

# HOW AND WHY BECOME **VEGAN** The Secrets Revealed



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# **How And Why Become VEGAN-The Secrets Revealed**

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# Introduction

We all hear more and more about vegans and the vegan diet, which is known to slim people down overnight. But what really is veganism and how does it work in terms of weight loss? Or does it really work?

This book is here to answer to these questions, plus many more, as veganism is surrounded by lots of misconceptions and myths that can easily lead you to a faulty view upon this lifestyle.

Being a vegan is not about just eating vegetables, but true veganism extends to all the areas of your life, which is a lesser known fact. If you want to know what are the real benefits of being a vegan and how to dive into this concept, keep reading!





# Chapter 1 - Why become a vegan?

The term vegan is gaining more and more popularity as many stars and celebrities hurry to make a statement as vegans. But is it really worth being a vegan? And what does it really mean, as each person seems to have their own version of veganism? We are going to discover it all in this book and then we're going to try some yummy recipes. For now, what is a vegan?

There are many definitions of a vegan, but the only one that is correct is a person who drops all the animal-based products. This extends from the diet to the entire lifestyle, so being a vegan is much more than only following a vegan diet. A true vegan changes his or her entire lifestyle and gets rid of all the animal products, from eggs and milk to woolen clothes, leather jackets and any other item that is derived from an animal.

Vegan is a lifestyle and a concept, as you are going to ditch even cosmetics that are being tested on animals. According to studies made in America, 2.5% of the Americans are vegans, while much more are willing to declare themselves vegans, even if they only apply the rules of no animal products to their diet. Speaking of which, veganism is one of the eight most popular diets today.

## **Vegan or vegetarian? That's the question!**

There is a huge buzz around what being a vegan actually is and what not. Some people consider a vegan to be someone who rejects all types of animal products, while others believe veganism to be a branch of vegetarianism.

Vegetarians do eat animal products, as long as the animals get to live. So they eat eggs, honey, milk and other products from the animals. Meanwhile, vegans only eat vegetables and reject eggs and even honey. Extending the rule to your entire lifestyle, you get to ditch every single item that is linked to an animal. This interpretation makes veganism a whole new lifestyle, which is different from a diet – vegetarianism, thus it cannot be its subsidiary.

Some people take the entire vegan diet to a whole new level and add a spiritual dimension to it. This is the raw vegan diet and it implies that foods that are being processed with heat become life depleted and dead. Pure vegans believe that prana, the essential force of life, is being taken out of food when it is cooked and this makes it toxic. Raw-vegans only eat 100% fresh products and often rely on green smoothies a lot.

Raw vegans also believe they can benefit from the vital force of the sun, which is absorbed by fruits and vegetables and is then transmitted to the body of the human who eats it. This also helps the body to enhance the detox process that normally goes on in the body.

There are many reasons why people turn to veganism and one of the main reasons is animal cruelty. Vegan practitioners refuse to consume animal-related products because the animals that are used to get these products are being slaughtered when their production decreases. Dairy cows and chickens used for mass egg production are slaughtered when they grow old, so vegans want to allow them to live their entire life, without any human intervention.

This is why vegans consider even vegetarians as animal-slaughterers, because the animals used to produce milk and eggs get killed. Another point that is drawing attention is the fact that animals are being fed a number of artificial substances in order to increase their production. According to vegans, these substances harm the animals and lead to their premature death. All in one, vegans plan to save the animals from being killed by humans, as they promote a cruelty free lifestyle, where the man and the beast live together in harmony.

Another reason to become vegan is linked to environment and pollution. Vegans promote the awareness of farm-destruction, which leads to soil erosion and turns forests into grazing land. Animal farms use a lot of natural resources to take care of the animals, which pollute the environment, turning fertile land, which can feed a lot of humans, into useless, desert-type land over the years. Farms also pollute water sources, as they use rivers to dispose the animal waste. According to vegan concept, which promotes a peaceful lifestyle, aggression towards nature is not tolerated.

The third reason why vegans take up this new lifestyle or just the diet, in some cases, is their own health. While most of the meat is nowadays stuffed with antibiotics and other

toxic substances, which might cause severe illnesses, the vegetables are a lot more healthy. Animal fats and proteins were shown to increase one's risk of developing cancer, heart conditions and arthritis, while vegetables don't make you prone to any of these ailments. The matter had been studied intensively and there are many studies that support the vegan approach towards diet.

A study found that men who turned to veganism, in early stages of prostate cancer, managed to stop the progress of the illness. Another study proved that meat eaters have a higher risk of premature death. In October 2012, an article published in Food Technology revealed that vegetables don't activate the genes that lead to chronic illnesses, like diabetes, high blood pressure and even cancer. However, there are some major problems vegans need to deal with and one of them is the lack of proteins and the vitamin B12 deficiency. As you will see, vegans have found solutions to these problems, as well as other issues that take place from eating a vegetable-only diet.

It is interesting to note that most vegans don't jump into this diet, but first turn to vegetarianism and then proceed to give up on animal products, until they are on a completely vegan diet. Other people use a swapping process: they begin to look for vegetarian replacements for their favorite foods. Before you switch to vegan lifestyle and the vegan diet, you need to make sure your body can go over this stress, as any type of diet changes as extreme as giving up to meat and animal products entirely, puts a lot of stress upon the body. In the following section, there is some valuable information that you need to know before you take up this diet:

## **What you need to know about the vegan diet – What to expect when you're a vegan**

Not strange at all, the first vegans were the 1960's hippies, who promoted a violent-free life. Nowadays, the celebrities are the ones leading the rage, but they never tell you what to expect from switching to vegan. We do, however, so keep reading!

You will rely on supplements, because there are many vitamins and minerals that can't be found in vegetables. Other vitamins, like the B12 are found in vegetables but they are not assimilated by the human body, so you will need the supplementary pills to avoid a deficiency. The same goes for the iron, which is found in vegetables, especially spinach and other leafy greens, but you might experience a sudden drop in iron level at the beginning of the vegan diet, because the body takes time to get used to the change, as the iron you get from meat is not the same with the one you get from vegetables.

You will be always looking for proteins. At least, until you learn where to find them and how to include them in each and every of your meals. When you switch to the vegan diet, you need to get more proteins, as they are the fuel of life. They happen to be found in rather large quantities in milk and other animal foods, but are in smaller amounts in vegetables. This means you have to eat more protein-rich veggies to satisfy your body's need for proteins. Soy, seitan, quinoa and lentils have high amounts of proteins, so aim to have them in at least two of your three meals a day.

