

## Cauliflower Pizza Base

- 500g (3 cups) cauliflower
- 3 tbsp flax seeds + 9 tbsp water
- 150g (1 cup) rice flour
- 150g (1 cup) chickpea flour
- 1 tsp salt
- 30g nutritional yeast
- ½ tsp garlic powder
- ½ tsp dried oregano

1. Preheat oven to 200°C (390°F, gas mark 6), line a baking tray with baking paper.
2. Roughly chop the cauliflower. Place the florets in a food processor, and pulse, until the consistency is rice-like.
3. Place the cauli rice in a non-stick pan and dry cook for about 5 minutes. Once cooked, set aside to cool.
4. Once cooled, place 'rice' in a cheesecloth (or tea towel) and strain as much liquid as possible.
5. Mix together the flax and water in a small bowl to create 'flax eggs' and leave to stand for 5 minutes until gloopy.
6. In a large bowl, mix the cauliflower, flax eggs, rice and chickpea flour, nutritional yeast, herbs and salt with your hands. Add more chickpea flour if too sticky or more water if too dry (1 tsp at a time).
7. Knead the dough on a floured surface and shape the crust onto your baking tray.
8. Bake for about 15 minutes. Add sauce and toppings of your choice and bake for a further 10-15 minutes.

Per 100g:

172

kcal

2.9g

Fat

0.4g

Saturates

2.2g

Sugars

0.33g

Salt

8.8g

Protein



# Whole Roasted Cauliflower

- 1 large cauliflower
- 2 tbsp olive oil
- 1 tbsp sesame oil
- 1½ tsp garlic, peeled and minced
- 1½ tsp yellow or brown mustard seeds
- 1 tsp ground cayenne
- 1 tsp paprika
- 1 tbsp lemon zest
- Salt and pepper to taste
- 1 tbsp parsley

1. Pre-heat the oven to 220°C (450°F, gas mark 8).
2. Remove the leaves and core. Wash and pat dry the cauliflower. Set aside in an ovenproof dish.
3. In a small bowl mix the olive and sesame oils, garlic, mustard seeds, cayenne, paprika and lemon zest together and season to taste.
4. Pour the above mixture over the cauliflower and massage in.
5. Once the cauliflower is covered, place it the centre of the oven and roast for 1-1 ¼ hour until golden brown and tender.
6. Remove from the oven and place on a serving dish
7. Garnish with parsley and serve.

Per 100g:



## Cauliflower facts

Cauliflower is generally thought to be native to the general Mediterranean region, especially the northeastern portion of this region in what is now the country of Turkey. Its history here dates back over 2,000 years.

Cauliflower contains several anti-cancer phyto-chemicals like sulforaphane, and plant sterols such as indole-3-carbinol, which appears to function as an anti-estrogen agent. Together, these compounds have proven benefits against prostate, breast, cervical, colon and ovarian cancers by virtue of their cancer-cell growth inhibition, cytotoxic effects on cancer cells.

Sources: [whfoods.com](http://whfoods.com) and [nutrition-and-you.com](http://nutrition-and-you.com)



# Roasted Cauliflower Steaks

- 1 large head cauliflower, sliced into 4 steaks
- 60ml (¼ cup) olive oil
- Juice of half a lemon
- 2 cloves garlic, minced
- 1 pinch chilli flakes
- 1 chopped fresh chilli (to serve)
- 30g (¼ cup) crushed peanuts (to serve)
- Handful fresh coriander (to serve)
- Salt and ground black pepper to taste

1. Preheat oven to 200°C (400°F, gas mark 6). Line a baking tray with baking paper.
2. Place cauliflower steaks on the baking tray.
3. In a bowl whisk olive oil, lemon juice, garlic, chilli flakes, salt, and black pepper together.
4. Brush half of the dressing over the tops of the cauliflower steaks.
5. Roast for 15 minutes, turn over and brush with remaining dressing, roast for a further 15 minutes until golden.
6. Sprinkle with peanuts, fresh chilli, and coriander. Serve.

Per 100g:





# HARES IN FOCUS

The lowdown on this fascinating creature



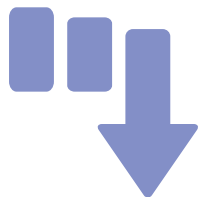
**K**nown as the fastest mammal in the UK, the European hare, also known as the brown hare (*Lepus Europaeus*), is capable of reaching speeds of up to 45mph (72kph). This speed enables hares the ability to escape predation by outrunning their enemies. Although hares are often confused with their close relative the rabbit, their distinctive large ears with characteristic black tips and long, powerful hind legs make them easy to recognise. Over the years this energetic animal has become increasingly rare. It is second only to the water vole as the British mammal which has shown the greatest decline in the last century.



· Tender grass shoots, including cereal crops, are hares' main foods. In winter months, when grazing is sometimes difficult, brown hares will tear bark from saplings.

· Jane Russ added: "In addition to a variety of vegetation they will also eat apples in season and hedge fruits. According to one of our trust members, they will also go mad for dianthus (common pinks), the caviar of the hare world."

· They have a unique way of getting more nutrients from their food. According to *animals.com*: "Since their food sources are difficult to digest, hares and rabbits must eat their faeces so that food passes through their digestive tract twice and they can extract every last nutrient possible from their meals. This double digestive process is in fact so vital to hares and rabbits that if they are prevented from eating their faeces, they will suffer malnutrition and die."



