



GOING VEGAN

THE ULTIMATE GUIDE TO THE VEGAN LIFESTYLE
350 EASY AND DELICIOUS RECIPES

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Going Vegan

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CHAPTER 1 – INTRODUCTION TO VEGANISM

As the famous author and philosopher of animal rights, Gary .L. Francione says “Veganism is not about giving anything up or losing anything; it is about gaining the piece within yourself that comes from embracing nonviolence and refusing participate in the exploitation of the vulnerable.

What is Veganism?

Veganism is a *way of living which abstains from the usage of [animal and animal products](#)*, through all ways known to man, so as to avoid the exploitation of animals for food, clothing or for any other purpose. It believes in the philosophy which rejects the '[commodity status](#)' that is given to **animals**. A person who follows this philosophy in all aspects of their life is known as a **vegan**.

According to the Vegan Society of England, Veganism is defined as "***As a way of living, which excludes all forms of exploitation of, and cruelty to, the animal kingdom and includes a reverence for life***". This in other words means that vegans try to exclude and abstain from all kinds of exploitation and cruelty to animals without considering any beneficial end result for them or for the perceived value to the society. In simple terms, it means that they detest the use of animal and animal products not only in diet but also in those activities like testing of drugs which are perceived to benefit human health.

One of the main characteristic that attracts people to the whole concept of veganism is their doctrine. The term **vegan** was coined by [Donald Watson](#) in the year 1944. The term came about when the [Vegan Society](#) was formed in England. It first meant to mean "non-dairy vegetarian" and later included to refer to the doctrine "***that man should live without exploiting animals***". The doctrine is explained in simple words, so that all those who join it, clearly understands what they are supporting or advocating for. It means that veganism is a principle on its own. It is not a set of practices but rather a principle from which numerous activities comes out naturally. It is concerned with only one aspect and that it is the ***right relationship between human beings and animals***. Human beings for a very long time have been made to believe that it is their moral right to use animals for their use or purpose. For some, it means using the animal or animal products; provided we reduce the suffering to the minimal level that they can endure. **But then veganism follows the principle of '[ahimsa](#)', which means *dynamic harmlessness***. It means that not only should we avoid or omit animal products from our lives as much as possible, but also have to make sure that we are obliged to do the most good in this world while being compelled to do the least harm for all living beings. Veganism is the path to compassionate living and peaceful world.

They are numerous ways by which a vegan person can make changes in the world, however small they may be. The only factor that constricts them would be their creativity. With their creativity, they would be able to find numerous ways to reduce the suffering of animals on some aspect. There is no one particular method that is suitable for everyone. Based on their strengths and creativity thinking, they would be able to make some small difference. The main one would be live and lead their life as vegan, which involves a vegan diet. A ***dietary vegan*** eschews or desists from consuming all animal products in diet while an ***ethical vegan*** is often referred to those who not only pursue vegan diet, but also make sure to apply the vegan philosophy into all other aspects of their lives while opposing the use of animals or animal products for any purpose. This is also referred to as [environmental veganism](#) since it means the avoidance of animal products on the ground that industrial farming of animals causes catastrophes for environment while being [unsustainable](#) for the human race as whole in the long run. By avoiding the animal products, they are trying to make the world a better place by doing what they believe they can do to in the most compassionate and loving manner while trying not to be judgemental of others who do not believe in this theory. They are always on the search for options which will protect and improve the life of all living beings on earth while trying to be responsible regarding the usage of natural resources, so that they are able to inspire peace and harmony.

They are a number of myths and wrong information that are circulating around the concept of veganism and especially with regard to vegan diet. The truth is ***if you love tasty and nutritious food; then there is nothing in the vegan diet that***

is not to love in this healthy diet! The possibilities of exciting, new, vibrant scrumptious foods that you can devour while remaining truthful to environment are indeed endless when you transit to veganism. But then people in general, seem to believe or assume that the opposite is true. They tend to believe that they will be constricted in their diet to a few options which will soon become boring and uninteresting. Behold, the truth is that you would be opened up to a whole new world which have lots and tons of new options and ingredients and recipes that opens up culinary delights which you wouldn't ever experience in your previous diet. The options are unlimited since you are on a much more exploratory mode, celebrating new tasty experiments which will free you from your earlier boring reigns. The diverse combinations of healthy plant ingredients ensure that it remain interesting while being compassionate to the environment, to animals and to your health. Irrespective of what had been your favourite food earlier, whether it is cake or pizza or pastries or curries, don't worry, there are vegan versions for all these, so that you still get to enjoy all that in a much healthier way. So here we come out with this guide to let you discard and displace all those wrong assumptions that you had with vegan diet and lifestyle while kindly pointing out the positive beneficial effects it will have on you physically and mentally while being environment friendly.

The products which vegans generally abstains includes meat, poultry, eggs, seafood, dairy products like milk, cheese and egg, honey and beeswax, fur, silk, leather, duck feather, wool and goose down. They are numerous other animal by-products which are less known such as [bone char](#), [bone china](#), [carmine](#), [casein](#), [cochineal](#) etc. all which involves some kind of cruelty towards animals and which are found in processed foods in small quantity. You would indeed be surprised at the number of products which comes under these categories. It points to the fact how animals are being used in a number of products that otherwise escape our attention and how much it has been ingrained to our system to use these animal by-products. In most of the cases, ethical vegans shall not use these products and also those items which have been tested on animals. It has been found that lot of vegans also avoid certain vaccines. For example, certain kind of vaccines, like the flu vaccines as the production of flu vaccines involves the use of chicken eggs.

Veganism has a vision and goal for the future; a future in which all living beings has equal rights to live without being exploited and harmed. In the present age, it is indeed impossible to avoid all kinds of animal and animal by-products since they are have been widely used in most of the products that we use in our daily life some way or other. Animal by-product is used in cars, construction, glues, inks etc. and what not. But then, in spite of all these, they are still many areas where it is indeed possible to take a stand to avoid animal products especially with regard to our diets, clothing and entertainment. *Those who take to veganism do not believe that they are making sacrifices, but they rather believe that they are taking a conscious decision not to participate in those activities which involves animal exploitation.* They believe voluntarily that they do not want to violate the rights of other living beings especially animals.

SUB GROUPS

Within veganism, there are many subgroups. As described above, there are *dietary vegans* and *ethical vegans*. Within the dietary vegans, there are many more groups branching out. There are *pescatarians*, *flexitarian*, *lacto – ovo - vegetarians*, *raw vegans* etc. Pescatarians are those who avoid all meat products excluding fish. People adopt this diet either due to health reasons or as a stepping stone while trying to transit to veganism. Flexitarians or semi vegetarians are those who try to mostly follow vegetarian diet but take meat and dairy products once in a while. Then there is lacto- ovo – vegetarians, who avoid all animal products but eat dairy and egg. When we say a certain group of people are vegetarians, most of the time they belong to this category. Lacto vegetarians are those who don't take egg, but consume dairy products and ovo vegetarians are those who don't consume dairy products, but eat eggs. These words come from the Latin words *Lacto* and *Ovo* which means milk and egg respectively. Raw vegans are those who only consume unprocessed vegan products or those products which are not cooked above 115 degree F as they believe that foods heated above this temperature lose all their nutrient value and are harmful to body.

The interest in veganism spread in leaps and bounds only by 2000's and as a result of which vegan food has been increasingly seen in supermarkets and restaurants. By 2011, it was considered as a mainstream diet rather than as a marginal diet as it was considered earlier. With greater information, varied foods and better appreciation of the health benefits that comes from following plant diet, it has become much more easier to follow vegan diet as the world has become more vegan friendly.

CHAPTER 2 - REASONS TO CHOOSE VEGANISM

People choose vegan lifestyles for a variety of reasons. The main reason why people tend to choose this lifestyle is due to the compassion that they feel towards animals. Most of them feel bad for the animals as they find factory farming, cruel and inhuman. Then there are those who find environmental destruction caused by animal farming as the trigger. And for others, they consider a vegan diet as a healthy diet that can bring about a lot of benefits for them. Vegans, in general, believe that in time, this lifestyle; in turn will help the mankind to avoid indiscriminate suffering of the animals.

1) **For animals** – As mentioned above, prevention of animal exploitation is one of the main reasons that make people gravitate towards veganism. So if you believe that animals also have the right to freedom and live, then this lifestyle can be the best option to show the world where you stand with regard to the cruelty that is being shown to the animals. *The suffering that the animals suffer in the dairy and egg industry is pitiable.* About ten billion animals are been slaughtered each year for human consumption. Most of the factory farmed chickens and cows are made to suffer indiscriminately. The chickens are made to live in cramped and dirty cages without a bit of space to move or stretch and in most cases they are crowded with more of them than what the cage can support. Apart from these inhumane situations, they are mutilated without any painkillers and are denied any veterinary services when they get ill. Most animals are also fed a diet which is tainted with a lot of pesticides and antibiotics and which in turn make them grow and become plump unnaturally. This causes a lot of health problems for the chicken. Many people who do not prefer factory farmed prefer for the free range ones. But then the case is not much different there also. According to the law, the free ranging chickens should have an access to outdoor area. But then they do not specify the time period they need to be out or the area of these outdoor spaces. So the condition of these chickens doesn't seem to change there also. The conditions of dairy cows are also as sad as the above. Male calves as well as cows whose milk production have decreased which therefore are of no use to the farms are killed prematurely, though they can live for more than a decade in the normal situations. The worst part is that farmed animals are not protected from cruelty under the law. In fact, the majority of states have anticruelty laws for all animals except the farm animals from basic humane protection.

2) **For your health** – The benefits that accrue to you when you follow a vegan diet is numerous. Apart from helping us to prevent degenerative diseases, it helps to make your skin looking younger while having increased energy. *Vegan diets that are taken with proper planning are found to be high in protein, iron, calcium and other essential vitamins and minerals. Furthermore, plant based sources are low in saturated fat while being high in fibre and anti-oxidants and which in turn help you lead a lifestyle which is not affected by obesity, cardiovascular diseases, diabetes and cancer most of the time.* If a closer look is taken, it will be evident that a vegan diet would be more healthful when compared to the average American diet. This is especially true when there is a need to prevent or stall heart diseases and cancer. Vegan diets are one of the most effective ways by which coronary artery diseases can be avoided to a great extent. According to a Joel Fuhrman, who is the author of “Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss”; the rate of mortality with respect to cardiovascular diseases are lower for vegetarians when

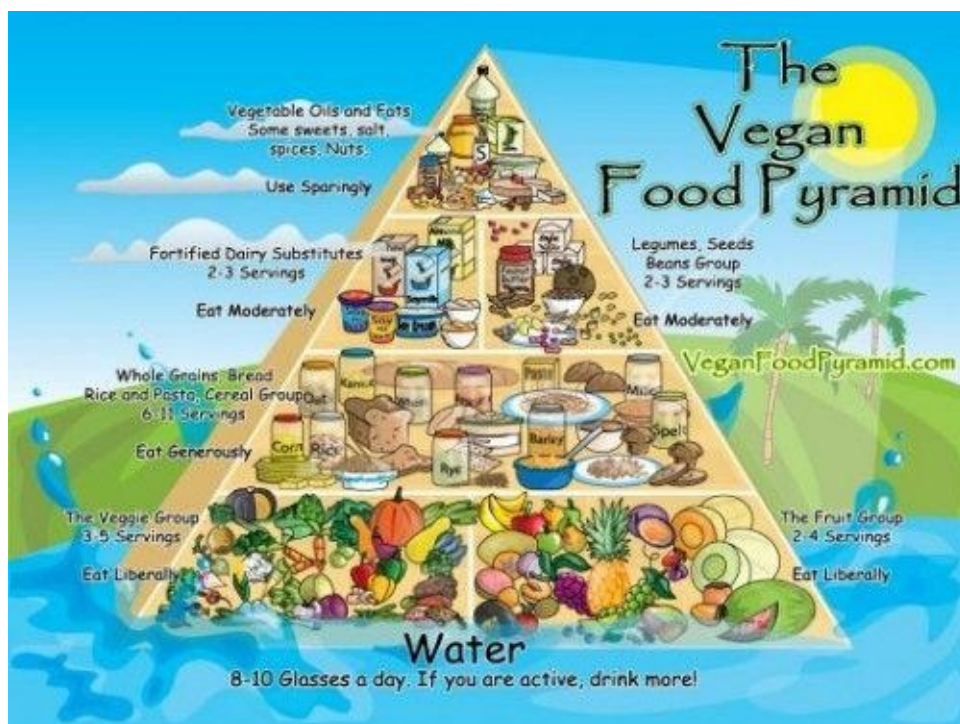
compared to non-vegetarians. This is because vegan diet does not contain any animal fat or cholesterol and instead consists more of fibre and anti-oxidants.

3) **For the environment**—Even though we all are looking out for more ways to lead a greener life, most of the time we don't realize that one of the most effective ways to reduce carbon footprint is by avoiding animal products. When we eat meat and dairy products, a great burden is being placed on environment. The food that needs to be produced for animal feed is one of the major reasons that lead to deforestation and habitat loss. The amount of land that is required for animal feed and support livestock is increasing day by day. In fact, only one third of the land is needed for plant diet when compared to that of a diet that is needed for animal and dairy diet. This land conversion leads to deforestation and soil degradation. By being a vegan, you are also lending yourself to a more noble cause. Growing plants is much more effective than growing plants for the animals as they require more space. It reduces the toll on the environment. It has been noted that at least 70 percent of all grain produced in the United States is been used for feeding the animals that are used for slaughter. According to David Pimentel, professor of Ecology at Cornell University, "If all the grain currently fed to livestock were consumed directly by people, the number of people who could be fed would be nearly 800 million. And if the grain was to be exported, it will boost the US trade balance by \$80 billion a year". The amount of water that is used for this purpose account for 8 percent of the global water supply. Apart from all these, *animal waste also creates waste and pollution*. In the scenario of rising water insecurity and global food scarcity, a change to vegan diet is one of the most sustainable one since only lower amount of crops and water are needed and on top it is easy and enjoyable one to practice. On top, it also affects the global food supply since grain is fed to animals that were originally meant for people. So the amount of food that would otherwise be available to people in underdeveloped nations are being changed course and being provided to get food from animals. Many people will go hungry due to this reason. *The same food they could be eating is given to animals raised for slaughter and therefore it creates an imbalance in this world*. By being vegan, you will be able to ensure that you have no role in the participation of this exploitation and imbalance.

4) **Because of pollution** - The devastation that is caused by meat industry on the environment is quite enormous. As per the US Environmental Protection Agency (EPA), chemical and animal waste runoff from factory farms has resulted in 173,000 miles of polluted rivers and streams. *The greatest threat to water quality indeed comes from the runoff from farmlands*. Other agricultural activities that can result in pollution are confined animal facilities, pesticide spraying and fertilizing.

CHAPTER 3 - VEGAN PYRAMID

The *vegan food pyramid* is a useful tool that can help us to steer forward in the right direction once we have adopted a vegan lifestyle. *It helps us in understanding what a healthy and well balanced vegan diet should like.* This is especially true during the beginning time, since the information we have with regard to this diet is limited. ***The pyramid provides information regarding what all food you need to take for proper nutrition,*** as there is otherwise a possibility of not understanding what all foods you need to take in adequate amount and which may make you guess what all you need. For example, even after having food one after another and you are still hungry, it means that you are not getting essential nutrients. In all these situations, the pyramid can be the best guide. Though the vegan food pyramid and the normal pyramid might look all the same, it can be seen that *all the animal based ingredients are shown the exit door and the plant ones are welcomed heartily and wholly into this.* Each of the levels shows the optimal serving of that food which needs to be consumed. Adopt the pyramid and tweak them based on your needs, stature, energy requirements etc. rather than strictly following it. The best feature about this pyramid is the fact that none of these products have any cholesterol in them.



(This picture of the vegan pyramid can be credited to the site veganfoodpyramid.com)

While adopting this pyramid, note the fact that this pyramid doesn't necessarily show the daily recommendation but rather what you should take during a 48 hour period time. This means that if you are not able to keep with the requirements one day, you can make sure to catch it up within the next few days so as to even it out. Try to use this pyramid as a general guide rather than trying to blind follow it which might always not be possible each and every day. Try to perfect a balance between all the food groups so that your diet is balanced. On top, most of the food groups in this pyramid fall into more than one group. For example, the beans falls not only under the beans group but also under the fortified soymilk group since they are all calcium enriched. Finally, the serving sizes are also much smaller in this case. Therefore it is quite easy to meet the suggested serving.

CHAPTER 4 – VEGAN DIET

So now, let us tackle the concept of what it means when we say **healthy vegan diet**. In simple terms, **it would include a diet which constitutes lots of fruits, vegetables, whole grains, and nuts along with plenitude of green leafy vegetables**. There is an indeed lot of misinformation that is circulating around vegan diets. The first being that the *diet is expensive* when compared to the non-vegan diet. But then it is not; *it is only reasonably priced*. Vegan diets, are first and foremost, concerned only with the usage of fresh ingredients which are cheap and easily available. With regard to the other ingredients or products, most of them are now available in the health care areas of supermarkets or in most of the healthcare stores at reasonable prices. What more, most of these ingredients are available in online stores and if bought in bulk, they can be purchased more cheaply than from the health stores. The second misconception with regard to vegan diets is that there is a higher possibility of *nutritional deficiencies especially with regard to proteins, Vitamin B12, calcium etc. for the vegans*. This is also totally wrong and *is based on wrong assumptions*. In order to understand more about this, we need to know in detail what all constitutes as vegan diet and the nutrients that they are able to provide.

A balanced vegan diet mainly consists of four main groups a) legumes, seeds and nut 2) grains 3) vegetables and 4) fruits.

- a) **Legumes, nuts and seed** – Beans, soy products, seeds, split peas, and lentils all fall under this category. Most of these are nutrient dense and are jam packed with fibre, proteins, essential fatty acids, anti-oxidants and minerals. They are rich mainly in proteins and iron and are very much essential for healthy immune system. An optimal serving would include 4 serving of these. An example of 1 serving would be ½ cup of cooked beans or 1 cup of soy milk. Or you could even take a handful of nuts as snack during midday.

- b) **Whole Grains** – Whole grains are always more preferable than the refined ones since the process of refining discard most of the healthy nutrients from it. They are a good source of vitamins, proteins, anti-oxidants etc. Moreover, intact whole grains like millet, quinoa is more preferable than the wheat flour because of their nutritional content. The optimal serving of these changes from person to person based on their nutritional and energy requirements. An example of sample serving would be 1 slice of whole wheat bread.

- c) **Vegetables** - When consuming vegetables, always make sure to eat a wide selection of colourful vegetables in your diet. Go for the rainbow style, since it would ensure that you are taking all the vibrant and colourful vegetables. The vegetables get the colours due to the presence of the healthy phytonutrients that are very much essential for human body. For example, ½ cup of cooked vegetable can be considered as 1 serving of this food group.

- d) **Fruits** – Most of the fruits are laden with anti-oxidants, fibre and potassium. Some of the best ones are apples, blueberries, orange and blackberries. The best and easy way to meet your daily requirements would be to take smoothies for breakfast.

- e) **Fats** – Though they are not needed for optimal health, a small amount of fat in the form of concentrated oil and oil spread would be good for the vegan diet. But then make sure that they are minimally processed and minimally consumed.

There have been a number of studies which points out the benefits of following vegan diet. A number of scientific studies have also pointed out that **plant based diets are very much effective in controlling or reducing the risk of degenerative diseases like diabetes, dementia, artery diseases etc.** In a study undertaken in 2009, it was found that the vegan diets tend to contain high levels of dietary fibre, folic acid, magnesium, vitamin C, iron, vitamin E and phytochemicals while being lower in calories, cholesterol, saturated fat, long-chain omega-3 fatty acids, calcium, vitamin D, zinc and vitamin B12. *It is seen that vegans have lower blood pressure and lower serum cholesterol while being protected against certain kinds of cancers due to the increased intake of fruits and vegetables*. Since vegan diets usually consist of more whole vegetables and fruits, it is also rich in anti-oxidants. By choosing vegan diet, the followers seems to have a greater sense of self control and commitment and therefore are found to be more in control with regard

to what they take. This reduces in helping to control impulsive eating behaviours. It was also found that the **diet** provides protection against certain degenerative conditions like cardiovascular diseases while being suitable during all stages of life-cycle stages and this was according to the American Dietetic Association, the Australian National Health and Medical Research Council, and Dieticians of Canada.

The following paragraphs explain the benefits of following the vegan diet in the words of a famous of Vegan philosopher Dr. T Colin Campbell. He is the author of about 300 research papers on this topic and is also the author of 2 books. The first book he came out was “The China Study” which he had co- authored with son in the year 2005 and the second one is “Whole” which was released in the year 2013. The book China study is indeed a literary piece that caught the attention of large section people towards this topic. He is well known for advocating the benefits of following a low fat whole food vegan diet.

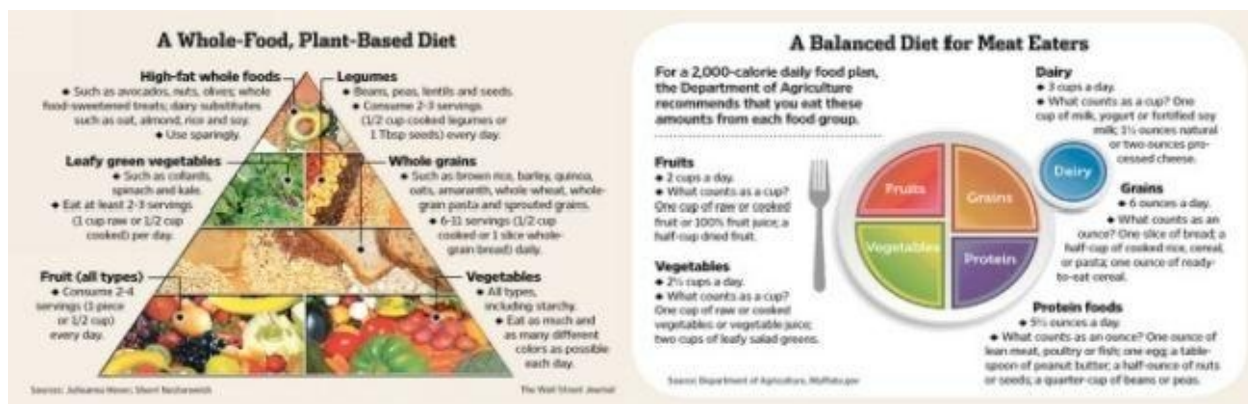
According to the author, when he started the experimental research program, regarding the effects of nutrition on cancer and other diseases, he had started his study with the assumption that it was essential to eat plenitude of meat, milk and eggs in order to obtain optimal health. But as the studies progressed, the evidences proved otherwise and it became necessary for him to question these cherished beliefs and practices.

According to the findings of this study, the building blocks for a healthy body pointed to whole, plant based foods which have no or little added oil, sugar and salt instead of meat and milk which was earlier given the top role. The findings of the author’s co study were published in almost all the top peer-reviewed journals.

Wondering what all was the evidence that led to the above findings? According to the studies based on human population, it became known that the prevalence rates of heart disease and certain types of cancers had a strong correlation with animal-protein-based diets. Though animal-based protein isn’t the only main cause of these diseases, it does have or play a significant role in enhancing the chances. This is said because of the simultaneous effects of that these multiple nutrients that are found in diets which are high in meat and dairy products while being low in plant-based foods caused.

According to the study, casein is one of the most “relevant” chemical carcinogens that have been ever identified. In the author’s lab, from the 1960s to the 1990s, they had conducted a series of studies. The finding of these studies were published in dozens of peer-reviewed papers and it points and demonstrates casein’s remarkable ability to enhance cancer growth in test animals when they are being consumed in excess of protein needs, which is about 10% of total calories, as recommended by the National Research Council of the National Academy of Sciences more than 70 years ago. About 70 years before, there had been a study which showed that casein; the main protein that is found in cow’s milk was responsible for substantially increasing the chances of cholesterol and early heart disease in experimental animal studies. And later on the same result, showed even in human studies.

The opponents may point out that the diet including meat and dairy products is the most efficient way of giving the body the nutrients while maintaining sufficient amount of calories. But then the best part according to **Prof. Campbell** is that “**plant-based foods is that they have plenty of protein and calcium along with far greater amounts of countless other essential nutrients such as antioxidants and complex carbohydrates which is more than what meat and dairy products can provide**”.



A higher-protein diet which consists of animal-based foods raises the risks or chances of cancer, cardiovascular diseases and many similar ailments as they can also be caused by excess of protein and other unbalanced nutrients as well in the diet. The dairy industry for a very long time have promoted and still promotes the myth that milk and milk products helps to increase bone health, but then the opposite is true. A number of evidences are there to show that higher consumption of dairy is related to higher rates of bone fracture and osteoporosis, according to Yale and Harvard

University research groups.

PAIN RELIEF

One of the best ways by which we are able to understand or get evidence with regard to the effects of meat and dairy foods comes when we stop eating them. A huge multitude of individuals get rid of their pain like that of arthritic, migraine, cardiac when they avoid or stop dairy food. Moreover, transitioning to a whole-food, plant-based diet with little or no added salt, sugar and fat, have numerous and astounding health benefits. This whole plant based dietary lifestyle can prevent and even reverse 70% to 80% of existing, symptomatic disease along with savings in health-care costs for those who comply.

<http://online.wsj.com/news/articles/SB10000872396390444184704577587174077811182>

CHAPTER 5 – NUTRIENT INFORMATION WITH REGARD TO VEGAN DIET

Now let us try to *understand more about the vegan diet* by examining closely what it offers with *regard to nutrients* it provides. By sticking to a vegan diet, you can reap a number of health benefits as well as prevent a number of diseases that is plaguing the present generation.

- 1. Proteins** - It is indeed easy to meet the protein requirements in the vegan diet as long as the calorie requirements are met. Proteins are needed for *healthy muscles* and also for strong *immune system*. Most of the ingredients or products that are used in vegan diet can easily provide proteins. It has been found from a British study that vegan diets are found to lower heart diseases as well Type 2 Diabetics. A sample of 1 serving of protein would include 1 banana or 1 ounce nuts or 1 ½ cup cooked beans.
- 2. Fat** – Vegan diets are very *low in saturated fat and free of cholesterol* under most circumstances and it is due to this reason that they helps to *prevent cardio vascular* and other chronic diseases. Be careful while using high fat foods like oils, margarine, seed butters etc. and limit their consumption to minimal level.
- 3. Calcium** – It is seen to be found in average amount in vegan diet. Some of the best vegan plant sources are *dark leafy vegetables, figs, beans and soy milk*. They are found in varying amount in most of the plant proteins. The best way to consume calcium would be to *get it from several calcium rich foods of each food group*. 1 serving of it would include 1 cup of cooked leafy green vegetable like spinach or kale etc. or 1 cup of soy yoghurt.
- 4. Iron** – Iron is essential for the body as it undertakes an important role of *carrying oxygen from the heart to other parts of the body* along with other functions. Most of the vegan diets are found to be rich in iron since plants are good source of this nutrient. It is *seen in beans, lentils, spinach* etc. For example, if you take ½ cup of cooked Amaranth, it is a good way to reach the daily recommendation of this nutrient. One point important point that needs to be take care is that iron absorption decreases when calcium supplements or beverages like coffee and tea are taken along with it. The best way therefore would be to take it along with foods rich in vitamin C like bell pepper etc.
- 5. Vitamin B 12** - Vitamin B 12 is much needed nutrient since it performs a number of important functions. They play an *important role in red blood cell formation* and also undertake a number of *neurological functions*. It is formed by bacteria that are found in nature. Plants contain low levels of this vitamin and therefore cannot be considered as a good source. Since *uncontaminated plant foods do not contain adequate vitamin B12*, [researchers have agreed](#) on the point that *vegans should make it a point to consume B12-fortified foods or adequate supplement* to meet this criterion. Most of these supplements are easily available in most of the supermarkets and are cheap. If you do not prefer to take supplements, then make sure to include *3 servings of calcium fortified foods*. Some examples of fortified foods would be non-dairy milk or breakfast cereals or bars etc.
- 6. Vitamin D** – Vitamin D is manufactured by our skin from ultra violet rays of sun. It is important to ensure adequate amount of this vitamin, since it is *important for bone health and also for immune functions*. Both vegan and non- vegans can suffer from Vitamin D deficiency, unless you get adequate amount of this vitamin from the sun. For a *light skin coloured person, need to get 15 minutes of sunlight* and for a *dark coloured person*, it would be *around 30 minutes*. If not, it is always better to take supplement or fortified foods. Most of the non- dairy milk are fortified with this vitamin. Supplements come in the form of Vegan D2 which is usually made form nutritional

yeast or from synthetics.

