

How to be dairy-free

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20 vegan
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Tofu Heaven
section



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How to be dairy-free

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A little about Viva! and the VVF...

Viva! is Europe's largest vegetarian and vegan group that campaigns to end animal suffering and cruelty. It exposes conditions in factory farms and runs *The Dark Side of Dairy* campaign – including a ground breaking report and film on the conditions of modern dairy cows and the fate of their calves. It produces books and Guides on all the main veggie issues and a well respected and enjoyable magazine, *Viva!LIFE*.

The **Vegetarian & Vegan Foundation** is the UK's premier nutrition and health charity – educating the public about how to have a healthy diet that promotes well being, instead of disease. It runs the campaign *White Lies* – including a scientific report on the impact of dairy consumption on our health and how dairy is linked to many diseases – from eczema and osteoporosis to heart disease and diabetes. The **VVF** can answer any queries relating to diet and health; and produces fact sheets and an excellent mag, *VeggieHealth*.

Both groups run a merchandise and book service (offering everything from dairy-free chocolates to lots of vegan recipe books and how to fight diseases such as osteoporosis and breast and prostate cancers through giving up dairy) via the web and mail order. For free *Gifts*

for *Life* and *Books for Life* catalogues, contact **Viva!** and for the *Vegetarian Shop* catalogue, contact the **VVF**. Or browse their web shops. Contact details on page 3.

So you're thinking about ditching dairy? Well done! Not only should you feel better, look better and reduce your chances of several major diseases, but you will also help animals and the planet.

This booklet is here to guide you through your path to a dairy-free diet. It's really not difficult – so long as you want to do it!

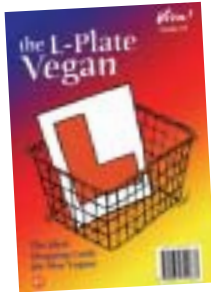


What's a Vegan?

A person that tends to be much healthier than their dairy and meat eating counterparts! **Why?** Because a vegan eats no animal products - red and white meats, fish and other water creatures, dairy and insect products (such as honey and cochineal) or eggs – that means no damaging animal protein, animal fats or cholesterol in their diet. However, they can pack their diet with a wide range of healthy, disease busting foods – high in vegetable protein, fibre, complex carbohydrates, vitamins, minerals and good fats and include fresh fruit and veg, pulses (peas, beans and lentils), wholegrains (pastas, breads, rice etc), nuts and seeds, herbs and spices and vegetable oils (esp flaxseed and virgin olive oil).

Dairy-free, Hassle-free

Once you get the hang of the vegan basics, it is very simple. Dairy-free options are available from all major supermarkets now, ranging from chocolate to 'cheese', from sausages to soya milk! We've given you pointers about lots of new products. If you'd like to find out even more, check out the *L-Plate Vegan*, £1.50 inc p&p or the *Animal-Free Shopper*, £4.99 plus £1.00 p&p. Both available from **Viva!** (contact details on page 3).



Eating at Home?

It's a piece of (yummy vegan) cake, as you'll see from our recipes! (See pages 11 to 31.)

Eating Out?

Have no fear! There is far wider knowledge of what dairy-free and vegan mean nowadays, simply because our eating habits have changed so much over the last decade or so.

Many mainstream coffee outlets, service stations and restaurants provide soya milk and dairy-free meals. See *Chain Gang* on page 32, a quick guide to where and what.

Ethnic food such as Thai (as they use coconut milk instead of dairy milk in cooking); Japanese (again, don't cook with dairy), Chinese, Indian, Italian, Middle Eastern and Greek restaurants usually have plenty of dairy-free options on their menus.

Pizza is still good without cheese. Pizza Express and Domino's Pizza both provide a dairy-free base – just get them to pile on extra tomato sauce and lots of luvverly veg. Pizza Express even sells vegan cheese pizza and soya cream in a few branches, so keep asking!

Ring ahead of time – any half-decent restaurant will be happy to accommodate you with a bit of notice.

Motorway services are getting there – just. Many are brilliant and provide both soya milk and dairy-free meals. Others...! Again, keep asking nicely.

Airlines – usually quite good at providing for different dietary requirements, but make sure you confirm before getting on flight, as they sometimes forget!

Calcium Checklist

Dairy is not the only source of calcium, nor is it the best. Huge numbers of people across the world can't digest dairy and still get plenty of calcium. They obtain theirs from green leafy veg (broccoli, cabbage, kale, bok choy, watercress etc), pulses (eg soya – used to make tofu, soya burgers, soya milk etc – red kidney beans, chick peas, broad beans, baked beans), parsnips, swede, turnips, some nuts such as almonds, Brazils, hazelnuts, pistachio and some fruits (dried figs, currants, lemons, esp lemon peel!, oranges) and olives – and exceptionally high are sesame seeds. (Hummus, that gorgeous Middle Eastern dip, contains sesame paste.)