· The brown hare used to be a common sight in the British countryside; however, the population has drastically reduced since the 1960s.

· According to Jane Russ, chairperson of the Hare Preservation Trust, there are various reasons as to why hares have declined over the last 50 years. She said: "Change in

agricultural practice (large fields with no field margins) has played a large factor. Hares like a very varied diet so a vast field of the same thing is not their best option. In some areas of the country, hares have not been seen in the wild for many years."

- Unfortunately hares are also vulnerable to traffic deaths, especially when they need to cross roads from their forms (daytime homes, see below), to feeding areas.
- Brown hares have limited legal protection through the Ground Game Act (1880) and the Hare Protection Act (1911). As game animals they can be managed by farmers and landowners. They are also considered a minor pest as they may damage crops and young tree plantations.



Hares do not hibernate or store large amounts of fat in their bodies and so need a constant food supply throughout the year.



· According to Jane Russ: "Females are usually far larger than males. The boxing behaviour hares are often seen doing is not, as many people think, fighting males. It is in fact an unreceptive female fending off amorous males."

This peculiar spring behaviour is where the expression 'mad as a March hare' comes from.

· Breeding takes place between February and September and a female can rear three or four litters a year, each of two to four young. The gestation period lasts, on average, between 30-40 days. The young wean at about one

month of age and reach sexual maturity quickly – with some reaching sexually maturity at just five months of age.

· The young, known as leverets, are left by the female in forms a few metres from their birth place. Once a day for the first four weeks of their lives, the leverets gather at sunset to be fed by the female, but otherwise they receive no parental care.



· Hares do not use burrows like their close relatives the rabbit. They live above ground and will make small depressions in the ground known as 'forms' which they use for cover.

· Jane Russ said: "Hares have a very distinctive orange iris whereas in contrast, rabbit eyes are almost black. They are also born fully furred, with their eyes open, and ready to run."



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# EAT AND DRINK - VEGAN STYLE

## MOD Pizza Nationwide

Central London's tourist traps are usually synonymous with poor quality and over-priced food. But the Leicester Square branch of Mod Pizza is about to change all that. This quirky chain – the brainchild of an American entrepreneur and already a hit on the other side of the Atlantic – offers high-end pizza and friendly service at very reasonable prices.

Mod Pizza, which also has branches in Nottingham, Gateshead, Leeds, and Brighton (and many more in the pipeline), offers the perfect answer to a question we are often asked: where can vegans and omnivores go to eat together and both have plenty of options?

The restaurant offers pizzas and salads 'on demand' – the fresh base is passed along the counter as staff assemble your desired toppings. When ready, it goes into the oven, and you are given a beeper. Staff can then locate your table with your freshly cooked food. Diners can choose from a list of pizzas and salads, or create their own from the numerous toppings available, including a heap of veggies, and dairy-free cheese. The twist is that however many toppings you choose, you pay the same – no huge price jumps for vegan cheese is always welcome. The 11 inch pizza clocks in £7.87 in London, and £7.47 in other locations.

When it comes to base sauces, please note the white sauce and pesto contain milk. There is also, as ever, the risk of cross-contamination. Because there is a cross-contamination risk with the standard crust and eggs/dairy (although it does not contain these ingredients), some vegans may prefer to choose the gluten-free crust. Further information of all the products and risks is available online. Reassuringly, it is worth noting that if you tell the staff you are vegan, they will change their gloves to avoid touching animal products before touching your order.

"The twist is that however many toppings you choose, you pay the same – no huge price jumps for vegan cheese is always welcome."

So how was our meal? I'm pretty fussy when it comes to pizza, and know what I want in a base. Luckily, Mod Pizza fulfilled the criteria, with crispy dough that is robust enough to support the toppings, and good amounts of scorch around the crust. The dough itself needs to be tasty as well as being a carrier for the other ingredients, and this hits the spot.

We decided to build our own pizzas. I went for dairy-free red sauce, garlic, onion, artichoke, green pepper, olive, red onion, and lots of chilli flakes. My dining companion chose a simpler option, with dairy-free red sauce, lots of freshly torn basil, onions, and large slices of fresh tomato. There were lots of other choices, including roasted cauliflower, roasted peppers, chickpeas, jalapenos, broccoli, and more. The pizzas are a great size – you aren't left wanting more or feeling over-stuffed – and the toppings are fresh, tasty, and generously portioned. The choice of drinks is also very good, with some vegan beers, as well as standard unlimited sodas, ice-tea, and some creative bottled soft drinks (I went for the strawberry, raspberry, and black pepper). Again, prices are very reasonable for the high quality.

The concept of Mod is a great one, and it's well-executed. The food is good, and the staff are friendly and efficient, as well as being informed about dietary choices. The laidback vibe and quirky décor, as well as the large table sizes and the comfortable seating, make Mod Pizza an excellent option for vegans looking for cheesy, high quality pizza, without a high price tag.

[modpizza.co.uk](http://modpizza.co.uk)



*Full of mallowy melt in the mouthiness*



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## ACROSS THE WAVES

Activism comes in many forms – one vegan is opening hearts and minds with his radio show

“Our lifetimes may turn out to be the biggest step forward for animal ethics for centuries. One day, someone will produce our history too.” So says Ian McDonald, BBC-trained radio producer and creator of *The Vegan Option* podcast. The presenter has created an ambitious new series called *Vegetarianism: The Story So Far: (A Radio History)*, which is broadcast on award-winning station Resonance 104.4FM. The series looks at what he describes as the generation-by-generation struggle for animals’ right to life. It’s his most ambitious project to date.

