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FOOD * WELLNESS * LIVING

Spring is almost upon us, so pull back the curtains, fling open the windows and breathe in that **fresh air feeling** that the new season brings. We've got plenty of reasons to be cheerful this March and it's not just because we're waving goodbye to winter; kicking things off is **Deliciously Ella**, who's back with her third book, and this time she's cooking for all her friends (healthy dinner party, anyone?). We've also got **radiant breakfasts** to make you glow, vibrant soups to inject some colour into your lunchtimes, and over on p54 the clean beauty pros, Elsie Rutterford and Dominika Minarovic, show us how to **spring clean** our make-up bags and whip up our own homemade lotions.

If that wasn't enough to put a smile on your face, we've got an array of money-saving and **waste-reducing tips** to make the most of this season's offerings. There's five ways with spinach (p14), seven new recipes to make with your spiralizer (p33) and, if you're like me, and like to include courgettes in 99% of your meals, we've got a step-by-step guide on how to **grow your own**. The good news? It's easy!

Happy cooking!

ACTING EDITOR
HOLLY TREACY





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@Sophie Spring

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GET IN TOUCH WITH THE TEAM...



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Calorie and fat analysis provided by Nutracheck.co.uk, the UK's largest online calorie counter, (over 180,000 foods). Download the App - search for 'Nutracheck' in the app store.



COVER: Recipe & styling by Natalie Seldon Photography by Faith Mason

"Eating kale won't solve all your problems"



As the nation puts 'clean eating' under the microscope, we sit down with **Ella Mills** of Deliciously Ella, to chat labels, beauty, yoga and cooking for friends...

ON HER NEW BOOK...
 I've been working on it for the past 18 months, so it's lovely when the recipes finally come to life, and everyone can start cooking from it and share their experiences with me. It's a celebration of the food I love to eat. We all know we need to eat our five-a-day, but less than 27% of the country hit that target, so I want to make plant-based food more exciting. No one wants to eat boiled soggy sprouts, but try roasting or grating them into salads and they're delicious. I wanted to give people ways of eating the vegetables we know are good for us, but in different ways; bring them into your diet in a way that makes you want to eat them, not because you think you have to.

ON SHARING FOOD WITH OTHERS...

It's crucial that you can share your lifestyle choices with your family and friends. People tell me they're enjoying eating a new range of food from cooking my recipes, but they don't want their friends to think they're weird! So that was my motivation for the new book; finding ways for people to share their love of plant-based food with others. For me, it's about making cooking fun by focusing on things that are familiar. I make the chana masala all the time for friends, because it's filling, warming and bright. When they come over they just think "oh nice, Indian food!" I'm not inviting friends around and giving them bowls of raw kale!

ON HER HEALTH...

I was diagnosed with POTS (Postural Tachycardia Syndrome) six years ago and it probably took three years before I started to really reap the rewards from this way of eating. It's not a race, it's a long journey to better health. There is no quick fix. I'm not a believer in anything that makes you feel deprived. It just doesn't work; it's not sustainable and I wanted to find a way to eat like this for life, so it had to be enjoyable and it had to be fun.

ON HER MOTIVATION...

When I first started the blog, my motivation was myself; I wanted to find a natural way to heal my body. Medication wasn't working for me, so I wanted to see what else I could do to help myself. Plus, I was in a really bad place mentally as well as physically. Now, my readers are my motivation.

ON ETHICAL BEAUTY...

It took me by surprise, but I've become so passionate about this way of living, that it does seep into other areas of your life. When you're nourishing your body with good food, you don't want to put horrible chemicals on your face. I love using RMS Beauty and Ilia products. I'm also developing more products with Neal's Yard that we'll launch this summer. I've been blown away by the company and their ethics; they've been such a joy to work with.

ON HER EXERCISE REGIME...

I love yoga, especially for my mental space; it helps me to let everything go. I like it when exercise is fun, so I love

"It took three years before I started to really reap the rewards from this way of eating."

spin classes when the music is loud and the room is dark, like a party! My worst nightmare is a HIIT class! I'm not very competitive so I love the mood of yoga – chilled and relaxed – where I can see my progression and flexibility improve.

ON MINDFULNESS...

It's a big focus for me this year. I was at a Tony Robbins seminar in LA and he said "replace expectation with appreciation". It means trying to stop going into a situation expecting it to be negative, even something as small as a train time; let it go and be appreciative and grateful of what it is. I'm working on it!

When I find my day running away from me, I try taking a step back and saying "okay, that's not important" and turn my attention to what's good. Focusing on the solution and not the problem. I guess that all ties into the mindfulness concept. At first I thought it wasn't for me, but it's a personal journey. It's lovely to bring positivity to

a conversation, to share good thoughts with those around you. It's infectious.

ON FOOD TRENDS...

Everyone seems to be obsessed with turmeric at the moment, but it's been around for centuries; the same for kale! I understand they're really good for you but eating them won't solve all your problems. People want to hear that food will radically change your life overnight, but there's no magic, you won't feel amazing after one day. The sugar question has now exploded and made people question whether they should be eating bananas! I read an article debating whether a smoothie is really any better than a fizzy drink, based on the sugar content. Of course the natural sugars in fruit are going to be better for your body than the additives and preservatives in a cola; it's ridiculous and dangerous.

ON LABELS...

Unfortunately society wants to categorise everything, but I find

labels become so complicated and lonely. When my husband, Matt, and I opened the MaE delis in London we wanted them to be welcoming

for everyone. I know a large portion of my readers aren't vegetarian or vegan but they're using the recipes I create to incorporate more plant-based foods into their meals and that's great, because it's making it work for them and their lifestyle. I hate labels. A gluten-free cookie is still a cookie! Stamping labels on foods just confuses consumers and sensible, balanced diets sadly don't make headlines.

ON THE FUTURE...

I have said there will be a fourth book, but who knows when that will be! Right now the energy balls are doing really well and two new flavours will be on sale in the spring; a nut-free coconut and oat mix and a whey-free protein ball. We're also working on some new food products that are really exciting to launch in the autumn... watch this space!

Turn over to find Ella's recipe for chana masala and get cooking for your friends...



©Sophia Spring

Chana Masala

EF V DF GF T

SERVES 6
READY IN 45 MINS

5 tbsp olive oil
6 curry leaves, or 1 teaspoon
curry powder
1 leek, finely chopped
½ tsp ground turmeric
2 tbsp ground cumin
2 tbsp ground coriander
2 tbsp garam masala
1 tsp chilli powder
1 onion, finely chopped
2.5cm root ginger, finely grated
5 garlic cloves, finely grated
2 x 400g cans of
chopped tomatoes
2 tbsp tomato purée
2 green finger chillies,

halved lengthways
plenty of salt and pepper
2 x 400g cans of chickpeas,
drained and rinsed
250g baby leaf spinach
juice of ½ lemon
fresh coriander leaves,
to serve

1 Heat the oil in a large saucepan and throw in the curry leaves, if using. Let them sizzle away and release their flavour for a few minutes, then drop in the leek and stir.

2 Next, add the dry spices – including the curry powder if you're not using curry leaves – and stir so that they're mixed nicely with the leek. Let this cook for a few minutes before adding the onion, ginger and

garlic; at this point you can add 1-2 tbsp of water if things are starting to stick to the pan.

3 Cook for a few minutes before adding the canned tomatoes, tomato purée, green chillies, salt and pepper. When you've poured in the tomatoes from their cans, swish a little water around in each to get the remaining juice, then add this to the saucepan, too. Let everything bubble away for 20 minutes.

4 Add the chickpeas and cook for another 10 minutes. Stir in the spinach, just until it wilts. Let it cool slightly, then stir in the lemon juice and serve in shallow bowls, sprinkling coriander leaves over the curry.
Per serving 276 cals, 15.6g fat

Sweet Potato Noodles with a Creamy Peanut Satay Sauce

EF V DF GF T

SERVES 2
READY IN 25 MINS

FOR THE NOODLES:

olive oil
1 celery stick, finely chopped
5 garlic cloves, crushed
2.5cm root ginger, finely grated
pinch of salt
250g mushrooms, thinly sliced
2 small sweet potatoes, about 200g each, peeled and spiralised
100g baby spinach

FOR THE SAUCE:

3 tbsp crunchy peanut butter (almond butter also works)
70ml almond milk, plus more if needed
1 tsp tamari
1 tsp chilli flakes
juice of 1 lime
1 tsp honey
a little olive oil, if needed

1 Heat a plug of oil in a large frying pan, then add the celery, garlic, ginger and salt and sauté over a low heat until the celery is softening. Add the mushrooms once the pan has been bubbling for a couple of minutes.
2 After a minute or so more, add the sweet potatoes and cook for about 10 minutes.
3 Next, make the satay sauce. Simply place all the ingredients in a blender and blitz until smooth, adding oil if it helps to process the sauce, then add salt to taste.
4 Once the noodles and mushrooms are tender, add the spinach and the satay sauce. Stir until the spinach has wilted and the sauce is warm. If the sauce feels a little thick, add a splash of water, olive oil or almond milk and stir it in until it reaches your desired consistency.
Per serving 442 cals, 22.4g fat

CLEVER COOKING

Slice the ends off the sweet potatoes to create flat surfaces at either end before spiralising, it makes the process so much easier

Chilli and Ginger Pho

EF V DF GF T

SERVES 4
READY IN 30 MINS
(PLUS SOAKING)

2 portions of buckwheat noodles, or even courgette
25g dried shiitake mushrooms
2 tsp toasted sesame oil
generous thumb of root ginger, finely grated
2 garlic cloves, finely grated
2 red chillies, finely sliced
2 spring onions, each chopped into 4
2 tbsp brown miso paste
2 tbsp tamari
100g baby corn
250g bok choy, thinly sliced
120g beansprouts
2 carrots, peeled and julienned
handful of fresh coriander, roughly chopped
juice of 1 lime, plus lime wedges to serve

1 Prepare the noodles, if using, according to the packet instructions, then place in a sieve and rinse with cold water. Put the dried shiitake in a bowl, pour over 500ml of boiling water and set aside for 20 minutes.

2 Heat the sesame oil in a wok, or large sauté pan, then add the ginger, garlic, chillies and spring onions, and cook for a minute or so, stirring to make sure the garlic doesn't burn.
3 Splash in a little water and let it bubble for a couple of minutes, then add the miso and tamari and 500ml more boiling water. Let this broth bubble away until the mushrooms are ready, then add them too, with their soaking water (except the dregs, as they may contain grit). Return to a nice simmer for five minutes.
4 Add the corn and bok choy, and simmer for five minutes. Stir in the beansprouts and carrots. Divide the noodles between four bowls, then spoon the broth on top. Sprinkle with chopped coriander and a squeeze of lime juice, then serve with lime wedges.
Per serving 164 cals, 3.9g fat



BOOKSHELF

Recipes taken from
Deliciously Ella with Friends by Ella Mills, (£25
Yellow Kite, Ella Mills
2017) Photography:
Clare Winfield



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EAT

MAKING THE MOST OF THE SEASON'S HARVEST



Famously hailed as Popeye's veg of choice, spinach is a mighty contender for the crown of the most modest superfood on the market. And rightly so; low in fat and even lower in cholesterol, the green leaves are bursting with iron, which play a major role in the function of red blood cells to help transport oxygen, and energy, around the body. For vegetarians, it's an essential component as part of a well-balanced diet without meat.

Although available all year round in the UK, the best leaves grow through March to June; look for fresh, dark green leaves and store them sealed in the fridge. Spinach's magical disappearing act is thanks to its high water content, so don't be shy with the portions when cooking with it; it'll wilt quickly once in contact with heat. Save on waste by freezing wilted leaves and adding straight into smoothies, stews, sauces and pestos for a vibrant, nutritious hit.

The Scoop

BITESIZE FOOD NEWS
FROM ACROSS THE
GLOBE



NICE CREAM

Pioneering plant-based company, Fry's Family Food, has launched its highly-anticipated range of dairy-free ice creams this month. Made with coconut milk for a smooth and creamy texture, and sweetened with agave for a natural taste, there are five flavours to choose from – Madagascan Vanilla Bean, Just Toasted Coconut, Salted Caramel, Vanilla Bean Espresso or Tons of Cookies. Inspired by recipes developed in the Fry's family kitchen, the new tubs

will be available from [ocado.com](https://www.ocado.com)

[FRYFAMILYFOOD.COM](https://www.fryfamilyfood.com)



HAPPY HOUR

While some breweries use isinglass or gelatin as finings during racking to clarify beer – making them a no-go for vegetarians – cornish brewery Skinner's, and its core range of beers, are now certified as vegetarian and vegan friendly.

With the exception of Hops 'n' Honey and Penny Come Quick, which include honey and milk respectively, all of Skinner's ales are vegan and vegetarian. Mike Pritchard, commercial director of the brewery said, "over the past few months, we've worked

closely with The Vegan Society to check which of our ales pass their strict guidelines. We feel it's important our beers are labelled clearly to help customers when shopping or buying at the bar". Bottoms up!

[SKINNERBREWERY.COM](https://www.skinnerbrewery.com)

MADE FOR MORE

Tesco and Somerset-based organic dairy Yeo Valley have joined forces to create a new yoghurt to help tackle food waste, supported by Adam Wakeley, the UK's largest organic fruit grower. The trio are working together in a bid to use the whole organic crop and reduce waste from farm to fork. With the aptly named Left-Yeovers, the range promotes the use of visually imperfect, but great-tasting fruit. The new seasonal flavour, Apple and Custard, will help to prevent food waste by using surplus fruit from the Yeo Valley storerooms, and raise money, with 10p from every pot sold donated to food redistribution charity, FareShare. Previous Left-Yeovers flavours have included Banoffee, Strawberry & Fig and Plum & Custard and raised £20,000 for FareShare so far. Left-Yeovers is available exclusively at Tesco, £1.50.



A IS FOR ALMONDS

We all know almonds are a nutritional powerhouse and the perfect protein-rich snack, but did you know they offer the highest concentration of nutrients per gram than any other nut? Well, Veganuary may be over but we're still crushing on the latest addition to Britain's dairy-free market, in the shape of Nush. As the UK's first and only dairy-free, soya-free, protein-rich nut milk yoghurts, Nush use only the finest Sicilian avola almonds and blend them with filtered water and vegan probiotic cultures to produce a yoghurt that's so creamy, we almost can't believe it's vegan! Nush almond milk yoghurt comes in four flavours; Natural, Blueberry, Peach Melba and Caramel and Hibiscus. Find Nush on [ocado.com](https://www.ocado.com), £1.95

[NUSHFOODS.CO.UK](https://www.nushfoods.co.uk)

RECIPE

of the

MONTH

This month's cover star combines the perfect marriage between beetroot and goat's cheese with an irresistible pine nut crust that requires no kneading. Easy!

Goat's Cheese & Beetroot Tart

EF V DF GF T

SERVES 6-8
READY IN 1 HR, 15 MINS
(PLUS CHILLING)

FOR THE BASE:

175g pine nuts, finely ground
 100g buckwheat or almond flour
 50g rolled oats
 ½ tsp sea salt
 1 free-range egg yolk
 50g butter, melted
 1 tbsp runny honey

FOR THE FILLING:

1 tbsp hemp seed oil
 1 garlic clove, finely chopped
 ½ red onion, sliced
 a handful of young spinach leaves
 75g garden peas, cooked
 1 small raw or cooked beetroot, thinly sliced
 2 tbsp toasted pine nuts
 2 large free-range eggs, plus 2 large yolks
 150ml double cream (or single)
 75ml crème fraîche
 50g soft goat's cheese/curd
 a handful of fresh thyme leaves, plus extra to serve
 1 tsp runny honey
 salt and pepper

1 Mix together all the ingredients for the base in a bowl. Line a 23cm-diameter, 3cm-deep loose-bottomed tart tin. Starting from the centre, press the mixture evenly into the base and sides of the tin. Use a fork to prick the base to allow steam to escape, then chill for 30 minutes. Meanwhile, preheat the oven to 180C/350F/Gas 4 and place a metal baking sheet inside the oven to heat up.
2 Place the tart base on top of the baking sheet and bake for 10 minutes, or until lightly golden and firm to the touch. Set aside to cool.



3 For the filling: heat the oil in a large pan and gently cook the garlic with the onion until soft but not coloured. Spoon into the tart case, then add the spinach leaves, peas, beetroot and one tablespoon of the pine nuts. Mix the eggs, cream and crème fraîche together in a jug. Slowly pour the mixture on top of the vegetables, then evenly divide the goat's cheese on top and scatter over the thyme. Season with salt and pepper. Return the tart to the baking sheet and cook for 35 minutes, or until the filling is just set in the middle.

4 Leave to cool for 15 minutes, then remove the sides of the tin. Before serving, top the tart with the extra thyme leaves and pine nuts, and drizzle over the honey.



Extracted from Natalie Seldon's
The Goodness of Nuts & Seeds
 (£9.99, Kyle Books)
 Photography: Faith Mason

SENSATIONAL SPINACH

Steamed, sautéed, stir-fried or simply eaten raw, spinach is a fridge staple for adding colour and nutrient-dense flavour to mealtimes. Stock up and tuck in...

Spanakopita Spiral Pies

EF V DF GF T

**MAKES 4 PIES
READY IN 1 HR
(PLUS SOAKING)**

100g short-grain or risotto rice
500g spinach
1 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1 tbsp dried mint
¼ whole nutmeg, freshly grated
125g feta, roughly crumbled
8 sheets filo pastry
75g melted butter

1 free-range egg, beaten
1 heaped tsp sesame seeds
salt and freshly ground
black pepper

1 Soak the rice in cold water for at least 30 minutes.

2 Heat a large saucepan over a medium heat and tip in the spinach, cover and cook until wilted, stirring once or twice. Transfer to a colander and leave to cool.