7. **Omega 3 Fatty Acids** – A proper intake of essential fats is required *for proper brain development and also for heart health*. It is necessary to consume at least 2 to 4 grams of Alpha Linoleic Acid, which is an omega 3 fatty acid. It is easy to meet this criterion since it is found in many plants sources, like *flax seeds, walnuts and green leafy vegetables*.
8. **Saturated Fats** – Vegan diets are low in saturated fats. It is seen that proportion of saturated fat taken inside decreases with the reduced quantities of dairy products and meats. As a result of it, the chances of cardiovascular diseases decrease when you follow this diet and therefore you get a better chance to improve your health.
9. **Fibre** - A healthy vegan diet is found to be high in fibre which in turn helps in *healthier bowel movements*. Along with it, a diet higher in fibre also helps *to prevent colon cancer*.
10. **Magnesium** – A diet which is rich in nuts, dark leafy green vegetables is a good source of magnesium. Through *increases intake of magnesium*, it becomes *easier to absorb calcium* from the foods taken.
11. **Zinc** – Vegan diets are found to be rich in zinc.

CHAPTER 6 - BENEFITS OF VEGAN DIET

It has also been found that a healthy vegan diet can be a good way to prevent a number of diseases. Some of the diseases that can be prevented to a good extent by vegan diets are:

1. **Cardiovascular and heart diseases** - According to a scientific study, it was seen that vegans have lower total and LDL cholesterol and also lower blood pressure when compared to vegetarians and non-vegetarians. The study also pointed out that vegetarians had lower plasma lipids when compared to omnivores with vegans enjoying the lowest level. In fact, the plasma total and LDL cholesterol was 32% and 44% lower for the vegans.

As vegan diets consist of more fruits and vegetables, they tend to **be rich in fibre, antioxidants, and phytochemicals**; and all this in turn are usually associated with **lower blood cholesterol concentrations** and lower risk of stroke along with lesser chance of mortality from cardiovascular diseases. Furthermore, vegan diets are also rich in nuts, soy and whole grains, while completely discarding dairy and meat products. This is also seen to significantly improve their cardiovascular health.

2. **Cancer** - Vegetarian diets especially **vegan diet** have a number of factors or characteristics that make **them cancer protective**. One of the major factors is that vegans have **a mean BMI** index that is lower than the non-vegetarians and this in turn may be an important protective factor that helps to reduce cancer risk among them.

There are numerous reasons why vegans have a higher chance of being protected from cancer. Legumes, whole fruits, tomatoes, vegetables and allium vegetables are all found to be protective against cancer and it is the consumption of these vegetables and nutrients that help the vegans to be protected against cancer. For example, fruits and vegetables are seen to lower the risk of lungs, mouth and oesophagus cancer while legumes provide protection against stomach and prostate cancer.

It has to be noted that **fruits and vegetables contains a mixture of several kinds of phytochemicals, all which have antioxidant and anti-proliferative features that interferes with several cellular processes involved in the progression of cancer**. Apart from the bioavailability of phytochemicals, the method of food preparation is also an important factor.

The third factor is related to the sources of protein that is consumed and avoided by the vegans. A number of scientific studies have shown the correlation between the higher intake of red meat and processed meat products to higher chance of colorectal cancer. On the other hand, the higher consumption of legumes is associated with lower chances of getting colon and prostate cancer. In the western society particularly, the consumption of soy and tofu products by vegans, particularly women during their childhood and adolescence have been associated with lesser chance of breast cancer.

The following examples show how vegan diets have helped to control or protect with respect to certain types of cancer.

- **Prostate cancer** - Based on a [major study](#), it was found that men who are suffering from the beginning stages of prostate cancer and who had shifted to a vegan diet was able to slow the growth of the cancer and in certain cases reverse the growth of this

type of cancer.

- **Colon cancer** – Most of the vegan diets includes lots of whole grains while being heavy in fresh fruits and vegetables. All these in turn lead to lower chances of colon cancer.
 - **Breast cancer** – According to studies it was found that the countries where women had little meat and animal products in their diet have a much [reduced rate of breast cancer](#) when compared to that of the women in countries where the consumption was high.
3. **Cholesterol** – The chances of getting cholesterol related diseases gets limited to a very good extent when we are following vegan diet since we are avoiding all products that come from animals. ***When we avoid animal products, we are able to remove all dietary cholesterol from our diet.*** An important point that needs to be stressed at this point is that, we should also be able to limit other saturated fat from our vegan diet or use them in moderation so as to keep this disease at bay.
 4. **Blood pressure** – Most of the vegan diet emphasize on the use of whole grains, fruits, vegetables and soy and all this in turn is [beneficial](#) to your health in many ways mainly with regard to lowering high blood pressure. A number of clinical trials have pointed out that vegan diets can help to *lower blood pressure* for both normotensive and hypertensive individuals.
 5. **Diabetics particularly Type 2** - Vegan diet is a good one to follow if you are having type 2 diabetics and particularly if you are concerned about controlling it. According to a study undertaken by Seventh day Adventists, it was found out those people who follow vegan or vegetarian diets have a lower chance of acquiring diabetics when compared to non-vegetarians even after taking into account the mean BMI. While following this diet, it would be better to avoid sugar high vegetables especially for those who are suffering from this disease.
 6. **Macular degeneration** – All the diseases that are related to age macular degeneration can be lowered to a low or reduced level if we are able to take a diet which includes lots of fresh fruits and vegetables. For example, a diet with lot of leafy greens, carrots, pumpkin, and sweet potatoes can reduce macular degeneration ailments.
 7. **Cataracts** – *Vegan diets can prevent cataract as vegan's intake of the fruits and vegetables is high. On top, as this diet is high in antioxidants, it helps further to prevent this disease.*
 8. **Arthritis** – A number of scientific studies have pointed that *avoiding dairy products helps to alleviate symptoms of arthritis.* Furthermore, a new study has even pointed out that a combination of gluten-free and vegan diet would be very much helpful in aiding those who are suffering from rheumatoid arthritis.
 9. **Osteoporosis** – We all know that health of the bones depends on adequate amount of *protein, calcium, sodium and potassium.* *By taking recourse to a healthy vegan diet, all these nutrients can be ensured in adequate amount thereby reducing the chance for osteoporosis.* When the amount of calcium in the bloodstream is low, the body will extract it from existing bones. As a result of this metabolic activity, skeletons

tend to become porous and will lose strength over a period of time. So in order to avoid this situation, doctors and healthcare professionals advise to raise the level of calcium in the way nature planned; that is through foods. Foods are also able to provide other nutrients such as phosphorus, magnesium and vitamin D that are necessary for the body to absorb and use calcium. Some of the best sources that vegans depend in order to get a healthful dose of calcium are dry beans, tofu, and soymilk along with dark green vegetables like broccoli, kale, collards and turnip greens.

10. **Constipation** – When you take in plenty of vegetables, it essentially means that we are *taking in more fibre, which helps to discard all the waste from the body*. Meat, on the other hand means no fibre. People who usually take more from the lower level on the food chain have lower chances of constipation, haemorrhoids and diverticulitis.
11. **PMS** – A number of cases have come up where it has been seen that Pre Menstrual symptoms have got reduced or less intense and in some cases, even disappear altogether as a result of following this diet. *By avoiding dairy, people suffering from PMS would be able to ease the symptoms of menopause. A number of vegan foods contain nutrients that are very much suitable to ease this condition and therefore the diet is very much beneficial and good for premenopausal and menopausal women.*

They are certain types of foods which are rich in phytoestrogens, the plant-based chemical compounds that have more or less the same behaviour or characteristics of Estrogen. As phytoestrogens can raise and lower Estrogen and progesterone levels, if we are able to keep a balance by taking them in the diet, we will be able to ensure a more comfortable pass through while having menopause. One the most abundant and common natural source of phytoestrogens is soy, but then the nutrients also can be found in hundreds of other foods such as apples, beets, cherries, dates, garlic, olives, plums, raspberries, squash and yams. As menopause is also synonymous with weight gain and a slowed metabolism, having a low-fat, high-fibre vegetarian diet will also help to shed off the extra pounds.

12. **Migraine** – There has been a number of studies which prove that there is connection between the food taken and migraine problems. A lot of people, who suffer from it, have got relief by following vegan diet.
13. **Allergies** – When we are avoiding or by eliminating dairy, meat, and eggs, it is indeed possible to alleviate a large number of allergy symptoms.
14. **Lower the possibility of getting food borne diseases** – According to a study by the CDC, diseases related to food-borne of all kinds is responsible for 76 million illnesses a year and all these finally also causes 325,000 hospitalizations and 5,000 deaths in the United States. As per the US Food and Drug Administration (FDA), foods which are high in protein such as meat, poultry, fish and seafood are a major reason for food-borne illness outbreaks most of the time.
15. **Hormone Consumption** - When humans consume animals which has being given hormones to speed up their growth, there is a greater possibility of it creating problems for the natural balance of the humans also. It has also seen to cause tumour

growth.

Along with all these, it also provides a number of benefits which promote general health and wellbeing. Some of these are:

1. **Body Mass Index** – A number of [population studies](#) have made it known a diet without non vegetarian foods can result in lower Body Mass Index. This in turn is usually an indicator of several healthy features like healthy weight and lack of fat in the body.
2. **Weight loss** – By following a healthy vegan diet, it is possible to get a healthy weight loss. This is because it helps to *eliminate all unhealthy foods which are found to be the reasons for causing weight*. If we look at the average diet; you would be able to observe that it contains excessive amount of saturated fats and processed foods while being very low in plant-based foods and complex carbohydrates. This in indeed is considered as one of the major reasons for people to become fat. According to the study which was undertaken by the Centre for Disease Control and Prevention (CDC) and a division of the CDC, the National Centre for Health Statistics, it was seen that 64 percent of adults and 15 percent of children aged 6 to 19 are overweight and are at higher risk of ailments related to weight including heart disease, stroke and diabetes. Dr Dean Ornish, MD, president and director of the Preventive Medicine Research Institute in Sausalito, California had undertaken a study from 1986 to 1992 related to this topic. According to this study, it was found that overweight people who went for low-fat, vegetarian diet was able to lose on an average 24 pounds during the first year and remained more or less in that weight for more 5 years or so. The best part of this whole process is that they can lose the weight without counting the calories or carbs and also without eating in morsel amount or feeling hungry.
3. **Higher level of energy** – With a help of a healthy vegan diet, it is possible to get your energy rejuvenated to a higher level. As we all know, good nutrition will provide us with more usable energy; energy that is needed to keep up with the fast pace of life. In the book “The Real Age Diet”, author Michael F. Roizen, MD, points out some of the defects that come up when following a non-vegetarian diet. When there is too much fat in the bloodstream, it basically means that the arteries won't be able to open up properly along with muscles not getting sufficient oxygen. And a result of all these problems, you would start feeling that you don't have much energy and feels zapped all the time

Balanced vegan diets are free from “**cholesterol-laden, artery-clogging animal products**” which usually are the reasons for physically slowing us down. Apart from that, *the vegan diet that consists of whole grains and vegetables are packed with lot of complex carbohydrates and which in turn helps by supplying the body*

with high level of energizing fuel.

4. **Healthy skin** – Another major benefit that arises when one follow vegan diet is that it helps you to get a healthy skin and also a good skin health. All the vitamins that we get from the vegetables and nuts are responsible for this healthy factor. Moreover, it also results in reduced blemishes.
5. **Longer life** – Based on certain studies, it has been found that the lifespan of vegans is up by three to six years more than the others who do not follow that lifestyle. According to Michael F. Roizen, MD, author of “The Real Age Diet: Make Yourself Younger with What You Eat”, people in general would be able to live for more than another thirteen years more if they are able to switch from a non- vegetarian American diet to a vegetarian diet.” The first reasoning is that the animal products do have a tendency to clog the arteries while the second being their ability to zap the energy. These two in turn leads to the third and final one that is immune system that is at a low level when compared to other groups. Besides, meat eaters are also at increased chance of getting accelerated cognitive and sexual dysfunction during the early years itself.
6. **Reduced body odours** – When we discard dairy and red meat from your diet, it becomes possible to significantly reduce body odour.
7. **Reduction of bad breath** – Those who follow vegan diet tend to experience reduced chances of bad breath.
8. **Stronger and healthier hair** – Due to presences of all the essential nutrients in the vegan diet, it has been seen that hair looks much healthier and stronger while having more body when one follows this type of diet.
9. **Nails** – This diet can even result in much stronger and healthier nails and which is in turn is one of the main indicators of good health.

Apart from all the above benefits, vegan diets are also better due to a number of other reasons like the following:

1. **Animal proteins** – From several studies, it has been found out that an average American takes twice as much protein than what is needed for a healthy diet and majority of this protein comes from red meat. If we are able to get this protein from [beans and grains](#), it would be a much healthier choice and it would also lower the risk for osteoporosis.
2. **Sugar** – It is indeed true that most of us consume way too much sugar than what is essential. Vegan diets encourage using *those sweeteners that are not synthetic or processed or animal based ones*. This is one of the healthiest ways, provided we are using them in moderation.
3. **Antibiotics** – In order for the animals to get bacterial resistance, the animals are being given antibiotics. Most of the antibiotics that are given to humans are also given to animals. So we consume, we are indeed taking antibiotics that have been used for treating animals

PROBLEMS THAT MAY ARISE WHEN ONE TRANSITS TO VEGAN DIET

The search for better health is one of the reasons why people transit to veganism. Though we are transiting to a healthy diet, it is still possible that you may suffer from certain ***temporary body complaints like increased cravings, stomach discomforts or fatigue during the early periods.*** This is particularly true when the new vegans do not take high protein foods as the absence of protein rich foods can lead to increased craving for animal products. Most of us would feel these problems especially during the beginning stage as we are undergoing a major dietary transition. The body will take time or at least 3 weeks to cope with the new changes since we are now taking a diet that is less stressful on the digestive system when compared to the highly stressed diet that we were taking earlier. When you get cravings for a certain food, it doesn't mean that you are craving for that particular product, but rather you need to look out for what you ate during that period. The body might be essentially trying out to give out signals about something being amiss in your diet. So ***try to assess what you are doing and see whether you are meeting all the essential nutritional requirements.*** Craving can be overwhelming, but then they can be controlled with will power and with time, it is sure to get better.

Problems can also arise ***due to the increased intake of fibre*** and for this reason alone it is necessary to take increased quantities of water. A common mistake that can arise when one shifts to vegan diet is that it tends to get imbalanced due to the lack of proper knowledge with regard to this diet. A number of cases have been reported which shows that calorie taken tend to get reduced when one shifts. It is important that ***you take a larger amount of vegetables and fruits especially when they are taken raw.*** Taking the same amount of food as earlier would not be a good option. When we avoid animal products from our diet, it essentially means that most of the items that we take would be low calorie ones like salads, fruits and vegetables. This in turn can make you feel hungry and weak very fast. And for this reason, it is advised to eat large quantities of food. When there is a total absence of all added fats and you are craving for animal products, it then means that you need to take more plant based fats. Another point is that people tend to replace meat with mock meat and soy products. Though they might be suitable especially during the beginning period to help us stay over, it is important that that are consumed moderately and limitedly in the long run while taking more of fresh ingredients.

POINTS OF DISCONTENT WITH REGARD TO VEGAN DIET IN THE FOOD WORLD

One of the major questions that are always thrown upon vegans is with regard to *where they will get all the essential proteins?* Proteins are an essential nutrient that is needed in adequate amount for the proper functioning of the body. Proteins are made up of amino acids. Proteins basically consist of twenty amino acids which are totally different from one another. Eleven of these proteins are synthesized within our body while the remaining nine, which are also known as essential amino acids, needs to be derived from food.

So, *is it really feasible to get all the protein from the plants based diet* is one of the major questions that comes up all the time not only among all those who are interested in knowing more about vegan diet but also from the critics of vegan diet. This point of discontent comes from the point or ***belief that proteins can be derived properly only from animal sources rather than from plants.*** It needs to be noted here that, originally these animals' proteins were synthesized from plant sources as it from these plant sources only the animals get this protein in the first place.

Even if we choose the lower protein concentrated sources, it is still possible to achieve the adequate and recommended amount of protein daily recommendations. Rather than opting for the dairy and meat products, it is always better to choose those sources from the lower strata of the food pyramid, i.e. from plant sources like beans especially black and kidney ones , quinoa, almonds etc. . It has been found that soy and quinoa are the best sources of complete proteins.

CHAPTER 7 - MAJOR FOODS TAKEN BY VEGANS

Making changes to your diet would seem daunting at first, but then be assured that this is a temporary stage. Try finding as much information as you can with regard to this diet and once you are equipped with proper knowledge; it would be a breeze to follow this one. Don't just get anxious thinking about what you will be eating and not eating. An exciting and interesting world of food is going to be opened up for you where flavours, tastes and texture are going to swoon you like anything which you have not seen or experienced before. Try making your close relatives or your immediate family understand the reasons why you took this major step, so that it becomes a much easier process for all. Do not consider this as a complete list but rather as a rough guide which is pointing out some of the main ones that are used in vegan diet.

1. **Soy** – One of the major food items that are taken by vegans in various forms is soybean. This is due to the fact that *contains all the [essential amino acids](#) that are needed for proper health* and which can also be counted upon *entirely for protein intake*. Within soy, there are a number of soy products. Some of the major ones are:
 - a) **Soy Milk** - They can be either consumed directly or used for making desserts and sweets. They contain 7gm of protein per ounce as compared to 8gm that comes from cow's milk. On top, they contain lower carbohydrates and calories.
 - b) **Tofu** – It is made from pressed soybean curd and is a highly versatile ingredient. Tofu has the ability to soak up flavours and also to add up taste and texture to the dish. There are sub variations within tofu based on their water content and texture. It comes in *firm, medium firm and extra firm textures*. The ones that are vacuum packed are usually firmer and the ones that come in water tub with water tend to be a bit softer. It is possible to squeeze water out of tofu or freeze it to make it chewy. The *extra firm ones* are mainly used in *stews, stir fries and salads* while the *soft and silken tofu* are usually used for making *dips, dressing and puddings*.
 - c) **Tempeh and texturized vegetable protein (TVP)** – TVP is a dried soy product that is used to *replace meat*. It comes in various sizes and forms. It is seen in both *powder and chunk form*. It can be either soaked in water or it can be used in chunk form as a substitute for meat. Tempeh is very much *similar to tofu* but then it is *fermented and pressed* so that it becomes thick and savoury. The best way to consume tempeh would be to grill it or fry it along with blended seasonings.
 - d) **Mock Meats** – Mock meats which are *made from soy* come in the form of *vegetarian burgers, sausage and mince*. They are mock beef products, pig free pork items and faux chicken and turkey products.
2. **Seitan** – is another great form of *plant protein* which comes in natural brown colour. It is chewy and is *made from wheat gluten* and is often called wheat meat. Wheat gluten is a protein that is found in wheat. Most of the time seitan is used in dishes to provide chewiness and to jerk up the protein level. It comes in strip forms and is best

used when it is used as *substitute for meat products in sandwiches and kebabs*.

3. **Chickpeas** – Chickpeas fall under the category of legumes and they can be bought either in dried form or in canned form. They are a *great source of dietary fibre and proteins*. Moreover, they are great to be *used in curries and salads*. If soaked, before cooking, it can be made much more quickly.
4. **Beans** – Nothing can be much more better than the good old beans. They are *jam packed with lots of proteins, iron and fibre* and therefore are a great ingredient to be depended upon as a basis for healthy diet. They come in dried form as well as in canned form. They are numerous varieties of beans; navy bean, black eyes peas, black beans, white beans, pinto beans and lots more. Each of these beans has a different flavour and texture to it and that makes it interesting to use. On top, they are very *economical to use*.
5. **Lentils** – Lentils also fall under the legumes category. They are usually seen in three colours red, green and yellow. They are very much *used in curries, soups, dhals* etc.
6. **Nuts** – They are *highly nutritious ingredients*. They can be taken on their own as snacks or they can be used in stir fries or salad or in any dishes *to jerk up the protein or mineral level*. They can be stored for a long time when stored in air tight containers and would be best bought raw and unsalted.
7. **Flax seeds** – Flax seed is one of the **best superfoods** that can be taken. They are *high in Omega 3 Fatty acids which are very much essential for a healthy heart and brain*. Flax seeds have a nutty flavour. They are to be grounded as they cannot be taken as whole since the digestive system find it difficult to digest like that. They *are used in lot of stuff like in cereals, smoothies, baked goods and pudding*. Once it is grounded, they should be refrigerated or used immediately.
8. **Seeds** – Apart from flax seeds, they are also a number of other seeds like chia seeds, *sunflower seeds, pepita seeds, hemp seeds* etc. Most of these seeds can be *used in smoothies, salads or in sweet treats*.
9. **Nutritional Yeast** – It is the most *popular substitute for cheese* in vegan diet. It comes in powdered or flakes form. But then, unlike cheese, it, *it is an inactive yeast*

*that is rich in vitamins and minerals. It **does not have any cholesterol** in it and also last for a longer period. Apart from nutritional yeast, they are a number of **vegan cheese like teese and Tofutti** etc. which gives similar taste and texture as cheese. It is used in stews, soups and casserole.*

10. **Tahini** – It is basically *sesame seeds that are grounded* to a paste form. It comes in both hulled and in unhulled forms. It has a *nutty flavour and cream consistency* and therefore this *calcium rich paste* can be used to make dips or sauce or pasta sauces. It is a Middle Eastern fare.

11. **Miso** – Miso is generally used to *flavour or season soups, dressings and marinade*. It is a Japanese seasoning that is made from fermented soybeans, barley, rice and grains. They are available in most of the natural health stores. They come in a number of varieties according to the differences in the ingredients used to make it.

12. **Agave Nectar** – It is an excellent *alternative to honey* and dissolved in both hot and cold water. They come in various flavours from light to dark.

13. **Medjool Dates** – What makes them *different from the usual dates* is that they are much more *bigger and softer than the former*. They are used in sweet treats; smoothies or they can be taken as it is.

14. They are vegan substitutes for most of the dairy products. For example, instead of yoghurt, there are options like coconut yoghurt and soy yoghurt etc. which are as tasty as the original ones. Similarly, they are also sour creams, mayo, coffee creamers; all which comes in the non-vegan version. .

Vegan Margarine or Earth Balance – Butter is replaced with earth balance. It does not contain any cholesterol in it.

Vegan Cheeses – It refers to those types of *cheese which do not contain casein or animal rennet in it*. Vegan cheeses are made from different products. Some are made from tapioca starch, some from arrowroot, and some from soy. They are number of varieties based on their origin and usage. Some are meant for sandwiches, some for pizzas etc.

Ice cream – For all those who have sweet teeth, do not worry, there *are vegan versions for ice cream which can be taken in moderation*. They are a number of brands like So Delicious, Coconut Bliss, and Purely Decadent

which are too scrumptious. If you prefer homemade ones, then they are a number of easy vegan recipes by which you can make homemade vegan ice cream.

Non- diary Milk – They are a *number of non-diary milk options available* that makes it easier to transit from diary milk to non-diary milk. This one of the first changes that peoples make when they begin the journey to transit from non-vegetarianism to veganism. They are available in both aseptic packs that can be stored at room temperature and also in cartons. Some of the major non – diary milk are:

- Almond Milk
- Soy Milk
- Hemp Milk
- Coconut Milk
- Flax Milk
- Oats Milk
- Quinoa Milk
- Rice Milk

Almond Milk – This is one of the favourite ones due to its *creamy and nutty taste*. Moreover, it taste and blends well with most of the items. Since it is low in protein, it would always be *better if they are paired with the protein rich food* like chia seeds, legumes and protein powder.

Soy Milk – Another most favourite and popular non- diary milk is soy milk. It has a somewhat *similar nutritional content to that of cow's milk*. They are two types of soy milk; *sweetened and unsweetened* ones. You can start with the sweetened ones and later on you can get switched to the unsweetened ones since they would be a much healthier option. But then always remember while making savoury dishes to use the unsweetened and unflavoured version.

Factors that need to be considered in mind while selecting the vegan diet

1. Eat legumes – it is very much essential that you take three serving of legumes every day and four if you are senior.
2. Make sure to include 8 servings of fruits and vegetables with more emphasis on vegetables. It will be best when dark leafy vegetables and orange coloured vegetables as they are rich in Vitamin A and C.
3. Always prefer whole grain ingredients over refined ones. Try adding sprouted grains in your diet whenever you can.
4. Ensure that only moderate amount of healthy high fat food like nuts are taken. It is important that you include nuts like walnuts and flaxseeds so that you get essential fat ALA from these. It is possible to get this nutrient even from vegetable oil.
5. Include lot of ingredients which are rich in calcium.
6. It is important that you take supplements when you feel that you are low in certain nutrients like B12.
7. Though you need to make sure that whole plant foods are taken more frequently, having gentle processed foods once in a while will help you to stay on course

CHAPTER 8 - SUBSTITUTIONS FOR CERTAIN NON-VEGAN PRODUCTS

Just because you have shifted to being a vegan, it doesn't mean that you can't make all those recipes which call for animal products. For example, there will be recipes that call for eggs, cheese, meat broth etc. *Do not despair, for it is indeed possible to substitute these non vegan items with vegan items successfully.* Most of them are chosen for their ability to provide those characteristics and features which the animal product gives. Some of them give a slightly different flavour than the original ones, so try out and experience to see which all works for you.

1. **Eggs** – *Eggs are mainly used in cooking and baking for two purposes. One it is used as a **leavening agent** so that the baked goods becomes light and fluffy and the other role that it undertakes is **that of binder** so as to hold or keep the things together.* So if you are seeing egg in a recipe, understand the purpose for which the egg has been advised to be included. For example, if it is for *leavening purpose*, then using the **flaxseed** option would be a better option to get **fluffy product**, but if you are using it as **binder**, then **Egg Replacer** would be better.

Applesauce is a great substitute for eggs. Once the applesauce is cooked, it releases a glass that makes the baked good fluffy. ¼ cup of applesauce is equivalent to one egg.