“This is the biggest story I’ve ever done” says Ian. “Ours.” Vegan Life sat down to chat to Ian about why he’s chosen to tell this story.

**Can you tell me a little bit about your personal history with veganism, what inspired you to become vegan?**

Like most teenagers, I questioned the values I was brought up with.

I idled into vegetarianism because, mulling over various arguments ranging from Peter Singer and MK Gandhi, I decided I ought to give other animals the benefit of the doubt. My mother and her mother wasted no time in pointing out the hypocrisy of still eating dairy. None of us knew any vegans back then, so I think they hoped I would regain my lost consistency by going back to eating animals. They jokingly blamed each other for the result.

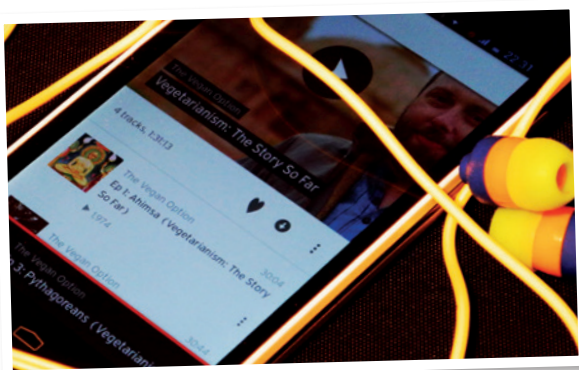
**You create a podcast - could you outline what exactly that is, and why/how people can tune in?**

‘Podcasts’ are a way of getting hold of radio programmes (usually) on your smartphone (or other device) for free, and as soon as they come out. The word is a portmanteau of ‘iPod’ and ‘broadcast’.

To listen you need a podcast app, such as ‘Pocket Cast’, ‘Stitcher’, or Apple’s own app just called ‘Podcasts’. There are useful links about



particular apps in the 'help' menu of [theveganoption.org](http://theveganoption.org). Use your app to search for the programmes that you are most interested in. A Broadcaster like the BBC will release its most popular speech radio shows as podcasts. And there are dozens of vegan podcasts (see [veganfeed.com](http://veganfeed.com)), ranging from community radio to friends chatting round a microphone. So you can be informed and entertained whilst (for example) commuting, doing chores, or exercising.



### What is your podcast all about?

*The Vegan Option* is my attempt to do really interesting radio that just happens to be vegan. I'd take a topic and try to find the most expert and interesting guests - such as food scientists working on vegan cheese for the 'cheese' show, or the UK's vegan MPs for a show about politics.

This season, *Vegetarianism: The Story So Far*, is the epic 15-part tale of people arguing that other animals do not exist for us to eat, starting in the bronze age, and bringing the story right up to the present.

Help from over 100 generous backers means I've been able to travel to interview experts, hire actors, and record atmosphere at some of the places the story unfolded - from the birthplace of organised western vegetarianism in northwest England, to the vegan commune in Massachusetts that inspired the novel *Little Women*, to the birthplace of Buddhism and Jainism in India. So it's a really epic production.

### Who is the project aimed at? Who would enjoy it?

If you like history programmes on radio or TV, or want to know where we come from as a movement, you'll love this. It's full of fascinating characters and amazing stories.

### A project of such scale must involve huge amounts of research - where do you start with something like this? Is it overwhelming?

I started by reading the leading published histories of vegetarianism, like Rod Preece's *Sins of the Flesh*. Then I got a British Library membership, and started digging through the references. I quickly discovered that not all claims checked out, and that some books are more rigorous than others. Alas, even in biographies of major historical figures like da Vinci, there was relatively little written on their animal ethics.

So there's been a lot of digging. I've spent a lot of time reading the kind of primary research that casually quotes Sanskrit or Greek; and a great many subject specialists have been really helpful in explaining what some ancient text really means. Some vegetarians and vegans are very keen to read anything as opposing eating animals, when they might have been opposing, say, a particular ritual practice. It's been particularly fascinating to dig into two lost religious

movements - the probably-vegetarian Ājīvikas of India and the vegan order of the 'elect' of the Manichaeans. But that's been a big challenge, not just because there are fewer experts to interview about them, but because scriptures tend to die out with their believers.

But that's getting a lot easier for me now, as the series moves past the eighteenth century - there are more sources, and more experts.

One side-effect is that I'm now used to 'meat' meaning any solid food (which is how people used the word up before the eighteenth century), and it rankles to hear the modern usage!

### What kind of reaction have you had so far?

Folk have had some really lovely things to say about the series. There have been some positive iTunes reviews - 'this is required listening for vegans. Just wonderful' and 'on par with BBC documentaries' (which I don't know is true, but was my goal, so is great to hear). And there's been a bit of interest from vegan media.

### Do you have plans for any other projects in the future?

I have a few ideas of how else I could present the research, without simply duplicating the books that have already been written. I also think we need a sampler vegan podcast that lets people hear the best of the various vegan podcasts, as well as mentions of veganism on more mainstream media, perhaps with different presenters taking turns. But I'm hoping someone else will do it so that I don't have to.



