



MAKE A DIFFERENCE

*How millions of people are
changing the world today*

animaleQUALITY

A GROWING TREND

More and more people are choosing to reduce their meat consumption. They are choosing to leave chickens, fish and other animals off their plate and replace them with plant-based alternatives. The British Social Attitudes Survey has revealed that millions of people across the UK have reduced their meat consumption over the past few years. There are many reasons for this growing trend. An increasing number of studies demonstrate the many advantages of a vegetarian or vegan diet.

More and more athletes are turning to the power of plants instead of animal products to improve their performance. Awareness of animal suffering in factory farms and slaughterhouses has grown. And the environment benefits too when people have a primarily plant-based diet.

”

“44% of Britons have either cut back on their meat consumption, plan to do so, or are vegetarian already.”

THE  TIMES

The Times (2016)

“Young people in particular are adapting their diet according to environmental beliefs, with 20% of 16 to 24-year-olds following a vegetarian diet.”

theguardian

The Guardian (2015)

“

"I watched a TV documentary about how animals are farmed, killed and prepared for us to eat. I saw all those cows and pigs and realised I couldn't be a part of it any more. It was horrible. I did some research to make sure I could still obtain enough protein to fight and, once satisfied that I could, I stopped. I'll never go back."

—
DAVID HAYE

Heavyweight boxing champion

JOIN!

Numerous celebrities such as Leona Lewis, Bono, Miley Cyrus, Russell Brand and Beyoncé have already done so.



"Try plant-based products. I am sure you will find that you can prepare a nutritious, protein-rich meal that is good for you and good for the environment."

BILL GATES
Entrepreneur



"I went vegan a few months ago. I feel leaner and healthier."

ELLIE GÖULDING
Singer/Musician



"When I went vegan I did it out of love for animals; I didn't anticipate veganism loving me back by giving me better health, better friendships and a sense of personal equilibrium... but that's exactly what it did!"

EVANNÄ LYNCH
Actor

DELICIOUS, SIMPLE, VEGGIE

For a long time it's been no secret that a plant-based diet is delicious and healthy. Along with simple daily habits such as drinking plant milk or eating meat alternatives, you can of course cook delicious

dishes. Here are a few easy dishes to get you started. And since cooking together is much more fun, invite a few friends over and whip out that wooden spoon!



Pizza for everyone!

In any pizzeria you can simply order pizza without cheese, and many now offer non-dairy cheese too - just ask! At home, you can also bake pizza with delicious plant-based cheese.



Pancakes – sweet or savoury

Try plant milk in your favourite pancake recipe. You can leave out the eggs. It is simple, easy and really delicious!



Pasta Bolognese with soya mince

Instead of meat, frozen soya mince from your local supermarket can be added to any Bolognese recipe. Nobody will notice the difference!

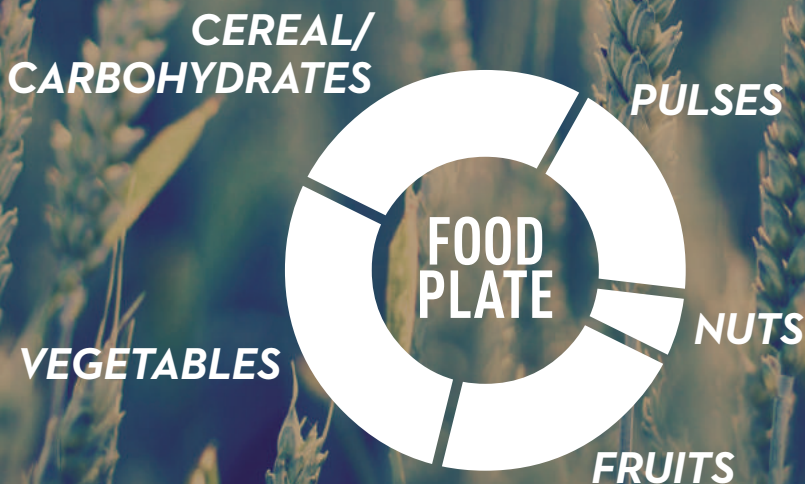


Cake? Egg free please!

Did you know that in cake recipes, eggs can simply be replaced with half a ripe banana or some apple sauce?

A balanced plant-based diet offers all the vitamins, minerals and nutrients that are important for good health. Vitamin B12 is the only one that you should pay specific attention to. It can be supplemented very easily.

If you make sure to get a balance of these five components, you will have a healthy and nutritious diet that is kind to animals and the planet.



“The plant-based diet is the healthiest.”

Harvard School of Public Health

PROTEIN

Plant-based foods are excellent sources of protein. Lentils, beans, nuts, couscous, wholemeal bread, pasta and mushrooms are just some of the foods you can eat to meet your protein needs.

IRON

The best sources are pulses such as lentils, chickpeas and beans. Wholegrain products such as some breads and muesli, tofu, cooked spinach and even dark chocolate are all good sources of iron too.

CALCIUM

Calcium intake is not a problem with a plant-based diet! Healthy and delicious sources include milk alternatives fortified with calcium such as almond milk or soya milk as well as kale, broccoli, tofu, dried dates or fortified orange juice.

FITTER AND HEALTHIER

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People that eat a purely plant-based diet suffer less from obesity, high blood pressure and type 2 diabetes. They are also less likely to die of cardiovascular disorders - the number one cause of death in the UK.

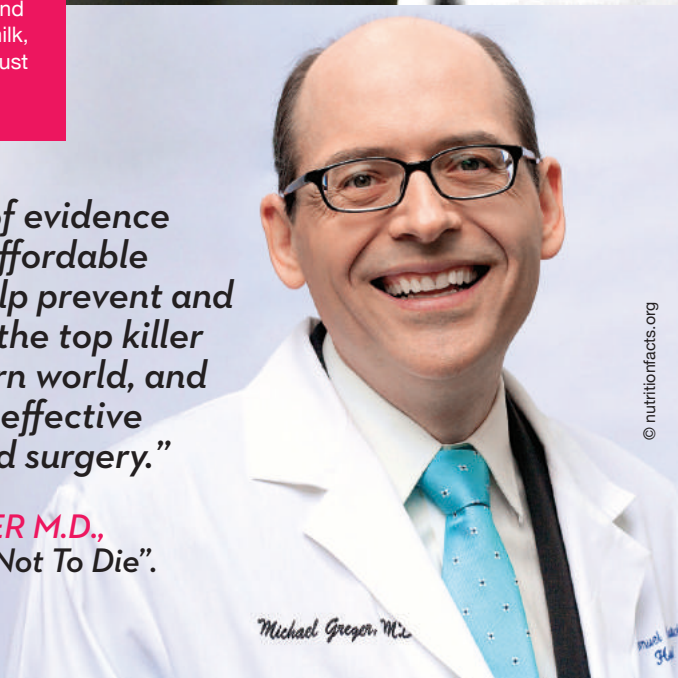
Many types of fish contain high levels of mercury and PCB. A study by the Harvard School of Public Health concluded eating red meat increases the risk of breast cancer by 22%, and the University of California found that the consumption of cheese, milk, meat and other animal proteins is just as unhealthy as smoking.



3 world records for marathon running and vegan since the age of six - **FIONA OAKES** fuels her endurance racing entirely on plant-based food.

“The convergence of evidence suggests that an affordable plant-based diet can help prevent and even reverse some of the top killer diseases in the Western world, and can be even more effective than medication and surgery.”

—
MICHAEL GREGER M.D.,
2016, author of “How Not To Die”.



“Due to a plant-based diet, I have virtually no aching muscles after training anymore. My recovery time is significantly shorter, meaning I can start training again straight away. A vegan diet is key to my success.”

—
BEN URBANKE

extreme cyclist and author of “Be Faster. Go Vegan”.



According to the world's biggest association of dieticians, the Academy of Nutrition and Dietetics, a plant-based diet reduces the risk of:

- CARDIOVASCULAR DISEASES
- CERTAIN TYPES OF CANCER
- OBESITY
- TYPE 2 DIABETES

—
The World Health Organisation classifies red meat and processed meat as “carcinogenic”. According to this classification, the evidence linking processed meat to cancer is just as strong as cigarettes, asbestos and arsenic.
—

Preferably plant-based

Plant-based foods reduce cholesterol in the body. They have a positive effect on high blood pressure, regulate blood sugar levels and reduce the risk of cancer. A plant-based diet is also high in vitamins and minerals that help to strengthen the immune system.

Obesity

Over half of the adult population of the UK is overweight. Obesity is associated with the development of cardiovascular diseases, high blood pressure and type 2 diabetes.

The bodyweight and BMI values of those that eat a vegetarian or vegan diet are considerably lower than the rest of the population. Those that have a purely plant-based diet rank best.

START TODAY

Substituting meat and other animal products with better options is fun and it tastes great! You can still cook and eat dishes that you know and love, while at the same time trying out new recipes and variations.

Every day that you don't eat chickens, fish or other animal products is a good day for animals, the environment and for you also. Why not begin today?

Many of your favourite recipes already contain plant-based ingredients. Keep eating things that you know and love and replace animal products with other delicious alternatives.

For breakfast, try a smoothie or cereal with a plant milk of your choice, egg-free pancakes, baked beans on toast or dairy-free yogurt and muesli.

Vary tried-and-tested dishes. Today a juicy veggie burger with fries, tomorrow a tasty curry with rice, delicious pasta with a tomato sauce, pizza with grilled dairy-free cheese or crispy falafel with hummus.

Meat can be easily replaced with plant-based alternatives. There are so many options to whet your appetite. You'll wish you tried them sooner!

Get FREE recipes, shopping tips and advice by visiting www.loveveg.uk

To help you find plant based alternatives to animal products, try the Vegan Alternatives app. Using this you will find products available in the UK, that you can pick up on your next visit to the supermarket!



Find lots of great recipes at
www.loveveg.uk

STEP BY STEP



Many small steps lead to success. That's why it makes sense to set small weekly goals to try out a new diet. Each week, you can address a different aspect. To avoid neglecting good intentions, you can prepare little reminders, e.g. sticky notes on the fridge or notes in your rucksack. These remind you all week long to substitute a particular animal product with delicious plant-based alternatives.

175

Around 175 animals are saved per year by a single person eating a vegetarian diet in the UK.

WEEK 1: POULTRY

Did you know that chickens are the most consumed animal? For this reason, let's substitute chicken in the first week. Don't worry - you don't have to do without chicken salad, chicken fillet or chicken nuggets! You can find meat-free alternatives to your favourite products in almost every supermarket. Try the delicious veggie nuggets and pieces that you can get at **Morrison's, Holland & Barrett, Tesco and Asda, or the huge choice at online supermarket, Ocado.**

WEEK 2: FISH; MEAT AND SAUSAGE

The second week is even more exciting. It's about discovering your favourite alternatives to fish, meat and sausage. There are now hundreds of options to choose from. For this week, cook a meal with a plant-based meat alternative for your friends or pick a veggie option in the canteen.