You will be tempted to pick more junk food than you usually do. This is because you will start thinking "Is this animal-related? If not, let's eat it!" and this makes doughnuts, for example, the right choice, which is all wrong! Switching to vegan doesn't mean switching to junk food, so make sure you make healthy picks, which don't build up calories while promoting weight gain, high blood sugar and hunger. Another temptation is to feast on a good vegan food, like soy, which happens to be a bad idea, as many soy-based products are actually loaded with preservatives and can make you more harm than good. Even after switching to vegan, moderation is the key. Picking low-processed foods also works, so favor miso, tofu, edamame and tempeh in front of a soy-meat burger.

You will have to read lots of labels, to make sure the product you buy is really vegan. And you will be amazed at how much hidden animal-related products are in so-called vegan foods. For example, many cereals contain casein, which is derived from milk.

You will experience some blood sugar drops, dizziness and fatigue at the start of the vegan diet. The body needs time to adjust to changes and even if you make the switch gradually, you will experience some unpleasant effects. Mood changes can become more frequent, so your friends and family might have to put up with a more emotional version of you, until the body settles to the vegan diet.

## Technical issues of becoming a vegan

Apart from all the obvious things that are linked to you and your own picks, there are other types of challenges you need to face when you decide to become a vegan. One of them is the problem of finding the right foods to eat; many new vegans wonder how they are going to survive in a small town where soy hardly makes an appearance on the market shelves. The answer is simple: never try to eat a vegan version of what you are eating now, even if about 15% of your healthy meal is meat. This is a sure way to fail, at least for most people.

Instead, learn to find new foods that you can try out and can be bought from any store. Tempeh, tahini, rice milk, hemp seeds, lentils, chickpeas are just some of the popular foods that are vegan and are spread all across the globe, regardless how small the city is. Another problem is money; many people are afraid to switch to vegetarianism or veganism due to high costs, which is a fat myth. The vegan diet is based on no-exotic items, like rice, beans, pasta and potatoes, which are the cheapest foods around. Fruits and vegetables might take out of your pocket more money than before, considering the amount you consume, but as long as you go local and seasonal, you will be able to stay on the safe side of the wallet. However, eating downtown might require a little more planning than before, but there are many restaurants that serve Thai food and other Asian meals which are naturally vegan. This way, you will not have to pay extra for that “vegan” tag.

A huge problem is getting rid of all the non-vegan items you already have: giving up your favourite clothes and belongings is never easy, but when you decide to follow the vegan lifestyle, you should feel the need to throw away all your stuff or donate them. If you don't, maybe you just have to work more on the concept, before going full time vegan.

And last on the list is the family: turning into a vegan in a non-vegan family might be really painful. Especially when you are going to see and smell the foods you are not supposed to eat. Your friends and family might try to convince you out of vegan diet and lifestyle, every possible moment. To overcome this, never try to convince someone else to become a vegan and emphasize the fact that it is a personal choice. Everyone around you must be convinced by the fact that you are not a freak and that they can live with you just as they did before. Make sure you do take part in all the family traditions, even if it involves eating non-vegan foods, as this is an important part of the intimate bonding which goes on in a family and you don't want to miss it. The aim of veganism is to be happy and healthy, so don't isolate yourself from the rest of the world because you're the only vegan in the house.









## **Chapter 2 - Benefits of a vegan diet and the weight loss issue**

Cutting down the meat from your diet has a lot of implications in your life and most of them are beneficial, although there are some not-so-great effects. But we'll leave those for the next chapter and for now let's concentrate on the benefits of a vegan diet on your entire life, from the nutrition to your overall health state. Being a vegan turns you into a very attractive person – a bit weird, but attractive, so everyone will soon want a piece of you and your vegan lunch.

Part of this attractiveness will be the fact that you will gain more energy than you have now, on your meat diet. All this energy must be consumed somehow and the best way to get rid of it is a good workout, which will put a smile on your face. And this is how everything connects to make a better life for you once you take up the vegan diet.

In terms of beauty, your face will start glowing more than ever. This is because your skin, hair and nails will be affected by your new diet, which is rich in vitamins and minerals. Vitamins E and A promote a healthy skin and, in the long run, a blemishes-free skin. Your hair will get stronger, as well as your nails, which will reflect the higher intake of minerals and vitamins – you will be able to grow long and healthy nails and tresses without any cosmetic help!

And there is another benefit of being a vegan: you will smell better! Literally! Bad breath and body odour are promoted by the toxins in meat and when you remove it from your diet you experience a better smelling body, which is a happy add-on to your new lifestyle.

## **Health benefits of a vegan diet**

Switching to a vegan diet can reduce your risk of developing a chronic disease and also helps you enhance some of your bodily functions, as the intake of vitamins and minerals increase once you switch to the vegan diet.

The first health benefit of being a vegan is that you achieve lowered levels of cholesterol and, with it the risk of developing cardiovascular conditions. Your blood pressure will also drop due to lower cholesterol levels and the Omega 3 fatty acids from the nuts and seeds will enhance the functioning of your heart. This means vegans live longer because they are less prone to heart attacks and strokes as compared to people who follow a regular diet.

Eliminating the animal-based foods from your diet also lowers the risk of developing type 2 diabetes, which is very common in Americans of all ages. Vegans also have a lower risk of developing cancer. A study conducted on men who suffered from prostate cancer found the progress of the illness can be stopped by following a vegan diet. This is because cancers usually feed on meat, so if you eliminate all the meat from your diet the cancer cells are left with fewer means of growing. The same is true for colon and breast cancer, which are reduced by the consumption of grains and vegetables.

The intake of lots of fresh vegetables and fruits, which also raise the amount of antioxidants, can keep you away from many eye problems, especially cataracts. The lack of dairy products in your diet has been linked to lower risk of arthritis. Studies conducted on this matter showed that a gluten free and vegan diet helps relieve the inflammatory processes in rheumatoid arthritis.

Many women who turn to vegan diet report fewer migraines and reduced intensity of PMS. This seems to be a result of the higher mineral and vitamin intake, but some people link it the reduction of dairy products in your diet. This also seems to be the reason for fewer allergies, which is reported by almost all vegans.

## **Nutritional benefits of a vegan diet**

Being on a vegan diet has a number of nutritional benefits despite the fact that proteins and vitamin B12 are two major substances you will struggle to find in your diet. Eating a vegetable based diet comes with lots of fibres and carbs, which ensure a proper digestion and daily bowel movements. Carbs provide you with the energy required to keep you going all day long, while high fiber intake promotes colon health and may reduce your risk of developing colon cancer.