### Anything you'd like to add to that?

The show has brought home to me how important it is for us to remember our own history. The beginnings of organised veganism in the 1940s have passed out of living memory without all the pioneers recording their stories for posterity. These are the people who had to work out a vegan lifestyle in a world that barely understood vegetarianism. Knowing how much is missing from the historical record reminds me how important it is to record eyewitnesses to history, and to make sure our own records are kept safe.

### And finally, how can people listen to your programme?

It's broadcast on London's award-winning radio art station Resonance 104.4FM at 5pm on the first Tuesday of every month (broadcasts started in February). But most readers will find it more easily as a podcast. Search for *The Vegan Option* in your app, or, if that doesn't work, go to [theveganoption.org](http://theveganoption.org) and choose one of the links under 'Get Free Shows'. To listen to the history of vegetarianism from the beginning, make sure you tell your app to download enough old shows to reach episode one.



# SHALLOT OF FLAVOUR

Adding crunch to lunch

## Butternut Squash, Shallot & Butterbean Casserole with Herbed Dumplings *Serves 4*

- 1 medium butternut squash, cut into 1 inch (2.5 cm) chunks (leave the skin on for added texture)
- 12 shallots, peeled and left whole
- 6 sage leaves, roughly chopped
- 3 tbsp extra virgin olive oil
- 3 cloves garlic, crushed
- 1 heaped tbsp flour
- 175ml (¾ cup) white wine
- 1 tin butterbeans, drained and rinsed
- 400ml (1⅔ cups) vegetable stock
- 2 tbsp sundried tomato paste

### For the dumplings

- 200g (¾ cup) self raising flour
- 100g (2 cups) vegetable suet
- 2 tsp dried mixed herbs
- Salt and freshly ground black pepper
- 5-8 tbsp cold water



1. Place the butternut squash and shallots in a roasting tin along with the olive oil, sage leaves and a good grind of pepper and salt to taste. Roast in a hot oven 220°C (425°F, gas mark 7) for 20-30 minutes until the vegetables are tinged with colour at the edges.
2. Whilst the squash and shallots are cooking make the dumplings by combining all the dry ingredients in a large bowl. Add enough cold water to bring it together to make a soft dough. Shape the dough into 8 small balls and set aside.
3. When the squash and shallots are cooked, remove from the oven and turn the temperature down to 180°C (350°F, Gas mark 4).
4. Add the flour to the roasting tin, stirring to coat the vegetables and soak up all the roasting juices. Add the garlic and white wine to the roasting tin, scraping the bottom to release all the sticky caramelised bits.
5. Transfer to an ovenproof casserole dish and add the beans, sundried tomato paste and enough vegetable stock to cover the vegetables.
6. Give everything a good stir, bring to the boil and cover. Cook in the oven for 30 minutes.
7. Remove the casserole from the oven and carefully add the dumplings so they float on the surface. Return to the oven, uncovered, for 20 minutes until the dumplings are crispy on the outside and fluffy and cooked through on the inside.
8. Serve immediately. Mashed potato and green beans would work well as an accompaniment.

Per 100g:

138	5.7g	21g	2.8g	0.35g	3.1g
kcal	Fat	Saturates	Sugars	Salt	Protein





## Spiced Roasted Shallot Salad with Bulgar Wheat, Aubergine, Raisins & a Chilli and Tomato Dressing

Serves 4

- 12 shallots, peeled
- 3 tbsp rapeseed oil
- 1 large aubergine, cut into 5cm chunks
- 200g (1 cup) Bulgur wheat rinsed in cold water
- 3 tbsp raisins
- 500ml (2 cups) water
- ½ tsp ground cumin
- ½ tsp ground coriander
- A good pinch of ground ginger
- Sea salt and freshly ground black pepper
- 1 red chilli, seeded and finely diced
- 1 large vine tomato, seeded and finely chopped
- A handful of flat leaf parsley, chopped
- A handful of coriander, chopped
- 1 clove of garlic, peeled and finely chopped
- Juice and zest of 1 lemon

### For the tomato dressing:

- 2 vine tomatoes, peeled, seeded and diced
- ½ red chilli, seeded and finely diced
- 2 cloves of garlic, peeled and finely chopped
- 1 in (2 cm) fresh ginger, peeled and grated
- 1 tbsp caster sugar
- Juice of 2 lemons
- 10 tbsp rapeseed oil
- Sea salt and freshly ground black pepper

1. Preheat oven to 200°C (400°F, gas mark 6).
2. Place the shallots in roasting tin and drizzle with 1 tablespoon of the rapeseed oil. Season well. Place in the oven and roast for 20 minutes.
3. Then add the aubergine to the shallots and drizzle with 2 tablespoon of oil and return to the oven stirring occasionally. Roast for a further 15 minutes or until the aubergine and shallots are tender.
4. Meanwhile prepare the bulgur wheat. Place it with the raisins in a saucepan, add the water, cumin, coriander, and ginger. Season with sea salt and black pepper. Bring to the boil, cover with a tight fitting lid, and cook very gently for 10 minutes or until the water has absorbed.
5. Remove from the heat and place in a mixing bowl, allow to cool slightly and add all of the remaining ingredients. Take the shallot and aubergine out of the oven and add when cooled slightly to the salad.
6. For the dressing, place all the ingredients except the oil in to a food processor and blitz to form a smooth purée, then add the oil slowly to the purée till blended.
7. Serve with the salad.