Dairy is a difficult food group to digest and triggers the most allergies even amongst Caucasians, who tolerate dairy relatively well compared to people of African and Asian descent.

Westerners have the highest levels of osteoporosis (brittle bones) yet eat the most dairy! Compare this to low levels of osteoporosis in other parts of the world where people eat little or none.

Diets high in animal protein (in dairy, eggs, meat and fish) actually rid the body of calcium, so it's far better to get your calcium from plant sources in the first place! Because animal foods are very acidic, the body tries to neutralise the acid by leaching calcium from its bones – bad news for those on a typically heavy animal protein Western diet. And remember – low-fat milk and cheeses are high in damaging animal protein too!

We're the only species that continues to drink milk after we're weaned (apart from 'pets' that we control). Just think about going over to a cow, shoving her calf out of the way and suckling from her, and you'll understand how odd – and cruel – it really is!

Follow a balanced dairy-free diet, take regular weight-bearing exercise such as walking, running or gym work, don't smoke – and you will have strong bones!

B12? Be Reassured!

Vitamin B12 is made by microorganisms in the soil – and that's where our ancestors got it from – by eating unwashed veg and from dirty water. We're not recommending you go back to nature to that degree! – so instead you have to get B12 from fortified products, (products containing B12 will list it on the ingredients), which include:

- fortified soya milks and fortified vegan margarines
- fortified breakfast cereals
- a B12 vitamin supplement if you like to take a 'belt & braces' approach! (But we do not recommend other vitamin supplements)
- yeast extract such as Marmite or Meridian Reduced Salt Yeast Extract (good on toast, or used as a stock in soups etc)

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What's in the Dairy-free Fridge?

Butter – replace with dairy-free spread. **Pure's Dairy-Free Soya Spread** and **Dairy-Free Sunflower Spread** are sold at all big supermarkets and taste good. Other brands include **Granose, Suma, Biona, Vitaquell** – all available from most health stores.

Chocolate – oh, yes. OK, here's the bad news – milk chocolate contains – yes you've guessed it – milk! But here's the good news...

Milk style chocolate – scrummy alternatives, such as **Free From** and **Plamil** bars are available from supermarkets and health stores

Plain chocolate – plain or dark chocolate is often dairy-free (just check there's no butterfat) and is widely available from supermarkets and health stores. Brands to look for:

Green & Black 70%
Lindt 70%
Divine Plain
Kinnerton's Luxury Plain

Tesco Value After Dinner Mints are not only cheap but much nicer than their rivals! Ignore the cheapo packaging and dive into that thick chocolaty minty heaven... Usually next to **After Eight** – which are also vegan.

More chocolate! – the divinely decadent **Booja-Booja** range... they have to be tasted to be believed! You can buy them in good delis, health stores – and from **Viva!**. In fact, check out our *Gifts For Life* catalogue (available free from **Viva!** – contact details page 3) to see the fabulous range of chocolate on offer, from coconut choccy bars to chocolate covered mango and everything in-between!

Cheese – you won't be able to replace that hunk of Brie or blue cheese and we're not even going to pretend – but there are some good dairy-free alternatives. Here are some of our faves:

Hard – the main brands are – **Redwood's Cheezly** (from health shops or direct from Redwood – see stockists list at end of this Guide for details and note - **Viva!** Supporters get a 10% discount on orders of £25 or more via mail order!) –

- **Melting Cheezly** in blocks: Mozzarella (Holland & Barrett), Cheddar (from Tesco, Holland & Barrett and Waitrose), Gouda and Edam flavours
- **Non-melting Cheezly** in blocks: Garlic & Herb, Nachos Style, Red Cheddar and Cheddar with bacon-style pieces flavours (from health shops or direct)
- **Melting Cheezly Mozzarella** and **Cheddar** flavours in slices (health shops or direct)

There are also:

- **Scheese** (available from health stores) in no less than nine flavours including Cheddar, Hickory Smoked and Mozzarella
- **Tofutti melting 'Mozzarella'** style cheese slices
- Parmesan style **Florentino Parmezano** is found pre-grated in little tubs at most good supermarkets and health stores. Very good with Italian dishes

Cream Cheese – dairy-free cream cheese is delicious and comes in several flavours. It's great on crackers or toast – and the plain stuff makes a mean cheesecake. Available in health stores:

- **Tofutti** – Original (plain), French Herb, Garlic & Herb, Herbs & Chives
- **Redwood** – Sour Cream & Chive, Garlic & Herb
- **Fromsoy** – Horseradish, French Onion, Garlic & Herb

Cream – you can still enjoy the richness of cream, but without the health risks!