A vegan also eats a lot of nuts and seeds, which come with lots of magnesium. This mineral is used in the calcium absorption, along with vitamin D and is also found in leafy greens, which have a high content of magnesium. Speaking of it...Your bones will thank you because you will be able to increase your calcium intake by eating more foods rich in calcium, like cereals and tofu, as well as foods that increase the calcium absorption in the body due to high content in vitamin D.

Vitamin C is found in large quantities in the vegan diet and it keeps your gums healthy and promotes a strong immune system, which keeps you away from diseases.

Potassium intake is also high on a vegan diet and this promotes a healthy heart, as potassium is proved to reduce the risk of cardiovascular diseases and heart attacks.

Vitamins are crowding on a vegan diet, except vitamin B12. However, you will have a high amount of folate in your body, which promotes cell repair. Vitamin E promotes eyes and skin health and might prevent Alzheimer's disease.

One important aspect of eating lots of fruits and vegetables is the fact that you will gather lots of antioxidants in your body. They fight free radicals and help your body fight against old age conditions and cancer, so you will look and feel younger and your immune system will fight ailments more effectively.

Despite the fact that you do not consume meat anymore, you will eat some fats from nuts and seeds, but they are the good ones: Omega type. Omega fatty acids are known to be good for health as they reduce the risk of heart disease and rheumatic conditions, as they enhance the effect of anti-inflammatory pills. If you suffer from asthma, you will be benefitted from the vegan diet, as Omega fatty acids enhance lung function and may relieve some of your symptoms.

Plants contain phytochemicals, which reduce the risk of developing cancer, heart disease and many more chronic illnesses. Phytochemicals also boost the effect of antioxidants and certain enzymes in the body, which play the role of protecting you from ailments.

Among these benefits of vegan diet, there are few more, less obvious, but just as important. The regular omnivore eats a lot of eggs, fish and sugar. Each one of these items brings along with it lots of major health dangers. Eggs, apart from being forbidden after a certain age, raise the cholesterol intake. Fish come with their unique feature: they contain loads of mercury due to high pollution level of the waters. Sugar comes with obesity and type 2 diabetes, plus all the other chronic illnesses that are derived from these two. Vegans avoid it at all costs because refined sugar is produced with the help of animal bones.

One of the major problems with meat is that the animals receive antibiotics and hormones to help them grow bigger in less time. And these two are then passed to the human who eats the meat. Hormones disrupt the natural human hormonal balance that can lead to cancer, while antibiotics cause bacterial resistance. No more meat, no more of these problems.

Many people believe that switching to vegan can help them lose weight. The fact that almost all vegans have a lower body mass index, which is the number showing how much weight you have, according to your height and age, is not helpful either, as it makes people believe that ditching meat alone can make them lose weight. And partially it is true at the beginning of the diet, but when the body gets used to the new regime, you are not going to lose more weight.

## **Vegan diet and weight loss**

When you start the vegan diet you are going to lose weight due to the amount of fibers you now eat. They are the ones that ensure a proper bowel movement and make you lose weight as a result.

The secret to lose weight is going on a healthy diet which suits your body. These are both hard to tackle, as each body responds to something specific, when it comes to weight loss and some vegans are still overweight, while others start gaining weight after turning to vegan diet.

The problem is you have to make sure you eat enough of all the major food types: about 30% fruits, vegetables and grains, 12% proteins, 7% fat and a rest of what your body needs more, compared to the average (for omnivores the rest is made of dairy products, but many people give up on these). And this is totally possible on a vegan diet and it will help you lose as well as maintain your weight. Then, you need to exercise, because being a vegan comes with one major draw-back: the loss of muscle mass. To compensate that, you have to exercise and make sure you lose the extra fat, and not the muscle mass you have. Due to the high intake of vitamins and minerals, you will gain enough energy, so, you are good to hit the gym on regular basis.

So, this is what going vegan is all about: changing your lifestyle, not just your diet, so as long as you eat healthy produce and stay away from junk food, exercise and allow yourself a little treat from time to time, plus lots of water and sleep, you are on the right path towards weight loss.





## **Chapter 3 Everyday problems only a vegan understands**

The decision to become a vegan is not something you take overnight. In other words, you should not take this decision so abruptly, if you are serious about it. The average vegan takes about one and a half to two years to give up on all the animal based foods. Most of them start with becoming a vegetarian and then they take their time to consider the decision to give up on all the animal-based foods. Even so, there are many hindrances in front of you after you take this decision, so be ready to confront all these problems that only vegan can understand. And here are ten of them!



## **You will become the target of all the bad jokes**

This might sound shallow to be noted in a serious book about vegan diet, but it's a vegan's daily reality – you will be bullied and trolled all the time! The grills with the friends will turn into a spectacle focused on your new diet and you will have to bring your own food to the parties. Another problem that might touch your nerves some day is the fact that everyone will ask if it's Okay to eat meat in front of you. The only way to deal with this is laughing at them, along with your trolls. Resist the temptation to preach about the vegan diet, as this will only make things worse.

## **You might end up spending more on your food**

This is not because vegan food is more expensive, but it has to do with your new concept upon nutrition. After turning to veganism you will become more and more aware of the quality of your food. In time, you will turn to local farmers and organic products, which can make you pay more for your food. However, the money you invest in your food is the money invested in your health, so you are winning on this one.

## **Your culinary skills will develop “a lot”!**

When you cut all the animal-based foods from your diet, you will gradually turn into a “at-home chef”. After experiencing the joy of preparing one dish meals, you will be more and more eager to experiment with different tastes and flavours. So, you might end up spending more time in the kitchen, having fun with spices and international recipes.

## **Your dating life will take a turn**

Dating a non-vegan is always hard, but being in a relationship with one can be even harder, especially when he forgets about your diet and invites you to a huge BBQ party.

## **You will turn into a trendsetter**

With veganism comes the power to influence other people and you will soon realize this. You might not realize it now, but people will look up to you for a number of reasons, the main one being the willpower to give up on animal-based foods for good. Most people can't even motivate themselves to wake up early or resist the temptation to eat an extra doughnut, so no matter what they say, they do admire your strong will. Moreover, some of your friends will try to follow your lead and might even turn into vegans or at least vegetarians.

Another struggle of a vegan is ending up with an empty lunch pack... because all your colleagues want to try out a vegan food and you are more than happy to let them, until you realize it's too late for you.