Recipes and images from: [UKShallot.com](http://UKShallot.com)



## Hartley's Raspberry Glitter Jelly

Add some sparkle to your favourite jelly-based dessert with these crystals from Hartley's. Simply add boiling water, pour into your favourite jelly moulds, and pop in the fridge to set.



## Waitrose Katsu Curry Sauce

Rustle up a delicious authentic Japanese dish with this SFV creamy katsu curry sauce. With a low heat rating, the sauce doesn't contain too much spice, and can be enjoyed by the whole family. Drizzle the sauce over stir-fried veggies and tofu and serve with a side of rice noodles.



## Marks & Spencer Spicy Chorizo Sweet Potato Snacks

Made using sweet potatoes, this vegan-friendly crisp offering from Marks and Spencer has a very distinct smoky chorizo flavour. Baked instead of fried, these potato snacks are grease-free and extra crunchy.



# THE ACCIDENTAL VEGAN

A selection of products that are vegan by chance rather than design

This page is all about top treat and snack food finds that just happen to be suitable for vegans. These products aren't advertised or clearly marked as vegan, but we scan and check the ingredients, and share our discoveries with you. If any of these products say they may contain milk or other animal-derived substances, this is due to the item being made in the same factory as other food produce. All ingredients listings are subject to change.

## Hoots Smoked Bacon Snacks

These delicious bite-sized snacks are made using wholegrains and seeds, and offer a satisfying alternative to the traditional packet of crisps. All varieties of Hoots snacks are made in the UK and suitable for vegans - even cheese and onion.



## Go Ahead Cookie Bites

With a comforting cocoa and strong citrus aroma hitting you as soon as you open the bag, these crunchy chocolate cookies taste divine dunked into a cuppa. And at only 99 calories a pack they can be enjoyed guilt-free.



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# RISK TO THE RIGHTS OF VULNERABLE VEGANS

Time is running out to save the status of veganism as a 'protected belief'.  
Robb Masters reports.





**A**s vegans, we tend to care a lot about the rights of animals – understandably so, as society’s treatment of animals is both unnecessary and unjustifiable. And the animals need our voices to lift up theirs.

But do we need to concern ourselves with the rights of vegans too? You might not think so. After all, we’re not subjected to anything like the same treatment as the non-human victims of animal agriculture, animal testing, or other animal abuse. However, there are vulnerable groups of vegans who do need certain rights. Vegan prisoners, hospital patients, and care home residents need the right to be provided with suitable food; while vegan schoolchildren and adults need the right to protection from bullying and discrimination.

And the rest of us need to help defend those rights – before they are lost forever. The UK does currently provide such protection. And the corresponding legislation helps ensure that it’s practical (even possible) for those protected to stay vegan, and to continue promoting veganism – helping to reduce animal exploitation further.

That protection is now in jeopardy.

In the European Union, veganism is recognised as a ‘protected belief’ under the European Convention on Human Rights (Article 9). Within the UK, this is implemented by the Human Rights Act 1998. However, there are a number of factors that put this protection at risk:

- The government planning to replace the Human Rights Act with a new Bill of Rights.
- The electorate choosing to leave the European Union in last June’s referendum.
- The prime minister additionally proposing to pull the UK out of the European Convention on Human Rights.

If the new Bill of Rights does not encompass veganism as a protected belief, vegans in the UK who have their rights infringed may lose protection from domestic courts, needing to pursue their case in Strasbourg instead – at the European Court of Human Rights (which is independent of the European Union).

However, vegans could lose this option too. If the UK additionally withdraws from the European Convention on Human Rights (a proposal that prime minister Theresa May now plans to put at the heart of the Conservative’s 2020 general election campaign) claimants would instead need to pursue their case via the United Nations Human Rights Committee.

Whichever of these two international options remains available, they would be impractical for most individuals effectively allowing rights abuses to go unchecked. Therefore, it is vital the government’s new Bill of Rights provides vegans with at least the same level of protection as the current Human Rights Act, so that vegans can continue to have their legal protection enforced via the domestic courts.

In the absence of any visible activity from the national vegan advocacy organisations, I set up the Vegan Rights (UK) campaign after last year’s referendum result – with the aim of lobbying the government to ensure this continued protection of veganism under any new Bill of Rights. And contacting all the UK’s MPs directly did bring some early successes, with a particularly encouraging response from Conservative MP for Dudley South, Mike Wood: “Having spoken to the attorney general about plans for a British Bill of Rights, the government’s intention is to transpose the whole convention - which would include Article 9 - into British law. This would then be enforceable through the British courts.”

A productive meeting between Labour’s shadow secretary of state for exiting the European Union, Keir Starmer, followed – where he confirmed to me that the opposition’s intention was to ensure that any new Bill of Rights afforded as much protection as the Human Rights Act. Indeed, Keir Starmer expressed that he’d ideally like to see the Bill of Rights offer more protection to the various affected groups.

Then in December, I was invited to attend the inaugural meeting of the All-Party Parliamentary Group on Vegetarianism and Veganism at the Houses of Parliament, where the rights of vegans after Brexit was one of the key topics. Jeanette Rowley, founding member of the International Vegan Rights Alliance, addressed an audience of attendees from across the political spectrum, and from various animal advocacy groups, to describe veganism’s status as a protected belief before and after Brexit. And I was grateful to be able to discuss with her the protected status of veganism via the United Nations’ International Covenant on Civil and Political Rights, and the obligations it imposes on the UK.