3 Meanwhile, return the pan to a medium-high heat. Add the oil and fry the onion for five minutes, then stir through the garlic and drained rice and toast for two minutes. Tip

into a large bowl and leave to cool.

4 Squeeze the spinach to remove as much liquid as you can, then roughly chop it and add to the rice. Stir through the mint, nutmeg and some seasoning, then gently toss through the feta.

5 Preheat the oven to 200C/400F/Gas 6 and line a tray with parchment paper. Lay a filo sheet on your work surface with the longest edge facing you and brush with melted butter. Top with another filo sheet and some more butter.

6 Distribute one-quarter of the spinach mix along the nearest edge of the pastry, then roll up, tucking in the edges, to create a long log shape. Carefully coil into a round and place on the prepared tray.

7 Repeat with the remaining pastry and filling. Brush the spirals with any remaining butter, then glaze with beaten egg. Sprinkle over the sesame seeds and bake for 30 minutes. Leave to cool before serving.

Per serving: 663cals, 31.4g fat

Upside-Down Rice Cake

EF V DF GF T

**SERVES 6
READY IN 2 HRS**

500g Charlotte potatoes, sliced just under 1cm thick
5 tbsp olive oil, plus extra for greasing
2 tsp ground cumin



3 WAYS WITH

SPINACH & CHEESE

RICOTTA AND SPINACH GNOCCHI SERVES 2 READY IN 20 MINS

Mix 250g ricotta with 1 free-range egg, 50g blanched chopped spinach, 2 tbsp grated vegetarian Parmesan-style cheese and 75g plain all-purpose flour, and season well with salt and black pepper. On a board sprinkled with semolina, roll portions of the mixture into long sausages and then cut into 2cm lengths. Cook the gnocchi in a large saucepan of boiling water for 3-4 minutes, or until the gnocchi float to the surface. Delicious tossed with a tomato, chilli and basil sauce topped with more grated vegetarian Parmesan-style cheese.

SPINACH AND GOAT'S CHEESE FRITTATA SERVES 8 READY IN 30 MINS

Blanch 250g baby spinach leaves in boiling water. Refresh under cold water, squeeze out the excess water and chop roughly. Preheat the oven to 180C/350F/Gas 4 and grease a 15x20cm baking dish. Beat together six free-range eggs, 125ml cream, leaves from 2-3 thyme sprigs, salt and black pepper. Mix in the cooked spinach and pour the mixture into a baking dish. Crumble goat's cheese over the top and scatter with 2 tbsp chopped flat-leaf parsley. Bake for 20 minutes, or until puffy and golden. Sever warm.

SPINACH AND RICOTTA FRITTERS MAKES 12-15 READY IN 25 MINS

Blanch 200g baby spinach leaves in boiling water. Refresh under cold water, squeeze out the excess water and chop roughly. Beat two free-range eggs, add 100g self-raising flour, 60g polenta, 250g ricotta and the chopped spinach and mix until smooth. Season with salt and black pepper. Heat a frying pan over a medium-high heat, add a splash of olive oil and 3-4 tbsp of batter to the pan. Cook for 2-3 minutes on each side, or until golden brown. Turn over and cook for a further 1-2 minutes. Keep fritters warm in a low temperature oven until all the batter mixture is cooked.

Recipes and illustration from *Harvest* by Emilie Guelpa (Hardie Grant, £15) Photography and illustrations by Emilie Guelpa.



2 aubergines, sliced into 1cm rounds
400g spinach, blanched in boiling water then squeezed out
zest 1 lemon, plus wedges to serve
3 large or 6 smaller tomatoes, sliced 5mm thick
6 garlic cloves, crushed
300g white short-grain rice, soaked in cold water for 30 minutes
625ml hot vegetable stock
1 tsp ground turmeric
1 tsp ground cinnamon
1 tsp ground allspice
1 tsp freshly grated nutmeg
handful mint leaves
salt and black pepper
tzatziki, to serve

1 Preheat the oven to 200C/400F/Gas 6. Line two large trays with baking parchment.
2 Toss the potatoes in a large bowl with 2 tbsp oil, 1 tsp cumin and some seasoning, then spread out on one of the trays.
3 In the same bowl, toss the aubergines with 3 tbsp oil and some seasoning, then arrange on the other tray. Roast the vegetables for 35-40 minutes, or until golden brown and tender.

4 In a bowl, mix the spinach with seasoning and the lemon zest.
5 Line the base of a deep 23cm lidded pan with baking parchment. Grease the pan with oil. Lay the tomato slices over the base of the pan, then top with the roasted aubergines. Scatter over one-third of the garlic, followed by one-third of the drained rice. Top with the potatoes, then another one-third of garlic and one-third of rice. Arrange the spinach on top of the rice and scatter with the final third of garlic and the remaining rice.
6 Mix together the stock and spices, including the remaining 1 tsp cumin and 1 tsp salt. Pour this over the rice and bring to a simmer, then lay a circle of parchment on top and weigh down with a saucer.
7 Add the lid, reduce the heat to low and cook for 35 minutes. Turn off the heat and leave to steam for 20 minutes, then invert onto a plate. Scatter over the mint leaves and serve with tzatziki.

Per serving: 452cals, 17.5g fat

Recipes from *Posh Rice**
by Quadrille Publishing, (£12.99)
Photography by Alex Luck.



SHARE the
smoky loveliness with
your family!

Applewood® Cheese and Asparagus Pizzas

Serves 4

Shopping List

- 150g Applewood® Cheese
- 2 x ready-made pizza bases (2 x 150g)
- 4 tablespoons tomato puree
- 1 teaspoon dried oregano
- Small bunch of fresh asparagus, about 12 to 16 spears, trimmed

Method...

1. Pre-heat oven to 200°C/400°F/Gas mark 6.
2. Place each pizza base on a pizza tray or baking tray
3. Spread the tomato puree over the bases and then sprinkle the oregano over the top. Grate 75g Applewood® over, spreading it evenly.
4. Arrange the asparagus spears in a circle, making sure the woody stems are trimmed.
5. Scatter the remaining 75g Applewood® Cheese over the top and bake in a pre-heated oven for 20 to 25 minutes, or until the cheese has melted and the asparagus is cooked.



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In the kitchen with ANNA BARNETT

Food writer Anna Barnett reveals why there's so much more to the humble mushroom than a stodgy risotto...

Mushrooms are an absolute nightmare for The Vegetarian (and husband) in my life and are an ingredient that incessantly follows him from pillar to post.

The humble mushroom is never far from his plate when dining out and is often the only option available at the majority of places we visit, whether we are having a high-end dining experience or spending some time at a local eatery.

It's not that he dislikes the flavour. He'll usually be drawn in should mushrooms be blitzed into a paste, packed with herbs and butter then used as a filling, but left solo and in its natural state once cooked, it's just not his thing. Apparently there's something about the texture he can't enjoy and given its presence in most vegetarian options it feels like an additional challenge when looking for menus we'll both enjoy.

As an avid cook, I'm always curious as to why so many chefs use this predictable vegetable as their go to veggie plate, with a lot of restaurants even turning out exactly the same dishes! (Mushroom risotto, anyone?) Sure, mushrooms are hugely versatile with a meaty texture but there's also so many other options out there which offer an interesting alternative.

Having spent some time in Los Angeles recently, I've become increasingly aware of how far behind the UK is in terms of indulging in much more adventurous vegetarian and vegan alternatives. Is it that there's not the market for it in Blighty or is it that as vegetarian customers we're too polite to speak up and demand better?



On the flipside, I've not yet given up in my quest to lure him back into the exotic world of wild mushrooms. Celeriac Mash, Cavolo Nero, Buttered Chanterelles with Black Pepper is my last ditch recipe attempt to get him to enjoy the hearty funghi. It's one of my favourite mushroom recipes and, more crucially, one that I can cajole him into eating! The most important part is to avoid any slimy textures by adding the mushrooms to a smoking hot pan and getting that crispy texture. This dish looks visually beautiful with the dark cavolo nero sauce giving this dish an unrivalled earthiness, while also working well across a plethora of other dishes.

For more recipes head to AnnaBarnettCooks.com or follow on Instagram @AnnaBarnettCooks

Buttered Chanterelles

EF V DF GF T

FEEDS 4
READY IN 50 MINS

FOR THE CELERIAC MASH:

1 large celeriac, peeled and cubed
1 garlic clove, left whole
30g butter
generous glug of olive oil
generous sprinkle of sea salt flakes
½ tsp all spice berries, ground to a powder
100ml crème fraiche

FOR THE CAVOLO NERO SAUCE:

1 large bunch of cavolo nero (around 12-15 stems), stalks removed
large knob of butter
1 garlic clove
sprinkle of sea salt flakes
several turns of freshly ground black pepper
sprinkle of white pepper
dash of vegetable stock

500g chanterelles
knob of butter
½ garlic clove, left whole
sprinkle of sea salt flakes
several turns of freshly ground black pepper

GARNISH:

zest of 1 lemon
drizzle of olive oil

1 Place the cubed celeriac with the garlic in a saucepan with both the olive oil, butter and seasoning. Allow to sauté with the lid on for 35 minutes until soft. Once cooked through add in the crème fraiche and then blitz until smooth and creamy.

2 For the cavolo nero sauce first remove the stalks, roughly chop then sauté in a pan for around 3-4 minutes before blitzing until completely smooth. Taste and adjust seasoning accordingly.

3 In a frying pan, add the knob of butter and heat until piping hot and bubbling. Add in the seasoning followed by the chanterelles and cook until golden and crisp.

4 Serve on a large platter adding the celeriac mash followed by the cavolo nero sauce with a scattering of the chanterelles. Serve with a crusty loaf.

Wake up Beautiful

For a radiant start to the day,
whip up one of these skin-
friendly breakfasts from
food blogger and author
Hanna Sillitoe – *spoiler alert*
expect to feel great from the
inside out!



Bright Green Breakfast Bowl



Bright Green Breakfast Bowl

EF V DF GF T

MAKES 2 BOWLS
READY IN 10 MINS

1 ripe avocado, halved and stoned
2 ripe bananas, peeled
100ml almond milk
handful of spinach
juice of 1 lime
2 tbsp Manuka honey
5 basil leaves
5 ice cubes

OPTIONAL TOPPINGS:

pumpkin, sunflower or chia seeds
almonds, walnuts or pecans
homemade granola
shredded coconut
fresh berries

1 Scoop the flesh from the avocado into a blender. Add the bananas, milk, spinach, lime juice, honey and basil. Blitz until smooth, add the ice cubes and purée again until smooth. Divide between two bowls and top with seeds, nuts, granola and/or berries of your choice.

Per serving: 278cals, 15g fat
(*without optional toppings).

Shiitake & Spinach Turmeric Omelette

EF V DF GF T

MAKES 1
READY IN 20 MINS

1 tsp melted coconut oil
4 shiitake mushrooms, roughly chopped
2 large free-range eggs
1 tsp ground turmeric
handful of fresh spinach
pinch of ground nutmeg
salt and pepper

1 Heat the coconut oil in a frying pan and add the shiitake mushrooms with a pinch of salt and pepper. Fry until golden, then turn the heat down.

2 Crack the eggs into a mixing bowl with the turmeric and a pinch of salt and pepper. Beat well with a fork.

3 Add the egg mixture to the pan and move the pan around to spread the egg evenly over the mushrooms. When the omelette begins to cook and firm up, but still has a little raw egg on top,

“I love my morning green juices and blended avocado smoothies, but this bright green breakfast bowl takes things to a whole new level. It’s so delicious, takes just minutes to make and because it’s served in a bowl as opposed to a glass, you can top it with nuts, seeds and berries for a myriad of additional textures, flavours and skin health benefits”





add the spinach leaves and pinch of nutmeg.

4 Using a spatula or slice, ease around the edges of the omelette, then fold it in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette on to a plate.

Per serving: 231cals, 16.1g fat

Sweet Potato Rosti and Poached Egg

EF V DF GF T

**MAKES 2
READY IN 50 MINS**

1 medium sweet potato
1 large onion
3 free-range eggs
3 tbsp melted coconut oil
drop of white wine vinegar
salt and pepper
thyme leaves, to garnish

1 Preheat the oven to 200C/400F/ Gas 6. Peel the sweet potato and onion, then grate them into a bowl. Squeeze any excess moisture from the mixture.

2 Beat one of the eggs with a fork, stir it into the potato and onion mix and season with salt and pepper.

Spoon half the mixture into a circular pancake ring or cookie cutter. Use your fingers to compress everything and gently push out the formed rosti.

3 Heat the coconut oil in a heavy-based frying pan, and use a slice to slide the rosti carefully into the hot oil.

4 Fry for a couple of minutes until the underside is golden brown. Carefully turn and repeat on the second side. Repeat with the remaining mixture.

5 Place both rostis on a baking

tray and pop into the oven until baked through: this usually takes 20-30 minutes. The outside will be golden brown and they should be piping hot all the way through.

6 Towards the end of the cooking time, fill a small pan just over one third full with cold water and bring it to the boil. Add the vinegar and turn down to simmer.

7 Crack the remaining eggs, one at a time, into a small bowl and carefully slide into the simmering water. Lightly poach for 3-4 minutes, then remove the eggs with a slotted spoon and drain on kitchen paper.

8 Place an egg onto each baked rosti and serve with an extra twist of salt and pepper and the thyme leaves.

Per serving: 400cals, 29.5g fat



BOOKSHELF
Recipes taken from
*Hannah Sillitoe's
Radiant* (£18.99,
Kyle Books)
Photography by
Joanna Henderson



"This recipe not only looks bright and beautiful, it also tastes delicious and makes the perfect Sunday brunch"

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TWENTY SEVENTEEN

Utterly Butterly

Make way plain peanut, there are a whole host of new nut butters on the block and we're here to help separate the best from the rest

Editor's Pick

Don't be alarmed by the layer of oil that sits on the top of your nut butter, just stir it up and it will be the consistency you're used to

1. WHOLE EARTH HI-OLEIC CRUNCHY PEANUT BUTTER, £3.19, WHOLEEARTHFOODS.COM

Hi-Oleic peanuts contain 30% more good fats than standard peanuts. Thicker in consistency than the rest, it's much more traditional with a strong peanut flavour – great for stirring into a pancake batter for fluffy, peanuty, American pancakes!

2. PIP & NUT HONEY, CINNAMON CASHEW BUTTER, £4.59, HOLLANDANDBARRETT.COM

Hints of comforting cinnamon and the subtle sweetness of honey are what set this cashew nut butter apart from the rest. We love it drizzled over bananas or used to make delicious granola bars.

3. PRIMROSE'S KITCHEN RAW ALMOND & CHIA BUTTER, £6.25, WHOLE FOODS MARKET

Add a spoonful of this raw almond and chia butter into your salad dressings for a nutty kick. We love the texture of the chia seeds, which make it slightly more savoury than the others, but still totally scrumptious.

4. PROFUSION MACA ALMOND TIGERNUT BUTTER, £7.39, WHOLE FOODS MARKET

The gentle sweetness from 2017's trendiest nut; the tigernut, gives this butter a completely different flavour and texture in comparison to the others. We love its stickiness and think it would make the perfect addition to a rich chocolate cake mix.

5. MERIDIAN PEANUT BUTTER WITH PUMPKIN, SUNFLOWER & BLACK SESAME SEEDS, £2.49, MERIDIANFOODS.CO.UK

This blended peanut butter is a delicious, crunchy combo of nuts and seeds. Try it swirled through your morning porridge for an antioxidant-, and protein-rich start to your day.

6. FUNKY NUT CO CRUNCHY PEANUT BUTTER WITH SEA SALT AND BLACK PEPPER, £4, WHOLE FOODS MARKET

The satisfying crunch of peanuts with a touch of salt and warmth from spicy black pepper add another dimension to your homemade satay sauce. If you're looking for a more savoury toast topping, this is the one for you.

PLANTING THE SEED

Whether in milk, butter or flour, humble nuts and seeds have shimmied from the sidelines of your desk drawer to centre stage as the key ingredient, and rightly so! Here, we've cherry-picked our favourite recipes from **Natalie Seldon's** new book...

Spices add extra flavour: try cinnamon, vanilla bean paste or extract, cardamom seeds, mixed spice or turmeric. Or add coffee, cacao or cocoa powder.

Nut Milk

MAKES ABOUT 1 LITRE

150g nuts or seeds of your choice
pinch of sea salt
1 tsp spices of your choice
2-4 Medjool dates (optional, or 1 tbsp agave, date or maple syrup)

- 1 Place the nuts or seeds in a large bowl, cover with water and leave to soak for 4-6 hours, or preferably overnight. (Soaking aids the body's ability to absorb nutrients, making the nuts more beneficial, nutritious and easily digested; almonds and hazelnuts need a couple of hours more; hemp seeds do not require soaking).
- 2 Drain the nuts or seeds, rinse under cold water and put into a high-speed blender or food-processor. Add the remaining ingredients with 1 litre of cold water and process until smooth.
- 3 Taste and adjust the sweetness and spices to your liking, adding more if necessary.
- 4 Strain the milk through a fine cloth or fine mesh sieve into a large bowl. Stored in the fridge in a covered jug or lidded glass bottle it will keep for 3-4 days. (Turn to page 81 for creative ways to use leftover nut milk pulp).

SPROUTING NUTS AND SEEDS

By completing several cycles of soaking, rinsing, draining and air exposure over a period of a few days, some seeds enter a state of germination in which sprouts appear. Sprouting occurs far more readily in seeds (e.g. pumpkin, sunflower and sesame seeds). This extent of germination is highly beneficial; promoting enzyme activity further than soaking and multiplying nutrients, vitamins and amino acids into more easily digestible forms.