## **You will need to break the stereotype**

Vegans are seen as weak and skinny people, always prone to a wide range of ailments. So, help yourself to break this stereotype and be a fit person, full of energy and happiness. Of course, this is a must for your own health, so don't surrender to the pattern and turn yourself into a pale shadow of yourself!

## **Your friends and family will make a big buzz about it**

Even if you are still the same relaxed person, leading a laid back life, you will turn into a walking show for everyone else. They will make a huge buzz about vegan diet and will always ask you to talk about being a vegan. Another problem can be experienced when you are invited to a party. There are two ways to deal with it and neither of them is pretty! One and the most comfortable ways to deal with your vegan diet is by not letting the person, who has invited you, know about your vegan lifestyle. This way you can live on crackers or a glass of water for the entire party.

Another moment when people around you might make a lot of fuss is when you ask them out or invite them over. A simple chat in front of an appetizer can become a rare commodity, because your friends can always find an excuse to avoid the meeting. This is due to the fact that they are scared you might try to feed them vegan things, which is partially true, so try to find a way to solve the problem and restore your social life.

## **There are times when you might feel really lonely**

Being the only one who can't eat animal products might make you feel lonely at times. You might even think about cheating, when all the jokes and the eyes are on you and about you. This is not pleasant and it never will be. And the feeling that you are alone in this world is probably one of the worst you can experience, especially when you are surrounded by people whom you call friends. But one fine day you might meet someone who understands you and might even ask couple of smart questions about being a vegan. And this is when your faith in humanity will be restored and you will feel that food is not a reason to give up on people.



## **You will have to deal with the guilt of accidentally eating animal produce**

There will be times when you come across people who deliberately do not reveal what a meal really contains because they want you to eat animal products. Others might just make a mistake, but either way you might end up eating animal-based foods unknowingly. At such times, you will have to deal with the feeling of crossing on the other edge and eating what you haven't eaten in months or years.

## **You will have to accept the fact that your favorite restaurant doesn't have a vegan menu**

This is a problem for many vegans who don't look for the specialized vegan restaurant, and the solution to this is eating a fresh salad for dinner. Apart from this, you need to figure out for yourself if a meal contains animal products or not, because most waiters have no idea what a vegan eats. On the other hand, becoming a vegan also means becoming an expert in reading labels and you will be amazed at how many foods contain animal-based ingredients.

## **You will learn to hate some people...**

This is not a pretty truth, but a truth. You might come across someone who spells the word protein and most of the times you might offer to end their misery in a not so peaceful way. And then, there are those people who tell you that “plants have feelings too but you still eat them” or that “there’s only a little bit of meat in it. You won’t notice.”

## **One of the worst realities of being a vegan**

The top of the top is the fact that people suddenly turn into nutrition experts the very moment you come out vegan. This is not avoidable and you can't stop it from happening, but you can tell them that you are an adult who is just eating what his body needs, in order to feel good. Don't preach; don't get (very) angry at them as they just want you to be one of them, which is a basic human characteristic.





## Chapter 4 - Vegan diet myths debunked

Like all other new things, the vegan diet and the lifestyle that comes with it is surrounded by loads of myths and misconceptions. Some of them were already debunked in this book – the weight loss, probably the biggest myth of veganism – while others are still waiting for us to discuss them. And we don't want to disappoint them, do we?

Vegans avoid meat and dairy because humans were not made to eat them

This is one of the biggest lies linked to veganism. Humans evolved eating meat and dairy – this is how we turned from large monkeys into science-driven creatures. And our bodies are perfectly able to eat omnivore food, so vegans don't turn to a completely vegetable based diet because their bodies are not able to digest meat and dairy. They turn to it because they choose to do it for a number of reasons – personal as well as social.

If you argue that each person is different and some may not be OK with the meat and dairy products, then you are indeed right, but don't generalize!

There are no studies to prove that the vegan diet is effective

False! There are lots of studies that showed the vegan diet might help you stay away from cancer and other chronic diseases. It's hard to pick which study to mention, so I will say that you can find many studies on the vegan and the vegetarian diets at American Journal of Lifestyle Medicine, American Dietetic Association and some of the most reputable universities in the world, like Harvard.

You will never get enough protein from vegetables and fruits

While meat and dairy have a lot of protein, nuts and seeds are also packed with it. And there are all the other foods that do have proteins and amino acids, like lentils and beans. Eric C. Sharer, MPH, RD, from the Academy of Nutrition and Dietetics' Vegetarian Nutrition Dietetic Practice Group recommends eating a variety of vegetables to get your protein, which is totally possible. In combination with the high amount of vitamins and minerals, which most omnivorous diets bring you, the proteins will do a good job at keeping you healthy and energetic. However, it is important not to indulge in only one food, especially soy, which also contains lots of substances that may impact your hormonal balance in a bad way, if you eat too much of it.

Vegans are all frail and prone to ailments

There are people who just can't live without meat, and then there are people who can't live without vegetables. But this doesn't mean all vegans are frail because they don't eat meat. Vegans can be as healthy as any other person, just as an omnivore can be energetic

and healthy. It's all into the lifestyle and the quality of food that you eat. The amount of food types you eat is also important, but this is valid for all diets, not just vegans.

On the other hand...

Vegans are all healthier than people who eat meat

FALSE! There are many vegans out there who are indeed sickish and frail and then there are vegans who indulge in eating lots of junk food, lots of preservatives rich food, which harms their body more than what the meat does. When you go to extremes, bad things will happen, so don't assume you are healthier just because you don't eat meat.

Vegans are crazy activists

This is a stereotype view of a vegan, promoted by people who militate against fur clothes and preach on their new style of life. But again, not everyone is the same! There are vegans who never say a word about themselves and few people actually know about their diet and their lifestyle. Others take up a vegan diet because they feel better eating vegan items and not because they care about animals and environment. Besides, being a vegan doesn't come with the mission to "convert" other people into your new lifestyle – it is a personal choice. Those who believe their mission on earth is to turn other people into vegans would probably do the same if they were carnivores or something else.

Vegans eat only raw veggies

The vegan diet is neither about eating raw foods nor about eating only vegetables! As you've seen, there are many other products you can eat, which are not animal-based. Besides, each person has the right to customize the vegan diet and some people choose to be less restrictive and do eat fish for example.

Vegans who only eat raw foods are on a raw vegan diet, which is a branch of veganism and it's also a matter of choice, not about going to extremes.