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## “Vegans in the UK who have their rights infringed may lose protection from domestic courts.”

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But despite these positive steps, we still need to ensure that the government (and the opposition) remember their commitments when debating the new Bill of Rights. Former British prime minister, Harold Wilson, reportedly said that a week is a long time in politics, and there are many weeks before a Bill of Rights is implemented – giving plenty of time for politicians to change their positions, or even to move to new roles.

With a petition to save the Human Rights Acts recently failing to achieve the 100,000 signatures necessary to ensure that the government considers debating the issue in the Houses of Parliament, it was clear that reaching that target would be a very big ask for a more niche campaign. However, only one tenth of that number is required to elicit an official response from the government.

To that end, I’ve created a petition on the UK Government and Parliament website, asking the government to ensure that any Bill of Rights affords as much protection for vegans as the Human Rights Act does currently. But without the support of the national campaigning organisations, it’s currently falling short of its target.

Therefore, we’d encourage all British citizens and UK residents, who support the rights of vulnerable vegans, to sign the petition before the April 4 deadline.

But regardless of the petition’s final signature count, I’ll be sure to remind MPs of their responsibilities, and will continue to defend the rights of those who defend the rights of animals.

### How to get involved:

- Sign the official UK Government and Parliament petition at [veganrights.uk/petition](https://veganrights.uk/petition)
- Write to your MP at [writetothem.com](mailto:writetothem.com)





# LIFE AFTER ANIMAL EXPLOITATION

Artist Hartmut Kiewert opens your mind

**H**artmut Kiewert is a painter and graphic artist whose work explores the relationships between humans and animals. His paintings represent the exploitation farmed animals are forced to endure, and the desire of a world where this suffering would be purely a memory.

## Does your own vegan journey tie-in with the artwork that you produce?

Yes of course. I first started to paint pieces about the human-animal relationship in 2004; this was at the very beginning of my studies at art school. At that time I had already been vegetarian for around three years and those pieces were definitely a reflection of the change in my food choices.

Later, while studying fine art, I came to realise I wanted to combine my art, and my political engagement. I was (and still am) involved in social movements against things like environmental destruction, racism, nuclear energy, and so on, and for radical emancipation in an anarchistic way.

Due to the fact that animals and humans were always present in art, even since the earliest cave drawings, I chose to pick the human-animal relationship as a central theme. Parallel to that, it was also at

this point in my life that I started to go strictly vegan, and focus my interest on how humans exploit animals and why it happens.

## Growing up, did you know that you would become an artist, or was it something that happened later in life?

I loved drawing from an early age and always wanted to become a painter. But my parents told me that you can't really earn money from art, and encouraged me to consider becoming an architect or a graphic designer instead. I was also interested in architecture, so initially that's the career path I decided to follow. But at that time it was already clear to me that I didn't want to spend my life doing a job that I didn't really like.

So I said to myself, if this course doesn't suit me 100 per cent, I will apply for art school. Studying architecture – at least in my case – turned out to have very little to do with drawing, so I quit and eventually became a painter.

## What inspires you to produce animal-related art? Where do you get ideas for your pieces?

When I was little, the contradiction of how we treat animals was one of the first things I felt was totally wrong in our world. On one hand, humans use animals to have them as pets and as part of their family,



and on the other hand, they kill them for food. This was before I realised that wars and environmental destruction were also happening in the world.

The ideas for my pieces just somehow develop out of the imagery itself. I started with pieces that tried to re-establish the connection between the animal product and the former animal individual. Hence, at the beginning of my artistic reflection about the human-animal relationship, my work was very graphic and directly showed the related violence which is unfortunately dominant to a great extent.

After a while, I tried to find ways to express alternative and utopian views, where this violence has been overcome. I get inspiration when I talk to people about my art, so at a certain level, the development of my imagery is also a dialogue between me and the spectators.

**What kind of feedback do you get from people who view your art? Is it always what you expect?**

I get a lot of very different reactions, which of course sometimes I don't expect.

I get very positive feedback from people who are engaged in the animal rights/animal liberation movement themselves. And I am very happy to hear that my work gives people hope and inspiration to continue fighting for animals.

On the other hand, it is hard to maintain such an advocative stance in the art scene. People quickly smile at it and quite often they don't

really take it seriously. I would speculate that this is mainly due to the fact that my art criticises – at least on a subliminal level – their everyday life choices, unless they are vegan themselves.

Finally, there is a third group of people who like my way of painting, but are new to a critical reflection of the human-animal relationship. This is also a very interesting group to talk to, because as mentioned above, I hope I can – through my art – be an eye opener and present animal rights/animal liberation ideas to them.

I always find it very interesting to hear what people see in my pictures. Sometimes they see things I didn't intend, which is part of the nature of art. This can be a struggle if people see things in my work which I find problematic.

For instance: in some of my paintings you can see ruins of former animal exploitation buildings with freed former farm animals in front of them. Some interpret it like 'if humankind vanishes from planet Earth everything will be automatically better', which I feel is rather misanthropic.