Flaxseeds are also great substitutes for eggs. When they are powdered and mixed with water, they form a mixture that is similar to the texture of eggs and which performs the same binding function of eggs.

Egg Replacer is a dry powder that is made from potato starch or tapioca starch along with leavening agents and a gum that is made from cottonseed. When mixed with water, it will be able to replace eggs especially in baking.

Other Alternatives which can be used to replace the role of egg are the following:

- 1) 1 egg = 1-1/2 tablespoons baking powder + 1-1/2 tablespoons warm water + 1-1/2 tablespoons oil (use: leavening)
- 2) 1 egg = 1-1/2 tablespoons baking powder + 1 tablespoon warm water + 1 tablespoon apple cider vinegar (use: leavening)
- 3) 1 egg = 2 teaspoons baking soda + 2 tablespoons warm water (use: leavening)
- 4) 1 egg = 2 teaspoons baking soda + 2 tablespoons warm water + 1/2 teaspoon oil (use: leavening)
- 5) 1 egg = 1 teaspoon baking powder + 1 teaspoon vinegar (use: leavening)

Using Flour

- 1) 1 egg = 1 teaspoon soy flour + 1 tablespoon water (use: binding + moisture)
- 2) 1 egg = 3 tablespoons water + 3 tablespoons flour + 1-1/2 teaspoons vegetable shortening, + 1/2 teaspoon baking powder (use: leavening)

Using Fruit

- 1) 1 egg = 1/4 cup applesauce or pureed fruit (use: binding and moisture)
- 2) 1 egg = 1/4 cup pumpkin puree or squash puree (use: binding and moisture)
- 3) 1 egg = 1/4 cup apricot or prune puree (use: binding and moisture)
- 4) 1 egg = 1/2 mashed banana (use: binding and moisture)
- 5) 1 egg = 1/2 mashed banana + 1/4 teaspoon baking powder (use: leavening)

Using Nuts & Seeds

- 1) 1 egg = 3 tablespoons nut butter
- 2) 1 egg = 1 tablespoon ground flax seed + 3 tablespoons hot water (let stand 10 minutes) (use: binding and moisture)
- 3) 1 egg = 3 tablespoons ground flaxseed + 1/8 teaspoon baking powder + 3 tablespoons water (let stand 10 minutes; use: leavening)
- 4) 1 egg = 1 teaspoon psyllium seed husk + 1/4 cup water (let stand 5 minutes; use: binding and moisture) [u]Soy[/u]:
- 5) 1 egg = 1-1/2 tablespoons lecithin granules + 1-1/2 tablespoons water + 1 teaspoon baking powder (use: leavening)
- 6) 1 egg = 1/4 cup silken tofu (use: binding and moisture)

Using Starch based powders

- 1) 1 egg = 2 tablespoons arrowroot + 1 tablespoon water (use: binding and moisture)
- 2) 1 egg = 2 tablespoons corn starch + 1 tablespoon water (use: binding and moisture)
- 3) 1 egg = 2 tablespoons potato starch + 1 tablespoon water (use: binding and moisture)
- 4) 1 egg = 1-1/2 teaspoons Ener-G Egg Replacer + 2 tablespoons warm water (whisk to froth; use: leavening)
- 5) 1 egg = 1-1/2 teaspoons tapioca/corn starch + 1-1/2 teaspoon potato starch + 1/8 teaspoon baking powder + pinch xanthan gum + 3-1/2 tablespoons water + 1 teaspoon oil (whisk to froth; use: leavening)

Using other combinations

- 1) 1 egg = 1 teaspoon yeast dissolved in 1/4 cup warm water (use: leavening)
- 2) 1 egg = 3 tablespoons vegetable oil + 1 tablespoon water (use: moisture and binding)
- 3) 1 egg = 3 tablespoons vegan mayonnaise (use: moisture and binding)
- 4) 1 egg = 3 tablespoons mashed beans (use: moisture and binding)
- 5) 1 egg = 3 tablespoons mashed potatoes (use: moisture and binding)

(Information can be credited to live Vegan site)

2. **Butter** – In place of butter, it is possible to use olive oil, earth balance or margarine. Do check out the margarine food labels, since some of them may not be a vegan. For topping on potatoes and rice, flax seed oil is good but under no condition should it be used which involve cooking. Nut butters are also excellent choices.
3. **Buttermilk** – Curdled soy milk which can be made by adding lemon juice to soy milk is the best way by which we can replace buttermilk.
4. **Cheese** – It can be substituted with soy cheese, nutritional yeast or vegan cheese. But then, most of the vegan cheese doesn't melt much. Choose those which are meant for melting purposes when buying if you do want that particular feature.
5. **Meat** – They can be replaced with Seitan, tofu, TVP, mushrooms etc. all which are good replacements. They may help to satiate your craving for meat products to a certain extent.
6. **Cream cheese** – Tofu cream cheese is a good option.
7. **Gelatine** – Corn starch, xanthium gum, arrowroot powder are all used instead of gelatine.
8. **Honey** – Raw or cooked sugarcane, maple syrup, agave nectar, molasses are some of the products which are used instead of honey.
9. **Mayonnaise** – Tofu mayonnaise is the best and taste better than any other. But they are also grape seed oil mayonnaise and soy mayonnaise also.
10. **Yoghurt** – Soy yoghurts, coconut milk and rice yoghurts are the most common and popular ones.
11. **Sour cream** – There is tofu sour cream that has more or less the same flavour and texture of dairy sour cream.
12. **Chicken or meat broth** – Vegetable stock, liquid soaked in beans, garlic broth are all excellent replacements.

CHAPTER 9 – PANTRY LIST

Having a vegan pantry list would help us all irrespective of whether we are a novice starting off or an expert one. Each one of us has different taste and preferences and therefore each pantry list would be quite different. But for a starting point, having a pantry list with some of the regular items would be a great idea. So here is a pantry list that is for you to start on and which you can tweak as you progress.

1. Grains

- Rolled, Old-Fashioned Oats
- Pearled Barley
- Wild & brown rice
- Couscous
- Speltberries
- Short-grain brown rice
- Millet
- Brown rice pastas
- Buckwheat, it is a fruit seed and not a cereal

2. Flours

- Oat flour
- Whole wheat pastry flour
- Almond meal or almond flour
- Brown rice flour

3. Legumes

- Chickpeas
- Quinoa, it is also not a cereal
- Green Lentils
- Black Eyed Peas
- Black Beluga Lentils
- Edamame
- Red Lentils
- Black Beans
- Split Peas
- Red Kidney Beans
- Firm or Super firm organic Tofu
- Navy beans

4. Nuts

- Pecans
- Walnuts
- Almonds
- Cashew

Macadamia

5. Seeds

Sunflower Seeds
Flax Seeds
Chia Seeds
Pepita Seeds
Hemp Seeds
Raisins

6. Dried Fruits

Dried Cranberries
Dried Cherries

7. Oils

Olive Oil
Toasted Sesame Oil
Earth Balance
Organic Coconut Oil

8. Sweeteners

Agave Nectar
Maple Syrup
Sucant Sugar
Coconut Sugar
Dates , Mejdool
Brown Rice Syrup
Molasses

9. Spices

Anise seed
Chili powder
Cayenne
Allspice
Basil
Bay leaves
Caraway

Chinese 5 spice

Cumin
Cinnamon
Dry mustard
Cream of tartar
Kelp Granule
Curry masala
Nutmeg
Dill
Fine and coarse sea Salt
Whole Black Peppercorns
Gram masala
Smoked Paprika
Garlic powder
Red pepper flakes
Ginger
Ground Nutmeg
Thyme leaves
Ground Cardamom
Rosemary
Kosher Salt
Turmeric
Ground Cloves
Ground Coriander seed
[Herbamare](#)
Mustard seeds
Marjoram
Sage leaves
Onion powder
Oregano
Star anise
Paprika

CHAPTER 10 - VEGAN SHOPPING

At first, when you have just started on vegan, you might find it as a difficult and daunting task to shop. The supermarkets would just seem a place where everything is forbidden for you and you might feel to grab some non-vegan ones. But then, if you observe closely you would be able to understand that there might be a lot of things that you had taken earlier that was vegan. And lot of these accidents are sure to make you a bit happier. But then as time passes, you would come to observe everything in a different light. You would be able to pass the meat and dairy products section without a flinch of eye and head to straight where you heart would want to.

Shopping for *vegan products doesn't always mean buying special vegan foods*. It should basically be a ***whole lot of fresh ingredients that are whole, unprocessed plant food*** that should become your staple food. It would always be better to use less of processed foods and should be limited to special occasions.

One important factor that needs to be pointed here is the ***importance of reading labels***. With some tips and practice, the task of reading labels becomes easier. Are you wondering why all this talk about reading labels! Why it is important? In modern times, it is indeed very much crucial to know what all are there in the food products. Food isn't just food. Most of the packaged ones have *lots of ingredients other than the basic product*. For example they are ingredients like maltodextrin, preservatives, MSG all which are not beneficial for the body. And for vegans, it is double important. It *gives as an understanding of whether it contains any animal product or by products*. It would help us to make sure that the foods we take are animal free. Allergy warning labels are the best source to understand what all the products contain. Try *reading those which are written in big bold letters at the bottom of the ingredient list* so that you can see the whether it contains the common allergens. For example, there are some soy cheese products which contain casein and which therefore won't qualify as a vegan product though it does not contain lactose. Similarly we should be vary of those products which contains whey, casein, shellac and carmine, as they are seen in lot of products which we might not doubt normally. On top, you need to make sure that you read the ingredient list even of the same product that you have bought earlier, since some companies change their ingredients list suddenly. This may sometimes result in certain non-vegan ingredients to enter those which were vegan earlier.

Another way would be to see whether a product is vegan is by ***checking whether it had a vegan logo***. Unless a company declares itself as a vegan, it is not possible to understand whether a product is vegan or not unless we check the ingredients list. The following are some of the symbols which show whether the product is vegan.



Apart from the supermarkets and health stores, ***there also another great source of getting vegan products – online stores.*** As the number of vegans goes on increasing, the number of vegan products being offered also increases. Some of the major vegan shops are listed below, though they are numerous and numerous number of other quality stores. Some of the top ones are Vegan Cuts, Pangea the Vegan Store, Vegan Essential, Vegan Perfection and Shop Vegan.

Some of the other online vegan stores are:

1) Canada:

- [Cubit's Organics](#) on Etsy (organic garden seeds)
- [Delizio Skincare](#)
- [Karmavore.ca](#)
- [Nice Shoes](#)
- [Prana](#)
- [Raw Nutrition.ca](#)
- [Real Raw Food](#)
- [Spencer's Market](#)
- [Upaya Naturals](#)
- [Vegan Cuts](#) (vegan deals!)
- [Viva Vegan Store](#)
- [Well.ca](#)

2) USA:

- [100% Pure](#) (cosmetics)
- [Abe's Market](#)
- [Amazon Food & Grocery](#)
- [Azure Standard](#)
- [Body Sense](#) (personal care products)
- [Chia Seeds Direct](#)
- [Christy Robinson Deigns](#) (jewelry)
- [Edson Farms](#)

- [Essential Foods](#)
- [Everyday Minerals](#) (cosmetics)
- [Food Fight! Grocery](#)
- [Hail Merry](#)
- [Happy Herbi](#) on Etsy
- [iherb.com](#)
- [Live Superfoods](#)
- [Moo Shoes](#)
- [Mountain Rose Herbs](#)
- [Never Felt Better Vegan](#)
- [Nuts Online](#)
- [One Lucky Duck](#)
- [Rabbit Food Grocery](#)
- [Rancho Gordo](#)
- [Raw Guru](#)
- [Reconstructed Clothing](#) (Seattle storefront)
- [Sun Food](#) (pick-up available in El Cajon)
- [Sweet Freedom Bakery](#)
- [The Green Polka Dot Box](#)
- [The Raw Food World Store](#)
- [Vegan Essentials.com](#)
- [Vegan Store](#)
- [Vitacost.com](#)
- [Vitamin Cottage](#)
- [Westerly Natural Market](#)
- [White Rabbit Beauty](#) (Cruelty-free cosmetics)

3) Australia:

- [The Cruelty Free Shop](#)
- [The Green Edge Online](#)
- [The Vegan Store](#)
- [Vegan Online](#)
- [Vegan Perfection](#)

● United Kingdom:

- [Detox Your World](#)
- [Goodness Direct](#)
- [Green Valley Trading Co](#)
- [Honest To Goodness](#)
- [iherb.com](#) (apparently low cost shipping!)
- [Planet Organic](#)
- [Real Foods](#)
- [Shop Vegan](#)
- [Sound Bites](#) (home delivery box too)

- Vegan.co.uk
- [Vegan Store](#)

4) Germany:

- [Vitakeim](#)
- [Organic Food Bar](#)
- [Pure Raw](#)

5) France:

- [Un Monde Vegan](#)

6) New Zealand:

- [Piko Whole Foods](#)
- [The Cruelty Free Shop](#)

The list of these online stores was taken from the vegan site Oh She Glows. <http://ohsheglows.com/>

CHAPTER 11 - VEGAN DINING OUT

In earlier times, it would have been impossible to find vegan restaurants. But then with the passage of time, it is now much easier for the vegans to dine out since veganism is now considered more as a mainstream one. Even when you are out with your non-vegan friends, making a note of all these points would help the outing to become more enjoyable and fun.

1. **At Restaurants** - The possibility of finding vegan restaurants is lot better than what it was earlier. They are number of **mobile applications and websites** that can be used to find vegan or vegetarian restaurants. If not, try to find **vegan options in those restaurants** where you are planning to go or meet. It is possible to ask the hotel staff, to see what all vegan options are out open for you or whether they will be **accommodating to serve a vegan diet**; which most of the restaurants might do if asked. Or ask them whether it is possible to customize one of their dishes to vegan. Or you can try other cuisines like Indian, Thai; where the possibility of finding vegan dishes is higher. Planning ahead and looking out for the menu of the restaurants where you might head out also makes it much more easier.
2. **At Friend's house** – If you are planning for a party at friends place, it would always be better if you could call them in advance and **try to understand what they are planning to provide**. Or much better, you can ever offer to help them by making a vegan dish which everyone can enjoy. You can even help them in giving out handy recipes or in grocery shopping.
3. **On Road journey** – The best option would be to **plan ahead and prepare for some meals or snacks that are feasible to make and carry**. If not look into those mobile applications and sites that can help to find vegan stores and restaurants in those areas where you will be travelling through. If you are able to plan, then checking out the restaurant's menu of those restaurants that are there nationwide would also be a good option. The Happy Cow Application is one such widely known application that is seen to provide help with regard to this topic. The other such sites are:

VeganFoodIsEverywhere.com

VegDC.com

VeganEatingOut.com

VegPortland.com

VegGuide.org

Whenever you get to see health food stores, stopping in those stores for some small shopping for snacks or other essential items would also be a good option.

It may sometime involve certain awkward social circumstances that you might find a bit challenging. People are sure to come up with questions and doubts regarding as to why you have chosen to take up such a change. Try to make them understand as much as you can regarding why you have chosen to take such a step. Provide them with the reasons and benefits of this lifestyle. They might or might not accept your decision, but then show others how you have considered this more as an ethical commitment rather than taking it as personal one. Even if you are targeted or offended by this talking process, try not to become defensive or snappy, as it wouldn't take us anywhere with regard to the subject rather

than leaving a bad taste about the whole episode. Take everything with a pinch of humour would be the best option.

CHAPTER 12 - TIPS FOR SMOOTH TRANSITION TO VEGANISM

The **transition to veganism** is an exciting and interesting one, but one which requires a bit of effort, patience and time. The process of transition shouldn't make you nervous or anxious; rather it should be an **enjoyable experience**, where you need to feel joy as you take each and every small step. As you explore more and more about your new lifestyle, you will be able to celebrate your life in those ways which will make you feel good. The happiness that emancipates from you as you achieve the vegan lifestyle will be something that will take you right to the seventh heaven. So, are you all ready to achieve all that and more? Then, here come some tips and steps that will help to make your transition easier while having a bit of fun.

1. **Try taking it slow** – The most important thing that you need to do when you are going to make the transition is to make sure that you **do it in your own pace**. The process should never pressurize you or make you anxious with regard to its rules. Once that happens, the entire process gets derailed. Veganism is not something that you should force on yourself with lot of rules, but rather it should be a lifestyle that lets you show your personal preferences and ideologies particularly with respect to animals and their sufferings. Always keep the goal or the end result that you want to see and go forward with an open mind by **being easy on yourselves**. If you start off with a negative attitude, you are sure to break off at some point. Take steps that are within your reach and see how it is working for you. For certain people, they might be able to transit within a few days. But for some, it might take a longer time to make the transition; this is true especially when you are transitioning from a heavy meat and dairy diet. *You need to understand what all will work for you and then you need to work on these achievable steps, in order to make it suitable for you.* For different people, it will be different approaches regarding how they can become a vegan. For some, it might take 4 months, for some 6 months and for some it may even take a year. Who cares how much time you take to transit? It is the compassion and your efforts to minimize animal cruelty that would matter.

In the beginning, it would be better, if you try to start off with the smallest change in your normal diet. This is because it is the easiest way by which we will be able to change without affecting you much during the early days. Observe your current diet and try to find those items which can be categorized as your favourite ones and which all as your least favourite ones. Once you have researched more on about the vegan replacement for your favourite item; you would be half read for the challenge. The possibility of getting discouraged and burned out is high when we try to make it quickly. For example, you can start with one product say dairy milk. You can substitute it with soy milk or almond milk or any non-dairy milk as a starting point. Or it is possible to change one course of your diet, say change your breakfast to vegan for some time and then progress from there to include the next course. They are limitless possibilities by

which we will be able to make the change which will make the process much easier and suitable to us over time. You can even *veganize your favourite tried and tested non-vegan recipe*. This lets you feel that you are on a common ground. For example, you can replace beef from burritos with beans or you make dip with refried beans for tortilla chips etc. Trying to take a vegan fare before a non-vegan fare will also be nice option to try. For example, try taking a green smoothie before your non-vegan breakfast. This will make sure that you would be crowding your non-vegan items with a healthy vegan items and which will make you feel satiated. The possibilities you can come up will be amazing.

- 2. Making the transition in the healthiest manner** – Vegan diet basically is a healthy diet but taking *processed vegan foods more cannot be encouraged*. There are vegan versions for all the junk non-vegan foods. If your vegan diet include more of these processed goods rather than fresh whole ingredients, it cannot be considered as a healthy one. Though it is much better than the non-vegan versions, it still would not help us in the long run since it doesn't provide us with any of the essential nutrients that we need for a healthy body. So with proper care and diet planning, you need to make sure that you are able to include all the essential nutrients in your diets. Vegan diets might be lacking in certain micro and macro nutrients, which you need to, fill up in order to proceed forward correctly. When you do not plan your diets, the process of transition becomes much more harder and difficult, since the possibility of going back to non-vegetarian diet is high as we do not know what all we can make when time is less or when we are busy. So try to schedule out a time when you will be able to plan the diet for a week and then go shopping and this will make you much more on track than ever before.
- 3. Learning more and more about new foods** – Since it is a new area and field for us, we need to find and get a lot of information regarding veganism and in particular about vegan diet. Only when *we have sufficient knowledge, will we be able to make informed decisions*. The more you get to know about veganism, the more equipped you will be to meet any situation that arises expectedly or unexpectedly. Your vegan life is quite different from your existence as non-vegan and therefore there should always be a *curiosity to find and try out new things* especially food and to accept the changes and challenges that comes in the way in the most positive manner. For example, they are numerous foods products out there, say tofu, which some of you may not like at all initially, but for which, you will acquire taste as time goes by. As you give yourselves time, try understanding the different strata of veganism and be *happy about the progress that you are making*, however small it may be. Though it might take a bit of effort in the initial stages, the happiness and the feelings that you get to enjoy being a vegan is indeed one of a kind. Try buying vegan cookbooks or try out the numerous vegan blogs and you are sure to get interesting and fun recipes.

4. **Keeping it up with the same energy** – There would be situations in your life when you would suddenly find yourselves confused regarding whether you have taken the correct decision with regard to your life as vegan. It is in these situations that you would have to ***remind yourselves; why you have chosen this lifestyle***. Being a vegan means that you need to have tons and tons of patience. Take it one day at a time and try to relax when you feel that you are stressed with the whole thing. Surely, there would be days when you would might have accidentally taken some non-vegan food. In those situations, ***rather than getting anxious, try to take it lightly***, as it was not something that you consciously did. Under no circumstances, should you punish yourself for those mistakes. ***Just keep going***. Understand and think more about the *reason that made you shift to this diet* and then try to stick with it. If you have a firm belief with yourselves, it would be become quite easy to follow vegan diet over time. *Think more about the positives that you're enjoying from this diet rather than be hurt by what you don't enjoy*. Only if you are firm with your decision, will you be able to pass through those challenging times.

5. **Having a well-stocked pantry** – It is very much *necessary to have a well-stocked pantry especially in the beginning*. Only when there is a well-stocked pantry, will options be available to you throughout. For example, in the beginning, it might be useful to stock yourself with what you would like the best at that point of time. For some it might be mock meat, though it not be might be the healthiest in the long run. But at that point, to have it stocked would help you to stay on course. During the early days, you will have much lesser idea on how you can eat a fulfilling, vibrant, satisfying and healthy meal with fresh ingredients. So it is considered as quite normal if we take the help of mock ones. As time passes, ***with increased knowledge, you would be move to able to move out of those and make exciting new food from fresh and healthy ones***. Perk up your spice cabinet since they work miraculously in enhancing flavour even out of the simplest ingredients. Similarly, make sure to stock your refrigerator with fruits and vegetables and try out using them in new ways instead of the old usual ways. For example, the new found food ingredients and the exciting recipes that you can make with them are sure to be more exciting. This is especially easier in this era, since they are numerous recipes that are flowing around the web. *Experiment with all these and you sure to find colourful and vibrant fares on your table*. You will also learn how to acknowledge your cravings and act accordingly as time passes.

6. **Think more about the positive side** – Rather than thinking what you have lost, it is more productive to think ***what all you have gained through this new experience***. If you think more on the negative side with regard to what all you are missing, it would

indeed be a tiresome and frustrating process. On the other hand, if you are thinking, what all ***new things you have discovered*** or understood by this lifestyle, you are sure to feel ***more happy and contented***.

7. **Try not to be ideal** – It is not possible to be ideal throughout, there will be times when you are sure to get messed up. It is only normal that we get slipped once in a while. Rather than being stressed about it, think about all the other times when you have been able to take a conscious decision not to hurt other living beings.
8. **Getting support** – The possibility of finding vegan friends immediately on becoming a vegan in the physical world will be quite rare. But then online, the situation is different and it is much easier. If you *do not have much support, you might feel a bit lonesome at times during this journey*. Try to join recipe groups, meet ups or conferences so that you are able to meet up new vegan friends. It would be much *helpful when you have someone to help you through the process*; especially when you are feeling off track. It would also help to widen your information with regard to the vegan lifestyle, vegan diet, vegan restaurants etc. There are numerous sites like www.meetup.org where you would be able to find vegans near to your place. A ***feeling of community can do wonders***. Along with all these, try to get support from your close family and friends. Explain them what it really means to you by being vegan and why you have chosen to take this step.
9. **Taking food** – Whether you are going out for a long or short trip, it would always be a better idea to *take small snacks with you so that you are not left without any options*. Planning makes sure that you have some healthy item to snack on. ***Being prepared is the best thing***. Check out those applications that can help you to find out vegan or vegetarian restaurants nearby to the places you are going through or heading to. If not, try asking the hotel staff whether it is possible to get a vegan food by swapping some of the animal products from the fare.
10. **Maintaining Balance** – For all of us, there are certain fun foods that we like very much. *It is always better when we are able to maintain a diet which involves both the fun items and healthy items*, with the definition of fun items varying from person to person. For example, you prefer a certain kind of non-vegan snacks and then once you shift to veganism, you stop taking that kind of snacks all together, it would be quite stressful for you; with the end result being that you will be unhappy. So make sure that you have some kind of fun vegan food so that you don't feel bad about the

whole situation. As time passes, you might be able to change it or veganize your old non-vegan snack with healthier ingredients.

11. **Having a varied diet** – The importance of this cannot be stressed more. It is very much essential that you take a ***varied diet that includes lots of vegetables, fruits, nuts and lot of healthy ingredients like beans, lentils that will open up a lot of options for you.*** They are numerous blogs, cookbooks, recipe books through which you will be able to understand more about vegan ingredients and recipes. You are sure to get surprised at the variety that these foods will offer. For example, when you take salads and make it out of the same vegetables all the time, the possibility of you getting bored with that is high. Being vegan, doesn't mean by any instance having salad and steamed vegetables all the time. So *make sure it is interesting and enjoyable most of the time by trying out different things.*

12. **Finding a replacing food** – For all ***things that you are getting rid of, make sure that you replace it with proper ones.*** For example, take the case of meat. As known, meat is a highly caloric food. So once you have stopped taking meat, you have to make sure that you are *eating reasonably higher amount of legumes, grain, vegetables and fruit that matches the nutrient and calorie profile that the meat used to provide.* So start eating ***more plant based filling products*** like quinoa, beans, yam potatoes, etc. that will help us to cope up with the same need.

13. **Try limiting sugar** - Sugar processed products can causes problem for nervous system especially when taken above moderation. When you are transiting to vegan diet, *your body will basically be in a stage of detoxing since you are taking plant products that are easily digestible.* In such a situation, it would not be advisable to take more of sugar processed products. If you are a person who is much into sweets and treats, instead of avoiding it fully, try to *upgrade those sweet treats with healthy ingredients and healthier snacks products.*

14. **Drinking a lot of water** – Since vegetarian food is lot more easier on the digestive system, your body will need to do certain work that it kept avoiding for a while. So you need to ***make sure that you drink lot of water so that the system would be able to flush out all the waste and toxin from your body.*** Drinking lots of water makes your body performs this function to its optimal point.

15. **Buying from local market** – If possible, always try out *buying from local markets since they have much more greater possibility of being fresh* without the use of much pesticide and you feeling better with greater knowledge of how it is grown. Moreover, you will be able to buy products at a cheaper rate from them if you shop from there one hour before closing. Most of the time, the local market produce will last longer and mature fully since there is no packing and shipping involved in all these.

16. **Try including lots of nuts** – When compared to vegetarian diets, non- vegetarian diets consists a greater quantity of fats since most of the animal products are rich in it. Therefore, it would be nice if we are able to jerk up the flavours by adding rich and complex flavours by adding nuts, olives, avocados, flax seeds etc. to the fare.

Here are some examples or tips that you can try adopting if it is according to your references. ***Listening to your body and needs is the most important factor that needs to be considered.*** If you are having any difficulties, take it slowly. ***By listening to your body, you would be in a better position to understand what the best for your body is. It will also help to understand what is your nutritional and energy requirements.*** Try to make the changes in the smartest, educated and relaxed manner.

The following are some examples on how you can transit from a non-vegetarian diet.

In the first case, we are showing how you can transit to vegan when you are already vegetarian. Try making baby steps and soon you would on to right path to healthy vegan food. Take each of the steps comfortably and slowly according to your pace.

One of the easiest products to replace is egg since they are a number of alternatives that are really great. For example, you can either use tofu or flax seeds. If you had earlier preferred scrambled egg, then you can now try scrambled tofu and when you are baking or making sweet dishes then flax seeds would be the preferred choice.