These key recipes are easily tweaked – whether you add spice to your nut butter or natural sweetness to your milk, the possibilities are endless. Despite the myriad of shop-bought varieties now, I love the versatility that comes with making your own nut milks, butters or flours at home.

Nut or seed butter is indulgent and fantastically good for you. Choose good-quality, very fresh raw almonds, hazelnuts, cashews or walnuts. Roasting the nuts first will give the butter a richer taste and creamier texture.

Nut Butter

MAKES 300G

300g nuts or seeds of your choice (or a mixture)
pinch of salt

1 tsp honey or other natural sweetener such as agave, date or maple syrup (optional)

½ tsp spices of your choice, e.g. cinnamon, mixed spice, ground ginger, vanilla (optional)

1 Process the nuts or seeds with a pinch of salt in a food processor or high-speed blender until you obtain a creamy paste. As the nuts are blending, add either a little honey (or other natural sweetener) or water to help the mixture form into an emulsified butter, then add the spices (if using).

2 Store in an airtight container or lidded jar in the fridge. It will keep for up to three months.

Nut Flour

MAKES 500G

500g nuts or seeds of your choice (or a mixture)

1 Place the nuts or seeds in a high-speed blender or food-processor and pulse until they are as finely ground as you like, scraping the sides of the bowl with a flat-bladed knife from time to time. This shouldn't take more than about 10-20 seconds: if you process them for much longer they will turn into butter.

To help avoid this, make sure that the processor bowl and blade are dry and cool and the nuts are at room temperature.

Nut flours come in all sorts of varieties and make a super low-carb and grain-free alternative to standard grain flours. Technically, if the skin is still on the nut, it is considered 'meal' rather than flour, but I recommend using blanched nuts.



Turmeric Walnuts & Chicory Salad

EF V DF GF T

SERVES 4
READY IN 1HR, 10 MINS

FOR THE WALNUTS:

75ml runny honey
½ tsp ground turmeric
pinch of chilli flakes
pinch of sea salt
100g walnuts

FOR THE SALAD:

2 lemons, halved lengthways,
pips removed and sliced into
thin segments
2 tbsp walnut oil (or other)
4 chicory heads, outer-leaves
removed and inner core sliced
into quarters

50g pea shoots or watercress
75g broad beans, cooked as per
packet instructions
a handful of fresh oregano leaves
salt and pepper

1 Preheat the oven to 180C/350F/
Gas 4. Put the honey, turmeric,
chilli flakes and salt into a small
bowl and whisk to combine. You
should have a thick paste; add a
little water to loosen if necessary.
Add the walnuts and stir so they
are well coated. Spread the
mixture out onto a lined baking
tray and roast for 15-20 minutes,
or until golden but still a little
sticky. Remove from the oven and
set aside until needed.

2 Increase the temperature of
the oven to 200C/400F/Gas 6.
Bring a small pan of water to the

boil, then add the lemon
wedges and blanch for a few
minutes. Transfer to a large
ovenproof dish or roasting tin and
spread out in a single layer. Drizzle
over the oil and a sprinkling of
salt, then roast in the oven for 15
minutes, or until the lemon slices
have started to turn golden and
charred at the edges.

3 Add the chicory, and a little
more oil if needed, and cook
for a further five minutes.
Remove from the oven and
allow to cool. To serve, toss the
pea shoots through the lemon
and chicory, then scatter over
the walnuts, broad beans and
oregano. Finish with a little
salt and some freshly ground
black pepper.

Per serving: 335 cals, 25.4g fat.



Turmeric walnuts

Halloumi & Almond Tacos

EF V DF GF T

MAKES 4 TACOS
READY IN 25 MINS (PLUS
SOAKING TIME)

FOR THE ALMOND SAUCE:

100g blanched almonds, soaked
for at least 4 hours, (or preferably
overnight)
zest and juice of 1 lime
1 tsp cumin
½ tsp chilli powder
2 garlic cloves
1 large chilli, deseeded, plus extra,
chopped, to serve
200ml almond milk
salt and pepper

FOR THE TACOS:

almond or rapeseed oil
1 red pepper, sliced lengthways
225g packet halloumi, cut into
5mm slices
1 large avocado
1 red chilli, finely chopped
squeeze of lime juice
4 mini soft flour tortillas
handful of rocket leaves
salt and pepper
1 tbsp flaked almonds, toasted,
to serve

1 For the almond sauce: drain and rinse the almonds, then blend all the ingredients together until smooth. Season to taste, then set aside until needed. (This makes more than you'll need, but will keep in the fridge for a week and works with just about anything grilled or savoury.)

2 Heat a little oil in a pan, and briefly fry the pepper until it just begins to soften – it should still have some bite. Remove, then cook the halloumi on both sides until charred, adding more oil to



the pan if needed.

3 In a small bowl, mash up the avocado roughly with a fork, then season and mix in the chilli and lime juice and spread over the surface of the tortillas. (Heat these in the microwave for 30 seconds first if you wish.) Divide the rocket leaves, red pepper strips and halloumi between each one and season with salt and

freshly ground black pepper.

4 Serve garnished with the almonds and some more chopped chilli if you wish. Drizzle with the almond sauce and serve with extra lime wedges, if you like. Alternatively, you can serve the tortillas with bowls of all the filling ingredients and sauce for everyone to make their own!

Per serving: 550 cals, 43.7g fat.



BOOKSHELF
Extracted from
Natalie Seldon's
The Goodness of
*Nuts & Seeds**
(£9.99, Kyle Books)
Photography:
Faith Mason

*Contains non-vegetarian content



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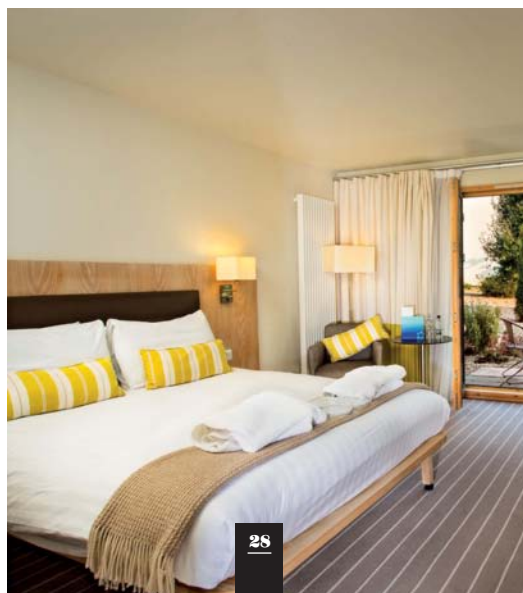
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A Healthy Twist

Named as the top-selling kitchen gadget in the Waitrose Food and Drink Report 2016, the spiralizer is now a must-have in any kitchen, but which ones come out on top?

MORPHY RICHARDS SPIRALIZER EXPRESS, £49.99, LAKELAND.CO.UK

Super-speedy and hands-free, this electrical spiralizer is the safest to use out of the bunch. Load it with your fruit or veg of choice and push down – almost like a juicer. It can be stored on your kitchen side for your convenience.

GEFU SPIRELLI 2.0, £24.95, INTHEHAUS.CO.UK

It may look like a giant pencil sharpener, but this handy spiralizer is easy to store and super-safe, with an attachable finger guard.

OXO'S GOOD GRIPS 3 BLADE HAND-HELD SPIRALIZER, £22, JOHNLEWIS.COM

This colourful contraption will help you to create three different size spirals; spaghetti, fettuccine and ribbons – it could easily be stored with your veggies in your fridge drawer!

LAKELAND EASY-STORE SPIRALIZER, £34.99, LAKELAND.CO.UK

With four different blades, this gadget will cater for all of your spiralizing needs. The compact design means, once you've pieced together the puzzle to put it away, it only takes up a small amount of room in your cupboard.



Amanda Hamilton

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Amanda Hamilton

Nutritionist, health expert, broadcaster, writer & consultant



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SEVEN

Sublime Spiralizing Recipes

If you've fallen out of love with your spiralizer, we've come up with some delicious recipes to help you get re-inspiralized. Twirl your courgetti around your fork and dive in for seconds when you create our spiralized apple crumble – we won't tell if you don't!

Heat a glug of oil in a frying pan over a medium heat, add in some thinly-sliced garlic and fry until soft. Take half a handful of cherry tomatoes, add them to the pan with a handful of basil leaves. Once your courgette has been spiralized, add this to the pan and mix through. Continue to fry for a further 5 minutes; season and serve topped with a drizzle of extra virgin olive oil and a grating of vegetarian Parmesan-style cheese.

Heat a tablespoon of butter and a drizzle of olive oil in a pan over a medium heat, add in a handful of sage and crush in one garlic clove, then add in some spiralized butternut squash and a bag of fresh spinach.

Once the butternut squash has softened and the spinach wilted, crumble over some feta, season and serve.

Spiralize 4 apples and toss them in the juice of half a lemon, 3 tbsp of brown sugar, a tsp of cinnamon, a tsp of nutmeg, a pinch of thyme leaves and a bay leaf. In a mixing bowl, combine 2 tbsp of melted butter with 50g of flour, 50g of oats, 25g of caster sugar, a tsp of cinnamon and nutmeg and the seeds from a vanilla pod. Sprinkle this mixture over the top of the apple and bake in a preheated oven (190C/375F/Gas 4) for 35 minutes.

Spiralize a couple of heritage beetroots and toss in a splash of red wine vinegar, salt

and pepper. Meanwhile combine beet tops and baby rainbow chard (and any other seasonal leaves you can find) with crumbled goat's cheese and then tear in a few sprigs of fresh dill, mint leaves and flat-leaf parsley. In a separate bowl mix a tsp of dijon mustard, with two tbsp of balsamic vinegar and the equivalent of extra virgin olive oil. Combine your vinaigrette with your pickled beetroot (discard the pickling liquor) and salad mix, season and serve.

Preheat your oven to 180C/350F/Gas 4, spiralize 2 sweet potatoes and toss in a pinch of salt and pepper, a tsp of smoked paprika, a tsp of cumin seeds and a glug of rapeseed oil. Lay your sweet potato ribbons on a tray and roast in the oven for 20 minutes until super-crispy and delicious!

Make kale pesto by combining 50g pine nuts, 50g vegetarian Parmesan-style cheese, three cloves of garlic, 50ml of rapeseed oil, a handful of kale and a squeeze of lemon juice in a food processor and blitz. Spiralize two courgettes and toss in the kale pesto, season and garnish with fresh basil – now dig in!

Combine a tbsp of peanut butter, a tsp of turmeric, a crushed clove of garlic and a grated thumb-sized piece of fresh ginger in a bowl with 2 tbsp of soy sauce. Spiralize 1 carrot, a courgette and half a butternut squash and mix with your satay sauce, finish off with a handful of coriander leaves, half a chopped fresh chilli and a sprinkling of sesame seeds.

Souper Bowls

Soup isn't just a warming bowl of goodness in the winter, but a satisfying staple for every season. Here, author **Amber Locke** shows us how to put soup back in the spotlight...

Golden Butternut Squash Soup

EF V DF GF T

SERVES 2-3
READY IN 1 HR, 40 MINS

3 large butternut squash, cut in half lengthways and deseeded
2-3 tbsp olive oil
1 red pepper, deseeded and cut into chunks
1 large onion, finely chopped
1 large carrot, thinly sliced
1 celery stick, thinly sliced
3 garlic cloves, thinly sliced
30g plain flour
600ml hot cooked vegetable stock

400g can chopped tomatoes
large pinch of dried chilli flakes
1 tsp chopped thyme leaves
salt and pepper

TO SERVE:
spiced parsnip crisps
Cajun spice mix
sriracha sauce
macadamia cream cheese

1 Preheat the oven to 160C/325F/Gas 3.
2 Place the squash on a roasting tray and drizzle over one tablespoon of the oil. Season with salt and pepper and toss until combined. Roast the squash for

one hour, or until tender and slightly caramelized.

3 Leave to cool slightly, then scoop the squash out of the skins and purée it in a blender. Heat the remaining oil in a saucepan, add the red pepper, onion, carrot, celery and garlic and fry gently until softened.

4 Remove the pan from the heat, add the flour and stir well. Gradually add the stock, stirring constantly, and then stir in the puréed squash, tomatoes and chilli flakes.

5 Return the pan to the heat and simmer for 20 minutes until warmed through and thickened, adding extra stock to thin the soup if necessary. Add the thyme and check the seasoning. To serve, ladle the soup into bowls and serve sprinkled with the parsnip crisps and Cajun spice mix. Finish with a drizzle of sriracha and macadamia cream cheese.

Per serving: 387 cals, 15.3g fat

Beet & Barberry Soup

EF V DF GF T

SERVES 3-4
READY IN 1 HR

4-5 large raw beetroots with leaves, stalks and leaves removed and reserved, to garnish
400ml hot cooked vegetable stock (see masterclass)
2 tbsp dried barberries

MASTERCLASS

COOKED VEGETABLE STOCK

SERVES 2-4
READY IN 30 MINS

* 24 small carrots, cut into medium dice * 3 celery sticks, cut into medium dice * 2 large onions or 2 medium leeks, cut in half *
1 bay leaf * 1 small bunch of mixed herbs, such as parsley, thyme and rosemary * 2 tsp black peppercorns * 2 litres water *

1 Place the carrots, celery and onions in a large saucepan with the bay leaf, herbs and peppercorns and pour over the measured water. The water should cover the vegetables completely by 5-8cm; you might need to add more depending on the size of your pan.

2 Bring to a gentle simmer and cook for 40-50 minutes, occasionally skimming away any froth that rises to the surface, until the stock tastes rich and full; take care not to overcook the vegetables or the flavour will become stale and flat.

3 Strain the stock, discarding the solids, and use straight away or store in an airtight container in the fridge for up to one week, or freeze for 1-2 months.

Per serving: 273 cals, 3.6g fat

OPTIONAL EXTRAS

SPICED PARSNIP CRISPS

2-3 large parsnips, scrubbed
 2 tbsp olive oil or melted coconut oil
 ½ tsp smoked sweet paprika
 ½ tsp ground cumin
 salt and pepper

Preheat the oven to 200C/400F/Gas 6. Slice the parsnips very thinly using a mandoline or sharp knife. Toss with the oil, paprika and cumin and season to taste with salt and pepper. Tip the parsnips onto large baking trays, spreading them out evenly and bake for 30 minutes, turning once, or until cooked through and crisp. Spread out on baking or kitchen paper and leave to dry and crisp up further; about 5-10 minutes. Sprinkle with extra salt, if you like.

Per batch: 406 cals, 30.4g fat

SRIRACHA SAUCE

250g red or green jalapeño chillies
 250g small red sweet peppers
 6-7 garlic cloves, peeled
 100ml apple cider vinegar
 3 tbsp tomato purée
 3-4 tbsp maple syrup, or sweetener of choice
 2 tbsp soy sauce
 salt and pepper

Place all the ingredients in a high-speed blender and process to a smooth, thin paste. Tip the paste into a small saucepan. Heat to simmering point. Cook gently for 10-15 minutes until reduced and thickened.

Season and tweak the salty, sweet flavours to your taste. Leave to cool completely and store in a sterilized airtight jar in the fridge for up to three weeks.

Per batch: 417cals, 2.8g fat

MACADAMIA CREAM CHEESE

250g shelled macadamia nuts
 250-300ml water
 2 tbsp melted coconut oil
 1 tsp vegan probiotic powder
 pinch of sea salt

Soak the macadamia nuts in water for 3-4 hours until softened, then drain. Place the soaked nuts in a blender with the water and coconut oil and blend until thick, smooth and creamy – this may take a while if your blender isn't very powerful. Pour the macadamia milk into a bowl or jar (strain it first if not completely smooth) and cover with kitchen paper or a cloth. Leave at room temperature for 6-12 hours until thickened to a yoghurt-like consistency. Strain the mixture through a nut milk bag or muslin-lined sieve set over a bowl. Leave to drain, pressing it down occasionally to extract as much liquid as possible, until the texture of a crumbly goat's cheese.

Remove the nut cheese from the bag or muslin and use straightaway or keep in the fridge in an airtight container for up to one week.

Per batch: 2,168 cals, 220.1g fat

Butternut Squash



squeeze of lemon juice (optional)
salt and pepper

TO SERVE:

½ tsp grated fresh horseradish
3 tbsp raw almond yoghurt or raw
cashew cream
2 tbsp flaked almonds
wheat crackers or lightly toasted
rye bread

1 Place the beetroots in a large
saucepan of boiling salted water
and cook, uncovered, for
about 30-40 minutes until tender.
Remove the beetroots and set
aside until cool enough to
handle. When cool, peel off the
skins (wearing rubber gloves is
advisable) and chop the flesh
into large chunks.

2 Using a stick blender or high-
speed blender, purée the cooked
beetroots with the stock and
half the barberries until a thick,
smooth consistency. Season to
taste with salt and pepper,
and add a squeeze of lemon juice
if the soup is too sweet.

3 Before serving, mix the
horseradish with the yoghurt or
cream. Toast the flaked almonds
in a dry frying pan for 3-4 minutes
until lightly golden. Finely chop the
reserved beetroot leaves.

4 To serve, ladle the soup into
bowls and top with a spoonful of
the horseradish cream,

beetroot leaves, flaked almonds
and the remaining barberries.
Serve with a few wheat
crackers or lightly toasted rye
bread, if you like.