You can also experiment with "veganising" your favourite recipes. Just check for recipes on the internet and have some fun in the kitchen! Even if you don't particularly enjoy cooking, you don't need to miss out, as there are plenty of plant-based ready meals and options in restaurant chains like **Wetherspoons, Toby Carvey, Nandos, Zizzi, Pret a Manger, Wagamama, Las Iguanas and Pizza Express.** The diversity of veggie cuisine means there is something for everyone!

WEEK 3: MILK AND EGGS

Cow's milk can be replaced with hazelnut milk, rice milk, almond milk, soya milk, coconut milk or oat milk and we can either leave out eggs in baking and cooking or replace them with flax seed and water, or a banana. For tips on delicious replacements for scrambled eggs or waffles, head to **www.loveveg.uk**

SHOPPING

In large supermarkets such as Sainsbury's, Asda, Tesco and Morrison's, you can find a wide selection of alternatives to meat and dairy products, such as tofu, veggie mince for bolognese, veggie burgers, sausages and dairy free cheese, butter, cream and yoghurt.

You can find cheap, plant-based items in every supermarket including rice, pasta, beans, pulses, nuts, fruit, vegetables and bread.

Almost every supermarket stocks a selection of plant milks, such as almond, rice, oat and soya as well as different flavours of plant-based yoghurts.

Some supermarkets even stock plant-based sandwich slices, cheese and egg-free mayo.

Some products taste much better than others.

TRY OUT THE
HUGE SELECTION
AND FIND YOUR
FAVOURITES



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“According to research by Oxford Martin School, widespread adoption of a vegetarian diet would cut food-related emissions by 63% and make people healthier too.”

theguardian

The Guardian, (March 2016)

“

EATING OUT

Eating out with family or friends? No problem! Tasty curries at an Indian restaurant; an almost endless selection of tofu and vegetable dishes at a Chinese or Thai restaurant; spaghetti and pizza without cheese or with the choice of vegan cheese at some Italian restaurants- there's something for everyone!

Visit HappyCow.net to find restaurants in your area that offer meat-free dishes. If you're out and about, the HappyCow and TripAdvisor apps can help you to quickly find a restaurant nearby. If you end up in a restaurant that doesn't have anything suitable on the menu, simply ask the waiter or waitress as most chefs are happy for a challenge and will gladly prepare something for you.

Many universities offer students vegetarian and vegan options in their canteens. Whether it's pasta with tomato sauce or pesto, fresh salad or flavoursome potato and rice dishes, your uni almost certainly has something for you!

IMAGINE IF...

*...you couldn't
walk anymore
because you're
so overweight*

Louisa spends her whole life in an overcrowded shed covered with excrement. She has been bred in such a way that she will gain weight extremely quickly. This leads to her legs no longer being able to support her body weight and she suffers from chronic pain.



*...you bled to death
in excruciating pain*

Fish feel pain, fear and stress. Many of them are bred in fish farms, which are mass animal enclosures under water. They swim around in their own excrement in pools that are overcrowded. Almost all of them are infested with parasites.

This tuna fish was caught in the open sea. He had to watch his fellow fish being impaled with blunt hooks, dragged on board and slit open. He bled to death slowly and in excruciating pain. His battle with death lasted several minutes.



*...you were a baby taken
away from your mother*



*...body parts were
amputated from
your body*

Meet Lucas. His curly tail was cut off and his incisor teeth were ground down without anaesthetic. He had painful ulcers on his legs caused by the hard floor that he had to live on. He was separated from his mother very early on. He won't see her ever again. Millions of piglets like Lucas are treated this way in the UK.

*These are not
special one-off
cases. This is the
industry standard
in the UK. Every
farmer and
veterinarian
would agree.*

Just like our mothers, cows only produce milk when they have a baby. So, cows on dairy farms are artificially inseminated every year. Meg was taken away from her mother after birth so that the milk could be sold in a supermarket. Both cried out for each other for days. Meg was put into a tiny pen, all on her own. Her mother was soon re-impregnated, and when she's old enough Meg will be too. This is how thousands of cows live every day in the UK.

HOLLY

Psychology Student,
University of Sheffield



'Compassion is the most important thing to me and veganism has helped me to embrace it. If the world needs more of something it's compassion, and starting with what's on my plate seemed the best way to do it. I'd never go back. You can eat and enjoy whatever you want, the variety of products on offer makes veganism suitable for everyone. My life has not been affected negatively in the slightest!'

HOLLY & ANDY

"If you can eat great food while causing no harm to animals, preserving our planet and living a perfectly healthy life, what's stopping you from becoming vegan? It's the best decision I've ever made and I can't recommend it highly enough. Not only is it cheap, but with the great variety of options now available in cafés, restaurants and supermarkets, it's easier than ever!"

ANDY

Business Management Student,
King's College London





YOU CAN CHANGE THE WORLD


A PLANT-BASED DIET IS THE BEST CHOICE YOU CAN MAKE FOR THE ENVIRONMENT.

Did you know...

The kind of far-reaching effects it has if you replace fish, meat and other animal products with delicious plant-based alternatives for a month? If you switch from poultry to seitan, you will save over 4000 litres of water. That's the same as showering a hundred times!

If you replace pork with plant-based products for a month, you prevent the production of 38kg of greenhouse gases, which would otherwise contribute towards climate change.

If you swap beef for plant-based products, you save 22m² of fertile earth from being eroded, deforested or over-fertilised.



Emilia's Family

It's an overwhelming feeling to know that you can save two chickens every month from a miserable life and a brutal death, simply by not eating eggs or poultry. In this way, you save chickens like Emilia, who adores running around freely, exploring the world and being with those she loves.



DO YOU WANT TO FIND OUT MORE?

*Visit www.loveveg.uk for more free information
on trying, and loving, a plant-based diet.*

Have you found this guide helpful?

Your support will help us print more.

Text AEUK12 £3 to 70070 to donate.

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animaleQUALITY

Animal Equality is a voice for farmed animals all over the world, inspiring individuals, companies and policy-makers to adopt compassionate changes for animals. We have offices in the UK, the United States, Germany, Italy, Spain, Mexico, Brazil and India.

Interested in Animal Equality's work?

Find out more here:

animalequality.org.uk

Registered in England & Wales with charity number 1168309

Meat less

CARE M♥RE

A HUMAN KIND COOKBOOK



Here at Animal Equality, we work to achieve a world where all animals are treated with compassion and respect. We believe they should have a voice. We believe they deserve a life free of pain and suffering.

This is why we are delighted to team up with our friends at the Fry Family Food Co to bring you this free vegan cookbook packed with delicious cruelty-free recipes. It is designed to help people just like you make a difference with daily food choices.

Our cookbook allows everyone to cook meat-free by showing how easy it is to vary eating plans, try out simple recipes and discover new foods and ingredients.

Thank you for caring.
Animal Equality



Human. Kind. Be both.

These words inspire us every day to do what we do. And it is you who allows us to do it.

We are forever grateful to you; our customers, the contributors to this book, and to our partners on this project, Animal Equality, for the support you have shown us.

The Fry Family remains committed to making the world a better place, one veggie meal at a time, and we are delighted that you have joined us on our journey.

We hope you love making these delicious, cruelty free recipes.

With love,
The Fry Family



Berry Much **SMOOTHIE**

MAKES 1

TAKES 5 MIN TO PREPARE

INGREDIENTS

4 ICE CUBES (LESS IF USING FROZEN BERRIES)
5 STRAWBERRIES
HANDFUL ACAI BERRIES
HANDFUL RASBERRIES
1/5 PEELED RAW BEETROOT
4-5 MINT LEAVES
½ CUP COCONUT MILK

METHOD

PLACE ALL IN THE BLENDER AND BLEND FOR 1 MIN
UNTIL SMOOTH.

RECIPE FROM

SEED-BLOG.COM





Holy Moly **GUACAMOLE**

INGREDIENTS

AVOCADO
RED ONION
CHERRY TOMATOES
LEMON
VEGAN MAYO
PAPRIKA
SALT

METHOD

PEEL AND CHOP THE AVOCADO INTO CHUNKY PIECES. CHOP THE RED ONION AND CHERRY TOMATOES FINELY.

ADD THE AVOCADO, ONION AND TOMATOES INTO A MIXING BOWL. SQUIRT A SMALL AMOUNT OF FRESH LEMON JUICE INTO THE BOWL AND ADD A SPRINKLE OF SALT. DEPENDING ON HOW YOU PREFER YOUR GUAC ADD 2-4 TABLE-SPOONS OF VEGAN MAYO AND STIR WELL.

SPOON OUT OF THE MIXING BOWL AND ONTO A SERVING PLATE/BOWL AND GARNISH WITH PAPRIKA. VOILA!

RECIPE FROM

TEENVGN.COM



Hazelnut & Rice Protein **SQUARES**

MAKES: 10 SQUARES

PREP TIME: 20 MIN + REFRIGERATION

INGREDIENTS

1/2 CUPS RAW HAZELNUTS
1 CUP PITTED DATES
1/4 CUP GOJI BERRIES
1/2 CUP DESSICATED COCONUT
1/3 CUP RICE PROTEIN POWDER
2 TBSP RICE MALT SYRUP
1 TSP CACAO POWDER

METHOD

LINE SMALL BAKING TRAY WITH BAKING PAPER

PROCESS ALL THE INGREDIENTS UNTIL A CHUNKY, STICKY MIX OF ALL IS ACHIEVED

PRESS ONTO BAKING TRAY (APPROX. 1.5CM THICK)

PLACE IN THE FRIDGE OR FREEZER UNTIL FIRM

CUT INTO SQUARES AND STORE IN A JAR OR CONTAINER IN THE FRIDGE



RECIPE FROM

SEED-BLOG.COM



**"SOME PEOPLE
TALK TO ANIMALS.
NOT MANY LISTEN THOUGH.
THAT'S THE PROBLEM."**

~ A.A. Milne



RECIPE FROM

VEGANSAURUS.COM

JENNY BRADLEY



Vegan Vodka **CREAM SAUCE**

INGREDIENTS

2 TB OLIVE OIL
1 MEDIUM RED ONION, DICED
4 CLOVES GARLIC, MINCED
1 28 OZ CAN CRUSHED TOMATOES
1/2 CUP VODKA
1/4 CUP RED WINE
1/2 CUP UNSWEETENED SOY CREAMER
1 TSP AGAVE NECTAR
1 TSP SALT
1/2 TSP PEPPER
1 TB ITALIAN HERB BLEND

METHOD

COAT A LARGE PAN WITH THE OIL AND HEAT ON A MEDIUM FLAME. ADD DICED ONIONS AND SAUTE FOR ABOUT 15 MINUTES, UNTIL LIGHTLY CARAMELIZED. ADD MINCED GARLIC, ITALIAN HERBS, SALT AND PEPPER AND ALLOW TO COOK INTO THE ONIONS FOR ABOUT ONE TO THREE MINUTES, TAKING CARE NOT TO BURN THE GARLIC.