Vegan diet is dull

It doesn't have to be dull! In fact, vegans get to eat a more diverse diet compared to people who eat meat and they also eat mindfully. These two details are important for a good eating experience, which promotes a healthy digestive system. Vegans can use all the available spices, all the vegetables and fruits that are out there and most of the times they actually do it. They indulge in exotic tastes, which are complete strangers to omnivores.

To prove that vegan diet is not dull, following chapter highlights some of the tasty vegan recipes that you can try right away!









## **Chapter 5 - 20 Vegan diet recipes for a yummy meal**

# Breakfast vegan wonders

## 1. The Breakfast Melon Mix

For your breakfast you need something to get you going throughout the day, all the way until lunch. And melons with their juicy sweetness, fibres and all the vitamin mix are just the perfect breakfast. The high water amount is great to rehydrate you after the night, so dive into the melon mix first thing in the morning!

Note: you can add some tofu to your melon mix if you feel the need to have proteins for breakfast.

Servings: 2

Ingredients

- 1 cup watermelon
- 1 cup cantaloupe
- 1 cup honeydew melon
- 1 cup Persian melon
- 1 cup papaya (aka tree melon)
- ¼ lemon juice
- ¼ mint or peppermint

Method

1. Cut the melons into cubes and mix them in a bowl.
2. Sprinkle the lemon juice all across the melon mix.
3. Garnish with mint leaves and then serve.

## 2. Spicy tofu scramble in vegan style

If you are a vegan you don't need to ditch the scrambles altogether: just ditch the eggs off them and enjoy your no-animal breakfast. The healthy vegan switch for eggs in this recipe is tofu, which does a wonderful job at draining all the flavour around it when you cook it in the pan.

Servings: 2

Ingredients

- 1 block of pressed tofu
- 1 garlic clove, chopped

- 1 small onion, chopped
- 1 bell pepper, chopped
- 1 chilli pepper, chopped
- ¾ cup sliced mushroom
- 2 tablespoons olive oil
- 1 teaspoon curry powder
- ½ teaspoon cumin
- ¼ teaspoon turmeric
- 1 tablespoon soy sauce

## Method

1. Cut the tofu in cubes or just crumble it with your fingers.
2. Saute the onion and the garlic in olive oil, then add the peppers, the mushrooms and the tofu and stir well to combine everything.
3. Add the spices and cook until the tofu is well browned.
4. Take it out and serve as it is or inside a flour tortilla. Other optional add on: tomato sauce.

## 3. Blueberry muffins

Going vegan doesn't mean you can't enjoy your favorite muffins anymore, but they will be more healthy than usual. This time, it's all about the blueberries, which are filled with antioxidants, but you can switch them with bananas or other type of berries of your choice to add some variation to this recipe. If you use fresh fruits the muffins will be a little moister than when you use frozen fruits.

Servings: 12 muffins

### Ingredients

- 2 cups blueberries
- 2 cups flour
- ½ cup soy milk yogurt
- 1/3 cup unsweetened almond milk
- ¼ cup unsweetened applesauce
- 2/3 cup brown sugar
- 2 tablespoons turbinado sugar

- 2 tablespoons baking powder
- ½ kosher salt
- 1 tablespoon vanilla extract
- cooking spray and 1/3 cup vegetable oil

## Method

1. Preheat the oven at 350 degrees.
2. Line a muffin tin with baking paper and coat it with cooking spray.
3. In a bowl mix the baking powder, salt and flour.
4. In another bowl mix the brown sugar, almond milk, oil, yogurt, applesauce and vanilla.
5. Fold the wet mixture in the dry mixture and when it is mixed well, fold the fruits into it as well.
6. Pour the batter in the muffin tin and then sprinkle some turbinado sugar on top of them.
7. Bake the muffins until the toothpick taste comes out clean (about 20-30 minutes). After the muffins cool down, you can keep them in an airtight container up to 3 days, if you resist them that much.

## 4. Flourless vegan breakfast cookies

For the busy girl who needs a solid breakfast, these hearty cookies are the perfect ready-to-go treat. Soft, dense and portable, these cookies will make you feel energized and light and they make perfect pre-workout snacks. For nursing mothers these wholesome cookies will make awesome on the go snack, without messing with the sugar level in your blood.

Servings: 8 cookies

### Ingredients

- 2 Bananas (ripe)
- 2 cups rolled oats
- 3 tablespoons ground flax seeds
- 1 tablespoon cinnamon
- 1/8 teaspoon sea salt
- 8 tablespoons jam of your choice
- peanut butter for serving

## Method

1. Preheat the oven at 350 degrees.
2. Line a baking pan with parchment paper.
3. Toss the oats in a food processor and pulse couple of times.
4. Mash the bananas in a bowl and add the rest of the ingredients, except jam and butter.
5. Make 8 small cookies and press them with your thumb or a small spoon to make a space in the middle of them.
6. Fill the space with jam and bake the cookies for 10-15 minutes.
7. Serve the cookies with peanut butter on top.

## 5. Rich tofu quiche

Although this recipe is mentioned under the breakfast section, you can enjoy it at any hour of the day, as it is one of those recipes you make once and feast on it multiple times a week. It is also a versatile recipe, as you can always change the vegetable mix and enhance the recipe as per your own taste.

Servings: 8

### Ingredients for the crust

- 1 cup almond flour
- 1 cup oats flour
- 1 tablespoon ground flax mixed with 3 tablespoons water
- 1 tablespoon vegetable oil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- ½ teaspoon kosher salt
- water as needed

### Ingredients for the quiche

- 1 block firm tofu
- 3 cups slices mushrooms
- 1 cup baby spinach
- ½ cup fresh basil leaves, finely chopped



- ½ cups fresh chives, finely chopped
- 1/3 cup sun dried tomatoes, finely chopped
- 3 large garlic cloves, minced
- 1 leek or yellow onion, thinly sliced
- 2 tablespoons nutritional yeast
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- black pepper and red pepper flakes to taste
- vegetable oil for cooking

## Method

1. Preheat the oven at 350 degrees.
2. Grease a tart pan and leave it aside.
3. Wrap the tofu in some tea towels and press it by placing some large books on top of it, while you make the crust.
4. In a bowl stir the almond meal, oat flour, oregano, parsley and salt.
5. Add the flax mixture and some oil, and then stir everything until the dough is sticking together.
6. Fit the dough into the pan and poke couple of holes in it to allow the air to escape. Bake it for 15 minutes or until it is golden and firm to touch. Leave it aside.
7. Increase the oven power to 375 degrees and make the filling.
8. Break the tofu and throw it into the food processor and pulse until it turns creamy. Add almond milk, if needed.
9. Sauté the onion or leek with garlic, stir in the mushrooms and season with salt. When the mushrooms are almost cooked, add the herbs, tomatoes, spinach, oregano, salt, pepper, red pepper flakes and yeast, until everything is combined. Cook until the spinach is wilted.
10. Add the tofu and stir to combine everything, then place the mixture on the crust, evenly. Bake the quiche for half an hour or until it is firm to touch. Allow it to cool before slicing.