Speedy Pea Soup

EF V DF GF T

SERVES 3-4

READY IN 15 MINS

4-5 garlic cloves, peeled and
left whole
300g frozen peas
450ml hot cooked vegetable stock
(see masterclass)
2-3 tbsp raw cashew cream
or crème fraîche
1 small handful of mint leaves
salt and pepper

TO SERVE:
crispy sprout leaves
savoury granola

1 Put the garlic cloves in a large
saucepan and just cover with cold
water. Bring the water to
the boil and simmer for five
minutes, until tender.

2 Add the peas and stock and
simmer for a further 5-7 minutes
until the peas are just cooked
through. Add the cashew cream
and mint leaves.

3 Remove the pan from the heat

OPTIONAL EXTRAS

CRISPY SPROUT LEAVES

350g Brussels sprouts,
trimmed and outside leaves
removed
2 tbsp olive oil or melted
coconut oil
salt and pepper

Preheat the oven to
190C/375F/Gas 5. Place the
outer leaves from the sprouts
in a bowl, toss gently in the
oil and season to taste with
salt and pepper. Tip the
leaves onto a large baking
tray, spreading them out in an
even layer, and cook for 10-15
minutes until crisp and golden
around the edges. Transfer
to kitchen paper to drain.
Sprinkle with a little extra salt
and eat straightaway.

Per batch: 394 cals, 32.3g fat

SAVOURY GRANOLA

250g mixed nuts and seeds,
such as pumpkin seeds,
sesame seeds, walnuts,
hazelnuts, pecans and
flaked almonds
2 tbsp ground flaxseeds or
chia seeds
2 tsp ground spices, such
as paprika, garam masala,
chilli, cumin, coriander or
mustard seeds
2 tbsp olive oil or melted
coconut oil
3 tbsp water
salt and pepper

Preheat the oven to
180C/350F/Gas 4. Mix the dry
ingredients in a large bowl and
season to taste. Pour in the oil
and measured water and stir
until combined. Spread the
mixture out onto two baking
trays in a thin, even layer. Bake
for 15-20 minutes until lightly
golden and crispy. You may
need to stir it once or twice
during baking. Cool on a wire
rack, then crumble to a coarse
texture. Use straightaway or
store in an airtight container
for up to two weeks.

Per batch: 1,916 cals, 172g fat

and blend until silky smooth,
using a stick blender or in a
food processor. Season to
taste with salt and pepper.
4 To serve, ladle the soup into
bowls and top with the crispy
sprout leaves and savoury granola.
Per serving: 158 cals, 5.2g fat



OPTIONAL EXTRAS

RAW ALMOND YOGHURT

175g raw (skin on) almonds
450ml coconut water
1 tbsp coconut syrup or maple syrup, or sweetener of choice
½ tsp vegan probiotic powder
pinch of sea salt

Soak the almonds in water for 24 hours until softened, then drain and peel away the skins. Place the soaked almonds with the other ingredients in a highspeed blender and blend on high until smooth and creamy – this may take a while if your blender isn't very powerful. Pour the almond milk into a bowl or jar (strain first if not completely smooth). Cover with

kitchen paper or a cloth. Leave at room temperature for 6-12 hours until thickened to a yoghurt-like consistency. Use straightaway or keep in the fridge in an airtight container for 5-7 days.

Per batch: 1,206 cals, 97.7g fat

RAW CASHEW CREAM - 3 WAYS

100g cashew nuts
100ml water
pinch of sea salt

Soak the cashews in water for at least one hour until softened, then drain. Place the soaked nuts in a high-speed blender with the water and salt and blend on high until smooth and the consistency of double cream – this may take a while if your blender isn't very

powerful. Use straightaway or keep in the fridge in an airtight container for 2-3 days.

Per batch: 573 cals, 48.2g fat

VANILLA CASHEW CREAM

Use coconut water instead of plain water and add one teaspoon of maple syrup, or sweetener of choice, the seeds of ½ vanilla pod or ½ teaspoon vanilla extract to the blender with the soaked cashews. Continue with the recipe as described, above.

Per batch: 610 cals, 48.2g fat

SOURD CASHEW CREAM

Add one tablespoon lemon juice, one teaspoon finely grated lemon zest and one teaspoon raw apple cider vinegar to the blender with the soaked cashews.

Per batch: 576 cals, 48.2g fat

Extracted from *Savour – Sensational Soups To Fulfill & Fortify* by Amber Locke, (£14.99, Octopus Books)



BROWNIE POINTS

Made with Clarks date syrup these no-bake brownies contain only 3.5g of natural sugar – perfect for reducing your sugar consumption!

MAKES 16-20
READY IN 1HR, 15 MINS

100g almonds
100g walnuts
50g raw quinoa
75g dried apple rings
5 tsp raw cacao powder
200g pitted Medjool dates
4 tbsps Clarks date syrup

2 tsp vanilla extract
40g dried cranberries, chopped

1 Place 75g of the almonds, 75g of the walnuts, the quinoa, apple rings and cacao powder in a food processor and whiz until the mixture forms a fine crumb.
2 Add the dates, date syrup and vanilla extract and pulse until finely chopped and dough-like.

3 Line a 20cm square tin with baking paper and spoon in the mixture, smoothing the surface. Roughly chop the remaining almonds and scatter over the brownies with the remaining walnuts and cranberries. Press into the surface.
4 Dust with a teaspoon of cacao and chill for at least one hour.
5 Slice into bars. Keep chilled and use within three weeks.

FOR MORE INFORMATION ON A RANGE OF SYRUPS VISIT CLARKSIT.CO.UK

SHOW TIME

Cheese that will add the wow factor

1. WENSLEYDALE CREAMERY SHEEPS WENSLEYDALE

£4.29, [ocado.com](https://www.ocado.com)

Crumble this pale, smooth and creamy blend on top of pea and courgette pasta, with a good sprinkling of freshly cracked black pepper.

2. STINKING BISHOP

£10.50, [paxtonandwhitfield.co.uk](https://www.paxtonandwhitfield.co.uk)

A fruity and pungent soft cheese, mighty in smell and taste thanks to the perry-washed rind. Serve at room temperature with wedges of fresh pear and oatly crackers.

3. GODMINSTER OAK-SMOKED VINTAGE ORGANIC CHEDDAR

£5.99, [ocado.com](https://www.ocado.com)

It's hard to resist grating this fiery award-winning truckle straight onto hot, buttered toast but if you can wait, try it atop an onion and leek quiche for a sensational supper.

4. MEXICANA

£2, [Tesco](https://www.tesco.com)

Pack a punch with this fiery speckled chilli cheese – it's perfect grated onto nachos and blasted under a hot grill until bubbling.

5. OXFORD ISIS

£7.50, [paxtonandwhitfield.co.uk](https://www.paxtonandwhitfield.co.uk)

Washed in honey mead and matured for a month, the flowery aroma and spicy tang pairs beautifully with a rye bread and spoonful of fruit chutney.

6. SNOWDONIA BLACK BOMBER

£4.50, [snowdoniacheese.co.uk](https://www.snowdoniacheese.co.uk)

Take a doorstep slice of sourdough, top with this extra mature cheddar and a drizzle of sriracha for arguably the best cheese on toast in the land.

7. TINE NØKKELOST

£8, [scandikitchen.co.uk](https://www.scandikitchen.co.uk)

A mild Norwegian cheese flecked with cumin and cloves, perfect for topping crispbreads or melted on roast potatoes.

EXTRAS: **A** Tracklements Onion Marmalade, £4.09, [ocado.com](https://www.ocado.com) **B** The Bay Tree Piccalilli, £3.35, [ocado.com](https://www.ocado.com) **C** Mountain Sourdough Crispbread Cakes, £4.99, [scandikitchen.co.uk](https://www.scandikitchen.co.uk)



GO COCONUTS!

Delicious toasted coconut flakes, creamy coconut oil and a sprinkling of chia seeds and quinoa are combined to make this nutritious slow-release energy bar. Perkier bars are all gluten-free and suitable for vegans. **75p, Morrisons**

SILKY SMOOTH

Available in both instant and ground, Percol's Smooth Colombian blends are the perfect pick-me-up and Fairtrade certified. Made using 100% hand-picked Arabica beans, this coffee is well balanced and smooth, with a nutty aftertaste.

From £3.60, Waitrose



SECRET RECIPE

Made the traditional way, Jarlsberg cheese is made with milk from specially selected farms and to a recipe that has been kept secret since 1956. This cheese is vegetarian friendly and has a delicious mild taste with a subtle sweetness. **£1.75, available at most major supermarkets**

THE TOP UP SHOP

Our favourite veggie products on sale this month



OH MY GOSH!

With oodles of flavour and texture Gosh! products are jam-packed with veg, pulses, herbs and spices. Naturally gluten-, egg-, dairy-, nut- and soya-free these new Beetroot, Kale & Quinoa Burgers with a hint of mint certainly can help put a nutritious meal on the table in under 15 minutes. Gosh! **£2.50, available from Ocado**

ZOOTY FRUITY

With no artificial additives or colourants, these bars are a natural blend of fruit, nuts and seeds, as well as being gluten-, and dairy-free. Use the code VEG30 to get 30% discount off any of Zoot Food products. **From 99p, zootfoods.com**



GET GUT-READY

Bio-tiful Dairy's Organic Kefir is made with a 2,000-year old live probiotic culture containing billions of gut-friendly bacteria, vitamins and minerals – perfect for boosting your immune system at this time of year. **£1.85, Co-op**



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VEGGIN' OUT

WITH LUCY PORTER

Currently on tour with her show *Consequences*, Lucy reveals the culinary pitfalls of life on the road...

There are many perils and pitfalls involved in the touring life – the constant attentions of groupies, the temptations of drugs and booze, the struggle to find decent vegetarian food! To be fair, as a stand-up comedian on the road, I only really have to worry about the last one. I don't really get groupies, I don't take drugs, and the bar at the Premier Inn is usually shut by the time I get in.

I do have a hard time eating healthily when I'm away from home though. Even if I've breakfasted well (Premier Inns do bubble and squeak and Quorn sausages as standard) and had a decent lunch, eating in the evening can be problematic. I don't really feel like eating before the show, and by the time I've finished, at about 10.30, all the restaurants are closed.

After a recent show in Swansea, the only place still open was called 'Steak By Night'. I had some lovely garlic mushrooms, but – as the name would suggest – their menu was fairly meat heavy.

Sometimes, an Indian restaurant will come to my rescue (big shout out to The Cochin in Hemel Hempstead for their aubergine curry) but if I'm working on a Friday or Saturday I feel a bit weird dining on my own surrounded by lagered-up groups of laaaaaads.

The situation doesn't improve when I'm in the car or train traveling between shows. I'm as big a fan of the cheese sandwich as you'll find, but service stations and train buffets do tend to lean on them quite heavily as a veggie option. Mind you, anything is better than Satan's own sandwich – or 'egg mayonnaise', as you may call it!

Younger comedians may dream of getting groupies coming to their shows, I dream of getting foodies. If anyone turned up at my gigs with a platter of hot mezze, or even a simple warm flatbread with baba ganoush I'd be delighted. I might even take them back to my Premier Inn and show them a good time! And, by that of course I mean a herbal tea and a nap.

“Younger comedians may dream of getting groupies coming to their shows, I dream of getting foodies”



GO WITH YOUR GUT

Many believe that the gut is the gateway to great health, so it makes sense to be vigilant when it comes to what interacts with it. We discover the supplements that tackle any turmoil in the tummy

When we talk about having a 'gut feeling' or we're advised to 'trust our gut instinct', these phrases weren't just plucked from thin air – they originate from a well-documented mind-gut connection that's not just metaphorical. Our brain and gut are actually linked together by a series of neurons. This highway of chemicals and hormones (deemed the brain-gut axis) provide feedback about such issues as hunger levels, stress or if we've ingested a disease-causing microbe. There's no wonder why the gut is the recurring theme for lots of popular phrases!

With the gut playing such a pivotal role on our overall health, it's smart to make sure our tummies are always in good nick. In fact, 60-80% of our immune system is located in our gut, and imbalances have been linked to hormonal issues, diabetes, chronic fatigue and autoimmune diseases, as well as anxiety,

depression, eczema and other chronic health problems. Suffice to say, it's pretty important to avoid being ambivalent when it comes to your gut!

But hope is at hand! These two solutions are life-savers when it comes to getting the quick fix we need:

Udo's Choice Super 8 Hi-Count Microbiotics

When bad bacteria outweigh the friendly bacteria in our gut, problems can arise such as gas and bloating. Super 8 Microbiotics helps by providing 42 billion active bacteria in every one-a-day capsule – that's three times more than that found in a typical probiotic yoghurt drink! What's more, it's been formulated using eight strains of bacteria – this compares with just 1-3 strains in a yoghurt drink. The specific strains used in this vegetarian-friendly

supplement have been specially chosen for their value to upper bowel health and have been formulated to the appropriate viable count.

Udo's Choice Digestive Enzyme Blend

This Digestive Enzyme Blend is a mixture of seven plant-based enzymes that has been specially created to replenish your enzyme reserves. The high-strength formula offers full, effective digestion and improved nutrient absorption, helping to ward off that sluggish, post-meal feeling and beat the bloat!

Unlike many other enzyme products, this supplement works in a wide pH range, allowing the capsules to function throughout the entire digestive tract and assist with the breakdown of proteins, fats, carbohydrates, soluble fibre, starch, milk sugar and complex sugars.

VISIT UDOSCHOICE.CO.UK TO FIND OUT MORE ABOUT THE RANGE

SELF

Lay the right foundations for your natural beauty routine

If you only do one thing this month, get the right tools for the job. Small changes to your make-up routine can mean big changes for the environment and the welfare of animals. As a member of PETA, Nanshy have a strict no animal testing policy and all its brushes feature synthetic bristles that are vegan approved. With white-tipped strands, it's easy to see how much product you're using, so, helps saves on waste. Don't forget to wash your brushes once a month, with warm unscented soapy water and allow to dry flat on a towel (if you stand them up, the water will rust the handle). Stubborn make-up dried on your brushes? Try a dab of olive oil to help break down residue before cleaning.





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GO ORGANIC

You are what you eat – or so the saying goes – but what does it mean to eat organic?

An independent study, looked at the impact of organic food on our health and found a number of benefits; by simply working with nature and the seasons by swapping some items in your usual weekly shop, for the organic version, you could reduce your risk of type two diabetes and cardiovascular disease – plus, you'll be improving animal welfare and reducing greenhouse gas emissions!



health bites

The latest nutrition, fitness and wellbeing advice



PERFECT MATCH!

Garlic and ginger may be your storecupboard staples for a delicious thai-infused stir fry, but they're so much more than a flavour booster. According to nutritionist Cassandra Barns, ginger stimulates the production of stomach acid, helps to keep food moving through the gut and relieves nausea; and garlic has antibacterial and antifungal properties. So, if you only try one new diet trick this month, why not start by adding ginger and garlic into your stews and soups – your gut will thank you for it!

NATURAL BALANCE

Some people swear by meditation and others engross themselves in a good book but, according to Professional Beauty Magazine, emotional skincare is the best pick-me-up after a stressful day. Coined as one of 2017's biggest health trends, emotional skincare involves using essential oils in your beauty routine to care for your emotional wellbeing. Deep Peace from Botanicals Natural Organic Skincare is a blend of organic lavender, geranium, sweet orange, marjoram and sandalwood which help to promote balance, aid relaxation, ease nervous tension and relieve negative emotions. Simply apply the oil to your skin after a warm bath and sink into a beautifully relaxed state – pure bliss! **£20, botanicals.co.uk**





BITE-SIZED RECIPE

BEETROOT & KEFIR DIP

SERVES 4
READY IN 15 MINS

* 4-6 cooked beetroots * 2 garlic cloves, crushed *
250ml Bio-tiful Kefir * 3 tbsp extra-virgin olive oil
* 1 tbsp honey or pure maple syrup * salt *

- 1** Peel the beetroots, cut into wedges and transfer to a food processor.
- 2** Add the garlic, kefir and pulse until blended. Then add in the olive oil, maple syrup, pulse again until combined and season with salt.
- 3** Place into a bowl and top with either hazelnuts, goat's cheese or herbs – whatever you fancy. Serve with warm bread.

Bio-tiful Kefir, from £2.15, planetorganic.com

BERRY NICE



Wild arctic berries are naturally rich in vitamins, antioxidants, nutrients and fibre. Darker in colour and smaller in size than blueberries, they're naturally rich in vitamins A, C, E and K which aid digestion, improve brain health and circulation. Top your porridge, cereal, yoghurt or smoothies with these pure berry powders for a nutritious, fruity kick. **From £4.99**, arcticpowerberries.com

ADMIRABLE ALMONDS

41% of UK dieters are shunning snacks as part of their bid to lose weight, but doing this could mean missing out on vital nutrients. Dietician, Lucy Jones says, "almonds are jam-packed with 15 essential nutrients, including 6g of protein and 4g of fibre in every handful – both of which are great for curbing those hunger pangs." Roasted or raw, a handful of almonds is a convenient, tasty snack – keep a jar on your desk to ditch the 3pm sugar slump. almonds.co.uk



Ask Our Experts

Have a question? Email yasmin.godfrey@aceville.co.uk

Q: WHAT IRON-RICH FOODS SHOULD I ADD TO MY ANAEMIC SON'S DIET?

If he's not a fan of leafy greens, try making kale crisps. It's a really tasty way to eat greens; just rub chopped kale in olive oil until it's glossy, scatter with a tiny bit of sea salt, spread out in a tin and bake at 150C/300F/Gas 2 for about 20 minutes until crisp. Consider sprinkling dried fruit, such as apricots, raisins and prunes alongside nuts and seeds over yoghurt for a calcium-, and iron-rich breakfast. If your son usually eats cereal for breakfast, make sure it's fortified with extra iron. For a snack, traditional hummus is made with tahini (sesame seed paste) which mean it's high in iron – especially if you make it yourself with plenty of tahini. Lentils, millet and soybeans are also packed with protein and iron, they're great for adding something extra to a soup, or creating burgers, shepherd's pie, and dahl out of.