KEEP EVERYTHING MOVING WITH A SPATULA. ADD RED WINE TO DEGLAZE YOUR PAN; USE THE WINE TO LIFT ALL THE BROWN BITS STUCK TO THE BOTTOM OF THE PAN. AGAIN, THIS SHOULD ONLY TAKE ABOUT A MINUTE OR TWO.

OPEN THE CAN OF CRUSHED TOMATOES AND POUR INTO THE PAN, UNTIL THEY ARE HEATED ALL THE WAY THROUGH. RAISE HEAT TO MEDIUM HIGH TO SPEED THE PROCESS, BEING CAREFUL NOT TO BURN YOUR SAUCE, JUST KEEP EVERYTHING MOVING WITH A SPATULA. ONCE TOMATOES ARE HOT, ADD AGAVE NECTAR, VODKA AND SOY CREAMER, WHISKING FOR ABOUT THREE MINUTES IN ORDER TO COOK OUT THE ALCOHOL.

BLEND IN HIGH SPEED BLENDER UNTIL SMOOTH! HEAT SPAGHETTI ACCORDING TO DIRECTIONS ON PACKAGE AND SERVE SAUCE ON TOP. WILL KEEP IN THE FRIDGE FOR ABOUT FIVE DAYS.



No Meat BALLS

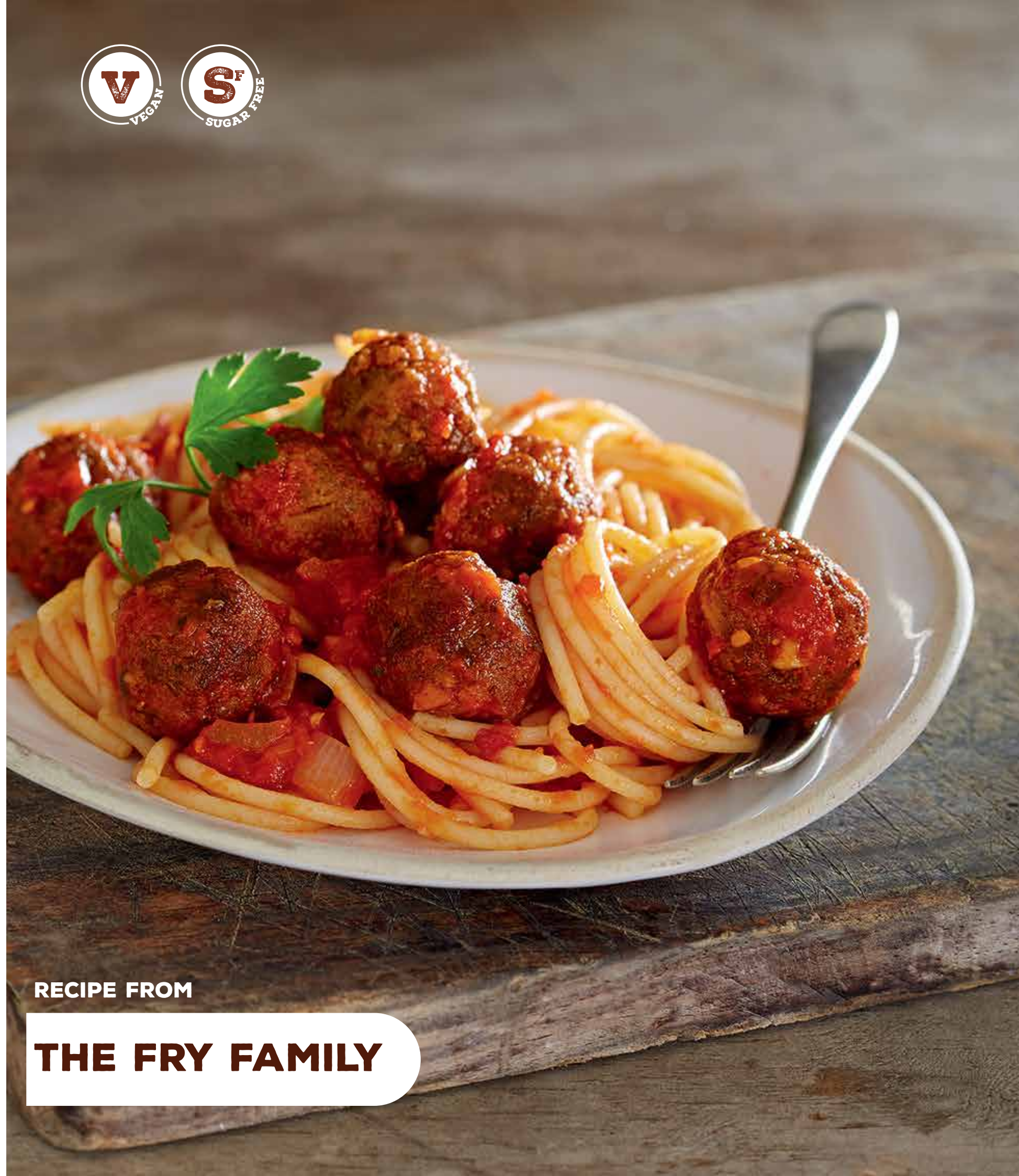
INGREDIENTS

SERVES 8

1 BOX FRY'S TRADITIONAL BURGERS, GRATED
1 ONION, FINELY CHOPPED
1 BUNCH OF DHANIA (CORIANDER), FINELY CHOPPED
1 BUNCH OF SHALLOT (SPRING ONION), FINELY CHOPPED
2 TBSP PEA FLOUR
1/4 CUP WATER
40 ML OIL
1 TSP GROUND GINGER AND GARLIC
6 SMALL TOMATOES, GRATED
TOMATO GRAVY:
3 SOFT TOMATOES, CHOPPED
1/2 ONION, CHOPPED
1/2 GREEN PEPPER, CHOPPED
1/2 BRINJAL, CHOPPED
3 BABY MARROWS, CHOPPED
125ML COCONUT CREAM
SALT, PEPPER AND PAPRIKA TO TASTE

METHOD

THAW OR DEFROST BURGERS AND GRATE INTO A MEDIUM SIZED BOWL. ADD ONIONS, FINELY CHOPPED DHANIA, SHALLOT, PEA FLOUR AND WATER TO GRATED BURGERS. MIX WELL TO CREATE A THICK BATTER. USING YOUR HANDS ROLL THE BATTER INTO SMALL BALLS AND SET ASIDE FOR 5 MINUTES. HEAT 30ML OF OIL IN A THICK BASED FRYING PAN FOR TWO MINUTES AND FRY BALLS. ONLY TURN ONCE TO PREVENT BREAKING AND COOK THROUGH ON LOW-MEDIUM HEAT. DRAIN AND SET ASIDE. ADD 10ML OF OIL TO THE FRYING PAN AND THEN ADD GINGER AND GARLIC. FRY UNTIL GOLDEN BROWN.
TOMATO GRAVY: STEAM CHOPPED VEGETABLES FOR 20 MINUTES AND ADD SALT, PEPPER AND PAPRIKA TO TASTE. THIS CAN BE THICKENED WITH A LITTLE FLOUR.
OPTIONAL: ADD COCONUT CREAM.
SERVE WITH SWEET AND SOUR SAUCE



RECIPE FROM

THE FRY FAMILY



Chickpea Flour **PANCAKES**

VEGAN/GLUTEN FREE

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES

MAKES 8 PANCAKES

(DOUBLE UP THE RECIPE IF YOU HAVE SONS!)

INGREDIENTS

1 CUP CHICKPEA FLOUR
2 FLAX EGGS
2/3 CUP WATER
30ML RAW SUGAR
30ML CHIA SEEDS (TO MAKE YOU FEEL BETTER
ABOUT EATING PANCAKES :-))
2 TSP BAKING SODA
COCONUT OIL FOR PAN

METHOD

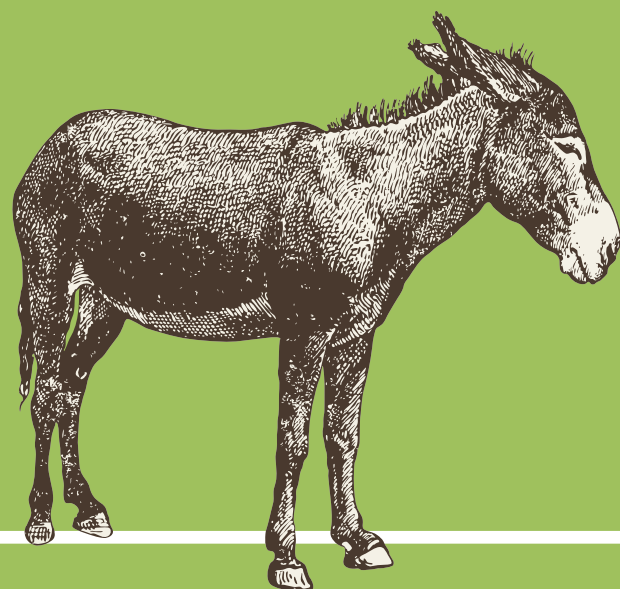
WHISK TOGETHER THE FLOUR, WATER, EGG, SUGAR,
BAKING SODA, AND SALT UNTIL SMOOTH CONSIS-
TENCY IS REACHED.
HEAT A PANCAKE PAN OVER MEDIUM HEAT AND ADD
A DOLLOP OF COCONUT OIL.
POUR SOME OF THE PANCAKE MIXTURE INTO THE
PAN ONCE THE PAN IS HOT.
COOK UNTIL THE EDGES FIRM UP AND BUBBLES
COME THROUGH THE BATTER. FLIP AND COOK UNTIL
THE OTHER SIDE HAS SET.
REPEAT.
SERVE WHILE STILL HOT.
SUGGEST SERVING WITH ROASTED PECAN NUTS, A
DRIZZLE OF RICE MALT SYRUP AND SLICED BANANA.
AND OF COURSE, A SOY CAPP!



RECIPE FROM

SEED-BLOG.COM





**"UNTIL ONE HAS
LOVED AN ANIMAL,
A PART OF ONE'S
SOUL REMAINS
UNAWAKENED."**

~ Anatole France

RECIPE FROM

QUARRYGIRL.COM



CONFLAKE-CRUSTED

Buffalo Tempeh

WINGS

WITH GARLICKY DIP

BEWARE: I LIKE THINGS SPICY AND GARLICKY.
ADJUST ACCORDINGLY IF YOU'RE NOT INTO THAT.