## Lunchies and brunchies, vegan style

### 6. Pumpkin curry soup

Who doesn't love pancakes? It's the quick 'go to' recipe for all those who are juggling between innumerable chores before driving off to work. These pancakes come with a delicious twist and makes for a healthy, wholesome yet deliciously satiating breakfast. The best part is that it requires only two ingredients and you are all set to relish.

Servings: 6-8 servings

#### Ingredients

- 6 cups fresh pumpkin, chopped
- 2 cups carrots, chopped
- 4 cups vegetable broth
- 1 cup cashews, soaked in water for 30 minutes
- 1 medium yellow onion, thinly sliced
- 3-4 garlic cloves, minced
- 1 cup fresh pumpkin seeds
- ½ cup warm water
- 2 tablespoon curry powder
- 2 tablespoons fresh lemon juice
- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh ginger, minced
- 1 teaspoon cumin
- salt and pepper to your taste
- cooking oil

#### Method

1. Saute the onions in oil, add garlic and ginger and saute them until fragrant.
2. Add the pumpkin, carrots, curry and cumin and stir some more.
3. Add the vegetable broth and bring to boil temperature. Reduce heat, cover and let to simmer for 20 minutes or until the vegetables are tender. Remove from heat and allow to cool down.
4. Mix the cashews, lemon juice, apple cider vinegar and water in the blender and pulse them until they are smooth. Add salt to your taste.

5. Blend the soup until smooth and mix it with half the cashew crème and add salt and pepper.
6. Meanwhile, preheat the oven to 350 degrees and line a baking sheet with parchment paper. In a small bowl mix the pumpkin seeds with oil and spices, then lay them on the baking sheet. Bake for 10 minutes.
7. To assemble the dish, heat the soup and garnish it with the rest of the crème and the curried pumpkin seeds.

## 7. Green bean casserole

One pan, 10 ingredients and about 30 minutes are what you need for this dish, which has some of the universally loved crunchies: fried onions. Yummy!

Servings: 4

### Ingredients

- 1 pound green beans, rinsed, trimmed and cut in half
- 1 shallot, minced
- 2 garlic cloves, minced
- 1 cup mushrooms, chopped
- 1 cup unsweetened almond milk
- $\frac{3}{4}$  cup vegetable broth
- 1  $\frac{1}{2}$  cup fried onions
- 2 tablespoons flour
- 2 tablespoons olive oil
- salt and pepper to your taste

### Method

1. Preheat the oven to 400 degrees.
2. In a large pot add salt and boil the beans for about 5 minutes, take them out and place in cool water. Drain and set aside.
3. Saute the shallot and the garlic in some oil, season them with salt and pepper, add the mushrooms and cook until browned.
4. Sprinkle some flour on the vegetables and stir well to cover them. Now add the broth, whisking continuously to blend everything in.
5. Add the almond milk and continue to stir. Season with salt and pepper, and bring to simmer point. Cook until thick and bubbly, remove from heat and add the half fried

onions and all the beans.

6. Top the mixture with the rest of the fried beans and bake for 15 minutes.
7. Serve immediately.

## 8. Vegan Paella

Paella is one of the most famous Spanish dishes that we've imported from the sunny land. And being a vegan makes this even healthier, lighter and tastier, so don't waste any time before you try it.

Servings: 4

Ingredients

- 1 ¼ cup Basmati rice
- ½ cup frozen green beans
- ½ cup frozen peas
- 1 cup frozen artichoke hearts
- 2 tomatoes, chopped
- 4 cups vegetable broth
- 4 cloves of garlic
- ½ bell pepper, chopped
- ½ red bell pepper, chopped
- ½ onion
- 2 tablespoon turmeric powder
- 1 tablespoon sweet paprika
- salt and pepper to your taste
- olive oil

Method

1. Heat the oil in a pan and then saute the onion, garlic and peppers until golden brown.
2. Add tomatoes and cook for 10 more minutes. Now add the vegetables and cook 5 more minutes.
3. Add the rice and cook until it turns translucent. Pour the broth. Spice it up with paprika, turmeric, salt and pepper to your taste.

4. Stir the paella until everything is mixed and cook until the rice is ready. If needed, complete the meal with broth from time to time.
5. When the paella is ready, let it cool for 10 minutes, covered, before serving.

## **9. Pasta Puttanesca with capers and olives**

This recipe is so rich and tasty that many non-vegans make it on regular basis, but to enjoy the low-fat sauce with capers and olives. The pepper flakes add a little more flavour to this near-marinara sauce.

Servings: 2

Ingredients

- pasta
- ¼ cup sliced kalamata olives
- 1 can crushed tomatoes
- 2 tablespoon capers
- 3 cloves of garlic, minced
- 1 tablespoon olive brine
- 1 tablespoon fresh basil, chopped
- ½ tablespoon red pepper flakes
- salt and pepper to your taste
- olive oil

Method

1. Saute the garlic in olive oil, then add the basil, capers, olives and pepper flakes and cook for another couple of minutes.
2. Reduce the heat and add the tomatoes and the brine. Cover and let the mixture simmer for 15 minutes.
3. Meanwhile, cook the pasta.
4. When the sauce is ready, pour over the pasta and serve hot.

## **10. Tempeh healthy quinoa salad**

Tempeh is a healthier version of tofu, which you need to know and embrace while on a vegan diet. This recipe is the perfect opportunity to familiarize yourself with this ingredient and leave the tofu for one meal. And then, there is quinoa, which doesn't require any introduction – it is one of the best superfoods that can provide you with the

energy you need for the day, without making you feel sleepy.