- Single – **Provamel Alpro Soya Dream** is available from major supermarkets and health stores, **Granose Soya Creem** from

health stores

- Double – **Soya Too** whipping cream and squirty whipped cream are only available at present from branches of Fresh & Wild (London or Bristol) but you can buy them mail order from Vegan Store (see stockists at the end of this Guide)

Custard – **Provamel Alpro** make superb custard in a carton. Their **Soya Dessert** (available in Vanilla, Forest Fruits, Chocolate or Caramel) is another winner – and as well as lavishing it on fruit and so forth, try it as a filling in our Celebration Cake recipe on page 22. Find these products in the Free From section of a good supermarket or else at your health store.

Ice cream – Enjoy that summer moment without dairy.

- **Swedish Glace** is available in most big supermarkets. Flavours include delicious Vanilla, Raspberry, Strawberry, Chocolate, Mocha & Chocolate and Caramel. Their choc ices are also excellent
- **Tofutti** is another fantastic brand. Look out for Better Pecan, Madagascar Vanilla, Strawberry Supreme, Chocolate Cookies and Vanilla Chocolate Fudge. They also produce **Rock'n'Roll**, which is rather like Vienetta – but dairy-free of course!
- **First Glacé Oat Supreme** is another excellent choice, available in health stores
- **Mother Hemp** has its own gorgeous range also: Vanilla, Strawberry and Mint Choc Chip, made from creamy hemp seed milk. Available from health stores

Free From Range – most of the major supermarkets have a Free From section, where you will find some dairy-free products. Try the 'organic' or 'health' sections, also, as these usually have goodies such as veggie Worcestershire sauce, egg and dairy-free mayonnaise and suchlike.

Mayonnaise – not saturated with egg, but

creamy-licious and animal free, such as **Plamil's Soyannaise**, which is available in big supermarkets (try the Free From section) as well as health stores.

Milk – soya, oat, nut and rice, not stolen from a cow! Soya milk is another good source of calcium and you can use it in tea and coffee, as well as on cereal and in cooking – just as you would cow's milk. Good brands include:

- **Provamel's Alpro Soya Sweetened** (non-chilled with vitamins and calcium) and **Alpro Soya** (chilled) (available from supermarkets)
- **So Good** (chilled, with calcium and B12)
- Supermarket own brands (usually made by Provamel)

See page 32 for the **Viva!** and **VVF** Taste Test!

Nuts – almonds and cashews make a great cream substitute in both sweet and savoury foods. Grind them down as fine as you can in a grinder/blender and then add to smoothies, sauces and so on. Chock full of goodness too.

Tofu – the wonderfood! It's made from soya beans and has been a popular standard in the Orient for thousands of years. It contains excellent levels of calcium, folate and other vitamins as well as being high in healthy vegetable protein and low in cholesterol and fat. The smoked and marinated varieties are great in savoury dishes and the silken version in sweet foods. (See Tofu Heaven on page 23 for more ideas.)

Try recipes such as Vegetable Pancakes on page 15, Chocolate Mousse on page 30 and Red Onion & Thyme Tart on page 28 – and there are more!

Brands to look for:

- **Cauldron** – firm - plain or smoked - good for stir-fries or lasagne. Available from large supermarkets and health stores
- **Mori-Nu** – silken tofu, a wonderful egg-replacer for quiches, mousses and so on.

Available from large supermarkets, health stores and Oriental stores

- **Dragonfly, Clear Spot** and other brands available from your health store, often organic
- If you live in a largeish town or city, look for your local Oriental supermarket - they also stock tofu of different varieties and it's often much cheaper than elsewhere

Yeast Flakes – also add a slightly cheesy taste to savoury dishes. Marigold (the vegetable stock powder people) make it; it's available in large tubs with '**Marigold Engevita**' on the side. Available from good supermarkets or health stores. Try Asparagus Gratinée on page 13 or Macaroni 'Cheese' on page 14.

Yoghurt – if you're a yoghurt fan, no worries, you can now buy dairy-free varieties. And plain soya yoghurt makes a mean Raita – cucumber and yoghurt dip used to accompany Indian dishes. Try the recipe on page 15.