INGREDIENTS

200G STEAMED TEMPEH
150ML VEGETABLE BROTH
150ML FRANK'S HOT SAUCE
25G CORNFLAKES DIVIDED IN 2 PARTS
1/4TSP PAPRIKA
1/2TSP CAYENNE PEPPER
1/2TSP GARLIC

METHOD

MIX VEGETABLE BROTH AND HOT SAUCE TO MAKE A MARINADE.
LEAVE TEMPEH TO SOAK IN MARINADE FOR 30 MINUTES
PREHEAT OVEN TO 190C.
USE A BLENDER TO REDUCE HALF OF THE CORNFLAKES INTO A POWDERY DUST.
CRUSH OTHER PART CORNFLAKES WITH YOUR HANDS INTO LITTLE BITS, THEN COMBINE WITH POWDERED FLAKES
ADD PAPRIKA, CAYENNE AND GARLIC TO CORNFLAKE MIXTURE.
FULLY COAT THE MARINATED TEMPEH IN CORNFLAKE MIXTURE, RETAIN MARINADE.
BAKE TEMPEH FOR 15 MINUTES. (ON HIGH SHELF AT 190C)
DIP TEMPEH IN REMAINING MARINADE AND BAKE FOR ANOTHER 5 MINUTES OR UNTIL CRISPY.
DRIZZLE REMAINING MARINADE/HOT SAUCE ON TEMPEH WINGS

SERVE WITH DIP, IN A SALAD, IN A WRAP, WHATEVER!



Garlicky

DIP

INGREDIENTS

400G CAN OF CANNELLINI BEANS
2TBSP WATER
1TBSP LEMON JUICE
1TSP GARLIC POWDER
1TSP ONION POWDER
1/2TSP DRIED DILL

METHOD

BLEND IT RIGHT UP UNTIL IT'S CREAMY!
ADD MORE WATER, IF YOU MUST.



RECIPE FROM

SEED-BLOG.COM



Vietnamese Rice Paper **ROLLS**

SERVES 4 - STARTER PORTIONS



INGREDIENTS

8 SMALL RICE PAPER WRAPPERS
60G RICE VERMICELLI
8 FRY'S FAMILY BATTERED PRAWNS, LIGHTLY FRIED
1 TBSP CHOPPED BASIL
3 TBSP CHOPPED MINT LEAVES
3 TBSP CHOPPED CORIANDER
1 CARROT, FINELY SLICED (JULIENNE STRIPS)
2 LETTUCE LEAVES, CHOPPED
2 AVOCADOS, SLICED
3 TABLESPOONS HOISIN SAUCE
1 TEASPOON FINELY CHOPPED ROASTED PEANUTS

METHOD

BOIL RICE NOODLES FOR 3 TO 5 MINUTES. RINSE THOROUGHLY WITH COLD WATER AND DRAIN WELL SO THEY DON'T STICK TOGETHER.

FILL A LARGE BOWL WITH WARM WATER. DIP ONE WRAPPER INTO THE WATER FOR A FEW SECONDS (1-3SECS) TO SOFTEN. LAY WRAPPER ON THE PLATE AND PLACE 2 FRY'S PRAWN HALVES, A HANDFUL OF NOODLES, BASIL, MINT, CORIANDER, LETTUCE, CARROTS IN A ROW ACROSS THE CENTRE, LEAVING A FEW CM OF THE WRAPPER UNCOVERED ON EACH SIDE. LAY THE AVOCADO SLICES OVER THE TOP.

FOLD IN UNCOVERED SIDES OF WRAPPER, THEN TIGHTLY ROLL TO ENCLOSE THE FILLING.

REPEAT!

SAUCE: MIX THE HOISIN SAUCE AND PEANUTS TOGETHER

SERVE THE RICE PAPER ROLLS WITH HOISIN-PEANUT DIPPING SAUCE



**"THE VEGAN LIFESTYLE IS A
COMPASSIONATE WAY TO LIVE
THAT SUPPORTS LIFE, SUPPORTS
FAIRNESS AND EQUALITY, AND
PROMOTES FREEDOM."**

~ Robert Cheeke



VEGANWELLBEING.CO.UK

RECIPE FROM

VEGAN WELLBEING

BOB HUMPHREY



Roasted Vegetable **LASAGNE**

INGREDIENTS

1 COURGETTE
HALF A RED PEPPER
HALF A YELLOW PEPPER
1 SMALL RED ONION
3-4 GARLIC CLOVES
A PINCH OF DRIED OREGANO & BASIL
1 TIN PLUM TOMATOES
PASTA SHEETS
HALF A PACK OF VIOLIFE (MOZZARELLA)
HALF A CUP OF FLOUR
1 CUP OF SOYA MILK
FRESH BASIL TO GARNISH

METHOD

CRUSH THE GARLIC AND CHOP THE ONION, COOK UNTIL GOLDEN BROWN, ADD THE PLUM TOMATOES CONTINUE TO COOK UNTIL THE TOMATOES HAVE BECOME A SAUCE CONSISTENCY.

CHOP THE VEG INTO BITE-SIZED PIECES AND ROAST FOR AROUND 20-30 MINUTES GAS MARK 4.

ADD THE SOYA MILK, FLOUR AND GRATED VIOLIFE TO A PAN AND COOK DOWN UNTIL IT MAKES A CREAMY THICK SAUCE.

START TO LAYER USING THE TOMATO SAUCE AND VEGETABLES FIRST, THEN A LAYER OF PASTA SHEETS TOPPED WITH THE WHITE SAUCE, CONTINUE AROUND 3 TIMES AND TOP WITH EXTRA GRATED VIOLIFE.

COOK IN THE OVEN FOR AROUND 30-40 MINUTES, TOP WITH FRESH BASIL... ENJOY!!



RECIPE FROM

CLUB MEXICANA

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Smoky Mexican Black **BEANS**



COOK TIME: 20 MINUTES

SERVES 4

INGREDIENTS

2 X TBSP OLIVE OIL
1 X LARGE ONIONS (FINELY DICED)
2 X GARLIC CLOVES (MINCED)
1 X TBSP SMOKED PAPRIKA
1 X TBSP GROUND CUMIN
2 X TSP DRIED OREGANO
1/2 TSP CHILLI POWDER (OR MORE IF YOU LIKE IT SPICY!)
2 X TINS OF BLACK BEANS (DRAINED AND RINSED)
1-2 LIMES
SALT TO TASTE.

METHOD

FRY THE ONIONS IN THE OIL ON A LOW/MEDIUM HEAT UNTIL TRANSPARENT AND CARAMELISING SLIGHTLY. ADD GARLIC AND SPICES. FRY, STIRRING, FOR 1 MINUTE.

ADD DRAINED BLACK BEANS AND STIR TO MIX WELL WITH OTHER INGREDIENTS.

ADD A 125ML WATER TO STOP THE BEANS BECOMING STICKY. ADD MORE IF THEY ARE STILL STICKING.

COOK FOR A FEW MINUTES UNTIL THEY ARE A THICK CONSISTENCY, BUT NOT MUSHY.

ADD SALT TO TASTE.

ADD THE JUICE OF THE LIMES, AGAIN TO TASTE, DEPENDING ON HOW ZINGY YOU LIKE IT!

SERVE ON TACOS, IN A BURRITO OR JUST ON RICE!



Timbo's Super Hemp Summer **SMOOTHIE**

INGREDIENTS

100GMS YAOH DEHULLED HEMP SEED
LUMP GINGER
CUPFUL FRESH STRAWBERRIES
CUPFUL FRESH RASBERRIES
CUPFUL BLACKBERRIES (OR BLUEBERRIES)
1 BANANA
½ A SMALL PINEAPPLE
COUPLE OF MEDJOOOL DATES
½ LITRE CHILLED APPLE JUICE
½ LITRE CHILLED COCONUT WATER
A TWIST OF LIME

METHOD

BLEND THEM ALL TOGETHER, GARNISH WITH
CHOPPED FRUIT AND HEMP SEED

SERVES 4 LARGE SMOOTHIES



**"WE HAVE THE CHOICE
TO USE THE GIFT OF OUR
LIVES TO MAKE THE WORLD
A BETTER WORLD FOR
ALL LIVING BEINGS"**

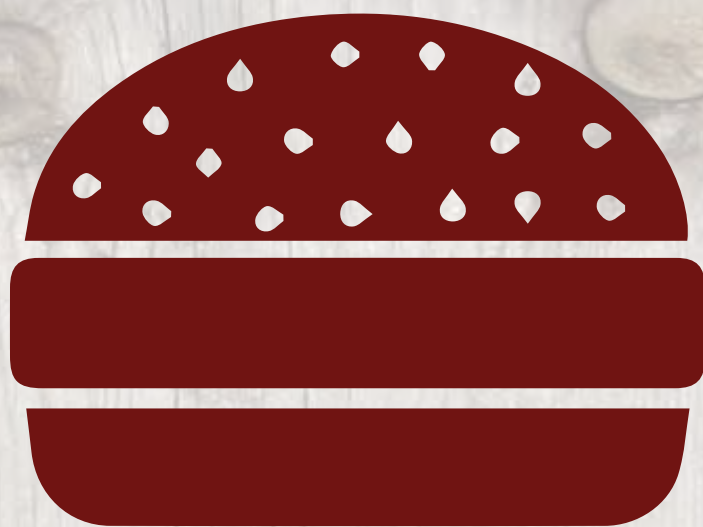
~ Jane Goodall

RECIPE FROM

TIM BARFORD



YAOH.CO.UK FOR HEMP
VEGFEST.CO.UK FOR VEGAN EVENTS



Un-Real BURGER

INGREDIENT S FOR BASTING

1/4 CUP OLIVE OIL

DRIED MIXED HERBS

INGREDIENTS FOR TOMATO RELISH

1 TBSP SUNFLOWER OIL

1/2 RED ONION, FINELY CHOPPED (KEEP THE OTHER HALF FOR THE BURGER)

1-2 GARLIC CLOVES, CRUSHED

1 SMALL RED CHILLI FINELY CHOPPED (DESEEDED) OR 1 TSP DRIED CHILLI FLAKES

2 CUPS (APPROX) CHERRY TOMATOES, CHOPPED

1 TBSP RAW SUGAR

2 TBSP BALSAMIC VINEGAR

INGREDIENTS BURGER AND TOPPINGS

1 PACK FRY'S TRADITIONAL BURGERS

2 BUNS (I RECOMMEND USING HALF A BUN TO KEEP THE CARB INTAKE TO A MINIMUM)

1 TOMATO, SLICED

2 GHERKINS, SLICED

1 RED ONION THINLY SLICED

HANDFUL FRESH ROCKET AND MICRO GREENS

METHOD

PREPARE ALL RELISH INGREDIENTS. STRAIN TOMATOES TO REMOVE EXTRA WATER.