The next one that can be shown the exit door is diary milk which can be replaced with non-diary milks. There are numerous options among non-diary milk. In the beginning, try different varieties and brands and choose the one that suits your taste.

The next one is said to be one of the toughest to eliminate and it is none other cheese. They are two options that you can choose, that either to replace it with vegan cheese or not to go for any cheese at all, depending upon the preferences.

In the second case, we are showing some of the tips that you can undertake if you're totally into meats and diary and is planning for the next stage of vegetarianism. Once you have settled into that stage, you can proceed on to the next step of being vegan.

The first step would be to eliminate the meats; chicken, pork, beef etc. Choose the one that is easiest for you to eliminate and then proceed on to the next one that is the sea fare. Make sure at all times to replace the meat with sufficient of vegan proteins sources like beans, tofu and green vegetables.

Hope all these steps and tips will help you to transit in the most enjoyable manner.

CHAPTER 13 – LIST OF PRODUCTS THAT MAY CONTAIN ANIMAL PRODUCTS

Following is the list of ingredients that contain animal product or by products in some form or other.

1. Adrenaline – It is used in medicines. It contains hormones from adrenal glands of hogs, cattle, and sheep.
2. Albumen – Albumen is found in eggs, milk, muscles, blood, and also in many vegetable tissues and fluids. It used in cosmetic products with the albumen being usually derived from egg whites and used in it as a coagulating agent. It may cause allergic reaction.
3. Allantoin – It is mainly used in cosmetics especially creams and lotion and also for treatment of wounds and ulcers. It is basically taken from uric acid of cows and also of certain mammals.
4. Alligator Skin – It is used for making certain kinds of clothing and shoes.
5. Ambergris – It is taken from whale intestines and is used as a fixative in making perfumes and as a flavouring in foods and beverages.
6. Amino Acids from animal are taken to be used in cosmetics, vitamins, supplements, shampoos, etc.
7. Angora – It is taken from Angora rabbit and is used for clothing.
8. Animal Hair is used in blankets, mattresses, brushes, furniture, etc.
9. Arachidonic Acid – It is a unsaturated fatty acid in the form of a liquid that is seen in liver, brain, glands, and fat of animals and humans and which is generally isolated from animal liver. This acid is taken from animals and is used in companion animal food for nutrition and also in skin creams and lotions to calm eczema and rashes.
10. Bee Pollen is the microscopic grains in seed plant which are gathered by bees and which are later collected from the legs of bees. They are mainly used in nutritional supplements, shampoos, toothpastes, deodorants.

11. Bee Products are basically those which are produced by bees for their own use. But then what is happening now is that the bees are selectively bred and then the culled ones are killed. And apart from all that, in most of the cases, cheap sugar is substituted for the honey which is stolen from them and therefore millions of honey bees die as a result of this. Along with all these, their legs are often torn off by pollen-collection trapdoors.
12. Beeswax from Honeycomb – This wax is obtained from melting honeycomb with the help of boiling water and which is then strained and cooled. It is usually taken from virgin bees. It is very cheap and therefore widely used. They are mainly used in lipsticks and many other cosmetics like face creams, lotions, mascara and eye creams.
13. Blood – It can be taken from any slaughtered animal and it is used as adhesive in plywood, foam rubber, intravenous feedings, medicines and also in cheese making.
14. Boar Bristles – It is mainly the hair taken from wild or captive hogs. It is seen in many “natural” toothbrushes and also in bath and shaving brushes.
15. Bone Char - It refers to the animal bone ash and is used in bone china and also often to make sugar white. It is also seen as the charcoal used in aquarium filters.
16. Bone Meal – This refers to the crushed or ground animal bones. They are used in fertilizers and also in some vitamins supplements as a source of calcium.
17. Bonito - It is the dried flakes from fish and very much used in Japanese cooking.
18. Calfskin – It is used to make leather.
19. Caprylic Acid – It is obtained by extracting a liquid fatty acid from both cows and goat’s milk and is used to make soaps and perfumes.
20. Carmine or Carminic Acid refers to the red pigment that is taken from the crushed female cochineal insect. According to certain studies, more than 70,000 beetles are killed to produce one pound of this red dye. It is mainly used in cosmetics, shampoos,

red apple sauce, and other foods like red lollipops and food colouring.

21. Casein - It refers to the milk protein. It is used in many cosmetics, hair preparations, and beauty masks.
22. Cashmere – it is the wool from the Kashmir goat and is used in clothing.
23. Castor is the creamy substance that comes with a strong odour and which is taken from muskrat and beaver genitals. It is mainly found as a fixative in perfume and incense.
24. Catgut is the tough string taken from the intestines of sheep, horses, etc. and which is used to make surgical sutures. It is also used for stringing tennis rackets and musical instruments, etc.
25. Chitosan - It is a fibre which is derived from crustacean shells and mainly found to be used as a lipid binder in diet products, in hair, oral and skin care products, antiperspirants, and deodorants.
26. Cholesterol is the steroid alcohol that is found in all animal fats and oils, nervous tissue, egg yolk, and blood. It is found to be used for making cosmetics, eye creams, shampoos, etc.
27. Civet is taken from the genital organs of civet cats which is a very painful secretion process.
It is used as a fixative in perfumes.
28. Colours and Dyes – It refers to the pigments that are taken from both animals and plant, and also from synthetic sources to colour foods, cosmetics, and other products.
29. Cysteine - It refers to the amino acid that is taken from the hair of the animals. For example from duck feather. It is found in hair-care products, creams, bakery products and also in wound-healing formulations.

30. Cystine is the amino acid that is taken from urine and horsehair and which is used as a nutritional supplement and also in emollients.
31. Down is taken from goose or duck insulating feathers which are to be slaughtered. It is used to as an insulator in quilts, parkas, sleeping bags, pillows etc.
32. Duodenum Substances - They are taken from the digestive tracts of cows and pigs. They are added to vitamin tablets and medicines.
33. Elastin refers to the protein that is found in the neck ligaments and aortas of cows.
34. Emu Oil is taken from flightless emu birds that are native to Australia and which is now factory farmed. The oil is used in the production of cosmetics and creams.
35. Estrogen – These are taken from the female hormones of pregnant mares and also from their urine. In some cases, they are even considered as drug. It is seen to have harmful systemic effects if they are being used on children. They are being used to treat for reproductive problems and also in birth control pills and Premarin, a menopausal drug.
36. Feathers are being taken from exploited and slaughtered birds and are being used wholly in ornaments or grounded up in shampoos
37. Fish Liver Oil is used in vitamins and supplements. In certain cases, it is also found in milk fortified with vitamin D.
38. Fish Oil is also taken from marine mammals and used in soap-making and shimmering make ups.
39. Fur is obtained from animals especially from mink, foxes, or rabbits which are cruelly cramped in steel-jaw leg hold traps or in intensive confinement fur “farms.”
40. Gelatine Gel – It is the protein obtained by boiling skin, tendons, ligaments, bones of

cows and pigs in the water. It is used to make shampoos, face masks, and other cosmetics. It is also used as a thickener for fruit gelatines and puddings.

41. Guanine or Pearl Essence is obtained from scales of fish. It is found in shampoo, nail polish, and other cosmetics.
42. Hide Glue is more or less the same as gelatine but in a much cruder impure form.
43. Honey is the food for bees which is made by bees itself. It is consumed directly for human consumption and also as colouring and an emollient in cosmetics.
44. Insulin – It is taken from hog pancreas. It is being used by millions of diabetics daily as medicine.
45. Isinglass – It is similar to gelatine and is derived from the internal membranes of fish bladders. It is used for clearing or filtering of wines and certain kinds of food.
46. Keratin – It is the protein that is derived from the ground-up horns, hooves, feathers, quills, and hair of various animals. It is used in various hair rinses, shampoos, permanent wave solutions.
47. Lactose is the milk sugar from milk of mammals. It used in eye lotions, foods, tablets, cosmetics, baked goods and medicines.
48. Lanolin. Lanolin Acids. Wool Fat. Wool Wax – All these are product of the oil glands of sheep which is extracted from their wool. It is found as an emollient in many skin care products, cosmetics and in medicines. Furthermore, it is also used in chewing gum and products with vitamin D3.
49. Lard is the fat from hog abdomens and is used in shaving creams, soaps, cosmetics. It is also found in baked goods, French fries, refried beans, and many other foods.
50. L-Cysteine Hydrochloride – It is a flour additive that is derived from duck feathers. It can be seen in commercial cereals and baking mixes.

51. Leather. Suede. Calfskin. Sheepskin. Alligator Skin. Other Types of Skin – All these are used to make wallets, handbags, furniture and car upholstery, shoes, etc.
52. Lipase – It is the enzyme that is taken from the stomachs and tongue glands of calves, kids, and lambs. They are mainly used in digestive aids as it helps the body break down fats. It is commonly found in cheese and dairy products.
53. Marine Oil – It is derived from fish or marine mammals and is used in soap-making. Other uses for this include its uses as lubricant and paint.
54. Milk Protein is the hydrolyzed milk protein and is derived from the milk of cows. It is used in cosmetics, shampoos, moisturizers, conditioners, etc.
55. Mink Oil is the oil taken from minks and is used in cosmetics, creams, etc.
56. Musk Oil – It is the dried secretion that is painfully obtained from musk deer, beaver, muskrat, civet cat, and otter genitals. Most of these animals are kept in pitiable and cruel conditions and moreover, they are also whipped around the genitals to produce the scent. They are used for making perfumes and food flavourings.
57. Natural Sources – It can mean both animal and vegetable sources. Most often in the health food industry, especially in the cosmetics area, it is used to mean animal sources like animal elastin, glands, fat, protein, and oil.
58. Oleyl Alcohol or Ocenol is found in fish oils and is used in the production of detergents as a plasticizer for softening fabrics, and as a carrier for medications.
59. Pepsin is taken from hogs' stomachs as a clotting agent. It is used for all those purposes that rennet is used for.
60. Pristane is derived from the liver oil of sharks and from whale ambergris. It is used as a lubricant and anti-corrosive agent in the manufacture of cosmetics.

61. Propolis is the tree sap gathered by bees and used as a sealant in beehives. It is used for making toothpaste, shampoo, deodorant, supplements, etc.
62. Rennet is the enzyme taken from calves' stomachs and used in cheese-making, rennet custard and in many coagulated dairy products.
63. Royal Jelly is the secretion from the throat glands of the honeybee workers that is fed to the larvae in a colony and to all queen larvae.
64. Sable Brushes is taken from the fur of sables and is used to make eye makeup, lipstick, and artists' brushes.
65. Shark Liver Oil is found to be used in lubricating creams and lotions.
66. Shellac is the resinous excretion of certain insects which is used as a candy glaze, in hair lacquer, and also in jewellery.
67. Silk - Silk is the shiny fibre that is made by silkworms in order to make their cocoons. In order to get the silk, the worms are boiled along with the cocoons. It is mainly used to make cloth. Apart from silk, there is also silk powder which is obtained from the secretion of the silkworm. It is used as a colouring agent in face powders, soaps, etc.
68. Sperm Oil is a waxy oil that is derived from the sperm whale's head or from dolphins. It is used in many kinds of margarines, in skin creams ointments, shampoos, candles, etc. and is also seen to be used in leather industry. The usage of this may cause rancid and irritations.
69. Sponge – It is a plant-like animal that lives in the sea and is becoming scarce.
70. Squalene – It is the oil from shark livers and is used to make cosmetics, moisturizers, hair dyes, and surface-active agents.
71. Stearic Acid is the fat from cows and sheep and sometimes also from dogs and cats

which are euthanized in animal shelters, etc. Commonly, it refers to a fatty substance that is taken from the stomachs of pigs. It is used in cosmetics, soaps, lubricants, candles, hairspray, conditioners, deodorants, creams, chewing gum, food flavouring

72. Stearyl Alcohol is a mixture of solid alcohols that can be prepared from sperm whale oil. It is used in medicines, creams, rinses, shampoos, etc.
73. Steroids and Sterols – They are taken from various animal glands or from plant tissues. Sterols are a part of Steroids and are the alcohol taken from animals or plants, for example cholesterol. They can be even used in hormone preparation and in creams, lotions, hair conditioners, fragrances, etc.
74. Tallow or Tallow Fatty Alcohol - It refers to rendered beef fat. They are seen in wax paper, crayons, margarines, paints, rubber, lubricants, candles, soaps, lipsticks, shaving creams, other cosmetics. On top, they cause eczema and blackheads. Chemicals can be found in animal tallow.
75. Turtle Oil or Sea Turtle Oil – These are taken from the muscles and genitals of giant sea turtle and are used in soap, skin creams, nail creams, other cosmetics.
76. Urea and Urea Carbamide – They are excreted from urine and other bodily fluid and are seen in deodorants, ammoniated dentifrices, mouthwashes, hair colourings, hand creams, lotions, shampoos, etc.
77. Vitamin A- It comes from fish liver oil, egg yolk, butter, lemongrass, wheat germ oil, carotene in carrots, and synthetics. They are also seen in cosmetics, creams, perfumes, hair dyes, Vitamin and supplements.
78. Vitamin B-12- Many of these are taken from animal sources but then they are also vegetarian B 12 Vitamins also.
79. Vitamin D. Ergocalciferol. Vitamin D-2. Ergosterol. Provitamin D-2. Calciferol. Vitamin D-3 - All these Vitamin D usually come from fish liver oil, milk, egg yolk, etc. Vitamin D-2 most of the time come from animal fats or plant sterols. Vitamin D-3 is always from an animal source. All the D vitamins are found in creams, lotions, other cosmetics, vitamin tablets, etc.

80. Wax – is taken from animals and plants and is used in hair straighteners, lipsticks and depilatories.
81. Whey is a serum from milk and is used in cakes, cookies, candies, breads and especially in cheese-making.
82. Wool – Wool as you we all know comes from sheep and is used in clothing. Ram lambs and old “wool” sheep are being slaughtered or killed for their meat. In most of the occasions, they are transported from one place to another place without food or water. The conditions are also worse since they are in either extreme heat or cold conditions. Since they are reared for sheep, the sheep are bred to become unnaturally woolly and also unnaturally wrinkly which causes lot of problems for the sheep since they get insect infestations around the tail areas. And the solutions for this involve painful cutting away of the flesh around the tail. “Inferior” sheep are killed without a bit of mercy. The conditions of the sheep while shearing is also pitiable, since they are being pinned down violently and sheared roughly as a result of which their skin is cut up. All this causes, every year, hundreds and thousands of shorn sheep to die as a result of exposure to cold. It doesn't even with the sheep. The natural predators of sheep are also poisoned, trapped, and shot. To cite an example, in the U.S., overgrazing of cattle and sheep are responsible for more than 150 million acres of land to change to desert. “Natural” wool production also needs enormous amounts of resources and energy to breed, raise, feed, shear, transport, slaughter, etc., the sheep.

CHAPTER 14 – RECIPES

RECIPES

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BREAKFAST RECIPES

Breakfast Bean Sausages

A simple and healthy breakfast fate comes your way through this tasty recipe. With its crunchy outside and moist inside; they taste superbly well with bread sandwiches.

Preparation Time: 20 Minutes

Cooking Time: 25 Minutes

Serves: 9 Persons

Ingredients:

- 1 ×15 oz. Can Pinto Beans, cooked and drained
- 1 tbsp. Quinoa Flour or other flour of choice
- 1 Onion, preferably small and quartered
- 1 tbsp. nutritional Yeast
- 1 Carrot, chopped into large chunks
- 2 cloves Garlic
- ½ tsp Fennel seed
- 2 tbsp. Walnuts, chopped
- ½ tsp Thyme
- ½ tsp. Basil, dried
- 1 tsp smoked Paprika
- ½ tsp Oregano
- ½ tsp Red pepper flakes
- ½ teaspoon rubbed sage
- Salt, to taste

Method of Preparation

- 1) To start with, place the chopping blade in the food processor and then transfer first the garlic into it so that it gets minced properly.
- 2) To this, then add the onion and carrot and mince them all well.
- 3) Next, take a small skillet and heat it over medium heat. Then, add the minced vegetables and fennel seeds to it and cook them for 4 min or so.
- 4) Stir in some water if needed to prevent it from sticking to the pan and once it cooked, transfer them to a bowl.
- 5) Now, place the beans into the food processor and process them so that they become broken but not smooth paste.
- 6) At this point, add the vegetables, the beans and the remaining ingredients into the bowl and combine them well.
- 7) Preheat the oven to 400 degrees F.
- 8) Finally, take a measuring ¼ cup and scoop the bean mixture into it. Then, invert them to a parchment lined baking sheet and tap them lightly into the sheet. Flatten them with the back of a spoon or the cup.

- 9) Repeat the same procedure with the remaining bean mixture.
- 10) Bake them at 400 degrees F for 25 to 30 minutes or until they become golden brown in colour and moist inside.
- 11) Allow it to cool for some time before serving them.

No Bake Almond Granola Bars

Don't we all love granola bars? Would be there anything that is much more convenient and healthy than granola bars? So here comes a super easy homemade granola recipe that you can make in a whiff and that too without any baking!

Preparation Time: 10 Minutes

Cooking Time: 0 Minutes

Serves: 14 bars

Ingredients

- 1 ½ cup Rolled Oats
- ¼ cup Coconut Oil, melted
- 1 cup Rice crisp Cereal
- 2 tbsp. Chia seeds
- 1 tsp. Vanilla extract
- ½ cup Almonds, sliced
- ½ cup Almond Butter, roasted
- ¼ cup Coconut shredded, unsweetened
- Pinch of Sea Salt
- ¼ cup Brown rice Syrup
- 1 ½ tbsp. Mini Chocolate chips, non-diary

Method of Preparation

- 1) To start with, line the pans with two parchment papers so that, both going each way, so that it becomes easy to take them up.
- 2) After that, combine almonds, oats, coconut, rice crisp cereals and chia seeds together in a bowl and stir them well.
- 3) Now, melt the coconut butter in a medium sized pot. Once melted, transfer it to the working station and then toss the almond butter, vanilla and coconut nectar to it and combine them well until it becomes smooth.
- 4) Next, mix together the dry mixture and the wet mixture until well incorporated. Stir in a pinch of salt and mix it again.
- 5) Then, spoon this mixture into the pan and spread it out.
- 6) To this, sprinkle the chocolate chips and then even it out by using your slightly wet hands.
- 7) Finally, place them in the refrigerator for 10 minutes or until it becomes firm. Slice them into small bars, wrap them and store them either in the fridge or freezer.

Spiced Apple and Sultana Granola

Ingredients:

1 cup sunflower seeds

2 cups rolled oats

- 1 cup hazelnuts
- 2 cooking apples, peeled and diced
- 2 tbsp cinnamon
- 2 cups sultanas

Method:

1. On a greased baking tray, place the oats, sunflower seeds and hazelnuts. Place in an oven at 190C for 20 minutes, until the ingredients are toasted. Remove and leave to cool for 10 minutes.
2. In a saucepan, heat a splash of oil and add the apples and sultanas and the cinnamon. Cover and allow to stew for 20 minutes. Remove from the heat and allow to cool for 20 minutes.
3. Combine both mixtures and enjoy a beautiful breakfast.

Ginger Nut Granola

Ingredients:

- ½ packet of ginger nuts, crushed
- 1 cup raisins
- 1 cup sunflower seeds
- 2 cups rolled oats
- 1 cup hazelnuts

Method:

1. On a greased baking tray, place the oats, sunflower seeds and hazelnuts. Place in an oven at 190C for 20 minutes, until the ingredients are toasted. Remove and leave to cool for 10 minutes.
2. Stir in the crushed ginger nuts and raisins for a gorgeous granola served with soya milk.

Cherry Soya Yoghurt

Ingredients:

- 100 ml cherry juice
- 200ml soya milk
- 1 cup cherries
- 3 tbsp silken tofu
- 2 tbsp porridge oats

Method:

1. Place all of the ingredients in a blender and blitz until smooth. Serve in bowls or iced glasses.

Blueberry Soya Yoghurt

Ingredients:

100ml blueberry juice

1 cup blueberries

200ml soya milk

3 tbsp silken tofu

2 tbsp porridge oats

Method:

1. Place all of the ingredients in a blender and blitz until smooth. Serve in bowls or iced glasses.

Hazelnut Soya Yoghurt

Ingredients:

200ml soya milk

3 tbsp silken tofu

2 tbsp porridge oats

1 cup hazelnuts, chopped

Method:

1. Place all of the ingredients in a blender and blitz until smooth. Serve in bowls or iced glasses.

Strawberry Soya Yoghurt

Ingredients:

100ml cranberry juice

200ml soya milk

3 tbsp silken tofu

2 tbsp porridge oats

2 cups strawberries, chopped

Method:

1. Place all of the ingredients in a blender and blitz until smooth. Serve in bowls or iced glasses.

Banana and Almond Yoghurt

Ingredients:

200ml soya milk

3 tbsp silken tofu

2 tbsp porridge oats

2 bananas, mashed

2 tbsp almonds

Method:

1. Place all of the ingredients in a blender and blitz until smooth. Serve in bowls or iced glasses.

Banana and Peanut Butter Quinoa

Ingredients:

2 bananas, mashed

4 cups quinoa

1 pint soya milk

2 tbsp peanut butter

Method:

1. In a saucepan, heat the peanut butter, quinoa and milk. Bring to the boil then simmer for 4 minutes. Add the mashed banana then simmer for a further 6 minutes. Serve in large bowls.

Apple and Walnut Quinoa

Ingredients:

4 cups quinoa

1 pint soya milk

2 tbsp cinnamon

1 apple, cored, peeled and diced

1 cup walnuts, chopped

50g butter

Method:

1. Heat the butter in a saucepan then add the apple and cinnamon. Cook for 2 minutes, then add the quinoa and the soya milk. Bring to the boil and then simmer for 5-7 minutes until beginning to thicken.
2. Allow to cool for 2 minutes then stir through the walnuts. Serve in large bowls.

Quinoa Granola Bars

Ingredients:

3 tbsp maple syrup

1 tsp vanilla extract

2 cups quinoa

½ desiccated coconut

1 cup hazlenuts, chopped

1 cup sultanas

Method:

1. In a large mixing bowl, combine all of the ingredients. Preheat the oven to 200C and grease a medium sized baking tin. Spread the mixture evenly across the bottom of the baking tin. Cook the mixture for 15 minutes, until crispy and golden brown. Allow to cool then slice into bars.

Spiced Fruit and Vegan Yoghurt

Ingredients:

1 cup blueberries

1 cup apple, peeled and diced

1 cup blackberries

½ cup caster sugar

2 tbsp cinnamon

2 cups vegan yoghurt

Method:

1. In a saucepan over a medium heat, add the fruit, cinnamon and sprinkle over the sugar. Pour over a cup of cold water, cover and allow to simmer for 20 minutes.

2. Remove from the heat and allow to cool for 20 minutes, then serve over the vegan yoghurt, perhaps even sprinkling over the granola!

Brilliant Breakfast Bars

Ingredients:

- 1 cup sunflower seeds
- 2 cups rolled oats
- 1 cup hazelnuts
- 2 cups sultanas
- 3 tbsp maple syrup

Method:

1. On a greased baking tray, place the oats, sunflower seeds and hazelnuts. Place in an oven at 190C for 20 minutes, until the ingredients are toasted. Remove and leave to cool for 10 minutes.
2. Stir in the sultanas and the maple syrup then shape the mixture into oblong bars. Cook in the oven for 10 minutes then leave to cool for a further 10 minutes before serving.

Vegan Kedgeree

Ingredients:

- 4 cups white rice, cooked and cooled
- 1 tbsp curry paste
- 1 cup frozen peas
- 4 spring onions
- 1 onion, diced
- 1 cup vegetable stock

Method:

1. Add a splash of oil to a pan and heat over a medium flame. Add the onion and the curry paste and stir until coated. Cook for 2 minutes before adding the rice, the spring onions and the peas.
2. Add the stock, cover and simmer for 10 minutes until the liquid has been absorbed.

Vegan Banana Pancakes

Ingredients:

1 cup flour
1 tbsp sugar
2 tbsp baking powder
1 cup soymilk
2 tbsp vegetable oil
2 bananas, mashed

Method:

1. In a mixing bowl, combine the flour, sugar and baking powder. Add the soy milk, bananas and vegetable oil. Heat a splash of oil in a pan and ladle the mixture onto it. Flip after the top begins to bubble.

Peanut Butter and Blueberry Pancakes

Ingredients:

1 cup flour
1 tbsp sugar
2 tbsp baking powder
1 cup soymilk
2 tbsp vegetable oil
2 tbsp peanut butter
1 cup blueberries

Method:

1. In a mixing bowl, combine the flour, sugar and baking powder. Add the soy milk, peanut butter and vegetable oil. Heat a splash of oil in a pan and ladle the mixture onto it. Flip after the top begins to bubble. Serve with the blueberries scattered on top.

Strawberry and Basil Pancakes

Ingredients:

1 cup flour
1 tbsp sugar
2 tbsp baking powder
1 cup soymilk
2 tbsp vegetable oil
2 cups strawberries, sliced

1 cup fresh basil

Method:

2. In a mixing bowl, combine the flour, sugar and baking powder. Add the soy milk, basil, strawberries and vegetable oil. Heat a splash of oil in a pan and ladle the mixture onto it. Flip after the top begins to bubble.

Maple syrup and Pecan Pankcakes

Ingredients:

1 cup flour

1 tbsp sugar

2 tbsp baking powder

1 cup soymilk

2 tbsp vegetable oil

1 cup maple syrup

1 cup pecan nuts

Method:

1. In a mixing bowl, combine the flour, sugar and baking powder. Add the soy milk and vegetable oil. Heat a splash of oil in a pan and ladle the mixture onto it. Flip after the top begins to bubble. Drizzle the syrup over the pancakes and scatter with pecans.

Blueberry Porridge

Ingredients:

4 cups oatmeal

4 cups soya milk

2 cup blueberries

Method:

1. In a saucepan, heat the milk and oats until they begin to thicken, approximately 5-6 minutes. Add the blueberries and cook for a further 3 minutes. Serve sprinkled with sugar.

Cinnamon Sultana Porridge

Ingredients:

4 cups oatmeal

4 cups soya milk

2 cup sultanas
1 tbsp cinnamon

Method:

1. In a saucepan, heat the milk and oats until they begin to thicken, approximately 5-6 minutes. Add the cinnamon, then the sultanas and cook for a further 3 minutes then serve.

Coconut Porridge

Ingredients:

4 cups oatmeal
4 cups coconut milk
1 cup desiccated coconut

Method:

1. In a saucepan, heat the milk and oats until they begin to thicken, approximately 5-6 minutes. Then add the desiccated coconut and cook for a further 2 minutes.

Baked Banana Oatmeal

Ingredients:

2 cups porridge oats
2 cups almond milk
2 ripe bananas, mashed
½ tsp baking powder

Method:

1. Soak the porridge oats in the almond milk for 10 minutes. Preheat the oven to 180C. Combine the oats with the remaining ingredients and place in a baking tin. Cook for 10-15 minutes until golden brown.

Baked Raisin Oatmeal

Ingredients:

2 cups porridge oats
2 cups almond milk
2 cups raisins
1 cup sultanas

½ tsp baking powder

Method:

1. Soak the porridge oats in the almond milk for 10 minutes. Preheat the oven to 180C. Combine the oats with the remaining ingredients and place in a baking tin. Cook for 10-15 minutes until golden brown.