- **Provamel Alpro – Yofu** comes in plain and fruity varieties - available in big supermarkets and health stores. The plain is sold in a large pot, the fruity sort in large and small pots
- **Sojasun** – wider variety of flavours, available from health stores: plain in a 250g pot; 125g glass pots in: lemon, black cherry, apricot & guava, raspberry and strawberry

Viva! Guides to Everything Vegan!



L-Plate Vegan – £1

Not a recipe book but a shopping guide to quick lunches, delicious evening meals, ready-made foods and other vegan basics.

Your Health in Your Hands – £1

Why an animal-free diet means better health and less risk of disease.



Martin Shaw Cooks Veggie – £1

Full colour guide filled with simple, scrumptious, dairy-free recipes – ideal for cooks new and old.



Nutrition in a Nutshell – 70p

What you should be eating for a healthy diet and why – including vitamin chart.

Veggie Health for Kids – £1.50

Excellent guide for parents on healthy nutrition for veggie and vegan children.



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To order: send name, address, quantity of sets and payment (payable to Viva!) to:

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These are five of 17 Viva! Guides – to order individually, or for more info, contact Viva!

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- explained how veganism can help manage the menopause
- showed why obesity mostly bothers meat-eaters
- revealed that vegans live longer, healthier lives

For only £15 a year learn how to separate science fact from science fiction with the Vegetarian & Vegan Foundation's unique quarterly magazine. It's easy to read and contains the latest health news as well as delicious vegan recipes. And by supporting the VVF you'll also be strengthening its campaigns to promote the healthiest diet of all.

The VVF investigates the growing avalanche of health research, helping the public and professionals by providing accurate nutritional information through reports, individual consultations, colourful guides, plus fantastic factsheets on everything from where to get iron to being leather-free.

To subscribe to *veggiehealth* send £15 (payable to 'VVF') with your name and address to VVF, 8 York Court, Wilder Street, Bristol BS2 8QH. Or pay by credit card on 0117 970 5190 (Mon-Fri 9am-6pm) or online at www.vegetarian.org.uk. For a FREE VVF pack contact the VVF by post, phone or email info@vegetarian.org.uk with your details and mention this ad.



Dairy-Free and Delicious – Recipes to Get You Started

Coconutty Sweetcorn & Red Pepper Soup *Serves 4*

25 minutes: 5-10 minutes preparation, 15 minutes cooking time.

2 onions, finely chopped

3 tbsp vegetable oil

1 red pepper, finely chopped

2 cloves garlic, crushed

1-2 tsp powdered ginger

850ml/1½ pints/2 cups water

225g/½lb fresh, frozen or

tinned sweetcorn

115g/4oz/½ cup creamed

coconut, chopped or grated

Salt to taste

Black pepper to taste

1. Sauté onions in oil for a few minutes.
2. Add red pepper and garlic. Sauté for a few minutes longer.
3. Add ginger to pan and stir well. Pour in water and bring to boil.
4. Add sweetcorn and creamed coconut. Add seasoning to taste.
5. Cover pan and simmer for a few more minutes before serving.

If - like our *VVF* and *Viva!* teams - you love a bowl of soup, this is a brilliant recipe. And if you like your soup smooth rather than chunky, just whizz it up in the blender!



Quick Creamy Mushroom Soup

Serves 4

A classic and classy soup.

35 minutes: 10 minutes preparation, 25 minutes cooking time.

1 tbsp olive oil

340g/12oz mushrooms, sliced

½ cup minced celery leaves

2 tbsp dry sherry

3½ cups vegetable stock

2 tbsp fresh parsley, minced or

2 tsp dried

½ tsp fresh thyme, minced or a

pinch of dried

Salt and black pepper

Soya sauce (such as Kikkoman, Sanchi or Clearspring) to taste

1 cup soya milk

Soya cream to serve

1. Heat oil in large saucepan over a medium heat.
2. Add mushrooms and celery leaves and cook, stirring, for 5 minutes.
3. Add sherry, stock, parsley and thyme and simmer for 15 minutes.
4. Season with salt and pepper.
5. Remove from heat.
6. Taste soup and add a little shoyu if necessary.
7. Whizz up the soup in a blender or food processor.
8. In a small bowl, combine the soya milk with ½ cup of soup, blending well.
9. Stir the mixture into soup and serve in individual bowls, each with a swirl of soya cream on the top.



Asparagus Gratinée

Allow 5-6 large spears per person, more if spears are thin

15-20 minutes: 5 minutes preparation, 5-10 minutes steaming,
2-3 minutes under grill.