FRY ONIONS IN THE SUNFLOWER OIL FOR 5 MIN UNTIL SOFT AND TRANSLUCENT. ADD THE GARLIC & CHILLI AND FRY FOR A FURTHER 1 MIN.

ADD TOMATOES TO ONION AND COOK FOR 5 MIN.

ADD SUGAR AND BALSAMIC VINEGAR AND COOK FOR A FURTHER 8 MIN.

TURN ON BBQ OR LIGHT THE COALS! (THIS CAN BE DONE IN AN OVEN OR ON A PAN AS WELL!)

MIX TOGETHER BASTING INGREDIENTS.

ALLOW PATTIES TO DEFROST AND LIBERALLY BRUSH WITH BASTING INGREDIENTS.

PLACE BURGERS ON BBQ.

KEEP A CLOSE EYE ON BURGERS AND KEEP TURNING.

REMOVE BURGERS FROM BBQ.

CONSTRUCT BURGER.

EAT.

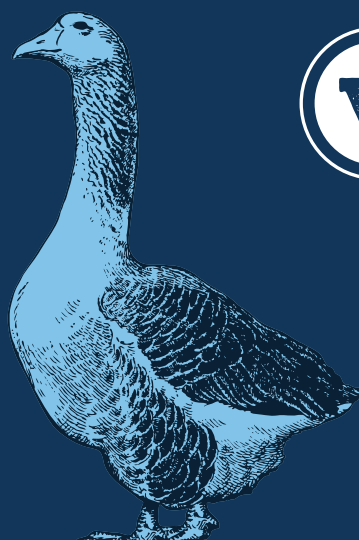


RECIPE FROM

SEED-BLOG.COM



by water



**"WE DO NOT
INHERIT THE
EARTH FROM
OUR ANCESTORS,
WE BORROW
IT FROM OUR
CHILDREN"**

~ Native American Proverb

RECIPE FROM

FED BY WATER

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Tagliatelle WITH SOYA RAGU

COOK TIME: 1 HOUR AND 30 MINUTES

SERVES 4

INGREDIENTS

1 ONION
2/3 CARROTS
1 STICK OF CELERY
200 GR FRY'S MINCE
500 GR TOMATOES
2 TABLE SPOONS OF EXTRA VIRGIN OLIVE OIL
2 TEA SPOONS OF SALT
1 TEA SPOON OF BROWN SUGAR
A BUNCH OF THYME
A BUNCH OF ROSEMARY
A BUNCH OF BASIL
2/3 LEAVES OF LAUREL
1 GLASS OF RED WINE
PARSLEY
400 GR TAGLIATELLE

OPTIONAL:
BLACK PEPPER
NUTMEG

METHOD

PREPARING THE SOYA RAGU:

CHOP (VERY THIN) ONE ONION AND THE SAME AMOUNT OF CELERY AND CARROTS (SAME THICKNESS);

LIGHT FRY THE ABOVE MIX (ONION, CELERY AND CARROTS) WITH SOME EXTRA VIRGIN OLIVE OIL (A COUPLE OF TABLESPOONS);

WHEN YOUR MIX HAS REACHED A NICE GOLDEN COLOUR (AFTER APPROX 8/10 MIN) ADD THE MINCED SOYA 200 GR AND COOK FOR APPROX 15 MIN AND KEEP STIRRING EVERY 3/5 MINUTES;

ADD RED WINE AND STIR FOR APPROX 2/3 MIN THE TIME TO EVAPORATE THE WINE;

AT THIS POINT ADD THE TOMATOES (500 GR), POSSIBLY ENTIRE TOMATOES WHICH YOU NEED TO SQUEEZE WHILE COOKING TO EXTRACT THE FULL JUICE;

ADD 2 TEASPOONS OF SALT AND 1 TEASPOON OF SUGAR (TO TAKE OFF THE ACIDITY) - PLEASE NOTE YOU CAN ADJUST THE SALT UPON YOUR TASTE;

COOK FOR ABOUT 1 HOUR ADDING SOME PURIFIED WATER AFTER THE FIRST 30 MINUTES;

PUT TOGETHER A BUNCH OF THYME, ROSEMARY, BASIL AND 2 LAUREL LEAVES AND TIE IT WITH COOKING LACE, PLACE IT IN THE SAUCE WHILE COOKING; (ADD SOME BLACK PEPPER AND OR SOME NUTMEG IF YOU DESIRE IT)

AFTER HAVING COOKED THE SAUCE FOR ABOUT 2 HOURS, WHEN IT HAS DRIED THE REMAINING WATER, ADD SOME PARSLEY TO FINISH IT UP AND KEEP IT ON THE SIDE.

PREPARING THE TAGLIATELLE (WHOLE WHEAT) OR ANY OTHER PASTA TO YOUR PREFERENCE:

ADD SOME PURIFIED WATER IN A PAN;

GET IT TO BOIL AND THEN ADD 400 GR OF TAGLIATELLE; WHILE PASTA IS COOKING ADD SOME SALT AND TASTE IT TO YOUR PREFERENCE; GENERALLY SPEAKING TAGLIATELLE TAKE ABOUT 5 MIN TO HAVE THEM AL DENTE 6 TO HAVE THEM WELL DONE (SOFTER) - PLEASE CHECK ON THE PASTA PACKAGING TO UNDERSTAND COOKING TIME;

ONCE THE PASTA IS READY, DRY IT AND ADD IT TO A PAN TOGETHER WITH THE SOYA RAGU; COOK AND STIR IT GENTLY FOR ABOUT 1 MINUTE TO MAKE SURE ALL GETS NICELY AMALGAMATED; TAKE IT OUT, PORTION IT AND SERVE IT ADDING SOME FRESH BASIL OR PARSLEY AS DECORATION.



Raw Ranch **DRESSING**

INGREDIENTS

1 CUP ORGANIC RAW CASHEWS, SOAKED IN WATER FOR AT LEAST 6 HOURS

1 CUP FILTERED WATER (SEPARATE FROM SOAKING WATER)

2 CLOVES OF GARLIC

1/4 OLIVE OIL

1/4 CUP MILD VINEGAR (I LIKE RICE, RED OR WHITE WINE VINEGAR)

1 1/2 TSP SALT

1 TSP PEPPER

JUICE OF HALF A LEMON

1/2 TSP AGAVE NECTAR

1 TSP ITALIAN HERBS

1 TSP DILL

METHOD

IN A HIGH SPEED BLENDER, ADD ALL INGREDIENTS UP UNTIL ITALIAN HERBS AND DILL. BLEND UNTIL SMOOTH. MIX IN ITALIAN HERBS AND DILL BY HAND, OR ELSE THE DRESSING WILL TURN GREEN!

IF YOU DON'T HAVE TIME TO SOAK YOUR CASHEWS, GENTLY BOIL THEM ON MEDIUM HEAT FOR ABOUT 20 MINUTES OR UNTIL SOFT.

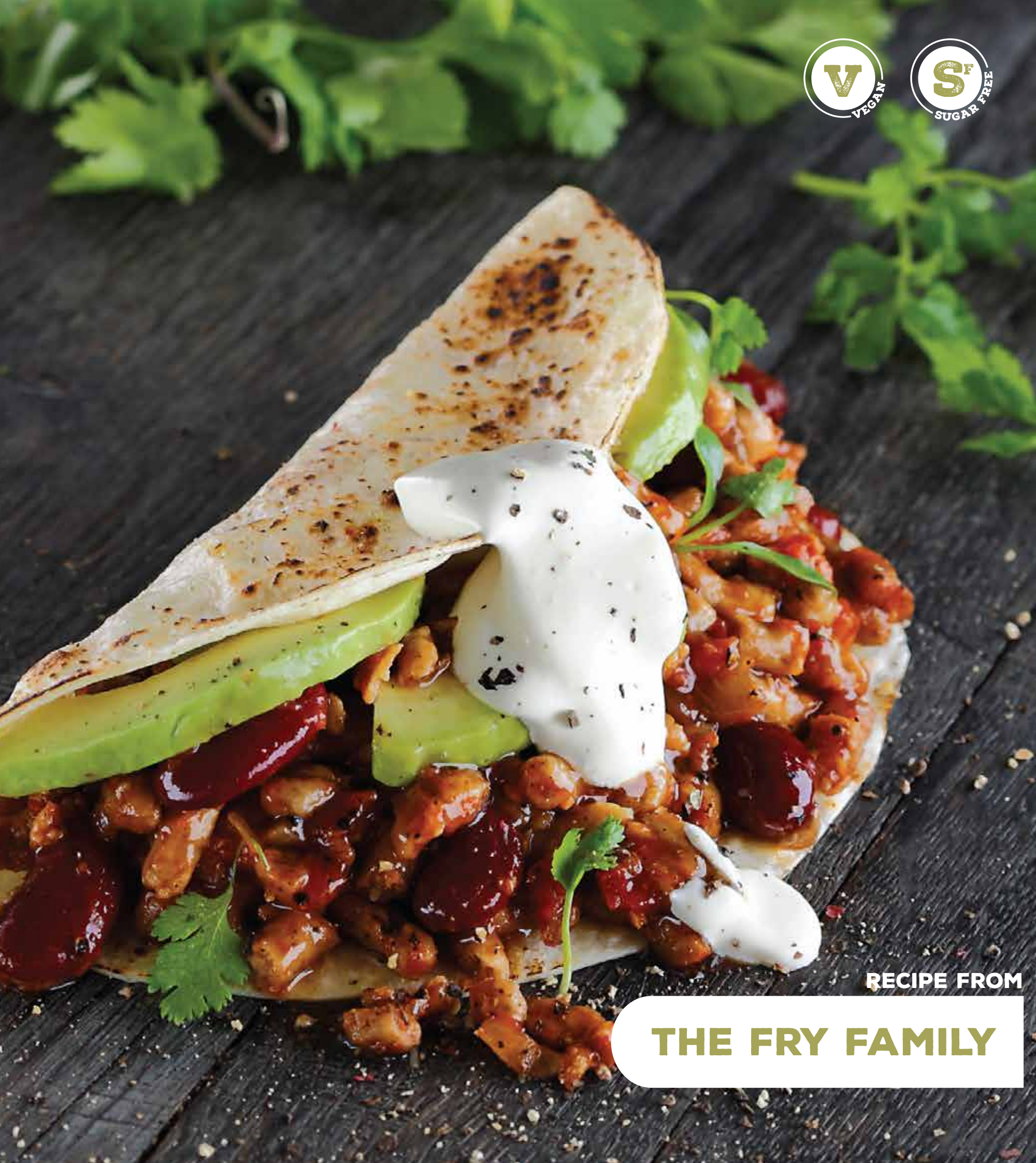


RECIPE FROM

VEGANSAURUS.COM

JENNY BRADLEY





RECIPE FROM

THE FRY FAMILY

Vegetarian Mexican **TORTILLAS**

INGREDIENTS

1 BOX FRY'S MEAT FREE MINCE

4 TORTILLA

1 CAN MEXICAN-STYLE DICED TOMATOES

1/2 MEDIUM ONION, CHOPPED

1 CAN RED KIDNEY BEANS, DRAINED

1 LARGE AVOCADO, SLICED

TOMATO SALSA, AS HOT AS YOU LIKE IT

VEGAN SOUR CREAM

FRESH CORIANDER TO SERVE

OLIVE OIL

METHOD

HEAT A LITTLE BIT OF OLIVE OIL IN A PAN AND FRY THE ONION. WHEN ONIONS ARE GOLDEN ADD THE CAN OF DICED TOMATOES AND REDUCE HEAT. SIMMER FOR A FEW MINUTES AND THEN ADD THE RED KIDNEY BEANS, COOK FOR A FURTHER MINUTE AND THEN TAKE OFF THE HEAT. IN ANOTHER PAN COOK MEAT FREE MINCE ACCORDING TO THE INSTRUCTIONS (GRAVY SACHET IS OPTIONAL). COMBINE TOMATO MIXTURE WITH MEAT FREE MINCE IN A LARGE BOWL. SPOON MIXTURE INTO WARMED TORTILLAS AND SERVE WITH AVOCADO, SALSA, FRESH CORIANDER AND A DOLLOP OF SOUR CREAM.