I think the problem is not humans themselves, but the way humans structure their lives. Of course today's capitalistic, patriarchal, hierarchical way of organising society is totally insane and destructive. However, I am sure humans could do better. This has encouraged me to paint pieces where humans and non-humans live together in a non-hierarchical way. Some reactions definitely inspire me to question my work and to push it further.





**What do you hope to achieve with the artwork you produce?**

With my art I try to shift people's perception of non-human animals, especially so-called 'farm animals'. I hope my art is an eye-opener for people who haven't already been in touch with a critical reflection about the violent human and animal relationship. And of course, in a best case scenario, motivates them to stop using products of animal exploitation and fight for animal liberation.

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"On one hand, humans use animals to have them as pets and as part of their family, and on the other hand, they kill them for food."

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**You use pigs as the subject of many of your paintings; do you feel that pigs are the most exploited farm animals in our society?**

In numbers, fish and chickens are the most exploited animals right now. But I often paint pigs because they are very similar to humans – 98 per cent of their DNA is identical to ours. Pigs are very intelligent, social, and curious animals just like humans. As a result, I think it is easy to identify with pigs and start to reflect about the relationship humans have with them and realise the contradictions in that relationship.

Furthermore, pigs are frequently used as a speciesist metaphor/swear word, trying to belittle and devalue people or to describe bad things. A picture of a pig triggers a lot of connotations – which is always a good way to reach people.



**Can you tell a bit more about two of your favourite pieces: 'Schlachtplatte XIV' and 'Fall'?**

'Schlachtplatte XIV' (Butcher's platter XIV, left) is a piece I painted as part of a series with other pieces, in which I tried to recombine the animals' body with the product you can buy and eat, to bring the violence behind the product to consciousness. In this case it features a calf with his lower half already made into sausage.

'Fall' (The fall, above) shows a broken animal transport truck with wild boar and former domesticated pigs in front of it who now live freely in a post animal exploitation world.

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"I often paint pigs, because they are very similar to humans – 98 per cent of their DNA is identical to ours. Pigs are very intelligent, social, and curious animals just like humans."

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**Is it tricky to source animal-friendly tools for the mediums you use i.e. paints, brushes, paper etc?**

Due to the fact that oil paints are mostly vegan and there are decent synthetic brushes available it is, generally speaking, quite easy.

However, you do have to bear a few things in mind. Some pigments are made from animals (bone black and carmine). Also, unfortunately





some brands put beeswax in their oil paints. To prime the canvas, I use acrylic gesso as opposed to traditional primers, which often include bone glue or skin glue. If I want to try a new product, and I'm not sure if it includes animal exploitation products, I always ask the producer.

**Aside from art, are you involved in any other forms of animal activism?**

Yes, I'm involved in local animal rights activist groups. We campaign against stores that sell fur, and against zoos and circuses that keep animals. I also often donate prints and postcards to animal rights solidarity actions, for instance to ARIWA [Animal Rights Watch] or die tierbefreier eV.

**Can you divulge any future art plans that you have? Additionally, do you have any plans for future animal advocacy work?**

In 2017 a new catalogue all about my art will be launched. There will be a solo show in Berlin including the book launch party.

Also the film *The End of Meat* by Marc Pierschel will be finished and released next year. The film shows what a world without animal exploitation could look like and presents a lot of people and projects where this is already happening. I was interviewed for this film and my art will be featured in the film.

I plan to visit farmed animal sanctuaries again to draw and paint the animals there. Additionally I will continue to paint visions of a post animal exploitation world.

*If you'd like to see more of Hartmut's work visit his website [en.hartmutkiewert.de](http://en.hartmutkiewert.de).*







# VEGANS IN PARADISE

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## The Vegan Food quest duo visit the Maldives

Strolling on white sand beaches, swaying palms, sunsets that warm your soul, and the chance to swim in warm, turquoise water full of the most magnificent creatures in the ocean. That pretty much sums up the Maldives, which for years has been the definition of paradise for people seeking the trip of a lifetime.

But if you're vegan, no amount of picturesque beaches, palm trees, or romantic sunsets will cut the mustard if there's nothing good to eat, the planet is being destroyed, and animals are being exploited. Those kind of things tend to take the shine off paradise for vegans.

We visited the Maldives recently as part of our Vegan Food Quest, the name we give our ongoing travels around the world looking for the best vegan food; we thought we might run into problems due to being vegan, but thanks to the growing awareness of the benefits of veganism for health and the planet, being vegan in the Maldives was easy.

After landing in Malé, we headed straight to a boat to take us to our first destination, Kurumba Maldives. A mere 10 minutes later we were eating vegan sorbet whilst checking in and already feeling

that being vegan was going to be easy here. Kurumba Maldives was the first private island resort in the Maldives, and the resort has eight restaurants - each with a vegetarian menu including numerous vegan options.

Good vegan times ahead.





We ate fresh tropical fruit in abundance, avocado and roasted mushrooms on sourdough, and steamed rice flour pancakes served with curry and fresh coconut chutney. We loved the Middle Eastern restaurant for its creamy, garlicky hummus, fresh herby tabouleh, and smoky babaganoush. There were falafels cooked to perfection, a highlight for us being such lovers of falafel. We ate vegetable tagines with a falafel crumb and declared that whoever thought of the idea of a falafel crumb is a genius. So far so good.