YOUR EXPERT: Rose Elliott MBE, vegetarian cookery writer and author, roseelliott.com



Q: I DON'T REALLY LIKE DRINKING WATER ON ITS OWN. HOW CAN I ENSURE I STAY HYDRATED?

We should all aim to drink two litres of water a day as it's essential in the proper functioning of our bodies; even mild dehydration impairs our physical and mental performance. If we are given juices or other sugar-laden drinks from a young age, instead of pure water, then our taste buds will still crave the sweetness that they are used to. If this is the case, adding a slice of organic lemon or lime can help – plus, it will also boost your vitamin intake. You can also try a slice of cucumber, apple or a sprig of mint – be adventurous! Adding liquid extracts such as açai, aloe vera, papaya, pomegranate or blueberry is another great way of changing the flavour and increasing your consumption of antioxidants.

YOUR EXPERT: Chef Olivier Sanchez teaches on the CNM Natural Chef Course at the College of Naturopathic Medicine, naturopathy-uk.com





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The Perfect Pair

Healthy relationships that are here to last?
Now that's something worth reading about!

WORDS: ANNA BLEWETT

Posh and Becks, Jay and Bey, Kate and Wills; the latest celebrity 'power couples' can often fill up our news feeds on a daily basis, but there are a few pairings worth

emotionally investing in. 'Food synergy' is the term applied when ingredients work together to create optimum nutritional benefit, so kick Kimye to the curb and get your fill of these wholesome relationships.

Illustration by Alice Cleary (aliceclearyillustrated.com)

1 GARLIC AND LEMON

Research published last autumn in the *International Journal of Preventative Medicine* makes cheery reading for fans of homemade salad dressing. Scientists found that garlic and lemon juice – both known to have cholesterol-lowering effects – have more potent power when combined than when ingested separately. Participants enjoying the two ingredients together measured lower LDL-cholesterol (the unhelpful type), lower blood pressure and even reduced BMI.

2 PARSLEY AND PUMPKIN SEEDS

Ever worry about your iron intake? “Iron is quite difficult to absorb and can cause constipation if not digested and absorbed properly,” says registered clinical nutritionist Shona Wilkinson (superfooduk.com). “Most people are aware that vitamin C is needed for the efficient absorption; it’s best to take a food source of each and eat them together.” Blitz fresh

parsley – a great source of vitamin C – with iron-rich pumpkin seeds (raw, not roasted) for an instant pesto that packs a punch of both nutrient.

3 TOMATOES AND AVOCADO

Holy guacamole; did you know that munching on dip-laden nachos was actually good for your health? OK, not the nachos *sobs*. But, research from the University of Ohio suggests avocados and tomatoes are a winning partnership, with the healthy fats in ‘alligator pears’ boosting absorption of cancer-fighting lycopene and carotene from tomatoes. Research has long suggested that Mediterranean dishes, which combines monounsaturated fats such as olive oil and walnuts, with vegetables and whole grains, lead to lower levels of cardiac risk.

4 EGG AND BUTTERNUT SQUASH

Vitamin D is essential for healthy bones and, as you’ll know, is mostly taken care of

by our skin’s exposure to direct sunlight. But our society’s caution around sun damage, and the growing likelihood that we’ll work and exercise indoors, means many of us need to top up our levels from dietary sources. “Vitamin D is a fat-soluble vitamin,” points out Shona. “It would therefore increase absorption if taken alongside a healthy ‘containing’ food. Try placing an egg in the centre of a butternut squash for a tasty way of getting both nutrients.”

5 APPLES AND RED GRAPES

It might be worth giving those pots of prepped fruit at the supermarket a second look next time you’re looking for a healthy snack. Research into the combined effects of two phytonutrients – quercetin and catechin – suggests together they can help stop the clumping of platelets in the blood that can lead to heart attack-inducing clots. Both flavanoids can be found in highly-pigmented fruit, so opt for colourful varieties of apple, grape and berries for maximum benefit.

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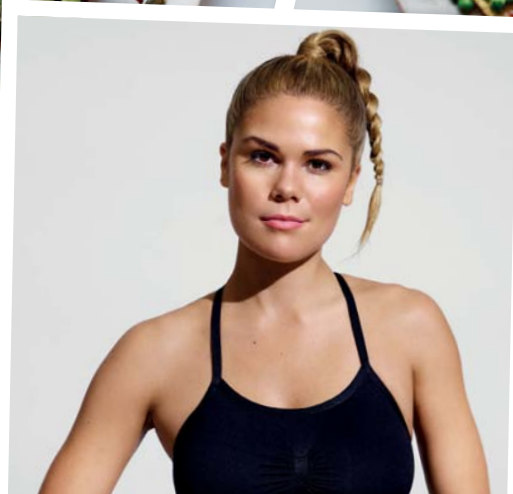


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Squash, Spinach and Ginger Spiced Curry with Cauliflower Rice



Beetroot hummus

MY DAY IN FOOD

This month, we've been talking eggs, avocado and beetroot hummus with nutritional health coach and blogger, **Madeleine Shaw**

Morning! What's the first thing you've eaten today?

Smashed avocado on rye bread; it's a classic go-to breakfast that never fails to satisfy.

If you had time, what would your favourite breakfast be?

I love having eggs for breakfast as they're great at setting me up for the day ahead. If I have a bit more time in the morning I'll make a chilli and pea omelette, it's so good!

Time for elevenses – what are you in the mood for?

After a savoury breakfast, I'll munch on dates with nut butter to keep my energy levels up.

Do you go big at lunch or opt for something light?

I like to prepare my lunches in advance so it's normally leftovers from last night's dinner; today I'm having my squash, spinach and ginger curry with cauliflower rice.

And what snacks help you through the afternoon?

One of my favourite afternoon snacks is dipping raw veggie sticks into beetroot hummus – it's always good to have a snack waiting for you in the fridge!

Dinner time! Hooray! What's on the menu?

I love making dishes that are super-quick and easy to cook, my tofu and cashew stir-fry is a winner every time!

SQUASH, SPINACH AND GINGER SPICED CURRY WITH CAULIFLOWER RICE SERVES 2

* 1 butternut squash * 1 sweet potato * 200g spinach * 1 white onion * 1 lime * 1 can coconut milk * 3 garlic cloves * 2 tbsp coconut oil * 2 tbsp fresh ginger, grated * 1 tsp ground cumin * 1 tsp turmeric * 1 tsp ground coriander *

FOR THE CAULIFLOWER RICE:

* 2 cauliflowers, stalks removed and roughly chopped
* 1 tbsp extra virgin olive oil *

1 Finely chop the onion. Heat the coconut oil in a pan and sauté the onion with a pinch of salt for 2-3 minutes. Add the crushed garlic, ginger, cumin, turmeric, coriander and a teaspoon of water. Stir for 30 seconds.

2 Peel and dice the squash and sweet potato. Throw the cubes into the pan with another pinch of salt. Sauté for another 2-3 minutes adding a few teaspoons of water if it gets too dry. Pour in the coconut milk and cook for 30 minutes.

3 Meanwhile, prepare the cauliflower rice by pulsing the roughly chopped cauliflower in a food processor for 2-3 minutes until it develops a rice-like consistency.

4 Bring 100ml water to the boil in a large saucepan and add the cauliflower rice with a pinch of salt. Cook for five minutes, stirring occasionally. Drain any excess water.

5 Heat the avocado oil with a pinch of salt and pepper and throw in the cauliflower with one tbsp of water. Sauté for five minutes while you finish the curry. Add the spinach to the curry, stirring well until it wilts. Then squeeze in the lime juice. Serve the curry over the cauliflower rice.



CLEAN UP YOUR ACT

Unless you've been hiding under a rock somewhere, you'll be aware of the clean living revolution that's taking the nation by storm, and your beauty routine is next on the list...

This month, authors of Clean Beauty, Dominika Minarovic and Elsie Rutterford, show you how to detox your make-up and why going green is the new glam...

Oatmeal Soak

“Other than making a nutritious breakfast, oats have some great benefits for the skin. They are a known anti-inflammatory so are widely used in the treatment of skin conditions such as eczema and psoriasis because they help to calm and reduce redness. They contain healthy fats that are great for moisturising the skin and also contain polysaccharides, a molecule that handily becomes gelatinous when mixed with water and forms a protective layer over the skin which is great for hydration and soothing itchiness or irritation. We’ve combined the oatmeal with coconut oil, which is an ultra-gentle moisturiser and will provide nourishment without causing the skin to flare up. Finally, the addition of lavender is to help relax any discomfort of either the skin or the mind.”

MAKES: 100g

SHELF LIFE: Enough for about five baths; store in an airtight container for up to three months.

90g oatmeal

10g coconut oil

5 drops lavender essential oil

1 Grind the oatmeal in a blender or coffee grinder for a few minutes until they become extremely fine.

2 Gently heat the coconut oil in a bain-marie, add the lavender oil and stir well.

3 Combine the oils and oatmeal and stir.

4 Add a handful to a running bath and swirl to ensure even distribution.

Hot and Steamy

“If you’re feeling a bit grey, pressing a hot flannel soaked in this mixture is particularly revitalising and a great pick-me-up for skin lacking

in tone. Chamomile is soothing for tired skin and soya milk is rich in firming phytoestrogens. Ginger helps to bring oxygen-carrying blood to the surface. Honey will ensure skin remains soft and supple by locking in moisture. This compress is a rich source of antioxidants; use when in need of a glowing complexion.”

MAKES: One-time use

SHELF LIFE: One-time use

half cup chamomile tea

1 tbsp honey

1 tbsp grated ginger

half cup soya milk

1 Add the honey and ginger to the tea and leave for 10 minutes.

2 Stir in the soya milk.

3 Submerge a cotton flannel in the mixture and place over the face.



Apply a refrigerated toner straight after the compress to close the pores and tighten the skin.





The longer you can keep this scrub on the skin before washing off the better; 5-10 minutes will allow the caffeine to activate and penetrate the skin further. Plump skin awaits you!

oil, helps to smooth and brighten whilst leaving skin moisturised and hydrated. Enjoy!"

MAKES: 200g

SHELF LIFE: Three months in an airtight container. Keep wet fingers out so the shelf life doesn't become compromised. Instead, use a spoon or scoop to take out some of the scrub.

150g ground coffee
30g pink Himalayan salt
20ml sweet almond oil
5 drops tangerine essential oil

- 1 Combine the coffee and salt.
- 2 In a separate bowl, mix the almond and tangerine oils.
- 3 Combine both mixtures and stir well to ensure the oil is evenly distributed.
- 4 Can be used either on dry skin pre-showering or on wet skin during your shower.

4 Repeat three times.

5 You can leave the residue on the skin overnight or remove immediately.

Zest Espresso

"Just wait until you smell this baby! The combination of coffee and tangerine has such a powerful scent that we challenge you not to want to eat it (please don't, though, we're not convinced it'll taste as good as it smells). The addition of the Himalayan salt is perfect for detoxifying; this salt is high in minerals and nutrients that are released as it's mixed with warm water, meaning your skin will really feel the benefits. The salt is also great for soothing tired muscles and easing joint and muscle tension. The tangerine is a milder member of the citrus essential oil crew and therefore makes it suitable even for super-sensitive souls. The chemical composition of the oil is known to help reduce fluid retention, in turn minimising the appearance of bumps and unsightly stretch marks. That, combined with the vitamin E in the sweet almond



Clean Beauty – Recipes To Manage Your Beauty Routine, Naturally,
by Elsie Rutterford and Dominika Minarovic (£18, Square Peg).
Photography: Charlotte Kibbles



5 TAKE WITH

ELSIE & DOMINIKA

Morning! What does a typical daily beauty routine look like for you?

"We start the day by cleansing with a light gel or cream cleanser (at the moment we love **Neal's Yard** rose cleanser), then toning with floral waters and moisturising with our Rosy Glow serum. Neither of us wear make-up during the day, but when we do it's usually a light BB cream or foundation, right now it's **Green People's** Age Defy Tinted DD Cream, a dusting of **Lily Lolo** bronzer and **W3ll People** mascara. We won't leave the house without properly shaped brows using our **Jane Iredale** Brow Kit. At night we double cleanse using a balm then powder cleanser, both our own creations, then a repeat of floral water toner and serum."



When and why did you start making your own beauty products?

"The pair of us met a few years ago when we were working in advertising. We worked really closely together and became good friends, with health and wellness being a strong point of commonality between us – we both loved exploring new healthy ways of eating and were firm gym buddies. Our journey into making our own beauty products was a natural extension of what we were already doing with food: moving away from processed foods and trying to gain a better understanding of how food fueled our bodies. If we were doing this for what we put into our bodies, why weren't we thinking about what we put onto our bodies? When we realised we were paying big bucks for moisturisers and treatments that just simply were not worth it, we felt disappointed and a little betrayed. We decided to make a change by taking control of exactly what went into our beauty products – by making our own!"

What's your favourite beauty concoction from your new book?

"There's so much to choose from, it's so hard! Probably Pina Colada Feet as it smells so tropical and make us think of summer, even in the depths of winter! Plus, feet generally get overlooked in beauty routines and we think our trotters deserve a bit of TLC – they carry us around all day after all."

What beauty treatment do you swear by?

"There's nothing more relaxing than a good facial by somewhere that uses

really great quality oils and products. There are a couple of spots in London that we'll pop to as a treat and leave feeling like totally new women. On a day-to-day basis, we can't stand having bad nails so a quick manicure and top-up of our fave non-toxic polish (**Kure Bazaar** does the best shades) adds instant glamour to our day!"

What does clean beauty mean to you?

"Transparent, honest, empowered beauty. Clean beauty is the epitome of luxury as it demands higher quantities of the good stuff."

Is diet and sleep an important part of your beauty routine?

"Absolutely, we've had many a morning-after-the-night-before that prove that your skin suffers from lack of sleep or poor diet (namely too much wine!). It's amazing how easily your skin portrays a late night. We try really hard to get a decent night's sleep, which for us means learning how to switch off from CBCo – put the laptop down and go to bed! We both love eating whole, natural foods high in essential fatty acids to help with general glowing skin (but are privy to the occasional treat day; grilled cheese sandwiches being our vice)."

What's the best piece of beauty advice you've ever been given?

"Wear sunscreen, always take off your make-up at night and don't forget to smile."

If you could go back in time and speak to your younger self, what would you say to her?

"Put down the blue eyeshadow!"



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murad.co.uk



Lavender Bath Oil,
£10.95, tisserand.com



Mother's Bath Oil, £15,
nealsyardremedies.com

Cleane & Polish Hot
Cloth Cleaner, £14,
uk.lizearle.com



THE BEAUTY LAWS I LIVE BY

TV presenter **Anna Williamson**, 35, has a glowing complexion and we want the low-down on her beauty secrets. Read on to find out why we're talking beauty sleep, breathing and bubble baths...

I spend as much time as I can to properly cleanse, tone and moisturise each morning. Since having my son, five months ago, I've definitely noticed the eye bags. I love to cleanse my skin with Liz Earle's Hot Cloth Cleanser and apply Murad Active Radiance Serum – they're fabulous at keeping my skin supple, plump and less like I've been up all night doing feeds.

Drink plenty of water and never to go to bed with your make-up on; I swear by these simple, yet key bits of advice for healthy, glowing skin. Also, my friend and make-up artist Jo Adams got me into the habit of using Eylure individual lashes as opposed to the strips, they're much more subtle and effective for stand-out eyes. I love using serums and primers to really help my skin look flawless and smooth; it's great to use them under a foundation.

Take time out; we all get stressed but stress causes anxiety, so make some time to do whatever relaxes you.

Breathing is key; long, slow, deep breaths can help calm anxiety instantly. My top tip is to talk; a problem shared is a problem halved and talking about our worries and anxieties is so important.

The days of long bubble baths and face masks are a wistful memory. These days I only have time to do the bare essentials; washing, moisturising and basic make-up.

I make sure I have a spa pedicure at least once a fortnight. My husband looks after our baby, Enzo, while I pop down the road for an indulgent pedicure – it's pure bliss. Once the baby is in a reasonable sleep routine, I'll be enjoying long, hot bubble baths once again. I love using Champneys Bath Soak, Tisserand Lavender Bath Oil or Neal's Yard Mother's Bath Oil.

BEST ON TEST

Rub a dub dub, five scrubs in the tub! This month we're buffing our skin ready for the first signs of spring with cruelty-free body scrubs...

KORRES BASIL LEMON BODY SCRUB, £12, LOOKFANTASTIC.COM

SOPHIE: Great for reviving post-gym muscles after a particularly heavy workout. The ground bamboo grains helped soften telltale dry patches on my elbows and knees.

VICKY: This is definitely the type of scrub you want for a morning shower. I could smell the refreshing basil and lemon before I even opened the lid and the creamy texture made my skin so soft.

YOU DIRTY SCRUB COFFEE BODY SCRUB, £6.99, YOUDIRTYSCRUB.COM

SOPHIE: From the sparse (and wholly edible) ingredient list I could tell this stuff would be 100% natural. Let's get straight to the point; this stuff is AMAZING! So good I can even forgive the splatters of coffee grains I keep finding over my bathroom walls three weeks later.

VICKY: The raw packaging reflects just how stripped-back this scrub really is and it seriously made my skin glow. Though at first it felt like rubbing dirt into my skin, I saw the results straight away and it made me feel like I was really getting back to nature!