Quinoa Salad

WITH SNOW PEA TENDRILS

INGREDIENTS

½ CUP COOKED TRI COLOUR QUINOA (COOK IN VEGE-
TABLE BROTH OR STOCK)
1 TBSP SHREDDED COCONUT
½ RAW SHREDDED BEETROOT
1 TBSP PEPITA SEEDS
SPROUTS (AS MANY AS YOU LIKE)
PEA TENDRILS (HOMEGROWN IF POSSIBLE!)
¼ AVOCADO SLICED
DRIZZLE OF OLIVE OIL
PINCH OF PINK HIMALAYAN SALT

METHOD

I ALWAYS RECOMMEND COOKING MORE QUINOA
THAN YOU NEED AND USING IT LATER IN THE WEEK –
THINK HOMEMADE BURGER PATTIES, SALADS, HOME-
MADE BREADS ETC.

OH, AND GROW YOUR OWN PEAS – SUPER EASY AND
THEY GROW LIKE WEEDS. USE THE TENDRILS WHERE-
EVER YOU CAN!

BUILD THE SALAD IN ANY WAY YOU LIKE. IT IS
LOADED WITH NUTRITION, GOOD FATS AND PLANT
PROTEIN.

RECIPE FROM

SEED-BLOG.COM





RECIPE FROM

THE FRY FAMILY



Coriander

PESTO SCHNITZEL SANDWICH

INGREDIENTS

1 BOX FRY'S CRUMBED SCHNITZELS
2 WHOLEWHEAT LOW GI BAGUETTES, TIPS CUT OFF,
HALVED AND OPENED
200G ROCKET
1X 410G TIN CANNELLINI BEANS
1 LEMON, JUICED
1 CUP CORIANDER, ROUGHLY CHOPPED
45ML SALTED PEANUTS
45ML OLIVE OIL
1 CLOVE GARLIC, CRUSHED
SALT & PEPPER

METHOD

PREHEAT OVEN TO 180°C

COOK THE FRY'S CRUMBED SCHNITZELS FOLLOWING INSTRUCTIONS ON BACK OF PACK. BLEND THE CORIANDER, PEANUTS, OLIVE OIL AND GARLIC TOGETHER AND SEASON WELL TO MAKE A CORIANDER PESTO.

ROUGHLY BLEND THE CANNELLINI BEANS WITH LEMON JUICE AND A GOOD PINCH OF SALT AND PEPPER.

SPREAD EACH 'ROLL' WITH THE CORIANDER PESTO, THEN SPREAD OVER THE CANNELLINI BEAN SPREAD. TOP WITH A SCHNITZEL AND ROCKET, CLOSE THE SANDWICH AND SERVE.



Sweet potato

AND SESAME SOUP

INGREDIENTS

¼ FRY'S POLONY/SLICING SAUSAGE, CUBED
1 RED ONION, CHOPPED
1 GARLIC CLOVE, FINELY CHOPPED
20ML FRESH GINGER, FINELY CHOPPED
30ML OLIVE OIL
20ML MARGARINE
45ML DRY SHERRY
2 TSP RAPADURA/COCONUT SUGAR
500ML/2CUPS WATER
3 SWEET POTATOES, CHOPPED
4 CARROTS, CHOPPED
15ML TOMATO PASTE
1 TSP HIMALAYAN SALT
10ML SESAME SEEDS, TOASTED (SET ASIDE SOME FOR SERVING)
1 TSP CHILLI FLAKES
400ML/1 TIN COCONUT MILK
HANDFUL FRESH CORIANDER, CHOPPED
15ML CUMIN SEEDS, TOASTED
½ LEMON, SQUEEZED
FRESH/SHAVED COCONUT, TOASTED FOR SERVING

METHOD

SAUTÉ THE ONIONS, GARLIC AND GINGER IN THE OLIVE OIL AND BUTTER FOR ABOUT 5 MINUTES. ADD THE SHERRY AND SUGAR AND CONTINUE COOKING UNTIL THE MIXTURE IS THICK AND STICKY, ABOUT 5 MINUTES. ADD THE WATER, SWEET POTATOES, CARROTS, TOMATO PASTE, SESAME SEEDS, CHILLI FLAKES, COCONUT MILK & SALT.

SIMMER UNTIL ALL THE VEGETABLES ARE SOFT, ABOUT 30-40 MIN. ADD MORE WATER ONLY IF NECESSARY. PURÉE WITH A HAND BLENDER. FRY THE CUBED POLONY IN A LITTLE BIT OF OIL UNTIL CRISPY AND SET ASIDE.

ADD THE CORIANDER, CUMIN SEEDS AND LEMON JUICE. SERVE HOT WITH SESAME SEEDS, COCONUT & POLONY.

SERVE WITH SOURDOUGH OR RYE BREAD.



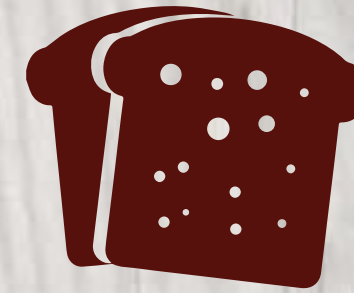
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The Healthier Banana

BREAD

INGREDIENTS

3 SMALL BANANAS, MASHED
½ CUP SHAVED COCONUT
2 TSP CINNAMON
½ CUP RICE MALT SYRUP (1/2 CUP RAW SUGAR)
5ML VANILLA ESSENCE
100 GR COCONUT SPREAD OR COCONUT BUTTER (100 GR BUTTER/MARG)
2 FLAX EGGS (2 TBSP EGG MIXED WITH 60ML WATER)
(OR 2 ORGANIC EGGS)
2 CUPS CHICKPEA FLOUR OR 2 CUPS BAKING FLOUR
2 TSP BAKING POWDER (OR USE SELF RAISING FLOUR)
A HANDFUL OF CHOPPED WALNUTS

METHOD

SET THE OVEN TO 180C.

LINE A BREAD BAKING TIN.

MIX TOGETHER THE BANANAS, COCONUT, CINNAMON, RICE MALT SYRUP AND VANILLA ESSENCE.

ADD THE MELTED COCONUT BUTTER AND THE FLAX EGGS.

ADD THE CHICKPEA FLOUR AND BAKING POWDER.

ADD CHOPPED WALNUTS (OPTIONAL)

PLACE THE BANANA-BREAD-TO-BE IN THE OVEN FOR 25MIN. TEST BEFORE REMOVING FROM OVEN BY INSERTING A SKEWER INTO THE BREAD. IF IT COMES OUT CLEAN, THE BREAD IS READY.

LEAVE TO COOL FOR ABOUT 10MIN BEFORE CUTTING!



Hawaiian

MACARONI SALAD

INGREDIENTS

1 LB MACARONI PASTA
1 TB SALT + 1 TSP SALT AND 2 TSP PEPPER
2/3 CUP RAW, UNSALTED CASHEWS
1 1/2 CUPS WATER
2 CUPS VEGAN MAYO
1/2 CUP MILD VINEGAR (RICE, WINE OR APPLE CIDER)
1 TB AGAVE NECTAR
4 GREEN ONIONS, THINLY SLICED
1 LARGE CARROT, PEELED AND CHOPPED
1 CELERY RIB, THINLY SLICED
1/4 CUP CHOPPED RED ONION
SALT AND PEPPER TO TASTE

METHOD

BOIL CASHEWS ON MEDIUM HEAT UNTIL SOFT, ABOUT 20 MINUTES. IF YOU HAVE MORE TIME, YOU CAN SOAK THEM OVERNIGHT. DRAIN, AND BLEND WITH 1 1/2 CUPS WATER TO MAKE 2 CUPS OF CASHEW CREAM.

BOIL MACARONI NOODLES WITH 1 TB SALT UNTIL SOFT AND PUFFY, ABOUT 15 MINUTES. DRAIN, TOSS WITH VINEGAR AND SET ASIDE TO COOL FOR 10 MINUTES.

WHILE YOUR MACARONI IS BOILING, MAKE A DRESSING WITH 1 1/2 CUPS OF THE CASHEW CREAM, 1 CUP MAYO, 1 TB AGAVE NECTAR, 1 TSP SALT AND 2 TSP PEPPER. WHISK TOGETHER.

ONCE MACARONI AND VINEGAR HAS COOLED FOR ALLOTTED 10 MINUTES, TRANSFER TO A LARGE BOWL AND ADD DRESSING TO MACARONI, MAKING SURE TO COAT EACH NOODLE. LET DRESSING AND MACARONI COOL COMPLETELY.

ONCE COOL, ADD THE REMAINING 1/2 CUP CASHEW CREAM AND 1 CUP VEGAN MAYO, PLUS CARROTS, CELERY, GREEN ONIONS AND RED ONION. COVER AND CHILL FOR AT LEAST TWO HOURS (OVERNIGHT IS BEST!).