Baked Maple Syrup and walnut Oatmeal

Ingredients:

2 cups porridge oats

2 cups almond milk

2 tbsp maple syrup

2 tbsp walnuts, crushed

½ tsp baking powder

Method:

1. Soak the porridge oats in the almond milk for 10 minutes. Preheat the oven to 180C. Combine the oats with the remaining ingredients and place in a baking tin. Cook for 10-15 minutes until golden brown.

Baked Coconut and Raspberry Oatmeal

Ingredients:

2 cups porridge oats

2 cups almond milk

1 cup coconut milk

2 tbsp dessicated coconut

1 cup raspberries

½ tsp baking powder

Method:

1. Soak the porridge oats in the almond milk for 10 minutes. Preheat the oven to 180C. Combine the oats with the remaining ingredients and place in a baking tin. Cook for 10-15 minutes until golden brown.

Joyful Juices

Beetroot, Blackcurrant and Apple Juice

Ingredients:

- 1 beetroot, peeled and diced
- 2 cups blackcurrants
- 2 apples, peeled and diced
- 1 tsp sugar
- 1 cup cold water

Method:

1. In a blender, mix all of the ingredients for 3 minutes, until smooth.

Pineapple and Lime Juice

Ingredients:

- 1 pineapple, peeled and diced into chunks
- 2 limes, juice of

Method:

1. In a blender, mix all of the ingredients for 3 minutes, until smooth.

Carrot, Apple and Ginger Juice

Ingredients:

- 3 carrots, peeled and diced
- 2 apples, peeled and diced
- 1 thumb ginger
- 1 cup orange juice

Method:

1. In a blender, mix all of the ingredients for 3 minutes, until smooth.

Morning Detox Juice

Ingredients:

- 1 cup spinach
- ½ cucumber
- 2 sticks celery
- 2 green apples, peeled and diced

Method:

1. In a blender, mix all of the ingredients for 3 minutes, until smooth.

Peach Surprise Juice

Ingredients:

2 peaches, cored and diced

1 nectarine, cored and diced

1 cup orange juice

Method:

1. In a blender, mix all of the ingredients for 3 minutes, until smooth.

Apple and Raspberry Juice

Ingredients:

3 green apples, cored and diced

2 cups raspberries

1 cup apple juice

Method:

1. In a blender, mix all of the ingredients for 3 minutes, until smooth.

Sumptuous Snacks

Rosemary Sweet Potato Wedges

Ingredients:

2 large sweet potatoes

4 sprigs fresh rosemary

Method:

1. Preheat the oven to 190C.
2. Peel the sweet potato and slice into wedge like shapes measuring approximately 1 inch in width.
3. Place on a baking tray and sprinkle over the rosemary and drizzle in olive oil. Place in the oven and cook for 30-40 minutes, until the wedges are golden and crispy and fluffy on the inside.

Thyme and Rosemary Focaccia

Ingredients:

500g strong white bread flour

2 tbsp salt

2 sachets dried yeast

2 tbsp olive oil

400 ml cold water

1 tbsp dried thyme

1 tbsp dried rosemary

Method:

1. In a large mixing bowl, place the flour, salt, yeast, olive oil and 300ml of the water. Mix with your hands to form springy dough. Knead the dough for a further 5 minutes, gradually adding the remainder of the water.
2. By hand, stretch the dough, tucking the sides into the centre for a further 5 minutes. Tip the dough onto a work surface covered with oil, continue to knead for 5 more minutes.
3. Return the dough to the bowl and leave to rise until the size has doubled. Line two baking sheets with baking paper. Tip dough out of bowl, split into two and push into the corners of the tray. Leave to rise for an hour. Scatter of the dried herbs, using your fingers to push them into the dough.
4. Bake in an oven preheated to 220C for 20 minutes. To serve, drizzle with olive oil! Delicious!

Sundried Tomato and Black Olive Focaccia

Ingredients:

500g strong white bread flour

2 tbsp salt

2 sachets dried yeast

2 tbsp olive oil

400 ml cold water

1 cup pitted black olives, sliced in half

1 cup sundried tomatoes, whole

Method:

1. In a large mixing bowl, place the flour, salt, yeast, olive oil and 300ml of the water.

Mix with your hands to form springy dough. Knead the dough for a further 5 minutes, gradually adding the remainder of the water.

2. By hand, stretch the dough, tucking the sides into the centre for a further 5 minutes. Tip the dough onto a work surface covered with oil, continue to knead for 5 more minutes.
3. Return the dough to the bowl and leave to rise until the size has doubled. Line two baking sheets with baking paper. Tip dough out of bowl, split into two and push into the corners of the tray. Leave to rise for an hour. Press the tomatoes and olives into the top of the dough, drizzling the bread with olive oil.
4. Bake in an oven preheated to 220C for 20 minutes. To serve, drizzle with olive oil!
Delicious!

Parsnip and Beetroot Crisps

Falafel

Ingredients:

400g chickpeas

2 tbsp plain flour

2 tbsp sunflower oil

1 tsp cumin

1sp coriander

1 garlic clove

½ tsp chilli powder

Method:

1. Place all of the ingredients except the oil into a blender and blend till smooth. Shape into small balls and place on a plate.
2. Heat the sunflower oil in a pan then fry the patties for 3-4 minutes on either side, until golden and crispy.

Beetroot Falafel

Ingredients:

400g chickpeas

2 tbsp plain flour

2 tbsp sunflower oil

1 tsp cumin

1sp coriander

1 garlic clove

½ tsp chilli powder

2 beetroots, peeled and diced

Method:

1. Place all of the ingredients except the burger baps and the oil into a blender and blend till smooth. Shape into small balls and place on a plate.
2. Heat the sunflower oil in a pan then fry the patties for 3-4 minutes on either side, until golden and crispy.

Red Chilli Falafel

Ingredients:

400g chickpeas

2 tbsp plain flour

2 tbsp sunflower oil

1 tsp cumin

1sp coriander

1 garlic clove

½ tsp chilli powder

1 red chilli, deseeded and diced

1 tsp tabasco sauce

Method:

1. Place all of the ingredients except the oil into a blender and blend till smooth. Shape into small balls and place on a plate.
2. Heat the sunflower oil in a pan then fry the patties for 3-4 minutes on either side, until golden and crispy.

Lemon and Coriander Falafel

Ingredients:

400g chickpeas

2 tbsp plain flour

2 tbsp sunflower oil

1 tsp cumin

- 1 cup fresh coriander
- 1 lemon, juice of
- 1 garlic clove
- ½ tsp chilli powder

Method:

1. Place all of the ingredients except the oil into a blender and blend till smooth. Shape into small balls and place on a plate.
2. Heat the sunflower oil in a pan then fry the patties for 3-4 minutes on either side, until golden and crispy.

Herby Falafel

Ingredients:

- 400g chickpeas
- 2 tbsp plain flour
- 2 tbsp sunflower oil
- 1 tsp cumin
- 1 cup fresh parsley
- ½ cup fresh coriander
- ½ cup fresh mint
- 1 garlic clove
- ½ tsp chilli powder

Method:

1. Place all of the ingredients except the burger baps and the oil into a blender and blend till smooth. Shape into small balls and place on a plate.
2. Heat the sunflower oil in a pan then fry the patties for 3-4 minutes on either side, until golden and crispy.

Cajun Potato Wedges

Ingredients:

- 4 large white potatoes, peeled and sliced into wedge shapes
- 1 tbsp paprika
- 1 tbs cayenne pepper

½ tsp chilli powder

1 cup olive oil

Method:

1. Preheat the oven to 190C. Place the potato wedges on a baking tray and drizzle over the olive oil and sprinkle over the spices evenly. Bake in the oven for 30-40 minutes until golden brown and piping hot.

Hash Browns

Ingredients:

3 large potatoes, peeled

3 tbsp vegetable oil

1 onion

Method:

1. Grate the potato into a bowl of iced water. Leave to stand for 10 minutes. Dry off the potato with kitchen towel until totally dry.
2. Heat a splash of oil in a pan and heat the onions, frying for 5 minutes. In a bowl, combine the potato with the onion and shape into patties. Heat the oil in a frying pan and heat for 5 minutes on either side.

Parsnip Hash Browns

Ingredients:

3 large potatoes,

3 tbsp vegetable oil

1 onion

1 parsnip, peeled

Method:

1. Grate the potato and parsnip into a bowl of iced water. Leave to stand for 10 minutes. Dry off the potato with kitchen towel until totally dry.
2. Heat a splash of oil in a pan and heat the onions, frying for 5 minutes. In a bowl, combine the potato with the onion and shape into patties. Heat the oil in a frying pan and heat for 5 minutes on either side.

Chilli Hash Browns

Ingredients:

3 large potatoes,

3 tbsp vegetable oil
1 onion
1 red chilli, deseeded and diced

Method:

1. Grate the potato into a bowl of iced water. Leave to stand for 10 minutes. Dry off the potato with kitchen towel until totally dry.
2. Heat a splash of oil in a pan and heat the onion and chilli, frying for 5 minutes. In a bowl, combine the potato with the onion and chilli and shape into patties. Heat the oil in a frying pan and heat for 5 minutes on either side.

Carrot Hash Browns

Ingredients:

3 large potatoes,
3 tbsp vegetable oil
1 onion
2 carrots, peeled

Method:

1. Grate the potato and carrot into a bowl of iced water. Leave to stand for 10 minutes. Dry off the potato with kitchen towel until totally dry.
2. Heat a splash of oil in a pan and heat the onions, frying for 5 minutes. In a bowl, combine the potato with the onion and shape into patties. Heat the oil in a frying pan and heat for 5 minutes on either side.

Spicy Vegetable Hash Browns

Ingredients:

3 large potatoes,
3 tbsp vegetable oil
1 onion
1 green pepper, diced
½ cup frozen pea
1 tbsp curry paste

Method:

1. Grate the potato into a bowl of iced water. Leave to stand for 10 minutes. Dry off the potato with kitchen towel until totally dry.

2. Heat a splash of oil in a pan and heat the onions, green pepper and curry paste frying for 5 minutes. In a bowl, combine the potato with the vegetables and shape into patties. Heat the oil in a frying pan and heat for 5 minutes on either side.

Lime and Chilli Corn on the Cob

Ingredients:

- 4 cobs on the cob
- 1 lime, juice of
- 3 tbsp chilli oil
- 1 tsp dried chilli flakes

Method:

1. Place the cobs on the cob in an oven proof dish and preheat the grill to a medium heat. Mix the chilli oil, flakes and lime juice together in a bowl then pour over the cobs. Grill for 5 minutes on each side.

Vegetable Samosas

Ingredients:

- 2 tbsp oil
- 225g plain flour
- 1 green chilli, deseeded and diced
- 1 cup frozen peas
- 2 large potatoes, diced
- 1 red pepper, diced
- 1 onion, diced
- 1 tbsp curry paste

Method:

1. Mix the oil and flour with 100 ml of warm water and mix. Knead then leave to rise for 30 minutes.
2. **Fry all of the remaining ingredients in a saucepan for 5-7 minutes then leave to cool.**
3. **Heat the oven to 200C. Divide the risen dough into 8 balls then halve to form 2 semi circles then press down until flat. Place a spoonful of the mixture onto one of the two semi circles the place the other on top, pinching at the edges and brushing with water if necessary. Bake for 20 minutes until golden brown and crisp.**

Spiced Potato Samosas

Ingredients:

3 large potatoes, peeled and diced

1 tbsp curry paste

1 tsp cumin

1 red chilli, deseeded and diced

1 tsp cardamom

2 tbsp oil

100g plain flour

Method:

1. Mix the oil and flour with 100 ml of warm water and mix. Knead then leave to rise for 30 minutes.
2. **Fry all of the remaining ingredients in a saucepan for 5-7 minutes then leave to cool.**
3. **Heat the oven to 200C. Divide the risen dough into 8 balls then halve to form 2 semi circles then press down until flat. Place a spoonful of the mixture onto one of the two semi circles the place the other on top, pinching at the edges and brushing with water if necessary. Bake for 20 minutes until golden brown and crisp.**

Spinach Samosas

Method:

1. Mix the oil and flour with 100 ml of warm water and mix. Knead then leave to rise for 30 minutes.
2. **Fry all of the remaining ingredients in a saucepan for 5-7 minutes then leave to cool.**
3. **Heat the oven to 200C. Divide the risen dough into 8 balls then halve to form 2 semi circles then press down until flat. Place a spoonful of the mixture onto one of the two semi circles the place the other on top, pinching at the edges and brushing with water if necessary. Bake for 20 minutes until golden brown and crisp.**

Beer Battered Onion Rings

Ingredients:

9 tbsp plain flour

500ml bottle of lager

2 large onions, sliced into rings

2 cups vegetable oil

Method:

1. Combine the flour with the beer and season with salt and pepper. Heat the oil in a saucepan then place the onion rings in the batter. Ensure they are thoroughly coated then use tongs to place them in the hot oil. Fry for 5 minutes until golden brown and crispy then pat dry with kitchen towel.

Cheese and Spring Onion Quinoa Bites

Ingredients:

4 cups quinoa

2 pints vegetable stock

2 cups mature cheddar, grated

6 spring onions, chopped

1 egg

2 cups vegetable oil

Method:

1. Bring the 2 pints of vegetable stock to the boil in a saucepan and add the quinoa. Cook for approximately 15 minutes, until all of the stock has been absorbed. Mix the quinoa with the cheese, egg and spring onions then roll into small balls.
2. Heat the vegetable oil in a frying pan and fry the balls for 3 minutes on each side. Serve with tomato salsa for a delicious snack.

Quinoa and Sweetcorn Fritters

Ingredients:

4 cups quinoa

2 pints vegetable stock

2 cup sweetcorn, drained

1 egg, whisked

1 cup plain flour

Method:

1. Bring the 2 pints of vegetable stock to the boil in a saucepan and add the quinoa. Cook for approximately 15 minutes, until all of the stock has been absorbed. Mix the quinoa with the sweetcorn and the egg and shape into patties.
2. Coat the patties in the flour then heat the sunflower oil in a large frying pan. Fry the fritters on either side for 3 minutes. Serve with lemon mayonnaise.

Cauliflower Tempura

Ingredients:

1 cauliflower head, cut into florets

60g plain flour

1 tsp baking powder

80 ml water

2 cups vegetable oil

Method:

1. Combine the flour and baking powder in a bowl then add the water and mix thoroughly. Add 1 tsp of the vegetable oil then add in the vegetables, ensuring they're coated evenly. Heat the oil in a saucepan and then add the vegetables when hot. Fry for 4-5 minutes until golden brown.

Courgette Tempura

Ingredients:

2 courgettes, sliced into wedges

60g plain flour

1 tsp baking powder

80 ml water

2 cups vegetable oil

Method:

1. Combine the flour and baking powder in a bowl then add the water and mix thoroughly. Add 1 tsp of the vegetable oil then add in the vegetables, ensuring they're coated evenly. Heat the oil in a saucepan and then add the vegetables when hot. Fry for 4-5 minutes until golden brown.

Baby Corn Tempura

Ingredients:

10 baby corn spears

60g plain flour

1 tsp baking powder

80 ml water

2 cups vegetable oil

Method:

1. Combine the flour and baking powder in a bowl then add the water and mix thoroughly. Add 1 tsp of the vegetable oil then add in the vegetables, ensuring they're coated evenly. Heat the oil in a saucepan and then add the vegetables when hot. Fry for 4-5 minutes until golden brown.

Mixed Pepper Tempura

Ingredients:

1 red pepper, cut into thick slices

1 yellow pepper, cut into thick slices

1 green pepper, cut into thick slices

60g plain flour

1 tsp baking powder

80 ml water

2 cups vegetable oil

Method:

1. Combine the flour and baking powder in a bowl then add the water and mix thoroughly. Add 1 tsp of the vegetable oil then add in the vegetables, ensuring they're coated evenly. Heat the oil in a saucepan and then add the vegetables when hot. Fry for 4-5 minutes until golden brown.

Carrot and Swede Smash

Ingredients:

1 swede, peeled and diced

4 carrots, peeled and sliced

1 white potato, peeled and sliced

½ cup parsley, chopped

Method:

1. Bring a saucepan of water to the boil. Add all of the vegetables to the water and cook for 10 minutes. Drain and mash gently with a fork, then stir through the chopped parsley.

Chunky Ratatouille

Ingredients:

1 courgette, sliced

1 aubergine, sliced

6 mushrooms, sliced

1 red onion, sliced

1 carrots, sliced

2 celery sticks, sliced

3 cloves garlic, crushed

1 tin tomatoes

1 tbsp dried oregano

1 pint vegetable stock

1 tbsp dried chilli flakes

Method:

1. Heat splash of oil in a frying pan. Add the garlic and onion and fry for 3 minutes. Then add the remaining fresh vegetables. Cook for 3 minutes before adding the tomatoes, vegetable stock and chilli flakes. Cover and allow to simmer for 10 minutes. Remove the lid and allow to cook for a further 5 minutes on a very low heat.

Crispy Chinese Seaweed

3 cups kale, washed and dried

100ml ground nut oil

½ tsp salt

¼ tsp sugar

Method:

1. Slice the kale into fine strips. Heat the oil until very hot then add the kale. Fry for 2

minutes until crispy then dry off with paper towel. Sprinkle over the sugar and salt then serve.

Delicious Dips

Glorious Houmous

Ingredients:

400g chickpeas, washed and drained

½ lemon, juice of

1 garlic clove

2 tbsp olive oil

2 tbsp tahini paste

Method:

1. Place all ingredients in a blender and whizz together until a smooth consistency. Serve with warm pitta.

Lemon and Coriander Houmous

Ingredients:

400g chickpeas, washed and drained

1 lemon, juice of

1 garlic clove

2 tbsp olive oil

2 tbsp tahini paste

1 cup coriander

Method:

1. Place all ingredients in a blender and whizz together until a smooth consistency. Serve with warm pitta.

Roasted Vegetable Chunky Houmous

Ingredients:

400g chickpeas, washed and drained

½ lemon, juice of

1 garlic clove

2 tbsp olive oil

2 tbsp tahini paste
½ courgette, diced
1 red pepper, diced
½ red onion, diced

Method:

1. Roast the vegetable in an oven for 10 minutes. Remove, allow to cool then place all ingredients in a blender and whizz together until a smooth consistency. Serve with warm pitta.

Sweet Chilli Houmous

Ingredients:

400g chickpeas, washed and drained
½ lemon, juice of
1 garlic clove
2 tbsp olive oil
2 tbsp tahini paste
3 tbsp sweet chilli sauce

Method:

1. Place all ingredients in a blender and whizz together until a smooth consistency. Serve with warm pitta.

Caramelised Onion Houmous

Ingredients:

400g chickpeas, washed and drained
½ lemon, juice of
1 garlic clove
2 tbsp olive oil
2 tbsp tahini paste
1 large red onion, sliced
1 tbsp sugar

Method:

1. In a frying pan, heat a splash of oil and fry on a low heat for 10 minutes, sprinkling

over the sugar after 2 minutes. Take off the heat, allow to cool then place all ingredients in a blender and whizz together until a smooth consistency. Serve with warm pitta.

Baba Ganoush

Ingredients:

3 aubergines

3 garlic cloves, crushed

1 lemon, juice of

2 tbsp tahini

3 tbsp olive oil

1 tbsp fresh parsley, chopped

Method:

1. Prick the skin of the aubergines and grill for 15-20 minutes until tender. Leave to cool. Meanwhile, mix the garlic, lemon, tahini and pepper in a mixing bowl. Slice the aubergines in half the scoop out the flesh and add to the mixed ingredients. Add the parsley and serve.

Spicy Salsa

Ingredients:

2 large tomatoes, diced

1 red pepper, diced

1 cup parsley

1 red chilli, deseeded and diced

1 tsp tabasco

1 red onion, diced

Method:

1. Mix together all of the ingredients in a large mixing bowl. Serve with nachos.

Guacamole

Ingredients:

2 ripe avocados

1 red onion, diced

1 cup coriander, chopped

1 lime, juice of

1 tomatillo, deseeded and diced

Method:

1. In a large mixing bowl, scoop out the flesh of the avocado and mix with the other ingredients. Serve with nachos.

Sesame and Sweet Potato Dip

Ingredients:

2 medium sweet potatoes

1 red chilli, deseeded and diced

2 tbsp sesame seeds

½ cup fresh parsley, chopped

Method:

1. **Preheat the oven to 220C and place the sweet potato in whole. Bake for 1 hour until tender. Leave to cool then scoop out the soft flesh and add to a mixing bowl. Stir in the red chilli, sesame seeds and parsley then serve.**

Beetroot and Mint Dip

Ingredients:

3 large beetroots, peeled and diced

1 tbsp cumin

1 lemon, juice of

1 cup fresh mint, chopped

Method:

1. Combine all of the ingredients in a blender and blitz for a minute. Serve with crusty bread.

Green Olive Dip

Ingredients:

360g jar of pitted green olives

½ cup almonds

2 garlic cloves

1 cup chopped parsley

½ cup olive oil

Method:

1. Combine all of the ingredients in a blender and blitz for a minute. Serve with crusty bread.

Super Soups

Chinese Vegetable Noodle Soup

Ingredients:

1 packet of pre cooked noodles

1 pint vegetable stock

2 tbsp soy sauce

1 red chilli, deseeded and diced

2 cloves garlic

1 medium onion, diced

1 pak choi, sliced

1 cup shredded cabbage

Method:

1. In a large pan, heat a splash of olive oil and add the garlic, onion and chilli. Allow to fry for 2-3 minutes then add the vegetable stock, soy sauce and noodles. Bring to the boil then allow to simmer for 5 minutes.
2. Add the pak choi and the cabbage and continue the simmer for a further five minutes. Serve with crusty bread.

Chunky Italian Tomato Soup

Ingredients:

4 large beef tomatoes, cut into cubes

8 vine cherry tomatoes, cut into cubes

1 medium onion, sliced

2 cloves garlic, crushed

1 cup fresh basil

1 tbsp dried oregano

1 tbsp tomato puree

Method:

1. In a large saucepan, heat a splash of olive oil and add the garlic, tomato puree and onion. Cook for 2-3 minutes. Add the tomatoes, cover and simmer for 20 minutes.
2. Remove from the heat and stir in the delicate herbs, seasoning the mixture as you go. If you prefer a smoother soup, run this through the blender but it's just as delicious chunky served with crusty bread.

Carrot and Coriander Soup

Ingredients:

6 carrots, peeled and sliced

1 medium onion

2 cups of chopped coriander

2 pints vegetable stock

Method:

1. Heat a splash of oil in a pan. Add the diced onion and stir in the carrots, cooking for 5-6 minutes. After the carrots have softened, add the vegetable stock and bring to the boil.
2. Transfer the soup mixture and the chopped coriander to a blender and blend together. Serve with crusty bread for a healthy lunch!

Leek and Courgette Soup

Ingredients:

3 leeks, sliced

2 courgettes, sliced

1 medium onion

2 pints vegetable stock

Method:

1. Heat a splash of oil in a pan. Add the diced onion and stir in the leeks and courgettes. Cover and cook for 3-5 minutes, until the vegetables are soft and tender.
2. Transfer to the blender and season with salt and pepper. Blend for a short time for a gorgeous lunchtime treat.

Potato and Pea Soup

Ingredients:

2 large white potatoes

3 cups frozen peas
2 pints vegetable stock
1 medium onion
2 cloves garlic, crushed

Method:

1. Heat a splash of oil in a pan. Add the diced onion and garlic and stir in the potatoes and frozen peas. Cook for 5 minutes and then add the vegetable stock. Bring to the boil then simmer for 10 minutes, until the potatoes have softened completely.
2. Transfer to a blender and blend for 30 seconds for a chunky and deliciously hearty soup.

Thai Coconut and Red Chili Soup

Ingredients:

2 red chillis, deseeded and diced
1 red pepper, diced
1 large onion, diced
2 garlic cloves
1 pint coconut milk
1 pint vegetable stock
1 cup chopped coriander

Method:

3. Heat a splash of oil in a pan. Add the diced onion, chilli and pepper and fry for 5 minutes. Add the coconut milk and stock then bring to the boil. Cover then simmer for 15 minutes. Stir through the coriander just before serving.

Butternut Squash Soup

Ingredients:

2 butternut squash
2 pints vegetable stock
2 sticks celery
1 red chilli, deseeded and diced
1 onion, diced

1 tsp rosemary

Method:

1. Preheat the oven to 220C. Place the whole squash into the oven and cook for 30 minutes, until the skin is blackened. Remove and once cool, peel and dice into small chunks. Return to the oven and cook for a further 15 minute.
2. Heat a splash of oil in a pan and fry the onion, chilli and celery. Add the squash, the stock and bring to the boil. Add the rosemary then transfer to a blender and blitz for a minute or so.

Curried Pear and Parsnip Soup

Ingredients:

4 pears, cored and diced

4 parsnips, peeled and diced

2 pints vegetable stock

2 tsp curry powder

1 onion, diced

Method:

1. Heat a splash of oil in a pan. Add the diced onion and curry powder, stirring until coated. Add the parsnips and cover the mixture, cooking for 5 minutes. Then add the pears and continue to cook for 5 minutes.
2. Pour the stock over the mixture and bring to the boil. Reduce to a simmer and cook for 20 minutes. Place the mixture in a blender and blend until smooth. Serve with crusty bread for delicious winter warmer!

Lentil, Tomato and Kale Soup

Ingredients:

1 onion, diced

2 garlic cloves

2 celery stalks, diced

1 tin tomatoes

2 cups lentils

1 pint vegetable stock

2 cups kale, shredded

1 cup spinach

Method:

1. Heat a splash of oil in a large frying pan and add the onions, garlic, celery and tomatoes. Cook for 3 minutes, then add the lentils and stock. Bring to the boil then reduce to a simmer and cook for 20 minutes. Add the kale after 10 minutes then serve with crusty bread.

Hearty Vegetable Quinoa Soup

- 2 cups quinoa
- 4 pints vegetable stock
- 2 carrots, peeled and diced
- 2 celery sticks, sliced
- 1 large potato, peeled and diced
- 1 swede, peeled and diced
- 1 large onion, diced
- 2 cloves garlic
- 1 cup cabbage, shredded

Method:

1. Heat a splash of olive oil in a large sauce pan and add the garlic, onion, carrot, potato, swede and celery. Cook for 3 minutes, then add the quinoa and the stock. Bring to the boil, then cover and simmer for 15 minutes.
2. Ideally, leave the soup to simmer for a couple of hours, but if short on time, serve after only 15 with crusty bread.

Stunning Salads

Beetroot, Horseradish and Rocket Salad

Ingredients:

- 2 beetroots, peeled and diced
- 2 tbsp horseradish
- ½ cucumber, deseeded and diced
- 2 cups fresh rocket
- ½ cup olive oil

Method:

1. Toss all ingredients together in a medium mixing bowl and drizzle over the olive oil when ready to serve.

Balsamic Tomato, Pine Nut and Basil Salad

Ingredients:

- 4 cups quinoa
- 2 pints vegetable stock
- 12 cherry tomatoes
- 1 cup balsamic vinegar
- 1 cup toasted pine nuts
- ½ cup basil, chopped

Method:

1. Preheat the oven to 180C and place the cherry tomatoes on a baking tray. Drizzle over the balsamic evenly then place into the oven for 8 minutes.
2. Bring the 2 pints of vegetable stock to the boil in a saucepan and add the quinoa. Cook for approximately 15 minutes, until all of the stock has been absorbed.
3. Combine the pine nuts, basic and tomatoes with the quinoa and serve with rocket salad.