BENECOS BODY PEELING APRICOT & ELDERFLOWER, £4.95, BENECOS.CO.UK

SOPHIE: A gentle exfoliator (you could add it to a hand mitt for a deeper cleanse) that worked wonders on my dry patches. A great one to keep in the shower for daily buffing.

VICKY: Although it's not as gritty as a sugar scrub, the beads really do the job, unlike some sensitive scrubs that can barely be felt. With a gel texture, it feels almost like a shower gel and it smells amazing.

LIVING NATURALLY ORGANIC VANILLA & GRAPEFRUIT COFFEE SCRUB, £10, SOAPNUTS.CO.UK

SOPHIE: This smelt good enough to spread on toast! Thankfully I resisted the urge to eat it and let the organic avocado oil and raw brown sugar work their magic on my hibernating legs.

VICKY: The consistency of this scrub reminded me of soft sand at the beach; it's not as coarse as some of the others but perfect for a more gentle scrub.

BLOOM REMEDIES DEEP RELEASE CORNISH SEA SALT BODY SCRUB, £18.50, BLOOMREMEDIES.CO.UK

SOPHIE: The whipped-like texture of this one felt super-luxurious on the skin and unlike scrubs I'd used in the past, didn't leave my skin parched, but nourished and hydrated.

VICKY: Wow, this stuff really works to scrub away old skin cells, and I loved that it's oily, which means it moisturises while it buffs. Perfect for my feet when they need some serious refreshing.

OUR PANEL

Unsure which ethical beauty brands to go for? Each month we ask one reader to test and compare natural brands against our resident green beauty queen



Sophie Rae, acting Deputy Editor: My fair skin takes a bit of a battering in the winter, leaving me with dry patches. I love to use body scrubs once a week to get rid of dullness and replenish with a nourishing body oil.



Vicky Shelton-Smith from Bath: My skin is very much combination and behaves a lot better with a bit of sunshine. I love rough scrubs to remove any dead skin and exfoliate away any irritated bumps.

**NEXT
MONTH**

Next month, we'll be testing eye shadows. If you'd like to be our tester, we want to hear from you! Contact sophie.rae@aceville.co.uk



Korres Basil Lemon Body Scrub



**Living Naturally
Organic Vanilla
& Grapefruit
Coffee Scrub**



Bloom Remedies Deep Release Cornish Sea Salt Body Scrub



Benecos Apricot and Elderflower Body Peeling Scrub

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CLEAN CONSCIENCE

Spring is just around the corner, and we all know what that means... now is the time to spring clean your home, and these natural, organic cleaning products are just what you need...



Sodasan Orange Cleaner

Vegan, natural and organic, this concentrated cleaner effortlessly cuts through grease and grime, so you'll be done with your spring clean in no time. It contains sugar surfactants and orange oil to keep your home fresh and smelling fruity.

SODASAN ORANGE CLEANER, £5.95



SODASAN GLASS AND SURFACE CLEANER, £4.95

Sodasan Glass and Surface Cleaner

This natural, organic formula easily cuts through dirt to keep your glass surfaces, windows and tiles squeaky clean with a streak-free finish.



SODASAN WASHING-UP LIQUID, £2.95

Sodasan Washing-Up Liquid

Coconut and sugar surfactants help to leave your dishes gleaming with a lemony freshness. This formula contains no mineral oils, parabens or phosphates, so it's ideal for those with sensitive skin.



SODASAN LAUNDRY FRAGRANCE AND RINSE, £4.45

Sodasan Laundry Fragrance and Rinse

Restore the silky softness to your laundry with this eco-friendly, vegan fabric softener. Made with solely plant-based ingredients and pure organic essential oils it helps to care for all fabric types; just add a cap full to your wash with your normal detergent.

Sodasan Sensitive Laundry Liquid

Vegetable soap and sugar surfactants ensure your clothes are left fresh and clean, even at 30°C. This sensitive laundry liquid is great for people who suffer from allergies as it uses no petrochemicals, mineral oils, fragrance or perfumes.



SODASAN SENSITIVE LAUNDRY LIQUID, £8.95

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FRESH & CLEAN

If you regularly colour your hair you'll know that keeping tone and fade at bay is no easy feat. Keep your colour salon-fresh from day one with My.Haircare Infuse My.Colour wash

Developed with a unique, high-performance blend this vegan shampoo uses high performance bio polymer to smooth the hair cuticle, increase colour vibrancy and stop tonal fade.

infuse
My.
colour



COBALT:

Great for maintaining the cool tones in dark ash-blondes and browns, this shampoo helps to maintain the depth of your colour.

RUBY:

This shampoo will keep red, red-brown and burgundy hair bright. It can also be used on bleached-blonde hair to create striking pink tones.

GOLD:

Suitable for pale, medium and dark blondes as well as highlights, Gold will help put the sunshine back into washed out honey-blondes.

COPPER:

Using the copper wash on strawberry blonde, copper, auburn and warm brown hair can maintain the brightness and keep it looking fresh.

PLATINUM:

Helping to neutralise yellow tones and brighten grey, white, pale blonde and highlighted hair, this shampoo will keep your hair feeling beautiful.

INFUSE MY.COLOUR WASHES ARE EXCLUSIVELY AVAILABLE AT BOOTS, £13.95/250ML BOTTLE

BEAUTY BOOST

We've sought out the best cruelty-free beauty buys this month to repair and replenish



AROMATIKA FRANGIPANI SCRUB, £17.95, AROMATIKA.CO.UK

Not a microbead in sight...



SUKIN OIL BALANCING PLUS CHARCOAL PURIFYING GEL CLEANSER, £9.95, BOOTS.COM



ANTIPODES REINCARNATION PURE FACIAL EXFOLIATOR, £21.99, ANTIPODESNATURE.COM

VANDEROHE NO.1 NOURISHING FACE SERUM, £88, VANDEROHE.COM



CLAUDIA FALLAH INTENSIVE REPAIR CREME, £58, CLAUDIAFALLAH.CO.UK

BUTTER LONDON SHEER WISDOM NAIL TINTED MOISTURISER, £15, MARKSANDSPENCER.COM



Tea tree oil works to revitalise brittle nails

BEE GOOD YOUTH ENHANCING LIFT & BRIGHTEN EYE CREAM, £19.75, BEEGOOD.CO.UK



ORGANIC MORINGA REPAIR CONDITIONER, £10.99, HERBATINT.CO.UK



IMAGE SKINCARE THE MAX STEM CELL FACIAL CLEANSER, £32, IMAGESKINCARE.CO.UK

LUSH OVER AND OVER BATH BOMB, £4.25, LUSH.COM



KORRES LAVENDER BLOSSOM SHOWER GEL, £8, DEBENHAMS.COM

NATURAS IBERICA NORTHERN SOAP FOR DEEP FACIAL CLEANSING, £10.80, NATURASIBERICA.CO.UK



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A delicious new range of Tiptree Fruit Gin Liqueurs, made with fruits from their farm, has been introduced by Wilkin & Sons Ltd.

Little Scarlet strawberries, juicy raspberries and rich damsons are sent to Hayman's, a local gin distillery, where the fruit is steeped in small-batch London Dry Gin to create an extraordinary gin liqueur.

Packaged inside a wooden crate this would be good for you or make a great gift for a loved one.

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on the Rocks

For the purists

Sip straight over ice to truly savour the authentic depth of our fruit notes.



2

TIPTREE
Fruit Gin
Spritzer

Perfect for parties

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3

TIPTREE
Fruit Gin
Royale

Celebrate in style!

Add a dash of Tiptree Fruit Gin Liqueur to Prosecco or Champagne for a cheeky glass of Fruit Gin Royale.



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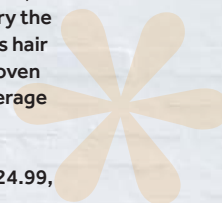
LINES ARE OPEN MONDAY-FRIDAY 8AM-8PM, SATURDAY 9AM-1PM

LIVING

Makes smart swaps to your daily bathroom routine to help tread lightly on the planet

If you only do one thing this month, look for ways to save energy in unusual places. Average heating bills rise by a staggering 40% across the winter months, so it's worth investing in ways to cut waste as we wait for the first signs of spring's warmth. Choose thin 100% cotton towels that not only wash quicker in shorter cycles but also dry super-fast, meaning they'll need less time on the radiator, too. Or try the latest beauty tool for minimizing hair damage with Aquis hair turbans. Made from a unique fibre called AQUITEX, the woven fabric wicks improves absorbency, cutting down the average blow-drying time by 65% and saving on electricity.

We love these pastel-hued hamam towels by Rice Dk (£24.99, sistersguild.co.uk). Find Aquis towels at aquis.com



GO WITH *the slow*

Want to take care of your body and the environment? Then look no further than these fit kit brands who hold their ethical standards as high as their barbells!



WHITE T-SHIRT, £58
HAPPY COLLECTION LEGGINGS, £64
underthesamesun.tictail.com

It's fair to say that fitness fashion is in vogue right now; you're nobody if you're not decked out in the latest sweat-wicking, light-weight, breathable bra top and matching leggings – but how much thought actually goes into your gym bag essentials? Here at *Veggie*, we want to get more mileage out of our stylish sports wear, as well as our sweaty sessions, that's why this month we're giving your workout wardrobe an ethical makeover with these eco activewear picks...

EVERYDAY TANK, £55,
wellicious.com



*These vegan
and sustainable
slip-ons are
perfect for
wearing to and
from the gym*

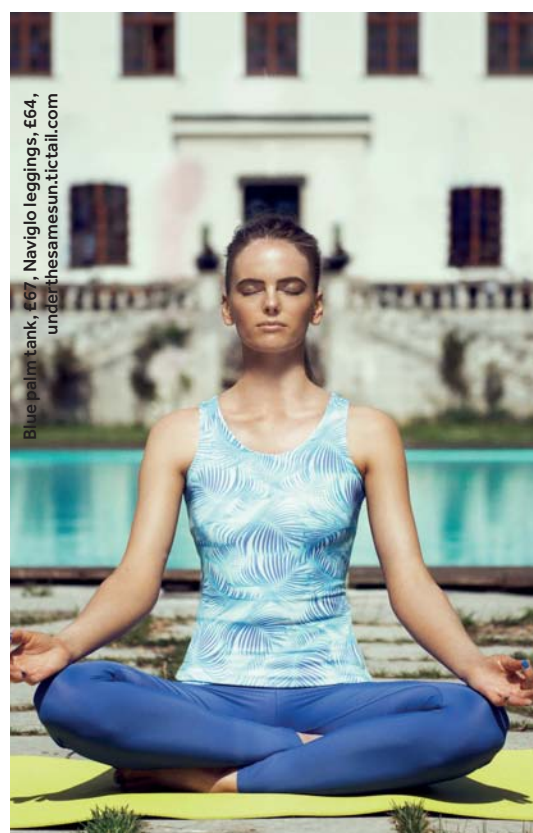


FAIR DANCER COLLECTION
17 CORAL BLUE, £24.95,
ethletic.com

RACER BACK VEST TOP
IN OCEAN LEAF, £32,
bambooclothing.co.uk



FORMA CAPRI PANT, £28,
ellesse.co.uk



Blue palm tank, £67, Naviglo leggings, £64,
underthesun.tictail.com



SPEEDO H2O ACTIVE
ASTRO POP CROP
TOP, £45,
intersport.co.uk



CHEATAH TRAINERS,
£74.95, vegetarian-
shoes.co.uk

*These bottoms
are part of
Ellesse's Recycled
collection, where
the environment
and sustainability
are at the heart of
the clothing*

THE MERRELL PACE
GLOVE 3 TRAIL RUNNING
SHOES, £89.99,
sportsshoes.com



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IN GREY MELANGE, £68,
peopletree.co.uk

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gymwise II

The ideal fitness and leisurewear backpack with a separate compartment for footwear which includes a laundry bag and toiletries bag. Shaped to fit women with a short back length.



fleetfoot3 >max

This cute running bag is designed as a sleek hip-worn, stable low profile running belt that can carry all your running essentials.



goddess III

This is a 35L multi compartment bag which has separate sections for footwear, clothes and wet items. Includes a toiletries bag, shoe bag and laundry bag. Sized to fit most airlines allowances and average gym lockers, this is the ideal all-in-one gym and travel bag.

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LET'S TALK NUTRITION...

Sticking to a plant-based diet can leave our bodies without some vital nutrients. Leading nutritionist **Dr. Marilyn Glenville PhD** explains how to stay super-healthy on a vegetarian diet

What symptoms might suggest nutrient deficiency?

- **Feel tired, weak or foggy?** This could indicate a vitamin B12 deficiency, which has long-term consequences as serious as heart disease. Ensure that you're eating foods that are fortified with B12 or you're using a supplement with micellised B12.
- **Problems building muscle?** You could be lacking in amino acids which build muscle and protect nerve health. Include lots of nuts, quinoa, fortified plant milks, and dark-green, leafy vegetables to help increase your amino acid levels.
- **Mood swings? Dull skin?** You may be lacking in omega-3. You can supplement this in your diet by increasing your consumption of nuts and seeds; especially flax, hemp, chia seeds and walnuts.
- **Poor bone and nail health? Restless legs?** These symptoms may indicate that you need more calcium in your diet. To

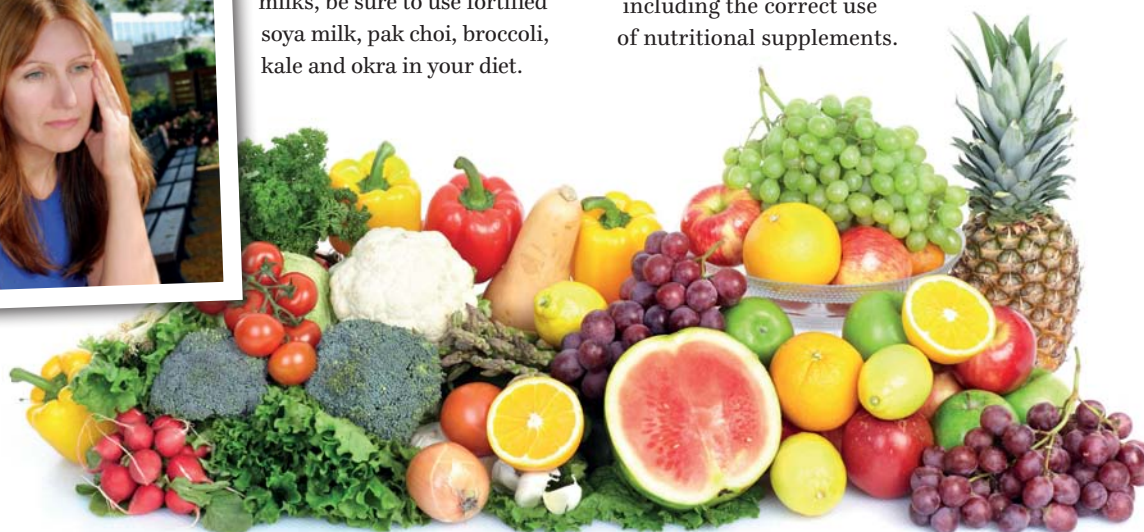
boost your calcium intake without the use of animal milks, be sure to use fortified soya milk, pak choi, broccoli, kale and okra in your diet.

You don't have to feel unwell to be nutrient deficient...

Lack of good nutrition can cause serious problems over time, so keeping an eye on your nutritional status is important. The Glenville Nutrition Clinic are offering *Veggie* readers a £52 saving on an Extended Functional Nutritional Profile*. Your nutrient levels will be tested in advance of the 60 minute consultation with one of Marilyn's knowledgeable nutritionists. Together you'll go through the test results and will be given invaluable advice on optimising your nutrient intake, including the correct use of nutritional supplements.

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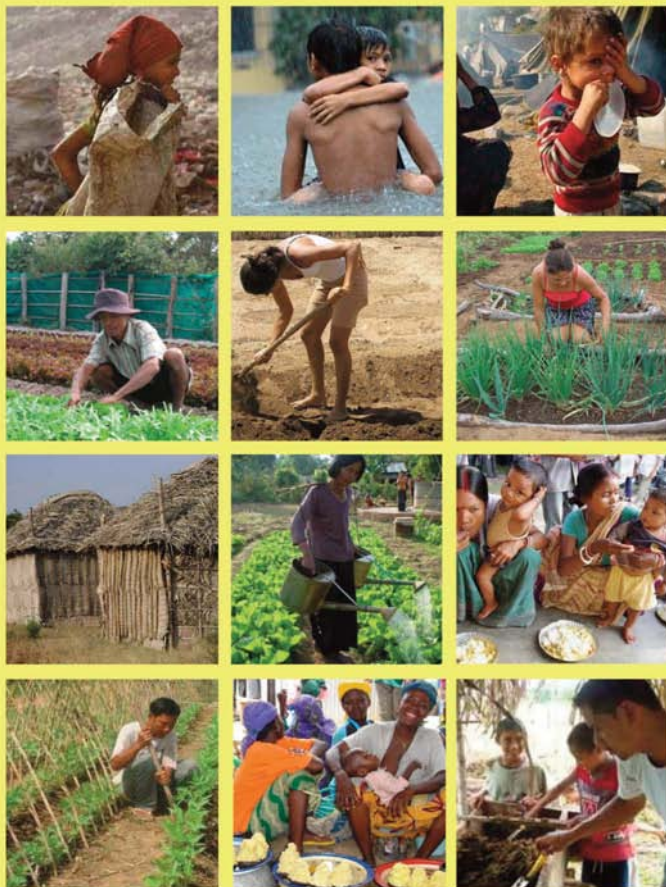
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Mother Earth

Mum always knows best, so this year be sure to show her just how much you appreciate her. Here's our pick of the best Mother's Day treats for your ethically-conscious mum...