RECIPE FROM

VEGANSAURUS.COM

JENNY BRADLEY





**"WE ALL
LOVE
ANIMALS.
WHY DO WE
CALL SOME
'PETS' AND
OTHERS 'DINNER?'"**

~ K.D. Lang

RECIPE FROM



SHAMBHUS

SHAMBHUS.CO.UK
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INGREDIENTS

100G GRAM FLOUR
150ML WATER TO ADD TO THE BATTER
JUICE FROM 1/4 LIME/LEMON
50G SOYA YOGHURT
1/4 TEASPOON POWDERED BLACK PEPPER
1/4 TEASPOON PER PANCAKE OF FRUIT SALT OR
BI-CARBONATE SODA
LESS THAN 1/4 TEASPOON AJWAIN SEEDS
1/4 THUMB SIZE PIECE FRESH GINGER
A FEW SPINACH LEAVES
3 SPRIGS FRESH CORIANDER LEAVES
1/2 TOMATO, DICED
1/4 RED ONION, DICED
1/2 GREEN CHILLI (OPTIONAL)
SALT TO TASTE
OIL TO GREASE THE PAN

METHOD

PREPARING THE PANCAKE BATTER

SOAK THE GRAM FLOUR IN WATER AND SOYA YOGHURT FOR APPROXIMATELY 2 HOURS

MAKING THE PANCAKES

DICE THE TOMATOES AND ONIONS, AND SLICE THE CHILLIES INTO FINELY CHOPPED RINGS.
FINELY CHOP THE CORIANDER AND SPINACH LEAVES.

START WARMING A FRYING PAN. WHEN IT'S SLIGHTLY HOT, GREASE THE PAN AND SPRINKLE A PINCH OF SALT.
THEN USE A KITCHEN PAPER TO WIPE OFF THE SALT AND OIL FROM THE PAN.

ADD THE SALT, POWDERED BLACK PEPPER AND AJWAIN SEEDS TO THE GRAM FLOUR BATTER, AND MIX THOROUGHLY.

INTO A TEACUP, ADD SOME GRAM FLOUR BATTER, THEN ADD A QUARTER TEASPOON OF FRUIT SALT OR BICARBONATE SODA, STIR VIGOROUSLY, AND IMMEDIATELY POUR ONTO THE HEATED PAN IN A CIRCULAR MOTION.

WORK VERY QUICKLY TO MAKE THE PANCAKE CIRCULAR, THIN AND APPROXIMATELY 6 INCHES IN DIAMETER.

WHILE THE TOP SIDE OF THE PANCAKE IS WET, SPRINKLE THE CHOPPED CORIANDER, SPINACH, TOMATOES AND ONIONS ONTO IT. COOK THE PANCAKE ON MEDIUM HEAT, AND DON'T LET IT BURN.

AFTER A COUPLE OF MINUTES, CHECK WHETHER THE PANCAKE IS EASY TO LIFT OFF THE PAN AND IF THE UNDER-SIDE HAS COOKED TO GOLDEN BROWN. ADD OIL TO THE PANCAKE EDGE IF NECESSARY TO LIFT THE PANCAKE
IF THE PANCAKE HAS TURNED TO GOLDEN BROWN, TURN THE PANCAKE OVER AND LET IT COOK ON THE OTHER SIDE.

IF NOT, ADD A LITTLE OIL TO THE PANCAKE EDGE AND REPEAT STEP 9.

REMOVE THE COOKED PANCAKE FROM THE PAN AND SERVE ON A PLATE.



Savoury gram flour **PANCAKES**





The Protein **CASSEROLE**

INGREDIENTS

100G GREEN LENTILS (COOKED UNTIL SLIGHTLY MUSHY)
100G BROWN RICE (OR QUINOA)
1 TBSP OLIVE OIL
70G SHREDDED KALE (REMOVE TOUGH STALKS)
1 WHITE ONION (FINELY DICED)
½ TSP THYME
½ TSP OREGANO
150G MUSHROOMS (FINELY DICED)
2 CLOVES OF GARLIC (CRUSHED)
2 GRATED CARROTS
4 TBSP GROUND FLAX SEEDS
2 TBSP NUTRITIONAL YEAST
50G WALNUTS (OR HAZELNUTS) – GROUND IN A BLENDER
50G RAISINS (MORE IF YOU PREFER IT SWEETER)

METHOD

THOROUGHLY WASH YOUR LENTILS AND RICE. COOK THEM FOLLOWING THE PACKET INSTRUCTIONS. THE RECIPE WILL HOLD TOGETHER BETTER IF THE LENTILS ARE SLIGHTLY OVERCOOKED. ONCE COOKED, DRAIN AND SET ASIDE. IN THE MEANTIME, PREPARE ALL YOUR OTHER INGREDIENTS. PREHEAT OVEN TO 200°C. HEAT THE OIL IN A LARGE PAN OR WOK. ONCE HEATED, ADD THE ONION, GARLIC, CARROT, AND KALE. COOK FOR A TWO MINUTES. ADD THE MUSHROOMS, OREGANO AND THYME AND CONTINUE TO COOK UNTIL EVERYTHING IS TENDER. USING A LARGE MIXING BOWL, COMBINE YOUR VEGETABLES, RICE, AND LENTILS WITH THE GROUND FLAX SEEDS, NUTRITIONAL YEAST, NUTS, AND RAISINS. MIX EVERYTHING WELL TO ENSURE GOOD BINDING OF THE INGREDIENTS. PRESS THE MIXTURE FIRMLY INTO A CASSEROLE DISH. COOK FOR 25-30 MINUTES. SERVE WITH SOME RICH ONION GRAVY!

PREPARATION TIME: 50 MINUTES
COOK TIME: 30 MINUTES
TOTAL: 1 HR 20 MINS

SERVES: 6-8

RECIPE FROM

VEGANUARY



VEGANUARY



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Hot Fudge SAUCE

INGREDIENTS

1 CUP CASTER SUGAR
1 CUP MARGARINE (I LIKE VITALITE - IT HAS THOSE NICE, FUNKY UNDERTONES THAT REMIND YOU OF SCHOOL DINNERS)
 $\frac{3}{4}$ CUP COCOA
2 CUPS PLANT-BASED MILK (SOYA IS IDEAL)

METHOD

DUMP THE SUGAR AND MARGE IN A SAUCEPAN, ON A MODERATE HEAT. STIR IT A LITTLE TO MAKE SURE NO SUGAR IS STICKING TO THE BOTTOM. ONCE IT'S ALL INCORPORATED TOGETHER, TURN THE HEAT UP AND LET IT BUBBLE AWAY FOR A FEW MINUTES.

WHILE THAT'S HAPPENING, WHISK THE COCOA AND MILK TOGETHER IN A JUG, TO MAKE A DEPRESSINGLY UNSWEET CHOCOLATE MILK.

AS THE SUGAR AND MARGE STARTS TO CHANGE COLOUR, GOING A PALE CARAMELLED-YELLOW, WITH A SORT OF SEA-FOAMY TEXTURE, GET READY WITH A WHISK.

TAKE THE SAUCEPAN OFF THE HEAT AND IMMEDIATELY DUMP IN THE CHOCOLATE MILK. WHISK HARD, BEING CAREFUL - THIS IS GOING TO BE HOT.

WITH A BIT OF WHISKING, THIS SHOULD END UP RESEMBLING HOT CHOCOLATE. BRING IT BACK UP TO THE BOIL, THEN DROP IT TO A MODERATE HEAT AND LET IT SIMMER, WHISKING CONSTANTLY.

AFTER FIVE MINUTES, TEST THE VISCOSITY OF IT BY DRIZZLING A BIT ON A PLATE, LETTING IT COOL, AND SEEING HOW RUNNY IT IS. AND THEN LICKING IT OFF THE PLATE, OBVIOUSLY. IT WILL PROBABLY TAKE AROUND TEN MINUTES BEFORE IT'S REDUCED DOWN TO A PROPERLY FILTHY SORT OF THICKNESS. KEEP WHISKING. AND FILLING YOUR HOME WITH AN INTOLERABLY GOOD SMELL.

ONCE IT'S AT THE THICKNESS YOU DESIRE, TURN OFF THE HEAT AND LET IT COOL FOR A BIT BEFORE PUTTING IT INTO JARS. BEAR IN MIND IT'LL THICKEN A LOT MORE AS IT COOLS.

IT'LL KEEP FOR AT LEAST A COUPLE OF WEEKS IN THE FRIDGE, SHOULD YOU BE ABLE TO REFRAIN FROM EATING IT FOR THAT LONG, FOR SOME UNFATHOMABLE REASON. AND IT'LL REHEAT IN THE MICROWAVE IN A FEW SECONDS.

IF YOU LIKE, MAKE IT WITH COCONUT MILK FOR A CREAMIER FLAVOUR. AND IF YOU USE UNREFINED COCONUT OIL INSTEAD OF MARGE, IT GIVES IT A LOVELY, BUTTERY KIND OF PERFUME. MAYBE ADD A PINCH OF SALT, IF YOU DO.

IT'S AWESOME ON VEGAN ICE CREAM (FREEZE SLICED BANANA AND PUREE IF YOU CAN'T FIND ANY), QUITE A LOT OF FUN IN A PEANUT BUTTER SANDWICH.



RECIPE FROM

JAKYAPP.CO.UK



Raw Chocolate TRUFFLES

YOU CAN WHIP THESE UP IN UNDER TEN MINUTES AND MAKE THEM YOUR OWN BY ADDING YOUR FAVOURITE FLAVOUR - COFFEE / COCONUT / LIME / CHILLI / WHAT-EVER YOU FANCY.