Quinoa Tabbouleh

Ingredients:

- 4 cups quinoa
- 2 pints vegetable stock
- 1 ½ lemon, juice of
- 4 tbsp olive oil
- 1 cup mint, chopped
- 1 cup parsley, chopped
- ½ cucumber, diced
- 4 spring onions, sliced

Method:

1. Bring the vegetable stock to the boil and add the quinoa. After 15 minutes of cooking, remove from the heat and add the lemon juice. Leave to cool for 5 minutes then add the remaining ingredients. Stir gently and then serve.

Fresh Herbs and Roasted Garlic Quinoa Salad

Ingredients:

6 cups quinoa
2 pints vegetable stock
1 cup fresh flat leaf parsley, chopped
½ cup coriander, chopped
½ cup mint, chopped
1 lemon, juice of
4 cloves garlic

Method:

1. Bring the 2 pints of vegetable stock to the boil in a saucepan and add the quinoa. Cook for approximately 15 minutes, until all of the stock has been absorbed.
2. Meanwhile, place the garlic cloves on a baking tray and roast in the oven for 15 minutes at 150C. Remove and chop the cloves roughly.
3. Mix the garlic with the quinoa, the herbs and the lemon and stir gently.

Pesto and Roasted Vegetable Pasta Salad

2 cups fresh basil
2 cups olive oil
2 cloves garlic
1 cup pine nuts
250g vegan fusilli pasta, cooked and drained and cooled
1 courgette, sliced
1 red pepper, sliced

Method:

1. In a blender, mix together the basil, oil and nuts until smooth. Roast the vegetables in the oven on a baking tray for 10 minutes at 200C. Toss all ingredients together in a medium mixing bowl and drizzle over the olive oil when ready to serve.

Carrot, Sultana and Mint Salad

Ingredients:

3 carrots, grated
1 red onion, grated
½ cup fresh mint leaves
1 cup sultanas

1 cup fresh spinach leaves

½ lemon, juice of

Method:

1. Toss all ingredients together in a medium mixing bowl and drizzle over the olive oil when ready to serve.

Apple and Walnut Salad

Ingredients:

2 apples, grated

2 cups fresh rocket

1 cup walnuts, crushed

2 cups watercress

1 tsp Dijon mustard

½ cup olive oil

Method:

1. Toss all ingredients together in a medium mixing bowl and drizzle over the olive oil when ready to serve.

Cucumber, Mint and Sprouted Mung Bean Salad

Ingredients:

1 cucumber, deseeded and diced

2 cups sprouted mung beans

1 cup mint

2 radishes

2 spring onions

1 cup cherry tomatoes

½ lemon, juice of

1 cup olive oil

Method:

1. In a mixing bowl, combine all of the vegetables and toss. In a cup, combine the

lemon and olive oil and drizzle over the salad when served.

Vegan Slaw

Ingredients:

2 tbsp vegan mayonnaise

½ red cabbage, grated

½ white cabbage, grated

1 red onion, grated

2 carrots, grated

Juice of ½ lemon

Method:

1. In a large mixing bowl, mix together the ingredients and squeeze over the lemon juice.

Aubergine, Quinoa and Cucumber Salad

Ingredients:

2 aubergines, sliced

200g quinoa, cooked and cooled

1 cucumber, deseeded and diced

1 cup vegan yoghurt

½ fresh mint

Method:

1. Place the aubergines in an oven preheated at 200C for ten minutes, on a baking tray with a drizzle of olive oil. Mix the yoghurt and mint in a cup. Once cooked, remove the aubergines and leave to cool. Then, mix all ingredients in a mixing bowl and serve with the mint sauce drizzled on top.

Superfood Salad

Ingredients:

1 pomegranate, seed of

2 cups fresh spinach leaves

2 cups watercress

1 cup pine nuts

1 beetroot, peeled and diced

½ lemon, juice of

½ cup olive oil

Method:

1. In a mixing bowl, combine all of the vegetables and toss. In a cup, combine the lemon and olive oil and drizzle over the salad when served.

Fennel, Cucumber and Dill Salad

Ingredients:

2 fennel heads, sliced

1 cucumber, deseeded and sliced

1 cup bean sprouts

½ cup dill, chopped

1 tbsp mustard

½ cup olive oil

Method:

1. In a mixing bowl, combine all of the vegetables and toss. In a cup, combine the lemon and olive oil and drizzle over the salad when served.

Warm Garlic Mushroom and Watercress Quinoa Salad

Ingredients:

200g chestnut mushrooms

1 medium red onion

2 cloves garlic

2 cups quinoa

2 pints vegetable stock

2 cups fresh watercress

Method:

1. Bring the 2 pints of veg stock to the boil in a saucepan and add the quinoa. Cook for approximately 10 minutes, until all of the stock has been absorbed.

2. Meanwhile, heat a splash of oil in a pan and add the garlic, onion and mushrooms. Fry for 5-7 minutes, until golden brown.
3. Combine the mushrooms with the quinoa in the saucepan then add the watercress just before serving.

Warm Lentil, Beetroot and Apple Salad

Ingredients:

- 2 cups green lentils
- 2 pints vegetable stock
- 2 beetroot, peeled and diced
- 1 apple, grated
- 1 carrot, grated
- ½ cup parsley

Method:

1. Boil the lentils in the vegetable stock until all stock is absorbed, approximately 40 minutes. Remove from heat and allow to cool for 10 minutes. Stir in the beetroot, apple, parsley and carrot and serve.

Fruity Quinoa Salad

Ingredients:

- 4 cups quinoa
- 2 pints vegetable stock
- 1 cup pomegranate seeds
- 1 blood orange, peeled and sliced
- 1 yellow bell pepper, diced
- 1 cup coriander, chopped

Method:

2. Heat the vegetable stock and bring to the boil. Add the quinoa and simmer until all of the stock is absorbed. Leave to cool for 5 minutes. Stir through the remaining ingredients and serve.

Vegan Salad Nicoise

Ingredients:

- 2 cups new potatoes, cooked and cooled
- 1 cup pitted black olives
- 1 cup green beans
- 1 lemon, juice of

½ cup olive oil

2 cups fresh rocket

Method:

1. Toss the rocket with the lemon juice, olive oil, new potatoes and green beans. Serve in large bowls and sprinkle over the olives before serving.

Pea and Peach Salad

Ingredients:

100g watercress

1 cup pea shoots

1 cup fresh spinach leaves

2 cups fresh peas, cooked and cooled

1 peach, stoned and diced

1 cup mange tout, steamed and cooled

Method:

1. Combine all of the ingredients in a mixing bowl and stir gently. Drizzle with olive oil to serve.

Kale Smoothie

Here comes a smoothie that is going to blow you away with its taste and flavour. Though you may wonder at some of the ingredients in the list, once you have it, you will be amazed how this healthy, filling smoothie turns out to be. The addition of the beans makes the smoothie more filling and protein rich without affecting the taste much.

Preparation Time: 5 Minutes

Cooking Time: 1Minute

Serves: 1

Ingredients:

- ½ cup Almond Milk
- 1 cup Pineapple, fresh
- ½ tbsp. Chia seeds
- Stevia, to taste
- ¼ cup Great Northern Beans, washed, cooked and drained
- 2 to 3 cups Kale, chopped and stemmed
- 1 Banana, frozen and sliced

Method of Preparation

- 1) Begin by placing all the ingredients together in the blender and then start blending it from the lowest speed to the highest speed until it becomes smooth.
- 2) Transfer it to a glass and enjoy!

Peanut Butter Oatmeal

Wondering what is the best way to start off your day? Then, this creamy delicious breakfast could be one option as it is healthy fare while being totally drool worthy with its caramelized bananas, peanut butter and spices in it.

Preparation Time: 5 Minutes

Cooking Time: 20 Minutes

Serves: 1

Ingredients:

- ½ cup Rolled Oats
- 1 tsp. Coconut Oil
- 1 tsp. Chia seeds
- 1 Banana, preferably large and ripe, chopped roughly
- 1 tsp. Vanilla extract
- 1 cup Almond Milk
- ½ tbsp. Peanut Butter
- 1 tsp. Cinnamon, grounded
- Pinch of Salt
- 1/8 tsp Nutmeg grounded

Method of Preparation

- 1) To begin with, place the banana and coconut oil in a medium size pot and cook it over medium heat for 5 minutes while stirring it frequently.
- 2) To this, toss the oats, chia seeds, milk, peanut butter, salt, grounded nutmeg and cinnamon and combine them well until they are well incorporated.
- 3) Bring the mixture to a low boil and then allow it to simmer for another 10 minutes.
- 4) Once it is cooked, remove the pot from the heat and then add the vanilla extract to it.
- 5) Stir it well and transfer it to the serving bowl.
- 6) Top it with extra peanut butter or spices as required.

Scrambled Tofu with Kale

If you prefer to have super quick nutritious breakfast, then this easy scrambled tofu would be your best bet since it is crammed with lots of veggies and greenies while not compromising the taste and flavour.

Preparation Time: 15 Minutes

Cooking Time: 15 Minutes

Yields: 4

Ingredients:

- 14 oz. extra firm Tofu, preferably scrambled
- 1 red Bell Pepper, finely diced
- 1 bunch Kale; leaves thinly sliced and stems discarded
- 1 tsp. ground Cumin
- 8 oz. Mushrooms, finely sliced
- 1 tsp. Salt
- 2 Garlic cloves, minced
- ¼ tsp. Turmeric powder
- Salt and Pepper, to taste
- 1 ½ tsp. smoked Paprika
- ¼ cup Nutritional Yeast

Method of Preparation

- 1) Begin by taking a non-stick skillet which is deep and then heat it over medium heat.
- 2) Once it becomes hot, toss the mushrooms and red bell pepper into it and cook until the mushrooms start to soften.
- 3) To this, then add the garlic and cook for further one more minute.
- 4) Now, stir in the tofu, paprika, turmeric, salt and cumin to the skillet and mix them well by stirring and cook until the tofu is very hot with the fragrant smell of spices coming up.
- 5) Next, lower the heat to medium and then toss the kale into it.
- 6) If the mixture is very dry, add 1 tbsp. of water and then allow it to cook.
- 7) Cook it for 4 to 7 minutes while stirring frequently until the kale is cooked to your preferences.
- 8) Finally, stir in the nutritional yeast and add more salt and pepper if required.

LUNCH RECIPES

Cumin Lime Black Bean Quinoa Salad

Here comes a simple healthy salad that is great as light lunch or when you are out on time, since it is can be made ahead a day before. On top, it would taste more wonderful with all the flavours melding in.

Preparation Time: 10 Minutes

Cooking Time: 45 Minutes

Serves: 4

Ingredients:

- 1 cup Quinoa, uncooked
- 3 Carrots, julienned
- 1 ½ cup Beans, cooked
- 4 Green Onions, finely chopped
- 1 ½ cups Cilantro, chopped finely
- Sea Salt and Black Pepper, to taste
- To make the dressing:
- 3 tbsp. Lime juice, fresh
- 1 tsp. ground Cumin
- 2 tbsp. extra-virgin Olive Oil
- 1 tsp. pure Maple syrup
- ½ tsp. Sea Salt
- 1 Garlic clove, minced

Method of Preparation

- 1) First, wash the quinoa and then place it in a pot along with 1 ½ cups of water over medium heat.
- 2) Bring the mixture to a boil and then lower the heat to medium low and allow it to simmer for quarter of an hour while covering it with lid.
- 3) Once the water has been absorbed and the quinoa is cooked, remove the pot from the heat and then keep it aside for 5 more minutes without removing the lid.
- 4) After that, open the pot and fluff the quinoa with the help of a fork and once it is cooled, refrigerate it for at least 15 to 20 minutes.
- 5) Next, transfer the quinoa to a bowl and then stir in the black beans, carrot, cilantro and green onion to it and stir them well until they are well incorporated.
- 6) In order to make the dressing, place all the ingredients in a small whisking jar and whisk them well.
- 7) Finally, pour this dressing over the salad and add more salt and pepper, if required.
- 8) It tastes best when served chilled.

Almond Tuna Salad

How about having a crunchy, tangy and chewy salad for lunch? This salad is so refreshing in its flavour and taste and can be made within thirty minutes.

Preparation Time: 10 Minutes

Cooking Time: 15 Minutes

Serves: 6

Ingredients:

- 1 cup Almonds, raw and soaked
- 2 Green Onion, chopped finely
- 3 tbsp. Vegan Mayo
- 2 Celery Stalks, chopped finely
- 1 English Cucumber, optional
- 1 Garlic clove, minced
- 1 tbsp. Lemon juice, fresh
- Pinch of Kelp granules
- 1 tsp. Dijon Mustard
- ¼ tsp Sea Salt
- Ground Black Pepper, to taste

Method of Preparation

- 1) To begin with, soak the almonds for about 4 to 9 hours until it becomes plump. Drain and wash.
- 2) After that, place the almonds in the food processor and pulse them until they are chopped finely or look alike tuna.
- 3) Transfer the chopped almond mixture to a serving bowl and then toss green onion, mustard, celery, garlic, mayo and lemon and combine them well.
- 4) Check for seasoning and add salt and pepper according to your liking.
- 5) Next, if desired, take the cucumber and slice them into rounds. Discard the centre portion of the cucumber rounds.
- 6) Finally, spoon the almond mixture into the rounds.
- 7) Or you can serve them in the serving plates along with pita bread or salad.

Enchilada Casserole

This might be one of the easiest vegan dish you might have had seen, but then it's really tasty and flavourful that you would devour this as fast as you can. It is the perfect recipe for those days when you are too lazy or when you are in a hurry!

Preparation Time: 5 Minutes

Cooking Time: 5 Minutes

Yields: 1

Ingredients:

- ½ cup Salsa
- 2 to 3 Black Olives, preferably Jumbo ones
- 2 to 3 Corn Tortillas, sliced into quarters
- 2/3 cup Chili Beans
- A handful of baby Spinach, washed
- ¼ cup Corn Kernels, frozen

Method of Preparation

- 1) To start with, take a microwave safe dish and then place salsa on to its bottom.
- 2) After that, spread the corn tortillas over the salsa, in such a way that it covers the bottom of the dish.
- 3) Now, spoon a portion of the chili beans and the baby spinach over it.
- 4) On to its top, transfer the remaining tortillas while placing the remaining beans, salsa and corn kernels over it.
- 5) For the final topping, place one last layer of tortilla chips along with salsa and olives over it.
- 6) Cover the dish loosely with wax paper and microwave it for 2 to 3 minutes on high power
- 7) Before taking it out, make sure it is warm in the middle and then serve it.

Black and Red Lentil Chili

If you are chili fan, then this one is for you. It can be made quickly while being hearty and comforting as they always have been. If possible, make them ahead and allow some time for the flavours to meld together.

Preparation Time: 15 Minutes

Cooking Time: 25 Minutes

Yields: 4

Ingredients:

- 1 cup black Beluga Lentils, washed and drained
- 1 red Bell Pepper, preferably large
- 1 × 16 oz. fire roasted Tomatoes can
- 1 tsp. Balsamic Vinegar
- 1 tsp. ground Cumin
- 1 large Onion, chopped
- ¼ cup split Red Lentil
- 1 tsp. Oregano
- 6 Garlic cloves, minced
- ½ tsp. Chipotle powder
- 4 cups low sodium Vegetable broth
- 1 tsp. smoked Paprika
- 1 tsp. Salt
- 1 tbsp. Chili powder, mild

Method of Preparation

- 1) To begin with, spray the pressure cooker with oil and then, stir in the onions and cook until they are transparent.
- 2) To this, add garlic and pepper and cook for another few minutes and add water if the mixture is sticking to the pan.
- 3) After that, toss all the spices and lentils to the pressure cooker and cook them for a minute or so.
- 4) Pour the broth and tomatoes into the pressure and then cover it with the lid.
- 5) Bring the pressure cooker to high and allow it to cook for 10 min at that pressure.
- 6) Once it reaches that time, remove it from the heat and allow the pressure to release naturally.
- 7) Open the lid and check whether the lentils have been cooked and tender. If not, cook it for another few minutes on low pressure until it is cooked.
- 8) Finally, stir in the vinegar, salt and soy sauce to this and mix them well.
- 9) If the broth is too thick, add more water.

Zucchini Noodles

Love Asian flavours? Then, this light and flavourful lunch fare can be ideal since it brings forth all the Asian flavours we love into this with the inclusion of the roasted sesame noodles and Sriracha sauce. On top, it is a low calorie pasta fare.

Preparation Time: 20 Minutes

Cooking Time: 0

Yields: 2

Ingredients:

- 3 Zucchini, preferably small, washed and ends trimmed
- ½ tbsp. Cider Vinegar
- ½ tsp Ginger, fresh and grated
- 1 tbsp. Peanut Butter, natural
- 2 Garlic cloves, minced
- ½ red Bell Pepper, julienned
- ½ tsp. roasted Sesame Oil
- 1 tbsp. Water
- 1 tsp. Sriracha Sauce

Method of Preparation

- 1) To start with, take the zucchini and then with the help of a mandolin, turn them to noodle form.
- 2) After that, place a paper towel on a plate and then transfer the zucchini noodles into it along with the bell pepper.
- 3) Now, mix together the peanut butter and water in a small bowl and once it is properly whisked, stir in all the remaining ingredients needed to make the sauce into it.
- 4) Combine them well and if it seems too hard, then add more water while being careful not to make it runny.
- 5) Discard the paper towels and combine the zucchini noodles to the sauce and stir them until the sauces coats the noodles well.

Lovely Lunches

Falafel with Roasted Vegetable Quinoa

Ingredients:

400g chickpeas

2 tbsp plain flour

2 tbsp sunflower oil

1 tsp cumin

1sp coriander

1 garlic clove

½ tsp chilli powder

6 cups quinoa

1 ½ pints vegetable stock

1 courgette, diced

1 red onion, diced

1 red pepper, diced

Method:

3. Bring the vegetable stock to the boil in a large saucepan. Rinse the quinoa, then place in the saucepan and cook for 15 minutes, or until all of the stock is absorbed. Place aside and leave to cool.
4. Place all of the remaining ingredients except the vegetables into a blender and blend till smooth. Shape the falafel mix into small balls and put aside. Place the vegetables onto a baking tray and cook in the oven for 7 minutes at 180C. Mix into the quinoa once cooked.
5. Heat the sunflower oil in a pan then fry the falafel patties for 3-4 minutes on either side, until golden and crispy. Serve with the quinoa and coriander to garnish.

Spicy Quinoa with Chickpeas

Ingredients:

6 cups quinoa

2 pints vegetable stock

2 tbsp chilli oil

1 tsp dried chilli flakes

1 cup coriander, chopped

2 cups chickpeas, washed and drained

Method:

4. Bring the 2 pints of vegetable stock to the boil in a saucepan and add the quinoa. Cook for approximately 15 minutes, until all of the stock has been absorbed.
5. Add the remaining ingredients, except the feta cheese, to the pan and stir through gently. Serve into large bowls, garnishing with any leftover coriander.

Crunchy Vegetable Curried Pitta

Ingredients:

1 cauliflower head, cut into florets

2 cups spinach

1 onion, diced

1 potato, peeled and diced

2 tbsp curry paste

4 pitta breads

Method:

1. Heat a splash of oil in a frying pan and add the onion and curry paste. After 2 minutes, add the remaining vegetables and stir, cook for a further 8 minutes. Toast the pittas in a toaster, slice open and fill with the vegetable mixture.

Italian Bruschetta

Ingredients:

200g vine cherry tomatoes, sliced into quarters

1 red onion, diced

1 cup basil

2 cloves garlic, crushed and sliced

1 cup olive oil

2 ciabatta breads, sliced in half

Method:

1. In a mixing bowl, mix together the onion, cherry tomatoes and basil with a splash of the olive oil. Then, rub the garlic and olive oil evenly upon the soft side of the ciabatta breads and place under a medium grill for 5-6 minutes. Top with the tomato mixture to serve.

Quinoa Stuffed Peppers

Ingredients:

- 4 red bell peppers
- 4 cups quinoa
- 2 pints vegetable stock
- 1 onion, diced
- 2 garlic cloves, diced
- 1 can chickpeas, drained
- 1 cup feta cheese, crumbled
- 1 cup coriander, chopped

Method:

1. Heat a splash of oil in the pan and fry the onion, garlic, quinoa and chick peas for 2 minutes. Add the first ladle of stock and wait until absorbed by the quinoa. Add the remaining stock and bring to the boil.
2. Slice off the top of the bell peppers and scoop out the seeds and insides. Stir the feta cheese and coriander into the quinoa mixture, then spoon even amounts into the 4 peppers. Preheat the oven to 180C and cook the peppers inside for 10 minutes. Serve with guacamole.

Roasted Vegetable Toasted Wraps

Ingredients:

- 1 clove garlic, crushed
- 1 courgette, sliced
- 1 red pepper, sliced
- 2 portobello mushrooms, sliced
- 1 cup rocket
- 4 tortilla wraps

Method:

1. Place the vegetables and garlic on a baking tray and cook in the oven for 10 minutes. Place evenly inside the tortillas, wrap tightly then place on a hot griddle pan and toast on either side for 2 minutes.

Falafel Burger with Red Onion Relish

Ingredients:

400g chickpeas
2 tbsp plain flour
2 tbsp sunflower oil
1 tsp cumin
1sp coriander
1 garlic clove
½ tsp chilli powder
2 burger baps

Method:

3. Place all of the ingredients except the burger baps and the oil into a blender and blend till smooth. Shape into 2 large or 4 small patties and place on a plate.
4. Heat the sunflower oil in a pan then fry the patties for 3-4 minutes on either side, until golden and crispy. Serve in the burger baps with vegan slaw.

Black Bean Burger

Ingredients:

2 tins black beans
100g buckwheat flour
2 garlic cloves
1 red onion, diced
2 tbsp sunflower oil
1 iceberg lettuce

Method:

1. Place all ingredients except the lettuce and oil into a blender and mix until smooth. Shape into patties, 2 large or 4 small then heat the sunflower oil in a large pan. Fry for 4-5 minutes on each side, until golden brown and crispy.
2. Take the lettuce and peel off the leaves, leaving them intact. Serve the burgers within the lettuce leaves with vegan mayonnaise.

Mexican Lentil Stuffed Jackets

Pomegranate and Coriander Couscous

Black Olive and Sundried Tomato Pizza

Ingredients:

3 cups bread flour
1 tsp salt
2 ½ teaspoons active yeast
1 cup warm water
1 tbsp olive oil
3 tbsp tomato puree
1 tsp garlic powder
1 tsp mixed herbs
1 cup black olives, pitted
1 cup sundried tomatoes

Method:

1. Dissolve the yeast into the cup of warm water and stir until smooth. Sift the flour and salt into a large mixing bowl. Make a well in the middle and add the yeast mix, mix together and knead the dough for 10 minutes.
2. Shape the dough into a ball and place in a warm place until it has doubled in size. Then split the mix into two for two pizza bases, rolling into a circle. Spread over the tomato puree and sprinkle over the garlic and herbs. Scatter the olives and tomatoes on top and bake for 20 minutes at 200C.

Spinach and Garlic Pizza

Ingredients:

3 cups bread flour
1 tsp salt
2 ½ teaspoons active yeast
1 cup warm water
1 tbsp olive oil
3 tbsp tomato puree
1 tsp garlic powder
1 tsp mixed herbs
4 garlic cloves
2 cups spinach

Method:

1. Dissolve the yeast into the cup of warm water and stir until smooth. Sift the flour and

salt into a large mixing bowl. Make a well in the middle and add the yeast mix, mix together and knead the dough for 10 minutes.

2. Shape the dough into a ball and place in a warm place until it has doubled in size. Meanwhile, place the crushed cloves of garlic onto a baking tray and roast for 20 minutes at 160C.
3. Then split the mix into two for two pizza bases, rolling into a circle. Spread over the tomato puree and sprinkle over the garlic and herbs. Slice the garlic and scatter, then scatter over the spinach and drizzle in olive oil. Bake for 20 minutes at 200C.

Hawaiian Pizza

Ingredients:

3 cups bread flour

1 tsp salt

2 ½ teaspoons active yeast

1 cup warm water

1 tbsp olive oil

3 tbsp tomato puree

1 tsp garlic powder

1 tsp mixed herbs

200g white mushrooms, sliced

1 tin pineapple chunks, drained

Method:

1. Dissolve the yeast into the cup of warm water and stir until smooth. Sift the flour and salt into a large mixing bowl. Make a well in the middle and add the yeast mix, mix together and knead the dough for 10 minutes.
2. Shape the dough into a ball and place in a warm place until it has doubled in size. Then split the mix into two for two pizza bases, rolling into a circle. Spread over the tomato puree and sprinkle over the garlic and herbs. Scatter over the mushrooms and pineapple and bake for 20 minutes at 200C.

Grilled Artichoke Pizza

Ingredients:

3 cups bread flour

1 tsp salt

2 ½ teaspoons active yeast

1 cup warm water

1 tbsp olive oil
3 tbsp tomato puree
1 tsp garlic powder
1 tsp mixed herbs
2 tins artichoke hearts, drained

Method:

1. Dissolve the yeast into the cup of warm water and stir until smooth. Sift the flour and salt into a large mixing bowl. Make a well in the middle and add the yeast mix, mix together and knead the dough for 10 minutes.
2. Shape the dough into a ball and place in a warm place until it has doubled in size. Then split the mix into two for two pizza bases, rolling into a circle. Spread over the tomato puree and sprinkle over the garlic and herbs.
3. Scatter the artichoke hearts over the pizza then bake for 15 minutes at 200C. Remove from the oven and place underneath the grill for 5 minutes, until the artichokes begin to go golden brown.

Pesto Mushroom Pizza

Ingredients:

3 cups bread flour
1 tsp salt
2 ½ teaspoons active yeast
1 cup warm water
1 tbsp olive oil
3 tbsp tomato puree
1 tsp garlic powder
1 tsp mixed herbs
2 cups fresh basil
1 cup pine nuts
2 cups olive oil
300g chestnut mushrooms

Method:

1. Dissolve the yeast into the cup of warm water and stir until smooth. Sift the flour and salt into a large mixing bowl. Make a well in the middle and add the yeast mix, mix

together and knead the dough for 10 minutes.

2. **Shape the dough into a ball and place in a warm place until it has doubled in size. Meanwhile, place the basil, oil and pine nuts in a blender and blitz until smooth. Then split the dough mix into two for two pizza bases, rolling into a circle.**
3. **Spread the pesto mixture over the dough and scatter the mushrooms over, drizzling with olive oil. Then bake in an oven at 200C for 20 minutes.**

Sweet Potato and Walnut Pizza

Ingredients:

3 cups bread flour

1 tsp salt

2 ½ teaspoons active yeast

1 cup warm water

1 tbsp olive oil

3 tbsp tomato puree

1 tsp garlic powder

1 tsp mixed herbs

½ sweet potato, sliced into 1-2 cm strips

1 cup crushed walnuts

Method:

1. Dissolve the yeast into the cup of warm water and stir until smooth. Sift the flour and salt into a large mixing bowl. Make a well in the middle and add the yeast mix, mix together and knead the dough for 10 minutes.
2. Shape the dough into a ball and place in a warm place until it has doubled in size. Then split the mix into two for two pizza bases, rolling into a circle. Spread over the tomato puree and sprinkle over the garlic and herbs. Scatter over the sweet potato and walnuts and bake in an oven for 20 minutes at 200C.