Servings: 4-6 serves

### Ingredients

- 1 pack tempeh
- 1 cup quinoa
- 2 cups water
- 1 red pepper, diced
- ½ onion, chopped
- 1 avocado, diced
- 1 cup salsa
- 1 cup fresh corn
- 1 can black beans, drained and rinsed
- ½ cup cherry tomatoes, halved
- juice from one lime
- 2 tablespoons fresh cilantro
- 1 teaspoon cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon pepper
- vegetable oil

### Method

1. Place the quinoa and water in a pot and bring the mixture to boiling point. Reduce the heat and cover, let it simmer until the quinoa absorbs the water and turns fluffy.
2. While the quinoa is cooking, heat the oil and saute the onion for 5 minutes.
3. Add the red pepper, tempeh, salsa, lime juice, cayenne, cumin, salt and pepper and cook the mixture, stirring from time to time, for about 15 minutes.
4. When the tempeh mixture is ready, pour it into a bowl and mix it with the quinoa. Add the corn, beans, tomatoes, cilantro, salt and pepper and mix well to blend everything in. Top the mixture with avocado and serve as it is or as a filling for burritos.

## Dinner time!

### 11. Vegan “beef” stew

This recipe is derived from a regular beef stew and uses seitan to make it as delicious as it originally was. The seitan puffs during cooking and when you eat it you will feel as mouthful as you feel while eating beef. And unless you are a trained cook, you probably not even notice the change in texture or taste, so enjoy the stew!

Servings: 4

#### Ingredients

- 1 lb seitan, cut into bite size pieces
- $\frac{3}{4}$  cup flour
- 2 tablespoon olive oil
- 4 large carrots, cubed
- 4 large potatoes, cubed
- 1 large onion, thinly sliced
- 1 garlic clove, minced
- 2 bay leaves
- 1  $\frac{1}{2}$  cup vegetable broth
- $\frac{1}{2}$  cup red wine
- 2 tablespoon salt
- 1 tablespoon Worcestershire sauce
- 1 tablespoon sugar
- 1 tablespoon apple cider vinegar
- $\frac{1}{2}$  tablespoon pepper
- $\frac{1}{2}$  tablespoon paprika
- a good pinch of cloves

#### Method

1. Put the seitan in a bag with flour and give it a good shake to cover all of it in flour.
2. Cook it in olive oil for couple of minutes, until it resembles beef.
3. In the same pot, but off heat, add the next five ingredients.
4. In a bowl, mix the remaining ingredients and add them over the seitan and the vegetables. Cook everything at 350 degrees for about one hour or until the

vegetables are tender.

## 12. Colorful salad with mango balsamic vinaigrette

This salad is not only colorful and easy to take with you in a jar, but it is also filled with fibres and the mix of flavours will literally blow you up. The roasted sweet potatoes and the cooked quinoa will give you lots of energy and the vinaigrette will top the salad with a sweet taste, making you think of this salad as a 2 in one lunch and dessert meal. Still think vegan diet is dull?

Servings: 1

Ingredients

- 1 small sweet potato, diced
- 2 cups greens of your choose
- ½ cup black beans
- ¼ cup quinoa
- ¼ red bell pepper, diced
- 1 tablespoon dried cranberries
- 1 tablespoon salted sunflower seeds
- 1 tablespoon olive oil
- ¼ cup mango
- 1 tablespoon balsamic vinegar
- 1 ½ tablespoons of water

Method

1. Preheat the oven at 400 degrees.
2. Sprinkle the sweet potatoes with salt and pepper. Coat them in some olive oil. Place them in a pan and roast for about 20 minutes or until they are soft.
3. Boil the quinoa in water on high temperature, covered. When it reaches the boiling point, reduce to simmer and allow it to cook until the quinoa turns soft and absorbs all the liquid.
4. Puree the mango and mix it with the water and the balsamic, then let is aside.
5. Cool the quinoa and the potatoes to room temperature.
6. If you prepare this to take it with you, layer the ingredients in a jar: black beans, quinoa, vinaigrette, peppers, greens, sweet potatoes, cranberries and the sunflower seeds. When you want to eat it, just give the jar a good shake.



7. If you serve it in a bowl, at home, mix the ingredients and then pour the vinaigrette over them.

### 13. Spicy vegan burgers

These burgers will make a perfect dinner meal as they are light and spicy and they contain no meat at all! The mushrooms make them full bodied and extra healthy, so here is how to have a great time eating your own version of the American fast-food.

Servings: 6

#### Ingredients

- 1 pound mushrooms, halved
- 1 onion, diced
- 1 green bell pepper, diced
- 1/3 cup walnuts, chopped
- 1 ¾ cups beer
- ¼ cup ketchup
- 3 tablespoon tomato paste
- ½ chipotle chile powder
- 1 tablespoon olive oil
- kosher salt
- 6 whole-grain burger buns

#### Method

1. Chop the mushrooms in the food processor and set them aside.
2. In a skillet heat the oil and add the onions with 1 tablespoon of beer and ¼ tablespoon of salt. Cook them until they are lightly browned. Add the peppers and the walnuts and cook them stirring from time to time, until the peppers are crisp-tender.
3. Add the mushrooms, the chipotle powder, ¾ teaspoon of black pepper and cook them stirring frequently, until the mushrooms are completely cooked.
4. Add the rest of the beer, tomato paste, ketchup and salt and cook them until the sauce has the desired consistency.
5. Top each bun with the mixture and add a lettuce or topping if desired.

## 14. Muhammara

This traditional Syrian dish includes a wide array of healthy and hearty ingredients, which provide you with all the energy and the positive mood you need, being a dense meal. The color of this creamy mix is also lovely – just what you need on a rainy day to cheer you up!

Servings: 4-6

### Ingredients

- ¾ cup walnuts, toasted
- ¼ cup whole-grain bread crumbs
- ¼ cup tomato paste
- 2-3 roasted bell peppers
- 1/2-1 cup warm water
- 2 tablespoons pomegranate molasses
- 1 tablespoon red pepper flakes, crushed
- ½ teaspoon ground cumin
- ½ teaspoon salt
- olive oil

### Method

1. In a blender mix the red peppers, bread crumbs, pomegranate molasses, most of the walnuts, tomato paste, pepper flakes, cumin and some olive oil to a smooth mixture.
2. Add the water in small batches, to make the mixture spreadable.
3. Season with salt and garnish with the remaining walnuts, olive oil and torn basil.

## 15. Green tea lime pie in a bowl

There are many green smoothies that you can prepare, but this one is probably the only one that harbours a great mix of tropical favours. The banana, the avocado, the coconut and the lime make it healthy and delicious, while the spinach adds some extra fibres and iron. The green tea makes it an awesome energizer, so add it to serve this first thing in the morning. If you plan to feast on this smoothie later in the day, skip the green tea. To make this a little more consistent, you can add some granola bars as topping.