5



6



7



8

* 1. Succulent Book, £35, marksandspencer.com * 2. Wild Rose Beauty Balm, £38, nealsyardremedies.com * 3. Booja Booja Hazelnut Truffles, £21, ocado.com * 4. Burt's Bees Lipstick (Wine Wave), £9.99, burtsbees.co.uk * 5. Espresso Mushroom Company, £19.95, espressomushroom.co.uk * 6. Extra Fig Crate, £42, glut.co.uk * 7. Curio Rock Samphire Gin, £35, theginmine.co.uk * 8. JORJA LG (coral), £115, mattandnat.com *

A photograph of six yellow courgettes (zucchini) lying on a dark, textured surface. The courgettes are arranged in a slightly diagonal line from the top left towards the bottom right. They have a smooth, glossy yellow skin and green stems at the bottom. The lighting creates soft shadows on the surface.

FROM PLOT TO PLATE

Whether spiralized, roasted or raw, courgettes are likely to be a staple in your kitchen, but the recent cold snap this winter has meant we're in the midst of a courgette shortage *gasps*. Fear not! Author **Hollie Newton** explains why they're one of the easiest vegetables to add to your allotment...

Good news... courgettes are, beyond a shadow of a doubt, the easiest vegetable to grow. One tiny seedling and you'll have a steady crop of fresh, tasty courgettes for weeks and weeks in the summer. I've been growing 'Taxi' or 'Soleil' courgettes for the last few years – bright yellow, smooth-skinned little

fellas, which look lovely in salads, have a bright fresh taste and are so tender you can eat them raw or lightly pickled, Swedish-style. These are early maturing and high yielding, which basically means that for impatient gardeners (me) you'll get courgettes sooner – then keep on getting them. However, the following advice applies to all courgette varieties...

TO PLANT

WHEN: In late April/early May you'll see courgette seedlings start to arrive in garden centres.

WHERE: Find the sunniest spot in your garden. Courgettes love the sunshine.

HOW: Dig a small football-sized hole in your bed and chuck in some well-rotted manure or compost. Pop the little chap in, tuck him up so that the soil's nice and firm but not rock solid around him (you don't want him wobbling about), then give him a good old soak.

SPACE: If you're planting in a pot, use the biggest one you can get your hands on. At least 30-35cm wide, as deep as you can find. Then follow the instructions above.

KEEPING THEM ALIVE

Courgettes are thirsty little critters. Keep them well watered and you're basically good to go. On a hot day I quickly chuck some water at them before work, then water them again when I get back.

Apart from that, it's a good idea to give them a feed every now and then. Every few weeks, sprinkle tomato feed at the base of the stem to keep Mr Courgette happy. A sprinkle of fertiliser pellets across the soil at the beginning

of the season will keep nutrients topped up, but it's best to follow the instructions on the packet as each one's a little different. Good old courgettes. Truly, a low-maintenance gardener's dream.

HARVESTING

WHEN: Courgettes are crazy productive. At the height of the growing season you'll have anywhere between 10 and 20 courgettes on your plant at any one time.

As a guide, harvest when the courgettes reach around 10cm long. They're at their very best eaten that day but will keep quite happily for a few days in the fridge.

HOW: To harvest, go and get a sharp knife from the kitchen then carefully slice them at the base; the green knobbly bit where it joins the main trunk of the plant. BE CAREFUL. Sure, you're brandishing a sharp knife, don't go maiming yourself. But mainly... be careful of the courgette!

HOW OFTEN: Try to harvest a few times a week. The more you take, the more your lunatic plant will grow.

POTENTIAL DISASTERS

Well, there's the whole accidentally-slicing-leaves-off thing, but there are a few other things to keep an eye on, too.

FLOWER HEAD ROT: I only realised this existed when it happened to me. Luckily, there's an easy solution; as soon as those beautiful big courgette flowers start growing... pick 'em – at the giant opening-out stage. Keep an eye on them as you water. Is the top of the courgette OK, just where it meets the flower? To be honest, I always lose one or two to flower head rot – usually in busy weeks when I haven't been paying attention. Don't cry. It doesn't spread to the plant and if you catch it early, you can simply chop the squishy bit off and eat the rest of the courgette. Phew.

POWDERY MILDEW: I've found this on leaves a few times, usually late in the summer, when the courgette plant is throwing out vegetables left, right and centre. It doesn't seem to be a big deal, but does suggest a lack of water. The best thing to do is add a layer of compost/well-rotted manure/mulch to the base of the plant. This will help to reduce evaporation from the soil.

As for all those lovely flowers? Fire up the frying pan – it's time for the sheer Italian joy of fried courgette flowers...



Swedish Fresh Pickled Courgette

EF V DF GF T

SERVES 4

1 banana shallot, diced
1 small bunch of dill, roughly chopped
3 yellow courgettes
2 tiny cucumbers (similar in size to your courgettes)
100ml cider vinegar
65g white sugar
50ml water
flowers from your courgette plants

1 Pop the shallot and dill into a medium-sized bowl. Take a potato peeler and run it along your courgettes and cucumbers to create long, fine ribbons of flesh – leave the skins on to add colour to the dish. This is weirdly satisfying. Add to the shallots and dill and put to one side.

2 Pour the vinegar, sugar and water into a small pan, then bring to the boil. As soon as it starts bubbling, turn off the heat, pour over your courgette mixture and give it all a good stir.

3 Cover with cling film and leave in the fridge for at least 1½ hours (though it's at its best after three) before serving. I like to arrange it ribbon by ribbon, folding them onto the plate in an arty manner. To finish, slice the courgette flowers roughly and scatter over the top to look like a bad-ass Michelin chef. 'Oh this? Just a few things from the garden.'

Per serving: 104cals, 1.2g fat

Fried Courgette Flowers Tuscan-style

EF V DF GF T

SERVES 4

approx 16 closed courgette flowers
120g of white flour
200ml of ice-cold sparkling water (with the rest of the bottle on standby)
a big pinch of salt
a few cracks of black pepper
olive oil, for frying
squeeze of lemon juice, to serve

1 First up, dry your flowers with a paper towel, remove any bugs and pull out their stamens inside the petals.

2 Then it's on to the batter; sift the white flour into a big bowl. Get a fork and slowly start to mix in the chilled sparkling water. The batter should be as thin as possible – the consistency of milk – so keep going if 200ml isn't quite enough, beating with the fork to get rid of any big lumps. It's not an exact science, so don't stress yourself out. Have a drink!

3 Stir in a big pinch of salt and a healthy crack of black pepper then dunk each courgette flower into

the batter mix and pop on a plate to one side.

4 Heat about 8cm of olive oil in a frying pan – keeping an eye on it to make sure it doesn't start smoking. When the oil's really hot, pop the battered courgette flowers in with a pair of tongs, one by one, turning when golden brown.

5 Once they're done on both sides, whip them out and blot them on a piece of kitchen paper. Serve as fast as you can – they're best just out of the pan – with a squeeze of fresh lemon, a large glass of cold white wine and a bad Italian accent.

Per serving: 116cals, 1.6g fat

Reader Offer

Readers of Veggie magazine can order copies of *How To Grow* by Hollie Newton for the special price of £17 by calling 01903 828503 and quoting ref: PB138. UK postage and packing free, overseas add £1.60.



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GREEN *Living*

Vegan dhaling Áine Carlin tells us why her favourite comfort food is the perfect mid-week meal...



Bowl food; everybody's talking about it. Everyone has their take on it. Me? I'm a total hook, line and sinker fanatic – especially when it's mid-week and I'm in desperate need of some sustenance. What to put in the bowl is, of course, of utmost importance and if I'm ever in doubt I always return to my ultimate comfort food favourite; dhal.

Nourishing, delicious, with just the right amount of zip (thank you lime!), dhal's easy appeal really shows no signs of waning. I often use this particular recipe as a base, adding sliced squash or sweet potato (or even some chickpeas), as well as a generous helping of spinach; hearty and healthy in equal measures.

Recently though, I've been all about the cauliflower; cut into chunky wedges and roasted. A light dusting of cumin is all that's needed to bring this earthy veg to life, making this simple supper something of an unexpected showstopper. The toasted coconut topping is particularly satisfying and lends some necessary crunch to proceedings too, so definitely don't omit. peasoupeats.com

SIMPLE RED LENTIL DHAL WITH ROASTED CAULIFLOWER WEDGES

* 1 small red onion * 2 garlic cloves * 1 thumb-size piece of ginger * 1 tsp garam masala * ½ tsp turmeric * 10g fresh coriander * 1 tsp chilli flakes * 150g red lentils * 2 kefir lime leaves * 150ml coconut milk * 1 heaped tsp coconut oil * juice ½ lime * salt and pepper *

FOR THE ROASTED CAULIFLOWER:

* 1 small head of cauliflower * 1 heaped tsp cumin * ½ tsp salt * 1 heaped tsp coconut oil *

EXTRAS:

* sweet corn * toasted coconut * spring onion * coriander * chilli flakes * lime *



1 Heat the coconut oil in a large pan. Finely chop the red onion and add to pan. Season and sweat until translucent.

2 Mince the garlic and ginger and add to the pan. Sauté until the aromas begin to exude before adding the garam masala, turmeric and chilli flakes. Finely chop the coriander stalks and add to the pan along with a splash of water to form a paste. Cook for several minutes.

3 Tumble in the red lentils, stir to combine before covering with 750ml water. Season generously, add the lime leaves and bring to a gentle simmer for 25-30 minutes until the lentils are just cooked. Add the coconut milk and cook for a further 5-10 minutes until the sauce thickens.

4 Pre-heat the oven to 200C/400F/Gas 6. Remove outer leaves from cauliflower and carefully cut into wedges. Brush with melted coconut oil and dust with cumin and salt. Bake for 25-30 minutes, turning once. In the last five minutes add the sweetcorn to heat through.

5 Divide the dhal between several bowls and top with the cauliflower. Garnish with sweetcorn, toasted coconut, spring onion, coriander and chilli flakes. Serve alongside your favourite flatbread.



W

ith a bit of thought and inspiration you can turn your waste foods into delicious meals that are good for you, your purse and for the planet! Having a zero waste kitchen means buying less food in the first place, reusing whatever you can, however you can, and throwing less away. Stopping to consider what you throw away and, why, is the best place to start.

1 CLEVER COMPOSTING

Composting puts the energy that goes into producing food back into the soil, allowing microbes to use air and water to break down organic matter into nutrient-rich dirt. It's not just scraps of food that can be added to the pile; paper cupcake cases, wine corks, tissues and even 100% cotton or linen tea towels can be composted.

2 PULP FICTION

Leftover juicing pulp has endless possibilities. Add it to flapjacks and cake mixtures for added fibre and nutrients. The same goes with nut milk pulp; swap ground almonds for an equal amount of very thoroughly squeezed nut pulp in recipes.

3 EXTRA EGGS

Packed with micronutrients, eggshells are an awesome source of calcium! Rinse well and remove any membrane before you start. Preheat the oven to 180/350F/Gas 4 and bake the shells on a tray for 10 minutes. Cool the shells and blitz them in a food processor until you have a fine, powdery dust. Store in airtight jar for up to three weeks, adding ¼ tsp to a smoothie as a supplement.

4 SHOP SMART

Don't be tempted by what might look like great bargain buys or you may end up throwing away more than you use! Good foods to buy in bulk include: dried beans, rice, oats, pasta, nuts, dried fruits and condiments you use often.

5 STORE IT RIGHT

Storing your produce in the right way can be the difference between making the most of your food and throwing it out. With a little prep, some foods can be stored for much longer. Use cupboards for shutting light out, (great for spices, oils and root vegetables), and airtight glass containers to extend the shelf-life of dried goods, such as pasta and rice.

6 EASY PEELINGS

Don't bin those leftover bits of fruit and vegetables! Green carrot tops make a great addition to homemade pesto; make vegetable stock with peelings; add strawberry tops to smoothies for extra fibre; use tough outer leaves of red cabbage by boiling until softened and use for wrapping food parcels or dumplings.

7 FREEZE YOUR ASSETS

Foods you might not know you can freeze: nuts, leftover wine (freeze in ice cube trays, transfer to freezer bags and use in sauces, stews, or risottos straight from the freezer) hard cheeses (grate it first), cooked pasta, cake without icing, filling or decoration, fresh herbs, mashed potatoes and uncooked brown rice.

8 REINVENT LEFTOVERS

When planning your dinners for the week think about how you can use leftovers in lunches. Rather than reheating the same meals, give them a new spin. Spoon yesterday's chilli into wraps, turn last night's pasta into a salad, or layer up leftovers into a lunch pot.

9 CITRUS INFUSION

Use leftover citrus peelings to flavour spirits, such as vodka. Simply place the peel into the bottle and leave it to infuse.

10 FOILED

There's no need to use disposable aluminium foil, when there are reusable alternatives. Try silicone baking mats instead of foil sheets.

Creative Crisps

EF V DF GF T

SERVES 2
READY IN 30 MINS

50g potato peel from around 2 large potatoes
½ tbsp olive oil
a generous pinch of chilli powder
½ tsp sweet smoked paprika powder
¼ tsp salt
freshly ground black pepper, to taste
50g kale leaves

1 Preheat the oven to 150C/300F/Gas 2 and line 2-3 baking trays with baking parchment. Place the potato peel in a mixing bowl with half of the oil, spices, salt, and pepper. Using your hands, gently rub the peel until it is completely coated with oil and spices. Set aside.
2 Using a sharp knife, remove the tough, woody kale stems and roughly chop the leaves into bite-sized pieces. 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.

3 Spread the potato peel and kale thinly on separate baking trays in single, even layers. Set the kale tray aside. 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. Remove the crisps from the oven and leave on the trays for a few minutes to crisp up before eating.



Tips and recipe taken from *My Zero-Waste Kitchen* by Kate Turner (DK £6.99) DK.com
Photography: Will Heap



BACK TO SCHOOL

Every day's a school day in the kitchen, but if you fancy mastering a new culinary skill this month, we've rounded up four of the best veggie cookery classes for you to try...



VEGETARIAN SOCIETY COOKERY SCHOOL

Love cooking? Well get some flour on your apron at the Vegetarian Society Cookery School, which offers a fun, hands-on and informative experience in a friendly atmosphere. One of the most popular workshops is the Vegan Toolkit; this course is a great foundation, teaching skills and methods that will be a springboard to developing your cooking. It's a great starting point for any novice cook looking to expand their culinary repertoire.

Learn how to make luscious cheesy sauces from tofu, nutritional yeast flakes and soya milk, or create a sweet vegan cream using cashew nuts! Tackle dishes such as Georgia casserole, quesadillas, Thai green curry, homemade vegan mayo and some fabulous vegan cupcakes.

The vegan workshop is all about learning recipes and techniques that will add depth and flavour to your cooking. Plus, you'll learn about some of the less familiar ingredients – nut milks, egg replacements, tempeh and discover the store-cupboard essentials for the vegan kitchen. Priced at £139, head to vegsoc.org/cookeryschool to find out more about VegSoc's veggie and vegan courses.

DAYLESFORD FARM COOKERY SCHOOL

How does a cookery workshop in a beautifully restored barn, surrounded by stunning Cotswold countryside sound? Bliss, right? Well, why not head down to Daylesford Farm cookery school and sign up to their Ayurvedic cookery class? Join Vettri Selvan from the Bamford Haybarn Spa for an afternoon learning about Ayurvedic cooking and the philosophy behind it (it's the ancient practice of holistic healing that teaches you to be in harmony with nature). The class focuses on each person's specific needs and the healing properties of each ingredient you use.

Class teacher, Vettri, has taught yoga and meditation for more than 15 years, so you're in safe hands when it comes to putting together the classic Ayurvedic dishes. She'll explain how the ingredients you use will benefit your body and how to bring more balance into your diet. Prepare to feel inspired after this half-day course – it costs just £95 and includes all course materials and refreshments. Go to daylesford.com to find out more.



DEMUTHS COOKERY SCHOOL

Both lifelong vegetarians and veggie-curious cooks are welcomed to this internationally recognised cookery school set in the heart of historic Bath. Founded by vegetarian chef, Rachel Demuth, who spent 25 years at the helm of iconic vegetarian restaurant, Demuths, Rachel and her passionate team of tutors are on hand to inspire, encourage and excite students to get cooking with more vegetables. It's an ethos that has turned the school into a trendsetter of British vegetarian cuisine, with courses covering everything from how to challenge your bread skills and make the most of seasonal ingredients, to travelling the world from the comfort of your kitchen's spice rack. The school has also taken note of the rise in plant-based consumers in recent years, now offering a notable rise in vegan courses, covering both raw food and free-from baking. For devoted cooks looking to expand their culinary repertoire or venture into the world of catering, nothing comes close to the Demuths Advanced Diploma; an intense four week course which is limited to eight students to maximise interaction and hands-on experience. For more information head to demuths.co.uk or call 01225 427938.