Spiced Aubergines on Toast

Ingredients:

2 aubergines, sliced into 1cm slices

2 tbsp chilli oil

2 slices granary bread

Method:

1. On a baking tray, place the aubergines and drizzle with the chilli oil. Place in an oven

preheated at 180C and bake for 10 minutes. Meanwhile, toast the bread in a toaster for 2-3 minutes. Serve the aubergines on top of the toast.

Spicy Giant Couscous and Chickpeas

Ingredients:

150g giant couscous, cooked and drained according to packet instructions

2 tbsp chilli oil

1 cup coriander, chopped

1 cup chickpeas, washed and drained

Method:

1. In a medium mixing bowl, combine all of the ingredients and stir.

Spicy Vegetable and Coconut Quinoa

Ingredients:

2 carrots, peeled and diced

1 cup spinach, peeled and diced

2 courgettes, diced

1 onion, diced

1 red chilli, diced

4 cups quinoa

1 pint vegetable stock

1 pint coconut milk

Method:

3. Heat a splash of oil in a large saucepan and add the vegetables, the quinoa, chilli and the stock. Bring to the boil then simmer for 5 minutes. Take off the heat and add the coconut milk, returning to a low heat for a further 8 minutes. Serve in large bowls garnished with coriander.

Smokey Baked Beans on Toast

Ingredients:

1 can baked beans

2 tbsp paprika

1 tbsp cayenne pepper

2 slices granary bread

Method:

1. In a small saucepan, combine the beans with the spices and heat over a medium

flame until bubbling. Serve on a slice of toasted granary bread.

Peanut Butter and Jam Sandwich

Ingredients:

4 tbsp peanut butter

1 cup strawberries, chopped

1 tbsp sugar

4 slices granary bread

Method:

1. In a small saucepan, heat a splash of oil and add the strawberries. Sprinkle over the sugar and cook for 10 minutes. Remove from the heat and allow to cool.
2. Spread the bread with the peanut butter then layer on the cooled fruit mixture and put together to make a sandwich.

Avocado and Red Onion Sandwich

Ingredients:

2 ripe avocados

1 red onion, thinly sliced

1 cup coriander, chopped

4 slices granary bread

Method:

1. Spread the ripe avocado over the slices of bread then sprinkle over the coriander and onions then serve,

Sweet Potato and Red Onion Rosti

Ingredients:

1 sweet potato, peeled and grated

1 large red onion, grated

1 tbsp plain flour

½ cup water

3 tbsp sunflower oil

Method:

1. Mix all of the ingredients together in a mixing bowl except the oil. Shape into patties

measuring 2-3 centimetres in width. Heat the oil in a frying pan then cook the patties for 5-6 minutes on each side, until golden brown and crispy.

Sweet Chilli and Cashew Rice

Ingredients:

200g white rice, cooked and cooled

1 cup sweet chilli sauce

1 cup cashew nuts, chopped

1 cup coriander, chopped

Method:

1. Combine all of the ingredients in a medium mixing bowl then serve in a large bowl.

Rich Tomato and Green Pepper Quinoa

Ingredients:

4 cups quinoa

1 vegetable stock cube

3 cups Italian passata

1 onion, chopped

2 garlic cloves, chopped

2 green peppers

1 tsp tomato puree

1 tsp tabasco sauce

Ingredients:

4. Heat a splash of oil in a pan and add the garlic, onion, green peppers and fry for 3 minutes. Add the remaining ingredients except the parsley and bring to the boil. Simmer for a further 10 minutes then stir through the chopped parsley and serve.

Oven roasted balsamic tomatoes on toast

Ingredients:

15 cherry tomatoes on the vine, halved

½ cup balsamic vinegar

½ cup basil

2 slices whole grain toast

Method:

1. Preheat the oven to 200C. Place the tomatoes on a baking tray and drizzle over the balsamic. Bake for 5 minutes.

2. Toast the bread then place the tomatoes on top and sprinkle over the basil.

Special Fried Rice

1 tbsp sesame oil

1 cup frozen peas

4 spring onions

4 cups white rice, cooked and chilled

2 tbsp soy sauce

Method:

1. Heat the oil in a large frying pan. Add the rice and heat through. After 5 minutes, add the peas and spring onions and cook for a further 3 minutes. Season with the soy sauce.

Coconut and Chilli Noodles

Ingredients:

2 cups coconut milk

1 red chilli, deseeded and diced

1 cup coriander, chopped

200g pre cooked noodles

Method:

1. In a saucepan, heat a splash of oil and add the chilli. Fry for 2 minutes, then add the coconut milk. Bring to the boil, then add the noodles and simmer for 5 minutes. Just before serving, add the coriander.

Red pepper and broad bean couscous salad

Ingredients:

100g fresh broad beans, cooked

4 cups couscous, cooked and cooled

2 red peppers, sliced

1 red onion, diced

1 cup rocket

2 tbsp garlic oil

Method:

1. Preheat the oven to 180C. Place the peppers on a baking tray and roast for 10 minutes. Remove from the oven then leave to cool. Combine the remaining ingredients with the peppers and serve.

DINNER RECIPES

Fettuccine Alfredo with Cauliflower

For all those who used to love the Alfredo sauce made of cheese and cream, here comes a similar sauce that is as decadent and creamy as the original one but which is more healthy and nutritious since the sauce is made of cooked cauliflower. The combo of cooked cauliflower puree with the nutritional yeast gives it a cheesy feel without a bit of cholesterol in it. So don't waste any more time to make this.

Preparation Time: 20 Minutes

Cooking Time: 30 Minutes

Yields: 3

Ingredients:

- 1 × 8 oz. Fettuccine Pasta
- 4 cups Cauliflower florets
- 1 tbsp. Lemon juice, fresh
- ½ tbsp. extra-virgin Olive Oil
- ½ tsp Garlic powder
- 2 Garlic cloves, minced
- ¾ tsp. Salt
- ¼ cup Nutritional Yeast
- ½ Almond Milk, unsweetened
- ½ tsp. Pepper powder
- Parsley, to taste

Method of Preparation

- 1) To start with, take a pan of water and place the cauliflower florets in it and then place it over medium heat and cook for 7 to 8 minutes until it becomes tender. Drain them well.
- 2) In the meantime, pour oil in a skillet and to this, add the garlic and cook it for 4 to 5 minutes over low heat until it becomes fragrant.
- 3) Next, transfer the cooked cauliflower into the food processor along with milk, cooked garlic, garlic powder, nutritional yeast, lemon juice, pepper, salt and onion powder and blend them all until it becomes smooth. Keep it aside.
- 4) After that, take a pot of water and cook the fettuccine in it until it is cooked and al dente. Drain them well.
- 5) Finally, combine the sauce and pasta and stir them well until they are well combined.
- 6) Before serving, garnish it with the parsley leaves and add more salt and pepper, if required.

Roasted Asparagus Salad with Chickpeas

The first thing that you note when you are going to take this delectable salad is its flavour pairing, which is absolutely great! The medley of chickpeas, asparagus and potatoes along with balsamic garlic vinaigrette is simply enticing and delightful.

Preparation Time: 10 Minutes

Cooking Time: 20 Minutes

Yields: 2

Ingredients:

- 1 cup Chickpeas, cooked
- ¼ cup Balsamic Vinaigrette, preferably fat free
- 2 Red Potatoes, preferably medium
- 12 oz. Asparagus, trimmed and cut into ½ inch pieces
- 2 cloves Garlic, unpeeled
- Salt and Pepper, to taste
- 1 Onion, preferably small and sliced into thin wedges

Method of Preparation

- 1) To begin with, preheat the oven to 425 degree F.
- 2) After that, cook the potatoes until they are cooked and tender. Once cooled, chop them into small pieces and place them in a bowl.
- 3) In the meantime, arrange the asparagus in the baking sheet along. On top of it, place the thin onion wedges.
- 4) At the corner of the baking sheet, place the unpeeled garlic and then roast the asparagus for about 15 minutes until it is tender but still crisp. Make sure to stir in once say after 7 to 8 minutes.
- 5) Once it is cooled, transfer the asparagus into the bowl along with the potatoes,
- 6) Peel the garlic and then mash it in a bowl and later add it to the dressing.
- 7) Finally, pour the dressing over the vegetables and combine them well.
- 8) Check for seasoning and add salt and pepper according to your preference.

Tomato Mushroom Pasta

How about a comfort food that you can take without any guilt? This pasta fare is so elegant and comforting in its taste and flavour while being easy and quick to make! Furthermore, it lets you enjoy the day without hovering much around the kitchen!

Preparation Time: 10 Minutes

Cooking Time: 30 Minutes

Yields: 3

Ingredients:

- 3 servings of Pasta of your choice
- 3 cups Cremini Mushrooms, sliced
- 1 Sweet Onion, preferably small
- ¼ tsp. red Pepper flakes
- 1 ½ cups diced Tomatoes, canned,
- 3 Garlic cloves, minced
- 1 tsp Oregano, dried
- ¾ cup Basil leaves, fresh and chopped
- ¼ tsp. Thyme, dried
- ¼ cup Nutritional yeast
- 1 tsp. extra-virgin Olive Oil
- 1 ½ tbsp. Tomato paste

Method of Preparation

- 1) Start by heating a large pot of water and then add the pasta to it until it is cooked and al dente. Drain the pasta well.
- 2) In the meantime, heat oil in a wok over medium heat and to this, add the garlic and onion and cook them for 5 minutes or until it becomes transparent.
- 3) After that, toss the mushrooms and tomatoes and cook them again for further 10 minutes over medium high heat or until the water is absorbed.
- 4) Next, stir in the nutritional yeast, herbs, red pepper flakes and basil along with the seasoning and cook for 5 minutes.
- 5) Finally, add the pasta to the skillet and stir them well so that the sauce coats the pasta well.

Easy Vegetable Gumbo

This is a dish that is easy to make especially during the midweek days. On top, it is a filling and healthy fare that is sure to please everyone.

Preparation Time: 5 Minutes

Cooking Time: 45 Minutes

Yields: 6

Ingredients:

- 2 × 12 oz. Mixed Vegetables
- 1 × 15 oz. Chickpeas, canned, washed and drained
- 4 Garlic cloves, minced
- 2 tsp. Soy Sauce
- 1 × 15 oz. fire roasted Tomatoes
- 2 cups Onion, pepper, celery blend, Cajun style
- ½ tsp. granulated Onion
- 1 × 15 oz. Kidney Beans, washed and drained
- ¼ tsp. Black Pepper
- 1 tsp. Thyme
- 4 cups Water
- ½ tsp. smoked Salt
- 2 serving Vegetable Bouillon
- Salt and hot sauce, to taste

Method of Preparation

- 1) To begin with, take a non-stick pot and heat it over medium high heat. To this, spoon some oil and then add onion, pepper and celery until they are softened.
- 2) After that, stir in all the remaining ingredients excluding the smoked salt.
- 3) Cover the pot with a lid and allow it cook for about 40 minutes until the vegetables become tender.
- 4) If it is found to be too thick, add more water
- 5) It can be served on its own or along with rice.

Spiced Rice with Lentils

The ingredients used in this dish are few and simple, but then the spices lend so much of flavour to this fare. It is even possible to increase the quantity of lentils if needed to make it more healthier.

Preparation Time: 5 Minutes

Cooking Time: 45 Minutes

Yields: 6

Ingredients:

- 1 ½ cups Brown rice
- ¼ cup Parsley, minced
- ¾ cup Lentils
- 6 cloves
- 4 cups Water
- ¼ tsp. Black Pepper
- 2 Cinnamon Sticks, halved
- ½ tsp. Cumin
- Dash of Lemon juice
- 1 tsp. Salt

Method of Preparation

- 1) To begin with, place all the ingredients in the rice cooker excluding parsley and stir them well.
- 2) Allow it to cook until it is cooked and tender with all the water being absorbed.
- 3) Once cooked, discard the cloves, cinnamon and then by using a fork, fluff the rice.
- 4) Before serving, add the parsley chopped.

Garlic, Soy and Ginger Noodles

Ingredients:

3 cloves garlic, peeled and diced

3 tbsp soy sauce

2 thumbs ginger, grated

2 spring onions, sliced

1 head of broccoli, cut into florets

300g pre cooked noodles

Method:

1. Mix the garlic, soy, ginger, broccoli and spring onions in a small bowl. Heat a wok then add the mixture and the noodles to the wok. Stir fry for 5-6 minutes, until noodles are coated and broccoli is tender.

Moussaka

Ingredients:

- 2 aubergines, sliced
- 1 tin tomatoes
- 2 cloves garlic
- 1 sweet potato, sliced
- 1 red onion, diced
- 2 cups spinach
- 1 cup vegan cheese, crumbled

Method:

1. Heat a splash of oil in a pan and fry the onions and garlic over a medium heat. Add the tomatoes and leave to simmer for 10 minutes.
2. Meanwhile, place the sweet potato and aubergine on a baking tray and season and drizzle with olive oil. Place in the oven for 10 minutes to soften. Remove from the oven and place a layer on the bottom of a baking dish.
3. Ladle a third of the sauce over the bottom layer of vegetables. Sprinkle over a third of the spinach, then add another layer of vegetables. Repeat twice more until the baking dish is full and all ingredients are used.
4. Sprinkle over the vegan cheese then place in the oven for 20-25 minutes. Serve with crusty bread and rocket salad.

Butternut Squash and Lemon Risotto

Ingredients:

- 1 onion, diced
- 2 cloves garlic
- 1 glass white wine
- 200g risotto rice
- 2 pints vegetable stock
- 1 butternut squash, peeled and diced into 1-2 cm cubes
- 1 lemon

Method:

1. Heat a splash of olive oil in a pan and add the garlic and onion. Fry for 3 minutes, then add the risotto rice and stir until coated. Add the wine and bring to the boil, stirring consistently. Add a ladle of vegetable stock and wait until the rice absorbs it before adding another.
2. Meanwhile, place the butternut squash in the oven at 200C and allow to roast. Once half of the stock has been used, grate the zest of the lemon into the risotto. Add the

remainder of the stock slowly, then squeeze in the juice of half of the lemon.

3. Remove the squash from the over and gently stir unto the risotto. Serve with garlic bread and rocket.

Asparagus and Almond Risotto

Ingredients:

- 1 onion, diced
- 2 cloves garlic
- 1 glass white whine
- 200g risotto rice
- 2 pints vegetable stock
- 10 asparagus spears
- 1 cup of flaked almonds

Method:

1. Heat a splash of olive oil in a pan and add the garlic and onion. Fry for 3 minutes, then add the risotto rice and stir until coated. Add the wine and bring to the boil, stirring consistently. Add a ladle of vegetable stock and wait until the rice absorbs it before adding another. Continue until all stock is absorbed.
2. Heat a griddle pan and cook the asparagus for 3 minutes on each side. Serve the risotto into large bowls, topping with the asparagus and sprinkling over the almonds.

Wild Mushroom and Oregano Risotto

Ingredients:

- 1 onion, diced
- 2 cloves garlic
- 1 glass white whine
- 200g risotto rice
- 2 pints vegetable stock
- 1 cup chesnut mushrooms
- 1 cup shitaki mushrooms
- 1 cup oyster mushrooms
- 2 tbsp dried oregano

Method:

1. Heat a splash of olive oil in a pan and add the garlic and onion. Fry for 3 minutes,

then add the mushrooms and risotto rice and stir until coated. Add the wine and bring to the boil, stirring consistently. Add a ladle of vegetable stock and wait until the rice absorbs it before adding another. Continue until all stock is absorbed.

2. Add the oregano and cook for a further 5 minutes, until aromatic. Serve with garlic ciabatta bread.

Vegetable Biryani

Ingredients:

- 1 cauliflower, cut into florets
- 1 courgette, diced
- 2 cups spinach
- 1 red onion, diced
- 2 cloves garlic
- 1 lemon, zest and juice
- 1 tbsp Dijon mustard
- 2 tbsp curry paste
- 300g basmati rice
- 2 pints vegetable stock

Method:

1. Heat a splash of oil in a large saucepan and add the garlic, onions and curry paste and stir until coated. After 3 minutes, add the rice and 1 pint of the vegetable stock. Cover and allow to absorb for 20 minutes.
2. Add the vegetables and the remaining stock and cover for a further 10 minutes. Finally, add the lemon zest and juice then stir through the mustard.

Spiced Pumpkin Curry

Ingredients:

- 1 onion, diced
- 2 cloves garlic
- 1 pint vegetable stock
- 1 pumpkin, peeled and diced in 2 cm chunks
- 1 tsp turmeric
- 1 tsp cumin
- 2 tbsp curry paste
- 2 cups spinach

Method:

1. Heat a splash of oil in a saucepan and fry the garlic, onion and pumpkin for 5 minutes. Add the spices and the curry paste and stir until coated. Add the vegetable stock and cover, simmering for 20 minutes. Add the spinach and stir through, allowing to wilt for a few minutes. Serve with fluffy white rice.

Garlic Mushrooms with Homemade Vegan Pesto

Ingredients:

300 g chestnut mushrooms

2 cups fresh basil leaves

1 cup fresh rocket

3 cloves of garlic

2 cups olive oil

1 cup pine nuts

2 ciabatta breads, sliced in two

Method:

1. In a blender, mix the oil, basil, nuts, rocket and garlic, pulsing for 2-3 minutes until smooth. Add the whole mushrooms to a pan over a medium heat and pour over the pesto. Fry for 5 minutes, until the mushrooms are tender.
2. Meanwhile, toast the ciabatta slices under a grill. Serve the mushrooms ontop of the bread.

Pesto and Courgette Pasta Bake

Ingredients:

2 cups fresh basil leaves

1 cup fresh rocket

3 cloves of garlic

2 cups olive oil

1 cup pine nuts

2 courgettes, diced

200g wholegrain vegan fusilli pasta

Method:

1. In a blender, mix the oil, basil, nuts and garlic, pulsing for 2-3 minutes until smooth. Cook the pasta in salted boiling water according to the packet instructions. Drain and

transfer to a baking dish. Sprinkle over the courgettes and pour over the pesto, then bake in the oven for 10 minutes.

Three Bean Stew

Ingredients:

- 1 onion, diced
- 1 cup kidney beans
- 1 cup butter beans
- 1 cup baked beans
- 1 tin tomatoes
- ½ pint vegetable stock
- 1 cup coriander, chopped

Method:

1. Heat a splash of oil in the pan and fry the onion. Add the tomatoes and the coriander and allow to simmer for 5 minutes. Add the beans and the stock, stir then cover and simmer for 20 minutes. Serve with mashed potato or crusty bread.

Lentil Dahl

Ingredients:

- 1 cup lentils
- 3cm piece of ginger
- 2 bay leaves
- 1 cinammon stick
- 1 large onion, diced
- 2 garlic cloves, crushed
- 2 tbsp lemon juice
- 1 tsp cumin
- ½ cup chopped coriander

Method:

1. In a large saucepan, place the lentils, ginger, bay leaves and cinnamon and add 3 cups of cold water. Bring to the boil then simmer for 10 minutes. Remove the cinnamon stick and bay leaves and set aside.
2. Heat oil in a fry pan and add onions, garlic and cumin. Fry for 3 minutes then add the lentils. Add the lemon juice just before serving.

Lime and Coconut Dahl

Ingredients:

- 1 cup lentils
- 3cm piece of ginger
- 2 bay leaves
- 1 red chilli, deseeded and chopped
- 1 cinammon stick
- 1 large onion, diced
- 2 garlic cloves, crushed
- 2 tbsp lime juice
- 3 cups cocnut milk

Method:

1. In a large saucepan, place the lentils, ginger, bay leaves and cinnamon and add 3 cups of coconut milk. Bring to the boil then simmer for 10 minutes. Remove the cinnamon stick and bay leaves and set aside.
2. Heat oil in a fry pan and add onions, garlic and chilli. Fry for 3 minutes then add the lentils. Add the lime juice just before serving.

Olive Oil and Sage Gnocchi

Ingredients:

- 400g gnocchi
- 2 cups garlic oil
- 4 sage leaves, chopped

Method:

1. Heat a saucepan of water and boil the gnocchi for 10 minutes. Drain then combine with the sage and olive oil.

Tomato and Oregano Gnocchi

Ingredients:

- 400g gnocchi
- 1 tin tomatoes
- 1 onion, diced
- 2 garlic cloves, crushed

1 tbsp dried oregano

Method:

1. **Heat a drizzle of oil in a saucepan and add the onion and garlic. Bring a saucepan of water to the boil and cook the gnocchi for 10 minutes. Add the tomatoes to the onion and garlic and stir through the oregano.**

Spinach, Rocket and Garlic Gnocchi

Ingredients:

400g gnocchi

2 cups spinach

1 cup garlic oil

1 cup fresh rocket

1 lemon, juice of

Method:

1. Bring a saucepan of water to the boil and cook the gnocchi for 10 minutes. Drain then combine with the remaining ingredients, heat for 3 minutes then serve.

Lemon and Chilli Gnocchi

Ingredients:

400g gnocchi

1 lemon, juice of

½ cup olive oil

1 red chili, chopped and deseeded

Method:

1. Bring a saucepan of water to the boil and cook the gnocchi for 10 minutes. Drain then combine with the remaining ingredients then serve.

Sag Aloo

Ingredients:

2 tbsp sunflower

1 onion, diced

2 garlic cloves, crushed

1 tbsp ginger

5 large white potatoes, peeled and diced

1 red chilli, deseeded and diced

½ teaspoon cumin seeds

½ tsp turmeric

3 cups spinach

Method:

1. Heat the oil in a large pan and cook the onion, garlic and ginger for 3 minutes. Add the potatoes, spices and cook for 5 minutes more. Add ½ cup of water, cover then simmer for 10 minutes. Add the spinach and cover for 3 minutes more, stir then serve.

Bombay Potatoes

Ingredients:

4 tbsp olive oil

½ tsp mustard seeds

1 tsp chilli powder

5 large white potatoes, boiled and quartered

Method:

1. **In a large frying pan, heat the oil. Add the mustard seeds and chilli powder and cook for 2 minutes. Add the cooked potatoes, stir and cook for 10 minutes on a medium heat.**

Mustard and Broccoli Macaroni

Ingredients:

200g macaroni pasta, cooked and drained

3 tbsp mustard

½ pint vegetable stock

2 heads of broccoli, cut into florets

Method:

1. In a saucepan, mix the stock and mustard and heat over a medium flame. Allow to simmer until thickened, for approximately 5-8 minutes.
2. Preheat the oven to 180C and place the broccoli florets in a baking tray. Pour over the thick sauce and place in the oven for 15 minutes.

Simple Thai Green Curry

Ingredients:

10 new potatoes, cooked and halved
10 asparagus spears
1 cup green beans
1 red pepper, sliced
1 garlic clove, crushed
1 tbsp green Thai curry paste
400ml coconut milk
1 cup chopped basil

Method:

1. In a large saucepan, heat a splash of oil and add the garlic and curry paste. Stir then add the vegetables and potatoes. Add the coconut milk and bring to the boil, then cover and simmer for 10 minutes. Stir through the basil just before serving with boiled rice.

Butternut Squash Linguine with Crispy Sage Leaves

Ingredients:

1 butternut squash, peeled and diced into 2 cm squares
2 tbsp vegetable oil
10 sage leaves
300g linguine
½ cup olive oil
1 lemon, juice of

Method:

1. **Preheat the oven to 200C. Place the butternut squash on a baking tray and cook for 15 minutes. Bring a saucepan of water to the boil and cook the linguine for 8 minutes.**
2. **Heat the oil in a frying pan until very hot then place the sage leaves in there for 3 minutes until crispy. Dry off with paper towel and set aside. Drain the linguine then combine with the olive oil, lemon juice and butternut squash and serve with the crispy sage leaves on top.**

Quinoa and Red Pepper Chilli

Ingredients:

4 cups quinoa

1 tin chopped tomatoes
1 tbsp tomato puree
1 red chilli, deseeded and diced
2 red bell peppers
1 onion, diced
2 cloves garlic
1 tbsp paprika
1 tbsp cayenne pepper
1 can kidney beans, drained
1 cup coriander, chopped

Method:

1. Heat a splash of oil in a large sauce pan and add the garlic, onion, spices, chilli, quinoa and tomato puree. Cook for 3-4 minutes stirring constantly. Add the tinned tomatoes and bring to the boil, then reduce the heat and simmer for 10 minutes.
2. Add the peppers and kidney beans and cook for a further 5 minutes, then stir in the coriander just before serving. Serve with steamed white rice.

Sundried Tomato and Basil Pasta

Ingredients:

200g vegan fusilli pasta, Pre-cooked and drained
2 cups sundried tomatoes
1 onion, diced
2 cloves garlic
1 cup fresh basil
1 tin tomatoes

Method:

1. In a saucepan, heat a splash of oil and add the garlic and onion. Add the tomatoes and bring to the boil, allowing to simmer for 10 minutes. Add the sundried tomatoes and basil and stir through gently.
2. Place the pasta in a baking tray and pour over the aromatic sauce. Place in an oven preheated at 200C and bake for 10 minutes.

Broccoli and Chilli Spaghetti

Ingredients:

200g vegan linguine

2 heads broccoli, cut into florets

1 red chilli, deseeded and diced

1 cup olive oil

2 cloves garlic

Method:

1. Heat a splash of oil in a frying pan and add the garlic and the red chilli. Meanwhile, add the linguine to a saucepan of boiling water and allow to boil for 8 minutes.
2. Meanwhile, add the broccoli and the s=rest of the oil to the saucepan and cook until the pasta is cooked. Drain the pasta, serve to plates and then pour over the chilli and broccoli mix.

Roasted Garlic and Herb Potato Fritters

Ingredients:

4 cloves garlic

2 tbsp mixed herbs

4 white potatoes, mashed and left to cool

1 cup chives, chopped

Method:

1. In an oven preheated to 150C, place a baking tray with the cloves of garlic on in oven to roast. Allow to cook for 20 minutes. Remove and chop roughly, mixing in the herbs, chives and garlic with the mashed potato.
2. Shape the potato mix into patties measuring 3 cm in width. Place on a baking tray greased with oil and cook in an oven heated at 180C for 20 minutes, until golden brown and crispy.

Mustard and Spinach Potato Cakes

Ingredients:

4 white potatoes, mashed and left to cool

2 tbsp mustard

2 cups spinach

Method:

1. Mix the mustard and spinach with the potato. Shape the potato mix into patties measuring 3 cm in width. Place on a baking tray greased with oil and cook in an oven heated at 180C for 20 minutes, until golden brown and crispy.

Vegetable Nut Roast with Savoy Cabbage

Ingredients:

2 slices of bread made into breadcrumbs

1 carrot, peeled and diced

1 courgette, diced

1 can baked beans

1 cup crushed mixed nuts

Method:

1. Mix the ingredients together in a large mixing bowl. Place the mixture into a greased baking tin and cook for 40 minutes in an oven heated at 200C.

Spinach and Red Onion Nut Roast

Ingredients:

2 cups spinach

1 red onion, sliced

1 cup mixed nuts, crushed

2 slices of bread into breadcrumbs

1 can of baked beans

Method:

1. Mix the ingredients together in a large mixing bowl. Place the mixture into a greased baking tin and cook for 40 minutes in an oven heated at 200C.