Servings: 2

### Ingredients

- 1 banana
- ¼ cup avocado
- 1 cup fresh baby spinach
- ¾ cup coconut water
- 2 tablespoons lime zest
- 1 tablespoon fresh lime juice
- 2 tablespoon maple syrup
- ¼ teaspoon green tea
- 1-2 ice cubes

#### Method

1. Blend everything on high speed.
2. Enjoy with couple of granola bars or as it is.

### **16. Vegan dumplings**

Dumplings. Small, cute and irresistible! And why resist them, when they are easy to make and they make a perfect on the go meal? You can also poach them in broth or steam cook them.

Servings: a plate of dumplings

#### Ingredients

- 8 green onions, thinly sliced
- 1 small serrano chiles, thinly sliced
- 2 cups yellow split peas, processed until uniform
- 1 pack round potsticker wrappers
- ¼ cup soy sauce
- ¼ cup water
- 1 ½ tablespoons sugar
- ½ cup shallots, chopped
- salt to your taste
- sunflower oil

#### Method

3. Heat the oil in a skillet, add the onions and saute them for a while, then let them aside.
4. To make a dipping sauce, sprinkle the chillies with sugar and chop them a little, before tossing them in a mix of soy sauce and water. Stir everything and adjust to your taste.
5. For the filling fry the shallots in some oil and then add the yellow meal, stirring to blend everything. If the filling is too dry, add some water. Taste it and adjust the seasoning.
6. Fill the dumplings and shape them, using a little flour to help you in the process.
7. If you don't plan to eat all the dumplings, freeze the excess.
8. Pan fry the dumplings in some oil until the bottoms are golden. Add some water and cover the pan, allowing the dumplings to cook for some minutes, until the water evaporates. Uncover them and leave them on heat a little more, then take them out and serve sprinkled with the sauce you made earlier.

## 17. Chickpea hot pot

Just two words: try it!

Servings: 4-6

### Ingredients

- 1 can chickpeas, drained and rinsed
- 2/3 cup uncooked bulgur
- 4 ½ cups vegetable broth
- 1 ½ cup cauliflower
- 2 cup kale
- ½ cup orange juice
- 1 large onion, chopped
- salt to your taste
- olive oil

### Method

1. Saute the onion in olive oil.
2. Stir in the bulgur, the chickpeas and the broth and bring the mixture to simmering point.
3. Cook until it starts to thicken and taste to see if the bulgur is cooked. If it is, add

the orange juice.

4. Add the cauliflower and the kale and let it simmer more minutes, until the cauliflower is tender. If the stew gets too thick, add some water or broth.
5. Serve garnished with olive oil and red onions.

## 18. Goopy pudding cake

This title hides more than you can imagine: pumpkin, coffee, chocolate and spices are what make this pudding an awesome vegan treat. The goopy texture inside and the slightly crunchy crust from outside are a major plus, so grab a large spoon and enjoy this pudding!

Servings: 6-8

### Ingredients

- 1 tablespoon cocoa powder
- 1 ¼ cup hot coffee
- ½ cup unsweetened pumpkin puree
- ½ cup almond milk
- ¼ cup coconut sugar
- 1.5 cups rolled oats, ground into flour
- 1/3 cup unsweetened cocoa powder
- 1 tablespoon ground flax seed mixed with 3 tablespoons water
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon sea salt
- 1/8 teaspoon ground nutmeg
- 1/3 cup non-dairy dark chocolate, finely chopped
- ½ tablespoon vanilla extract
- ½ tablespoon baking powder
- ¼ cup coconut sugar
- vegan ice cream and chopped pecans for serving

### Method

1. Preheat the oven and grease a baking pan.
2. In a bowl stir oat flour, ¾ cup sugar, 1/3 cup cocoa powder, ginger, nutmeg,

chocolate, salt, cinnamon and baking powder.

3. In another bowl mix the flax mixture, milk, pumpkin and vanilla.
4. Add the wet mixture on top of the dry and stir to blend everything.
5. Pour the batter into the baking dish and smooth it out with a spoon.
6. In a bowl combine the rest of the cocoa powder with  $\frac{1}{4}$  cup sugar and sprinkle it over the batter.
7. Pour the hot coffee over the mixture and don't get scared.
8. Bake the dish for about 30 minutes or until the cake is semi-firm on the top and gooey around the margins. If it's not, just bake it more.
9. When the cake is ready, take it out and allow it to cool down for 10 minutes. Serve with ice cream and pecans.

## 19. Vegan basil pesto

The vegan pesto sauce is enhanced by the mix of green tea, almonds and pistachios, which provide a healthy boost and lots of flavour to a very popular dip for your pizza or crunchy snacks.

Servings: 1 cup

### Ingredients

- 1  $\frac{1}{2}$  cups fresh basil leaves
- $\frac{1}{3}$  cup smoked almonds
- $\frac{1}{3}$  cup shelled and salted roasted pistachios
- $\frac{1}{4}$  cup green tea
- 2 garlic cloves
- $\frac{1}{2}$  teaspoon lemon zest
- $\frac{1}{4}$  cup olive oil
- kosher salt to your taste

### Method

1. Toss all the ingredients in the food processor, except the oil and pulse.
2. Add oil and continue to puree, until the mixture turns into coarse pesto.
3. Enjoy with your favorite crunch.

## 20. Delicious Banana Bread

Bananas are perfect for binding things together and they also boost the heart function, so feast on this delicious banana bread which can be served as it is or with some peanut butter topping.

Servings: 1 bread

### Ingredients

- 3 Bananas (ripe)
- 1  $\frac{1}{4}$  cups flour
- $\frac{1}{2}$  cup soy milk yogurt
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup vegetable oil
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon baking soda

### Method

1. Preheat the oven at 350 degrees.
2. Line a loaf pan with parchment paper and grease it
3. Whisk the flour, salt and baking soda in a bowl.
4. In another bowl whisk the bananas with the yogurt, sugar, oil and vanilla.
5. Fold the second batter into the first one, and pour it into the loaf pan.
6. Bake for one hour or until the toothpick test comes out clean. Allow to cool off before you slice it.





# Conclusion

Being a true vegan means taking up a new lifestyle, but if you are not yet ready to give up to all animal-based products, just adjust this for yourself. Veganism is as versatile as you allow it to be!

From those who only go on a vegan diet to enjoy the benefits of a meatless diet to those who throw away their woollen clothes, there are many ways to fit veganism in your life.

Try some of the recipes featured in this book and then think if and why you want to change your life. If you can find the motivation to begin a complete lifestyle makeover spare no time and join the world of vegans.