THE MINDFUL KITCHEN

The ultimate goal for any cook is to better understand the food on our plates; it's a skill that plays a huge part in nailing the art of cooking and The Mindful Kitchen is based around this very principal. Supermarket shopping is all too convenient; we're able to have whatever we want, whenever we want it, whether it's in season or not – but this way of living is by no means sustainable. On a course with The Mindful Kitchen you'll think about food in a brand new way; you'll learn to appreciate what's on your plate, like a wine connoisseur does with every bottle. Each course begins with a couple of mindfulness exercises to help connect with your inherent, natural values. You'll do this by tasting and smelling a handful of different spices without trying to pinpoint what they are, but rather trying to understand how they make you feel and what memories they may trigger. The knowledge of the course leaders is contagious and by the end of the day you'll have undoubtedly caught the mindful-foodie bug. You'll understand how different crops, weather conditions and environmental changes can adjust the taste of each ingredient and you'll have learnt how to weave mindfulness techniques into your cooking and daily life to get the best out of your food. Whether you take part in one of their online courses or group classes you'll learn new sustainable techniques to use in your kitchen as well as having your taste buds challenged like never before. Courses start from £35, themindfulkitchen.org





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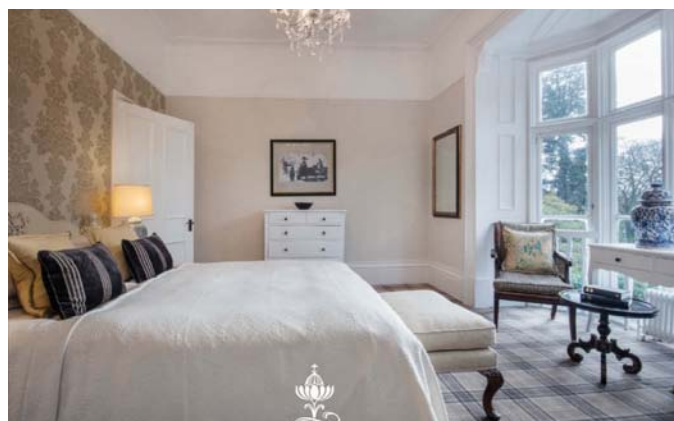
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3 course vegetarian dinner at Zeffirellis on one night - zeffirellis.com

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LIVE LIKE A LOCAL IN... **VERONA**

Step aside Paris and Prague, we think Verona has stolen the title as the most romantic city in Europe; exploring it is a labour of love and we know the way to its tender heart...

EXPLORE EVERY AVENUE

First up is **Café al Teatro**, a humble spot just off the main street and a stone's throw from **Arena di Verona**. As the sun beats down on the narrow, cobbled path the last thing you'll think you need is a hot chocolate, but when in Verona... Pull up a wicker chair at this classic, Italian establishment, where the locals chatter and indulge in double espressos and wafts of bittersweet cacao linger in the air.

Once you've polished off your cup of the thick, gooey drink and cooled off under the parasols it's time to wander around **Piazza delle Erbe** in your chocolate-filled daze. Follow the long, balcony-lined streets surrounded by the hum of local conversation, until you reach **Arena di Verona** – you can't miss it! A 10-euro ticket grants you entry around the amphitheatre, including an unforgettable view from the top. Once you've climbed the steps, steal a cheeky kiss from your loved one and pose for a memorable selfie!

Although compact, Verona has many Shakespearian monuments which are easy to discover on foot and what better way to keep you going than with an ice cream! Try **Gelateria Savoia dal 1939** for a pale green, fragrant pistachio blend – they even have gluten-free cones! Then take a short stroll, ice cream in hand, to a place that is branded in Verona's literary history as the balcony that put

the city on the map. Stop by the bustling **Casa di Giulietta** (Juliet's House), pass through the echoey tunnel, littered with letters to Juliet's secretaries and shout down to your Romeo from the balcony.

BUON APPETITO

As your stomach begins to growl, take a meander along the Adige river. The river passes through the city and if you follow its path north you will find a small community with a plethora of delis, cafés and restaurants. **Osteria Ponte Pietra** is idyllic – be sure to book a table on the beautiful balcony which has panoramic views along the river. The traditional Italian food on the vegetarian menu is delicious and has a modern twist. We highly recommend the rich, melt-in-the-mouth ricotta bon bons with the earthy beetroot salad – delish!

Or, if you're looking for somewhere slightly closer to the centre of town, **Flora** serve an incredible buckwheat risotto with roasted pumpkin and decadent truffle. Their solely vegan and gluten-free kitchen creates delicious pizza and other traditional Italian delights. So, you're all set for a real treat whether you're stopping by for brunch, lunch or dinner.



What veggie hotspot would you like to visit? Tweet us which city you'd like to read about in the next issue @VeggieMagazine

TOP: Ponte Pietra and the Adige river
LEFT: Casa di Giulietta
BELOW: Arena di Verona



TRAVELLER'S TIP

Lake Garda and Venice are less than an hour train journey from Verona; so, it's a great base if you want to explore more of Italy.

GIVEAWAYS

This month we're giving away £1,800 worth of veggie treats from delicious meals to a fabulous shopping spree – good luck!

WIN A THREE-COURSE MEAL FOR TWO OR TERRE À TIPPLE TIER TEA FOR FOUR GUESTS AT TERRE À TERRE

Terre à Terre, Brighton's acclaimed vegetarian restaurant has been open for more than 23 years. Eating here will stimulate your mind as well as your taste buds and change the way you view vegetarian cuisine forever. This month, we've joined forces with them to offer one *Veggie* reader a three-course meal for two and a bottle of organic English sparkling wine; another reader could win a Terre à Tipple tiered afternoon tea with a glass of fizz or cocktail for four guests. **For more information, go to terreaterre.co.uk**



WORTH
£300



ENJOY ONE OF 20 BOXES OF TRUEDE TURKISH DELIGHT

Truede Turkish Delight is one of the world's oldest sweet treats, a delicacy which has been enjoyed for centuries and Vegetarian Society approved – plus, this month you could be in with the chance of winning one of 20 boxes! Made using an authentic recipe using all-natural ingredients, they're perfect for indulging in a sweet treat or two. The flavours include pomegranate, lavender, rose with rose petals and mixed nut with coconut. **To find out more, head to truede.com**

WIN A £250 SHOPPING SPREE AT THOUGHT

Considered, contemporary style is what Thought (formerly Braintree Clothing) do best. They craft timeless clothing from natural, sustainable yarns and hand-sketch their artisanal prints in-house, returning to nature for inspiration time and time again. This month, Thought are giving you the chance to win a £250 e-gift card; so, if the idea of using it to ready your spring wardrobe sounds irresistible, then we have just the prize for you! **For more information, visit wearethought.com**



BAG ONE OF SIX BAKING HAMPERS

This month, we've teamed up with Indigo Nutrition to offer six hampers filled with natural baking ingredients. Each hamper will include coconut flour, coconut sugar, virgin coconut oil, cacao powder, cacao butter, beetroot powder, banana powder, maple syrup, raw agave syrup and yacon syrup. **For more information, visit indigo-herbs.co.uk**



GET YOUR HANDS ON ONE OF FOUR TEN ACRE HAMPERS

This March, you could win one of four hampers jam-packed with Ten Acre crisps and popcorn. This unique range of hand-cooked crisps and premium popcorn come in a variety of delicious flavours. Not only are these snacks award-winning and great tasting, they are also, gluten-, dairy-, MSG- and GMO-free, as well as vegan, vegetarian, halal and kosher certified! **For more information, visit tenacrecrisps.co.uk**



WIN ONE OF 15 COPIES OF VEGGIE COMFORT FOOD

Love to cook? With more than 100 quick-to-make recipes, from buckwheat and avocado pancakes and spicy sweet potato and cannellini bean soup to courgette, fennel, potato and feta gratin, Josephine Ashby's *Veggie Comfort Food* is packed with recipes that you'll return to again and again. This month, we're giving you the chance to win one of 15 copies!



TO WIN ONE OF THESE PRIZES, VISIT VEGETARIANRECIPESMAG.COM/GIVEAWAYS

TERMS AND CONDITIONS

These prize draws are open to all UK mainland residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per person. The prizes detailed in each prize draw cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be via our online entry page. It cannot be exchanged for cash, or replaced if lost or damaged. Entries that do not abide by these terms and conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. CLOSING DATE: 22nd March 2017. Winners will be notified by 1st April 2017, a list of winners will be available in writing on request from Andrea Turner, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY.

THE WEEKEND PROJECT

Each year, the world celebrates International Day of Happiness on the 20th March. So, make the most of the weekend's slower pace and focus on what brings you joy...

Joy is more complex than simple happiness. It's that warm, fuzzy feeling you get when you hear your child's laughter, embrace a sweetheart or cuddle a puppy. It's that glorious sunrise shared with another. As joy is so akin to happiness, and contributes to it, it's well to consider ways you can increase and enhance joy in your own life. Look for the joy in the simple pleasures of life and then share them...

Enjoy the view

Walk, whenever possible. Get outside for a part of every day and take joy in the natural environment. Notice the change in the seasons: the first buds of spring, the full leaf of summer, the crisp mornings of autumn, the cosy nights of winter. On your computer, upload a screensaver of beautiful views of places you know, love, have enjoyed or want to visit.

Make plans

Half the fun and enjoyment of any activity lies in the planning and anticipation. Involve your friends to create and share memorable experiences. Do things that bring you joy to counterbalance those aspects of your life that you find more mundane. Play lovely music while you wash up, listen to an

audio book while you drive; do what you can to enhance your enjoyment of life.

Focus on what's good

"My experience is what I agree to attend to", said philosopher William James. If you decide to focus on what's good in your life, then that becomes your experience of life. By exerting a choice, you are effectively choosing to be happier. Make a conscious effort to see the positive, rather than the negative in life – and celebrate it.

Mix with happy people

Studies have found that happy people tend to be connected to

one another. This 'emotional contagion' is directly associated with a person's proximity to happy people.

JOMO

Sometimes we overextend ourselves for Fear of Missing Out (FOMO). Discover, instead, the Joy of Missing Out or JOMO – that delicious feeling that you've got time on your hands, an unexpected gap in your schedule with no demands, and the sheer pleasure of the prospect of doing what you want to do, whatever that might be, with joy.

Extracted from
I want to be Happy
by Harriet Griffey
(Hardie Grant,
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*TERMS AND CONDITIONS APPLY

LINES ARE OPEN MONDAY-FRIDAY 8AM-8PM, SATURDAY 9AM-1PM

Veggie

* RECOMMENDS *

Here you'll find an exciting selection of veggie products and recipes to try this month



NATURAL CLEANSER

The Konjac Sponge Company's 100% natural, vegan and cruelty-free sponges are laced with French clay and teas which are specifically suited to each skin type, including green tea which is packed with antioxidants. The plant fibre structure of the sponge provides gentle exfoliation, leaving you with a radiant complexion. Just add water, or team with your favourite cleanser, for the ultimate daily cleanse. **From £6.99, konjac sponge company.com**



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GOING GREEN

What you choose to eat makes a huge difference to the way you feel, but also has an impact on the environment. Ecotricity was founded in 1995 as the world's first green energy company, and now supplies around 200,000 customers. Their ultimate vision is to create a Green Britain by focusing on the three biggest sources of carbon emissions; energy, transport and food. **To switch, visit ecotricity.co.uk/veggie or call 08000 302 302 and quote VEGMAG1 to receive a free £40 vegan chocolate hamper.**



VEGAN DAY OUT

Head to beautiful Bournemouth this summer for Dorset's largest vegan fair. Held on the 17th and 18th June at the Bournemouth International Centre, the fair has over 90 stalls showcasing a range of vegan products and food. Visitors will also be able to enjoy expert talks, demonstrations and fill up on delicious food and drink from world food stalls. **For more information and tickets, visit bournemouthveganfair.co.uk**





VEGAN CRUISE

Britain's leading independent cruise line, Cruise & Maritime Voyages, is offering a special vegan cruise to the Norwegian Fjords. The cruise departs from London Tilbury on 25th September 2017 for seven nights with the opportunity to experience stunning scenery and the breathtaking fjords.

Prices start from £669pp,
cruiseandmaritime.com

RECIPE OF THE MONTH

Chocolate Chia Pudding

SERVES 1

1 tbsp Udo's Choice Ultimate Oil Blend
480ml raw almond milk
1 tbsp cacao powder
1 vanilla pod, seeds removed
2 tbsp chia seeds
1 tsp cacao nibs
handful raspberries
1 tsp edible rose petals (optional)
1 tsp coconut flakes (optional)
1 tsp bee pollen (optional)
1 banana

1 Blend together the Udo's Choice Ultimate Oil Blend, almond milk, cacao powder and vanilla seeds.
2 Put the chia seeds in a glass or bowl for serving. Cover with the almond milk and mix well.

3 Leave to set in fridge for 8-10 hours with the occasional stir to make sure that there are no congealed lumps of seeds. Once set, sprinkle with cacao nibs, raspberries and edible rose petals.

4 Serve with a ripe chopped banana, manuka honey, coconut flakes, bee pollen, and a final dusting of cacao powder.

For more information visit
udoschoice.co.uk



type it * write it * tweet it

JOIN THE VEGGIE COMMUNITY

star letter ★

"I've got to tell you how much I loved your New Year mindfulness article (*Blow Away the Cobwebs*, Jan 17 Issue). It inspired me to get myself outdoors more and embrace the elements. Since reading it, I've been on several long walks in the countryside; old railway lines, the woods and the beach to shake off the post-Christmas cobwebs. I studied mindfulness last year but your article reminded me to revisit it again. Oh, and by the way, I made the green apple and jalapeño hot sauce (Jan 17 Issue) and it's absolutely amazing!"

via email Kaori King, Norfolk

VEGGIE SNAPSHOT

Had an amazing meal this month?
Share your best snaps with us...



@laura_elfes via Instagram
"Finished exams, #parkrun PB, a visit to my favorite coffee shop for an #almondlatte and a shopping spree for my vegan rocky road using @veggiemagazine (Jan 2017)."

@SH_nutrition via Twitter "Other restaurants take note - the #vegan menu at @ZizziNottingham @WeAreZizzi gets the thumbs up"



@_rubygrace via Instagram
"Delicious afternoon treats at @root_gainsborough. Peanut butter and banana milkshake and matcha cocoa energy balls while reading @veggiemagazine"

Q How do you relax after a stressful day?

WE TOOK A
TWITTER POLL
TO FIND OUT

45% DELVE INTO A GOOD BOOK

26% SOME MEDITATIVE COOKING

17% ENJOY A PAMPER SESSION

12% RELAX INTO YOGA

GET IN TOUCH

Tell us what you think of Veggie (the good, the bad and the ugly!), send in your tips, pictures and queries to: yasmin.godfrey@aceville.co.uk

Or write to us at:

Veggie Magazine, 21-23
Phoenix Court, Hawkins Road
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See what other Veggie readers are talking about facebook.com/VeggieMagazine

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NEXT MONTH'S STAR LETTER PRIZE!

Demuths

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From your kitchen... Tweet or Instagram your pictures with the hashtag #VeggieReaderRecipe



@katyawillems via Instagram
"@Ottolenghi's aubergine and lemon risotto #VeggieReaderRecipe"



@flexielle via Instagram "Added grated apple, fresh ginger and cinnamon to my usual oatmeal! Such a great combo."



@cassie.macnamara "Best reason to sign up for a marathon? Carbs; 5 vegetable lasagne"

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Your Spring Recipes

Here you'll find all the recipes in this month's *Veggie*, but keep your eyes peeled for lots more foodie ideas, tips and advice throughout the magazine



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In next issue's

Veggie



WE CHAT
HONEST BEAUTY
WITH JESSICA
ALBA...



MARY BERRY'S
BEAUTIFUL BAKES!



THE MINDFUL
CHEFS TELL US
ABOUT THEIR DAY
IN FOOD



RECIPE SYMBOL GUIDE

EF Egg-free
V Vegan
DF Dairy-free
GF Gluten-free
T Time saving

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aceville

Published by: Aceville
Publications Ltd, 25 Phoenix
Court, Hawkins Road, Colchester,
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Food for thought

We're getting in the mood for March by filling up our bellies at the latest veggie hot spots, and filling up our hearts with some candlelit yoga...

The things we've learned this month

1



March is the month that we begin to see the first signs of spring and to celebrate we headed down to the newly opened The Gate restaurant in Marylebone, London. The vegetarian eatery is nestled on Seymour Place (right opposite Deliciously Ella's MaE Deli) and the cosy but classy interior is a welcome retreat from the hustle and bustle outside (Marble Arch is just a stone's throw away). We tucked in to the sweetcorn and coriander fritters, chunky herb polenta chips and a miso glazed aubergine.

4



We've been checking out one of London's most prominent chefs (and previous Veggie columnist) Theo Randall as he launched an Italian vegan set menu at his restaurant within the InterContinental, Park Lane. Expect vegan antipasti, pasta and risotto with highlights including a San Marzano tomatoes and basil brushetta and a silky, bitter cavolo nero linguine. Buon appetito!

2

We've been channeling our inner Tara Stiles at Bhuti's candlelit Breathe & Flow yoga class. The Richmond-based eco wellness centre might be London's best kept secret, with an inspiring studio design and in-house therapists offering holistic beauty and alternative therapies. Check out the organic vegan kitchen, too! bhuti.co

5



The Veggie team do our best to nourish our bodies and minds with good food, mindful activities and maybe even making a homemade remedy or beauty potion (see page 54), but sometimes we need a helping hand to relax and revive. That's why we were thrilled when an Ohros Sandalwood and Musk soy candle landed on our desks – candlelit meditation, anyone? This divine hand-poured candle smells like fresh, clean bedding – perfect for lighting once you've had a clear out this March.

3

In our kitchen...



Inspired by our spiralized recipes this issue, we've been creating colourful low-carb bowls of goodness. This butternut squash and broccoli tangled mess, with lemon and chilli dressing, was a big hit!



Here at Veggie, we're big on taste, low on waste, so a quick and easy meal that saves you money is a winner with us. We're using up what we've got in our kitchen cupboards; sweetcorn fritters, topped with a fried egg and some steamed leafy greens.



This month, we've been turning up the heat in the kitchen with this veggie vindaloo. Packed with cauliflower, chickpeas, garlic, tomatoes and plenty of chilli, it's perfect for clearing the office cold.



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