Apple and Sage Nut Roast

Ingredients:

1 cup mixed nuts, crushed

2 slices of bread into breadcrumbs

1 can of baked beans

1 tbsp dried sage

1 apple, peeled, cored and diced

Method:

1. Mix the ingredients together in a large mixing bowl. Place the mixture into a greased baking tin and cook for 40 minutes in an oven heated at 200C.

Garlic Mushroom Nut Roast

Ingredients:

- 1 cup mixed nuts, crushed
- 2 slices of bread into breadcrumbs
- 1 can of baked beans
- 200g chestnut mushrooms
- 3 cloves garlic
- 1 tbsp dried oregano

Method:

1. Mix the ingredients together in a large mixing bowl. Place the mixture into a greased baking tin and cook for 40 minutes in an oven heated at 200C.

Apricot and Cashew Nut Roast

Ingredients:

- 1 cup mixed nuts, crushed
- 2 slices of bread into breadcrumbs
- 1 can of baked beans
- 1 cup dried apricots, chopped
- 1 cup cashew nuts, chopped

Method:

1. Mix the ingredients together in a large mixing bowl. Place the mixture into a greased baking tin and cook for 40 minutes in an oven heated at 200C.

Red Onion Lentils and Baked Beans

Ingredients:

- 200g green lentils
- 1 large red onion
- 1 tin baked beans
- 2 pints vegetable stock

Method:

1. In a saucepan, bring the vegetable stock to the boil. Add the lentils and cook for 35-40 minutes. Meanwhile, slice the onion and add a splash of oil to a frying pan. Fry over a low flame, allowing to sauté for 10 minutes.
2. Once the lentils are cooked and all liquid has been absorbed, add the baked beans to the mixture and stir through. Serve in bowls with the onions on top.

Spinach Stuffed Quinoa Squash

Ingredients:

- 3 cups quinoa
- 1 ½ pints vegetable stock
- 2 large butternut squash
- 1 cup mascarpone cheese
- 3 cups spinach
- 1 cup breadcrumbs
- 1 onion, diced
- 1 clove garlic, chopped

Method:

1. Preheat the oven to 200C. Cut the squash in half so that you get two symmetrical halves. Scoop out the seeds then cut out 2cm width of flesh from top to bottom. Drizzle in olive oil then place in the oven for 10 minutes.
2. Bring the 2 pints of vegetable stock to the boil in a saucepan and add the quinoa. Cook for approximately 15 minutes, until all of the stock has been absorbed.
3. Mix the quinoa with the cheese, spinach, onion, garlic and breadcrumbs. Place the mixture evenly into the squash's which have been removed from the oven. Cook for a further 10 minutes in the hot oven and serve with rocket salad.

Kale, Garlic and Chilli Quinoa

Ingredients:

- 2 cups chopped kale
- 4 cup quinoa
- 2 pints vegetable stock
- 1 red chili, deseeded and chopped
- 3 cloves of garlic

Method:

1. Heat a splash of oil in a pan and add the garlic, chilli and kale and cook for 3 minutes. Add the quinoa and coat thoroughly. Then add the stock and bring to the boil. Reduce to a simmer and cook for a further 10 minutes. Serve with crusty bread.

Lentil Shepherd's Pie

Ingredients:

- 300g green lentils
- 1 onion, diced
- 1 clove garlic
- 2 carrots, peeled and diced
- 1 cup frozen peas
- 2 leeks, sliced
- 2 pints vegetable stock
- 4 white potatoes, peeled and cut into chunks
- 1 tsp tabasco sauce

Method:

1. In a saucepan, bring the vegetable stock to the boil. Add the lentils and cook for 35-40 minutes. In a frying pan, heat a splash of oil and add the onion, garlic, carrots and leeks and cook for 10 minutes. Add the tabasco sauce, and once the lentils have absorbed all of the liquid, add those to the mixture. Leave to simmer.
2. Place the potatoes in a pan of boiling water and cook for 10 minutes. Once cooked, drain then mash and season. Pour the lentil mixture into an oven proof dish and top with the mashed potato. Cook in an oven heated at 180C for 20 minutes.

Lentil Spaghetti Bolognese

Ingredients:

- 1 onion, diced
- 2 cloves garlic, diced
- 1 courgette, diced
- 200g mushrooms, sliced
- 1 tin tomatoes
- 2 tbsp tomato puree
- 1 tsp tabasco
- 300g green lentils

2 pints vegetable stock

200g vegan spaghetti

Method:

1. In a saucepan, bring the vegetable stock to the boil. Add the lentils and cook for 35-40 minutes. In a frying pan, heat a splash of oil and add the onion, garlic, tomatoes, tomato puree and remaining vegetables. Bring to the boil then allow to simmer until the lentils are cooked.
2. Once the lentils are cooked, transfer to the pan and mix. Cover and remove from the heat. Add the spaghetti to a pan of boiling, salted water and cook for 8-10 minutes. Serve the lentil mixture upon the spaghetti.

Wild Mushroom and Rocket Quinoa Risotto

Ingredients:

- 1 cup oyster mushrooms
- 1 cup shitake mushrooms
- 1 cup chestnut mushrooms
- 1 onion, diced
- 2 garlic cloves, crushed
- 4 cups quinoa
- 2 pints vegetable stock
- 1 cup fresh rocket

Method:

1. Heat a splash of olive oil in a pan and add the garlic, mushrooms and onion. Fry for 3 minutes, then add the quinoa and stir until coated. Add the wine and bring to the boil, stirring consistently. Add a ladle of vegetable stock and wait until the rice absorbs it before adding another.
2. Continue to add the stock ladle by ladle until all is absorbed. Serve in large bowls and place the rocket on top of the risottos evenly.

Curried Crunchy Vegetable Quinoa

Ingredients:

- 1 cauliflower, cut into florets
- 1 cup spinach
- 2 carrots, sliced

1 onion, diced
2 tbsp curry powder
1 cup parsley, chopped
4 cups quinoa
3 pints vegetable stock

Method:

1. Heat a splash of oil in a large frying pan. Add the onions, carrots, cauliflower and the curry paste, stirring to ensure coated, and cook for 3 minutes. Add the quinoa and the vegetable stock and bring to a simmer, cooking for a further 15 minutes. Remove from the heat and add the spinach and parsley. Serve in large bowls with naan breads.

Richly Braised Lentils

Ingredients:

200g red lentils
2 carrots, peeled and chopped
2 pints vegetable stock
1 tbsp tomato ketchup
1 large red onion, diced
3 cloves garlic, chopped
1 can baked beans
2 cups spinach

Method:

1. Fry the onion, garlic and carrot in a large saucepan. Add the lentils and cook for 3 minutes. Add the stock ladle by ladle until all absorbed. Simmer for 30 minutes.
2. Add the beans, ketchup and spinach and cook for a further ten minutes before serving.

Hearty Lentil and Vegetable Stew

200g red lentils
2 carrots, peeled and chopped
2 pints vegetable stock
1 broccoli head, sliced into florets
1 can butter beans

1 large onion
2 cups frozen peas
2 leeks, chopped
2 cloves garlic
1 swede, peeled and diced

Method;

1. Heat a splash of oil in a large saucepan and add the garlic, onion, carrot, beans and swede. Cook for 5 minutes then add the lentils. Add the stock ladle by ladle until all of the stock is absorbed. Add the leeks and broccoli then cook for a further 5 minutes then serve.

Lentil Burger

Ingredients:

Fried Lentils with Cauliflower and Peanut

Ingredients:

200g lentils, cooked and cooled
1 cauliflower head, cut into florets
1 tbsp curry powder
1 cup peanut, crushed
1 tbsp ground nut oil

Method:

1. Heat the ground nut oil and add the cauliflower and the lentils. Fry for 3 minutes then add the curry powder and the peanuts. Cook for 7 minutes and then serve.

Cashew and Spinach Lentils

Ingredients:

200g lentils, cooked and cooled
3 cups spinach
2 cloves garlic

1 cup cashew nuts

1 tbsp chilli oil

Method:

1. Preheat the oven to 220C. Place the cashew nuts on a baking tray and roast for 10 minutes. Meanwhile, heat the chilli oil and fry the garlic and lentils together. After 6 minutes, add the spinach and cook for a further 3. Sprinkle over the cashew nuts and serve.

Mustard and Broccoli Lentil Bake

Ingredients:

Beetroot and Lentil Risotto

Ingredients:

4 beetroots, peeled and diced

2 cups lentils

1 medium onion

2 cloves garlic

2 pints vegetable stock

1 cup chopped parsley

Method:

1. Heat a splash of olive oil in a pan. Add the garlic and onion and fry for 2 minutes. Add the lentils then a ladle full of stock. Continue to add until all of the lentils have absorbed the stock. Add the beetroot and cook for a further 5 minutes. Stir the parsley through just before serving.

Lentil and Chinese Vegetable Stir Fry

Ingredients:

2 cups lentils, cooked and cooled

1 cup soya sauce

1 thumb ginger, peeled and chopped

1 pak choi, chopped

1 broccoli, cut into florets

1 cup bean sprouts

Method:

1. Heat a splash of oil in a pan. Add the garlic, ginger and lentils and cook for 3 minutes. Add the broccoli, beansprouts and soya sauce then cook for a further 3 minutes before adding the pak choi.

White Bean, Cabbage and Rosemary Stew

Ingredients:

- 2 cups white beans
- 2 tbsp dried rosemary
- ½ savoy cabbage head, shredded
- 1 pint vegetable stock
- 1 medium white onion, chopped and diced
- 2 cloves garlic

Method:

1. In a large saucepan, heat a splash of oil and add the garlic and onion. Cook for 2 minutes then add the beans and the rosemary and the vegetable stock, Bring to the boil then reduce to a simmer for 10 minutes.
2. Add the cabbage and stir through for 5 minutes. Serve with crusty bread.

Spicy Peanut and Mung Bean Stir Fry

Ingredients:

- 1 cup peanuts, roasted and crushed
- 2 cup mung bean sprouts
- 1 red pepper, diced and deseeded
- 2 tbsp sweet chilli sauce
- 2 tbsp sesame oil
- 1 cup rice noodles, cooked and drained

Method:

1. Heat the sesame oil in a large frying pan. Add the pepper, nuts, mung bean sprouts and noodles then pour over the sweet chilli sauce. Cook for 5 minutes then serve.

Lime and Chilli Tofu

Ingredients:

- 4 tofu steaks
- 1 lime, juice of

1 red chilli, deseeded and diced

Method:

1. Mix together the lime and chilli in a shallow bowl. Place the tofu into the bowl and allow to marinate for 1 hour. Preheat the oven to 200C then make in the oven for 20 minutes and serve.

Black Bean Tofu Stir Fry

Ingredients:

1 cup shredded cabbage

1 cup bean sprouts

1 cup flat noodles

1 carrot, shredded

2 tofu steaks, cut into chunks

1 cup black bean sauce

2 cloves garlic

Method:

1. Fry the carrot, garlic and tofu in a large wok. After 2 minutes, add the cabbage and noodles and cook for 3 more minutes. Add the black bean sauce then the bean sprouts then cook for 3 minutes then serve.

Ginger and Garlic Tofu

Ingredients:

4 tofu steaks

1 tbsp white wine vinegar

3 cloves garlic

1 thumb giner, peeled and diced

Method:

1. Mix the vinegar with the garlic and ginger. Marinate the steaks for 1 hour then bake for 20 miutes in an oven at 200C.

Crispy Tofu with Sweet Chilli Noodles

Ingredients:

2 tofu steaks, sliced into chunks

1 cup groundnut oil

2 cups noodles, cooked and drained

1 cup sweet chilli sauce

1 cup chopped coriander

Method:

1. In a saucepan, heat the groundnut oil until boiling. Add the tofu and fry for 3 minutes until golden brown and crispy. Place on kitchen roll to soak up the oil. Meanwhile, heat the noodles, sweet chilli sauce in a wok and stir through the coriander. Cook for 3 minutes then serve topped with the tofu.

Avocado, Tofu and Mint Salad

Ingredients:

2 ripe avocados, flesh of

½ fresh mint leaves

2 tofu steaks, cut into chunks

Method:

1. In a saucepan, heat the groundnut oil until boiling. Add the tofu and fry for 3 minutes until golden brown and crispy. Place on kitchen roll to soak up the oil. Then slice the avocado and toss with the mint. Serve together.

Curried Tofu with Crunchy Vegetables

Ingredients:

2 tbsp curry paste

2 tofu steaks, sliced into chunks

1 cauliflower, florets

2 cups spinach

1 onion, peeled and diced

Method:

1. Fry the onion and curry paste in a pan. Add the tofu then cook for 3 minutes. Add the vegetables and fry for a further 3 minutes then serve.

Sweet Potato and Spinach Cakes

Ingredients:

2 sweet potatoes, grated and peeled

1 red onion, grated

2 cups spinach

Tofu Katsu Curry

Ingredients:

2 tbsp tomato ketchup

2 tbsp curry paste

2 cloves garlic

- 1 tbsp cornflour
- 1 pint vegetable stock
- 1 cauliflower, cut into florets

Method:

1. Combine all of the ingredients except the cauliflower in a saucepan and bring to the boil. Then simmer for 10 minutes and add the cauliflower. Continue to cook for 5 minutes until thickened.

Tofu and Chickpea Curry

Ingredients:

- 2 tofu steaks
- 1 can chickpeas, drained
- 1 pint vegetable stock
- 1 cup spinach
- 2 tbsp curry paste
- 1 medium onion
- 3 garlic cloves
- 1 cup frozen peas

Method:

1. Fry the garlic, onion and curry paste in a pan. Add the chickpeas and stock then bring to the boil for 5 minutes. Reduce to a simmer then add the tofu, spinach and peas and simmer for 5 minutes. Serve with fluffy white rice.

Chicory and Pear Salad

Ingredients:

- 2 whole chicories, leaves of
- 2 pears, cored and sliced
- 2 cups rocket leaves
- 1 cup watercress
- 1 lemon, juice of
- 1 red onion, peeled and diced
- 2 tbsp extra virgin olive oil

Method:

1. Toss all of the ingredients together in a mixing bowl and serve.

Coconut Greens with Fluffy Rice

Ingredients:

- 2 leeks
- 1 cup curly kale
- 1 spring onion, sliced length ways
- 2 cups coconut milk
- 1 tbsp nutmeg
- 2 cups brown rice
- 1 red chilli, deseeded and diced

Method:

1. Rinse the rice using a sieve until all of the stock has disappeared. Place into a saucepan with 4 cups of water. Cook the rice for approximately 10 minutes. Meanwhile, add the vegetables to a splash of oil heated in a saucepan.
2. Add the chilli then the kale, Cook for 3 minutes then add the leeks and spring onion. Pour over the coconut milk and bring to the boil. Reduce to a simmer then add the nutmeg and stir through.

Carrot and Orange Salad

Ingredients:

- 3 carrots, grated and peeled
- 1 blood orange, peeled and sliced into segments
- 1 cup chopped coriander
- 1 red onion, peeled and diced

Method:

1. Toss all of the ingredients together in a mixing bowl and serve.

Mango Quinoa Salad

Ingredients:

- 1 mango, peeled and diced
- 3 cups quinoa, cooked and cooled
- 1 cup rocket
- 1 red onion, peeled and diced
- 1 lemon, juice of

Method:

1. Combine all of the ingredients in a mixing bowl and serve.

Vegan Mac and Cheese

Ingredients:

200gm vegan macaroni
1 cup soya milk
2 cup steamed cauliflower, mashed and seasoned
2 cloves garlic
1 tbsp lemon juice
½ paprika
2 cups spinach

Method:

1. Boil the macaroni for 10 minutes in a large saucepan. Meanwhile, add the cauliflower to a saucepan with the garlic, soya milk, lemon, paprika and spinach. Bring to the boil until thickened then pour over the drained pasta. Bake in the oven at 220C for 10 minutes then serve.

Carbonara Pasta

Ingredients:

200g linguine
1 cup soya milk
2 cup steamed cauliflower, mashed and seasoned
2 cloves garlic
1 tbsp lemon juice
½ paprika
1 red onion, peeled and diced
3 cups chestnut mushrooms

Method:

1. Boil the linguine for 10 minutes in a large saucepan. Meanwhile, add the cauliflower to a saucepan with the garlic, soya milk, lemon, paprika and spinach. Bring to the boil until thickened. Fry the onion and mushrooms in a saucepan then pour over the drained pasta and combine with the sauce.

Creamy Mushroom Bake

200g fusilli pasta
1 cup soya milk
2 cup steamed cauliflower, mashed and seasoned
2 cloves garlic
1 tbsp lemon juice

½ paprika

3 cups chestnut mushrooms

1 tbsp oregano

Method:

1. Boil the fusilli for 10 minutes in a large saucepan. Meanwhile, add the cauliflower to a saucepan with the garlic, soya milk, lemon, paprika and oregano. Bring to the boil until thickened. Fry the mushrooms in a saucepan then pour over the drained pasta and combine with the sauce. Bake for 10 minutes at 220C.

Creamy Leek and Mustard Pasta

200g fusilli pasta

1 cup soya milk

2 cup steamed cauliflower, mashed and seasoned

2 cloves garlic

1 tbsp lemon juice

½ paprika

2 leeks, sliced

2 tbsp Dijon mustard

Method:

1. Boil the fusilli for 10 minutes in a large saucepan. Meanwhile, add the cauliflower to a saucepan with the garlic, soya milk, lemon, paprika and oregano. Bring to the boil until thickened. Fry the leeks in a saucepan then pour over the drained pasta and combine with the sauce. Bake for 10 minutes at 220C.

Peanut Stew

Ingredients:

1 can chopped tomatoes

3 cloves of garlic

3 tbsp peanut butter

1 cup crushed peanuts

1 potato, peeled and chopped

1 onion, peeled and chopped

1 tsp thyme

Method:

1. Heat oil in a pan and add the potato, onion, tomatoes, nuts, thyme and peanut butter. Simmer for 15 minutes then serve with brown rice.

Creamy Avocado and Lime Pasta

Ingredients:

- 200g shell pasta
- 1 avocado, peeled and chopped
- 2 tbsp lime juice
- 3 tbsp vegan mayonnaise
- 1 tbsp garlic paste

Method:

1. Cook the pasta and drain then leave to cool. Once cool, stir in the remaining ingredients and serve.

Beer Battered Tofu with Sweet Chilli Dressing

- 3 tofu steaks, sliced into 2-3 cm strips
- 1 bottle lager
- 1 pint vegetable oil
- 10 tbsp flour
- 1 cup sweet chilli sauce

Method:

1. Heat the oil in a saucepan until very hot. Mix the flour and beer and whisk thoroughly then dip the tofu into it. Drop into the oil and fry for 5 minutes until golden brown and crispy. Serve with the sweet chilli dip.

Waterchestnut and Mushroom Yuk Sung

Ingredients:

- 1 can water chestnuts
- 1 cup bean sprouts
- 2 cups chestnut mushrooms
- 2tbsp soya sauce
- 1 tbsp sesame oil
- 1 iceberg lettuce, leaves of

Method:

1. Heat the oil in a frying pan and add all ingredients except the lettuce, Cook gently for 5 minutes then leave to cool. Spoon the mixture into the lettuce leaves and serve.

Desserts

Spiced Baked Apples

Ingredients:

4 apples, peeled, cored and diced

1 cup sultanas

1 tbsp cinnamon

2 tbs sugar

Method:

1. Heat a splash of oil in a saucepan and add the apples, sugar and cinnamon. Cook for 5 minutes then add the sultanas and serve.

Red Wine Poached Pears

Ingredients:

4 pears, peeled and cored

500ml red wine

1 tbsp sugar

Method:

1. In a saucepan, heat the red wine on a medium flame. Add the pears and poach for 10 minutes on a simmer.

Vanilla Poached Pears

Ingredients:

4 pears, peeled and cored

1 lemon, juice of

2 cups of sugar

6 cups of water

2 vanilla pods

Method:

1. Mix the lemon, water, sugar and vanilla in a saucepan and bring to the boil. Reduce to a simmer and add the pears, cook for 10 minutes then serve.

Summer Fruits Pudding

Ingredients:

2 cups raspberries

2 cups blackberries

1 cup redcurrants

2 cups caster sugar

1 loaf of white bread, with crusts cut off

Method:

1. In a large saucepan, heat the fruit and sugar with 3 tbsp of water for 5 minutes. Drain the juice from the fruit and save in a bowl.
2. Line a pudding basin with a double layer of cling film. Dip the bread into the juice and line the tin with one layer of bread. Tip in the fruit, make a top layer of bread then put cling film over the top.
3. Place a plate on the top of the pudding and weigh it down with cans of beans for example. When serving, unwrap the top and

Chocolate Cake

Ingredients:

2 cups self-raising flour

1 cup sugar

1 tsp baking powder

100 ml vegetable oil

170ml cold water

4 heaoed tbsp. cocoa powder

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Maple Syrup cake

Ingredients:

2 cups self raising flour

1 cup sugar

1 tsp baking powder

100 ml vegetable oil

170ml cold water

4 tbsp maple syrup

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Peanut Butter and Banana cake

Ingredients:

2 cups self raising flour

1 cup sugar

1 tsp baking powder

100 ml vegetable oil

170ml cold water

2 bananas, mashed
3 tbsp peanut butter

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Blueberry cake

Ingredients:

2 cups self raising flour
1 cup sugar
1 tsp baking powder
100 ml vegetable oil
170ml cold water
3 cups blueberries, mashed

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Spiced carrot cake

Ingredients:

2 cups self raising flour
1 cup sugar
1 tsp baking powder
100 ml vegetable oil
170ml cold water
2 carrots, grated
1 tbsp cinnamon

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Fruit and nut cake

Vanilla cake

Lemon cake

Ingredients:

2 cups self raising flour
1 cup sugar
1 tsp baking powder
100 ml vegetable oil
170ml cold water
2 lemons, juice and zest of

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Lime and ginger nut cake

Ingredients:

2 cups self raising flour
1 cup sugar
1 tsp baking powder
100 ml vegetable oil
170ml cold water
2 limes, juice of
2 cups ginger nut biscuits, crushed

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Cherry cake

Ingredients:

2 cups self raising flour
1 cup sugar
1 tsp baking powder
100 ml vegetable oil
170ml cold water
2 cups glace cherries

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Walnut cake

Ingredients:

2 cups self raising flour

1 cup sugar

1 tsp baking powder

100 ml vegetable oil

170ml cold water

2 cups walnuts, chopped

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Coffee cake

Ingredients:

2 cups self raising flour

1 cup sugar

1 tsp baking powder

100 ml vegetable oil

70ml cold water

2 cups instant coffee mixed with water, cooled

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Tropical cake

Ingredients:

2 cups self raising flour

1 cup sugar

1 tsp baking powder

100 ml vegetable oil

170ml cold water

1 pineapple, peeled and diced into small chunks

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Cranberry and apple cake

Ingredients:

2 cups self raising flour

1 cup sugar

1 tsp baking powder

100 ml vegetable oil

170ml cold water

2 apples, peels, cored and diced

2 cups cranberries

Method:

1. Preheat the oven to 200C. Mix together flour, sugar and baking powder in a large mixing bowl. Add the remaining ingredients and mix thoroughly then transfer to greased cake tins. Bake for 30 minutes.

Rice crispy cakes

Ingredients:

4 cups puffed rice

2 tbsp maple syrup

Cake cases

Method:

1. Mix the puffed rice with the maple syrup in a mixing bowl. Place the mixture in the cake cases and leave to set in the fridge for 15 minutes.

Banana Sorbet

Ingredients:

200g caster sugar

250ml water

3 bananas, mashed

Method:

1. Stir together sugar and water and bring to the boil in a small saucepan. Remove from the heat and allow to cool. Once cool, add the fruit and transfer to a tub. Freeze for 4 hours then serve.

Passion fruit Sorbet

Ingredients:

200g caster sugar

250ml water

4 passion fruits, flesh and seeds

Method:

1. Stir together sugar and water and bring to the boil in a small saucepan. Remove from the heat and allow to cool. Once cool, add the fruit and transfer to a tub. Freeze for 4 hours then serve.

Raspberry Sorbet

Ingredients:

200g caster sugar

250ml water

4 cups raspberries

Method:

1. Stir together sugar and water and bring to the boil in a small saucepan. Remove from the heat and allow to cool. Once cool, add the fruit and transfer to a tub. Freeze for 4 hours then serve.

Lemon and Ginger Sorbet

Ingredients:

200g caster sugar

250ml water

2 lemons, juice of

1 tbsp ground ginger

Method:

1. Stir together sugar and water and bring to the boil in a small saucepan. Remove from the heat and allow to cool. Once cool, add the fruit and transfer to a tub. Freeze for 4 hours then serve.

Strawberry and Champagne Sorbet

Ingredients:

200g caster sugar

150ml water

100ml champagne

2 cups strawberries, crushed

Method:

1. Stir together sugar and water and bring to the boil in a small saucepan. Remove from the heat and allow to cool. Once cool, add the fruit and transfer to a tub. Freeze for 4 hours then serve.

Pineapple Sorbet

Ingredients:

200g caster sugar

250ml water

1 pineapple, blended to pulp

Method:

1. Stir together sugar and water and bring to the boil in a small saucepan. Remove from the heat and allow to cool.

Once cool, add the fruit and transfer to a tub. Freeze for 4 hours then serve.

Coconut Sorbet

Ingredients:

200g caster sugar

150ml water

1 cup desiccated coconut

½ cup coconut milk

Method:

1. Stir together sugar and water and bring to the boil in a small saucepan. Remove from the heat and allow to cool. Once cool, add the fruit and transfer to a tub. Freeze for 4 hours then serve.

Lime and Basil Sorbet

Ingredients:

200g caster sugar

250ml water

2 limes, juice of

½ cup basil, chopped

Method:

1. Stir together sugar and water and bring to the boil in a small saucepan. Remove from the heat and allow to cool. Once cool, add the fruit and transfer to a tub. Freeze for 4 hours then serve.

Mango and Cinammon Sorbet

Ingredients:

200g caster sugar

250ml water

1 mango, peeled and blended

1 tbsp cinnamon

Method:

1. Stir together sugar and water and bring to the boil in a small saucepan. Remove from the heat and allow to cool. Once cool, add the fruit and transfer to a tub. Freeze for 4 hours then serve.

Chocolate Dipped Strawberries

Ingredients:

200g dark chocolate

4 cups strawberries

Method:

1. Heat a saucepan full of water and place a glass bowl above it. Place the chocolate into the bowl and cook until

melted.

2. Dip the bottom of the strawberries in the chocolate then place on a tray covered in baking parchment.

Some small and exciting tips to think about while making vegan diets

1. While making toast, it is always better to use olive oil and sea salt.
2. In order to serve vegetables, use flax seeds oil over it. But then make sure to drizzle only over cooked ones as it is highly unstable over high temperatures.
3. Using mashed avocado as a spread instead of dairy spread as it has a creamy and rich texture.
4. Trying onion butter, carrot butter and carrot cashew butter makes it more new and exciting. Onion butter can be made by cooking them for 6 to 8 hours since they become very soft and pliable and taste great on toasts.
5. Using more coconut oil especially in baking and sautéing.
6. Using fruit butters in pancakes and muffins.

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