MAKES 15
PREPARATION TIME: 5 MINS

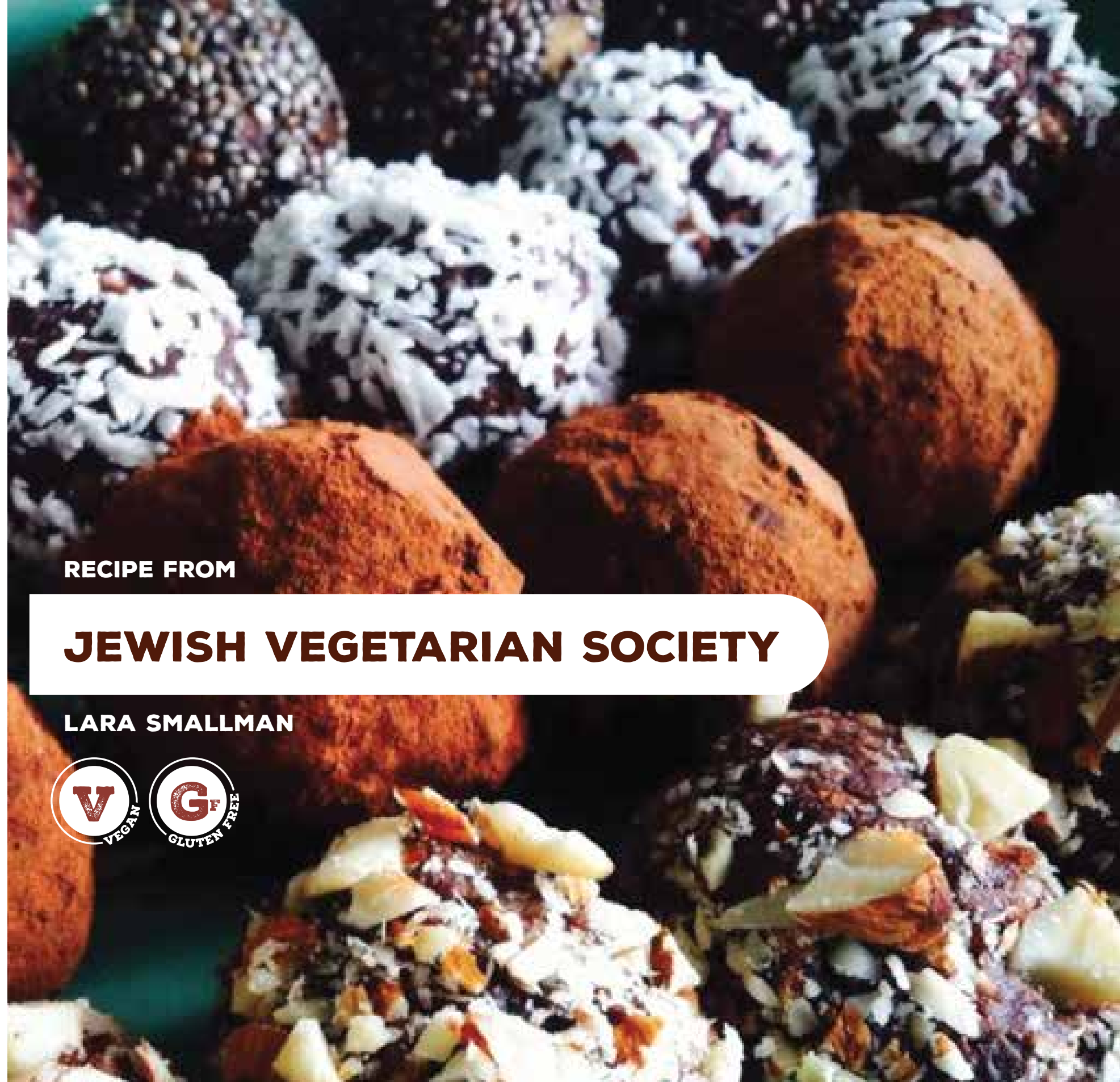
INGREDIENTS

15 LARGE MEDJOOOL DATES, PITTED
110 G RAW NUTS - OF YOUR CHOICE
2 TBSP EXTRA VIRGIN COCONUT OIL, AT ROOM TEMPERATURE
4 TBSP CACAO (RAW COCOA) POWDER
1 TBSP WATER
1 TSP GROUND CINNAMON

METHOD

MIX ALL THE INGREDIENTS IN A FOOD PROCESSOR FOR ABOUT 1 MINUTE OR UNTIL A BALL IS FORMED. PLACE THE MIXTURE IN THE FRIDGE FOR 15 MINUTES. NEXT, USE YOUR HANDS TO FORM 15 - 20 SMALL (BITESIZE) ROUND TRUFFLES. ROLL THE TRUFFLES IN ANYTHING YOU LIKE: COCOA POWDER, FINELY CHOPPED ALMONDS, SHREDDED COCONUT, CACAO, CHIA SEEDS, GOJI BERRIES. PLACE IN THE FRIDGE FOR 20 MINUTES BEFORE SERVING.

YOU CAN MAKE THESE WITHOUT A FOOD PROCESSOR, SIMPLY USE A FORK TO MASH THE DATES ON A PLATE UNTIL THEY ARE SMOOTH. INCORPORATE THE REMAINING INGREDIENTS AND KNEAD BY HAND UNTIL EVERYTHING IS WELL COMBINED. PLACE IN THE FRIDGE AND FOLLOW THE STEPS ABOVE.



RECIPE FROM

JEWISH VEGETARIAN SOCIETY

LARA SMALLMAN



Jewish Vegetarian Society
For a vegetarian world [JVS.ORG.UK](https://jvs.org.uk)

RECIPE FROM

ESSENTIALVEGAN.CO.UK

VANESSA ALMEIDA



Blueberry CHEESECAKE

INGREDIENTS

CRUST

1 CUP ALMONDS FLAKES
1/2 CUP WALNUTS
6 DATES, PITTED

FILLING

150G BLUEBERRIES
2 CUPS CASHEW SOAKED OVERNIGHT
16 DATES, PITTED
1/2 CUP COCONUT OIL, MELTED
1/4 CUP LEMON JUICE
1 TSP VANILLA EXTRACT
1/2 CUP ALMOND MILK

GLAZE

150G BLUEBERRIES
4 TBSP LIGHT BROWN SUGAR
4 TBSP WATER
1 TBSP CORN FLOUR

METHOD

CRUST

ON FOOD PROCESSOR OR BLENDER MIX THE CRUST INGREDIENT AND SPREAD IT PRESSING WITH YOUR FINGERS ON A GREASED 8 INCH ROUND SPRING FORM BAKING TRAY.

IF YOU PLAN TO TAKE THE CHEESECAKE FROM THE BAKING TRAY LAY AT THE BOTTOM A GREASED BAKING SHEET.

FILLING

DRAIN THE CASHEW AND BEAT ON THE FOOD PROCESSOR OR BLENDER FOR ABOUT 4 MINUTES. IF YOUR COCONUT OIL IS NOT LIQUID, HEAT IT IN THE MICROWAVE FOR ONE MINUTE.

ADD THE REST OF THE FILLING INGREDIENTS TO THE BLENDER, ONE AT A TIME AND BEAT FOR ABOUT 10 MINUTES. ONLY STOP WHEN ALL THE INGREDIENTS ARE WELL MIXED TOGETHER INTO A THICK CREAM.

POUR THE MIXTURE ON TOP OF THE CRUST AND SPREAD AS EVENLY AS YOU CAN, THEN PUT IT IN THE FREEZER FOR 1 HOUR.

GLAZE

ADD THE BLUEBERRIES AND SUGAR TO A SAUCE PAN ON A LOW FIRE.

MIX THE CORN FLOUR WITH THE WATER AND ADD IT TO THE PAN.

STIR UNTIL ALMOST BOILING POINT.

PASS THE LIQUID THROUGH A SIEVE AND COOK A BIT MORE UNTIL IT THICKENS.

SPREAD IT ON TOP OF THE FILLING AND TAKE IT TO THE FRIDGE OVERNIGHT.

ENJOY!!





Chia & Protein BALLS

INGREDIENTS

1/2 TBSP COCONUT OIL
2 TBSP RAW RICE PROTEIN (OR ANY PROTEIN POWDER
YOU HAVE IN YOUR PANTRY)
10 PITTED MEDJOO DATES
1/4 CUP SESAME SEEDS
1/4 CUP CACAO POWDER
1/4 CUP RAW CACAO NIBS, GROUND INTO SMALLER
PIECES
2 TBSP CHIA SEEDS
1/2 TEASPOON PURE VANILLA EXTRACT
SPRINKLE OF CINNAMON
PINCH PINK HIMALAYAN SALT

METHOD

PLACE DATES AND COCONUT OIL INTO A FOOD PROCES-
SOR AND PROCESS UNTIL A CHUNKY PASTE FORMS.
ADD PROTEIN, SESAME SEEDS, CACAO, CHIA, VANILLA,
CINNAMON, AND SALT. PROCESS UNTIL COMBINED. ADD
THE CACAO NIBS. THE MIXTURE SHOULD BE STICKY AND
EASY TO FORM INTO BALLS. IF IT'S NOT STICKY ENOUGH
TO SHAPE INTO BALLS, ADD SMALL AMOUNTS OF
COCONUT OIL UNTIL A GOOD CONSISTENCY IS ACHIEVED.
SHAPE MIXTURE INTO SMALL BALLS (ABOUT 12). ROLL
BALLS IN SESAME SEEDS, CHIA SEEDS OR DESICCATED
COCONUT. PLACE IN REFRIGERATOR FOR
20 MINUTES OR SO UNTIL FIRM. SNACKING BLISS!

RECIPE FROM

SEED-BLOG.COM



RECIPE FROM

OMBAR

OMBAR.CO.UK



"THOU SHOULD
EAT TO LIVE;
NOT LIVE TO
EAT."

~ *Socrates*



Chocolate Buttons **TORTE**

INGREDIENTS

CRUST

3 CUPS PECANS
1 CUP RAISINS, ROUGHLY CHOPPED
½ CUP COCONUT SUGAR
4 TABLESPOONS (60ML) COCONUT BUTTER,
MELTED
2 TEASPOONS (10M) VANILLA EXTRACT OR ½ A
VANILLA POD

2 TEASPOONS CINNAMON
1/8 TEASPOON HIMALAYAN SALT

FILLING

2 CUPS CASHEW BUTTER
1 ½ CUPS WATER
½ CUP FRESHLY SQUEEZED ORANGE JUICE
2 TSP ORANGE ZEST
2 CUPS CACAO POWDER
1 ½ CUPS GRATED CACAO BUTTER, MELTED
2 AVOCADOS
2 TABLESPOONS VANILLA EXTRACT OR 2 VA-
NILLA PODS

1 CUP COCONUT SYRUP

DECORATION

2-3 BAGS OMBAR COCO MYLK BUTTONS

METHOD

CRUST

PROCESS THE DRY INGREDIENTS IN A PROCESSOR,
THEN ADD THE MELTED COCONUT BUTTER AND
VANILLA. BE SURE NOT TO OVER-PROCESS NUTS.

PRESS ALL THE INGREDIENTS INTO A 9" SPRING FORM
PAN.

FILLING

MIX THE WATER, ORANGE JUICE, CACAO POWDER AND
AVOCADOS IN A BLENDER. IN A LARGE BOWL, ADD THIS
MIXTURE TO THE CASHEW BUTTER AND STIR WELL BY
HAND.

ADD THE MELTED CACAO BUTTER, VANILLA, COCONUT
SYRUP AND 1TSP ORANGE ZEST TO THE BOWL AND MIX
AGAIN.

WHEN THOROUGHLY MIXED, POUR THE CHOCOLATE
MIXTURE ONTO THE BASE IN THE SPRINGFORM PAN,
AND THEN USE A SPATULA TO EVEN OUT THE TOP.

PLACE THE TORTE IN THE FRIDGE OVER NIGHT TO SET.
YOU CAN PUT IT IN THE FREEZER FOR A COUPLE OF
HOURS TO SET IF YOU'RE SHORT OF TIME.

BEFORE REMOVING THE SPRINGFORM, RUN A KNIFE
AROUND THE EDGE OF THE TORTE TO SEPARATE IT
FROM THE PAN.

DECORATE WITH OMBAR COCO MYLK BUTTONS AND
THE REMAINING ORANGE ZEST.

FRY'S



THE
FRY FAMILY EST 1991
FOOD CO.

Now With the
Superfood Quinoa

Source of protein

High in Fibre

Handmade With love

High in Iron

Non GM Product



NEW FROM THE FRY FAMILY



Nature's Plant Proteins