Next we took a sea plane to Six Senses Laamu. The sight of coral atolls popping out of the blue water, creating the most gorgeous patterns, left us glued to the window for the entire flight. It was also fun seeing the pilot wearing flip-flops and being able to peek straight into the cockpit. And a sea turtle swam past us as we were about to take off; so Maldives.

Six Senses is renowned for its earth-friendly policies, and has recently introduced a 'wellness menu' which offers a huge choice of healthy vegan food. At last the world is waking up to the fact that not eating animals and their by-products is good for you.



Every menu had vegan options that weren't just the standard dishes vegans are used to (yes pasta and tomato sauce, we're talking about you). The food was exciting, vibrant, and nutritionally balanced. We ate 'wellness Benedict' made from gluten-free corn muffins topped with peanut butter, fresh tomato, wilted spinach, and an inspirational tofu hollandaise. Plus there was a free ice-cream bar stocked with no less than 17 flavours of homemade vegan sorbet.

We spent days by the beach, snorkelling in the sea swimming alongside sea turtles. We were so transfixed by these amazing creatures that we couldn't take our eyes off them and nearly didn't notice a pod of dolphins swimming behind us. This is just the kind of thing that happens in the Maldives.

At Soneva Fushi, one of the world's leading luxury eco resorts, we felt like excited children with free rein in a sweet shop every time we popped into their complementary chocolate room and ice-cream parlour. Let's just take a minute to stop and let that soak in shall we? A complementary chocolate room full of vegan chocolates. These guys know how to make vegans feel welcome.

We ate an unforgettable vegan meal at Soneva's tree top restaurant located in its organic garden. Ingredients were freshly picked then used to create a tantalising vegan tasting menu; the kind of thing our vegan dreams are made of. Dishes like 'almond resin' left us absolutely speechless with delight. The combination of a creamy, tangy almond nut cheese topped with raisins and pistachios was simply stunning; this dish alone was one of the best things we ate all year.



After this we were pretty sure there were no more amazing vegan surprises in the Maldives, after all, how much better could it possibly get?

Then we arrived at Amilla Fushi, which offers a health and wellness programme full of vegan superfoods. Not only is this a truly beautiful place, but we were able to eat probiotic coconut yoghurts, spirulina, beetroot and pineapple juices, quinoa packed salads, and more. The chef in the signature restaurant even created a vegan Japanese menu for us that finished with an agar-agar jelly dessert (delicious and the first time we have tried this intriguing natural and healthy seaweed-derived ingredient).



We were lucky enough to swim with mantas at Hanifaru Bay, a core protected area within the UNESCO World Biosphere Reserve of Baa Atoll, where Amilla Fushi is located. The first part of our tour was spent in a classroom, learning about these magnificent creatures, then we took a short boat ride to the bay where access is strictly limited to ensure that the impact from humans is minimal. Within five minutes our small group was surrounded by reef mantas 'flying' through the water hoovering up all the plankton. It was magical and humbling to see. It left us with a wish that all humans could be in awe of these creatures because if they were, perhaps we'd stop doing things that harm them?

The Maldives is every bit as dreamy as we imagined, definitely a place to fall in love with the planet, and much more vegan-friendly than we expected. We left inspired by nature, enthused by the sustainable tourism initiatives we'd seen, and full of really good vegan food.

Not bad for a quick holiday to paradise.

Find out more about Paul and Caryl's full time vegan travel adventure at [veganfoodquest.com](http://veganfoodquest.com)



# VEGAN Pages



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# THE PURRING TURKEY

## The long journey from fear to companionship

“It doesn’t take long to fall in love with a turkey, especially one who’s had such a lucky escape,” says Billy Thompson, founder of The Retreat animal sanctuary. As far as staff members at The Retreat are concerned, Malibu – named after the Malibu box she arrived in – is one of the kindest creatures you will ever meet.

“On meeting her she will purr, hum, and coo to you in the gentlest tones. She loves nothing better than spending her day under the apple tree awaiting a windfall, teaching her new family members how to expertly peck, scratch, and find new ways of breaking into fallen apples.”

Life could have been very different for Malibu. It still remains a mystery as to how or why she was found wandering along a busy bypass in the middle of the afternoon. When The Retreat’s rescue team collected Malibu she was suffering from several injuries including cuts, grazes, and bruising but fortunately nothing life threatening. “We found no other birds wandering along the bypass.

“Theories of how she ended up where she was range from being dumped, chased off by the hunt, escaping from a farm, or even falling from a trailer transporting her to the slaughter house in time for the ‘festive season’,” explains Billy.

Initially, Malibu was terrified of all humans, her eyes would flicker with fear and she would hide in her house whenever staff at the sanctuary approached her.

“We questioned how we’d be able to repair the emotional damage. Malibu had every right to view humans with total horror. Simply being born a turkey was unlucky enough. Slowly she would listen to the kind of sounds the other turkeys living at The Retreat would communicate to her. She was able to witness, first hand, relaxed and gentle birds living in harmony with humans,” says Billy.

To Billy’s delight, within months, Malibu was well on her way to recovery and had fully settled into the hub of her new extended family. The older turkeys living at The Retreat helped Malibu heal and grow in confidence and it wasn’t long until she realised her human family had assets of their own in the shape of treats, cuddles, hugs, and love.

“This courageous turkey found hope in a little island of compassion called The Retreat, and now acts as a special foster mum to all newly arrived rescue chicks, showing them there is sometimes a light at the end of the tunnel,” he says.





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