Fresh asparagus spears, as above

2-3 handfuls of Marigold nutritional yeast flakes

Extra virgin olive oil

Salt and black pepper

Nice bread to accompany

1. Cut away any hard parts from bottom of spears.
2. Steam until cooked but firm (5-10 minutes).
3. Spread tinfoil over bottom of a grill pan and place spears on it, side by side.
4. Sprinkle yeast flakes over spears.
5. Drizzle generous amounts of olive oil on top.
6. Grill on full until gratinée is golden – takes approximately 2-3 minutes.
7. Transfer to individual serving plates, scraping any residue from tinfoil (add more olive oil if preferred).
8. Serve with nice bread.



A luxurious taste of early summer – best when asparagus is in season, if at all possible!

Mushroom Paté

Serves 4

15-20 minutes: 5-10 minutes preparation,
10 minutes cooking time.

2 tbsp olive oil

225g/1lb mushrooms, chopped (field mushrooms best if you can get them)

1 cup onion, finely chopped

1 clove garlic, crushed

2 tbsp plain flour

Good pinch black pepper

1 tbsp vegetarian Worcestershire sauce (available in good supermarkets and health stores)

1 tsp good quality soya sauce, such as Kikkoman, Sanchi or Clearspring

½ cup silken tofu (red or blue packet), well drained

1 tsp fresh lemon juice

½ - 1 tbsp soya cream (optional)

The essence of mushroominess! A creamy, luxurious starter or snack. (We use vegetarian Worcestershire sauce because the regular variety contains fish.)

1. Heat oil in a large frying pan over a medium heat.
2. Add mushrooms, onion and garlic and sauté for about 5 minutes, stirring well.
3. Stir in flour and pepper and mix well.
4. Add the Worcestershire and soya sauce and cook until floury taste has gone.
5. Blend in tofu and lemon juice and cook until heated through but do not boil.
6. Taste and add a little more soya sauce if necessary.
7. If mixture is a bit dry, add a little soya cream, making sure this doesn't boil either.
8. Serve warm with toast or crackers.



Macaroni 'Cheese' Casserole

Serves 5

Yes, you can have your old favourites and be dairy-free!

30 minutes: 10 minutes to cook macaroni and make sauce, 20 minutes oven and grill time.

425g/1lb/3½ cups dried macaroni

½ cup vegan margarine

½ cup plain white flour

3½ cups boiling water

½-1 tsp salt, added gradually to taste

2 tbsp soya sauce

1½ tsp garlic powder or 1-2

cloves fresh garlic, crushed

Pinch turmeric

1 cup nutritional yeast flakes (Marigold/Engevita brand available in large supermarkets and health stores)

Paprika

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Cook macaroni in boiling, lightly salted water according to packet instructions.
3. When cooked, drain in a colander and return to pan to keep warm.
4. While pasta is cooking, melt margarine over low heat.
5. Beat in flour with a wire whisk and continue to beat over a medium heat until the mixture (called a roux), is smooth and bubbly.
6. Whip in the boiling water, salt, soya sauce, garlic and turmeric, beating well to dissolve the roux.
7. The sauce should continue to cook until it thickens and bubbles.
8. Whip in yeast flakes.
9. Mix part of the sauce with cooked macaroni and put in a casserole dish.
10. Pour rest of sauce on top.
11. Sprinkle with paprika and bake for 15 minutes.
12. Put under grill for a few minutes, until sauce gets stretchy and crisp.

Vegetable Pancakes

Serves 2

20 minutes: 15 minutes preparation, 5 minutes cooking time.

Roll up, roll up for these fantastic savoury pancakes! Quick, very tasty and easy. Just get everything prepared and they almost cook themselves! The wraps look lovely, and are posh enough to impress visitors.

Sauce

1/4 cup soya sauce such as Kikkoman, Sanchi or Clearspring
1/4 cup water
2 tbsp rice vinegar or dry sherry
2 tsp brown sugar, or date or maple syrup
2 tsp cornflour, dissolved in
1/4 cup cold water

Pancakes and filling

4 tortillas
2 tsp oil (not olive)
2 tsp fresh green chillies, finely chopped (remove ALL seeds unless you love very hot food!)
2 cloves garlic, crushed
2 tbsp Chinese black bean sauce (available from most supermarkets and good food shops). Hoisin sauce is also good

2 tbsp rice wine or dry sherry
2 large red peppers, diced
1 very large head (or equivalent) of broccoli: dice stems and keep them separate. Chop rest into florets (heads)
170g/6oz firm tofu, cubed

1. If using oven to heat up tortillas, turn it on to 180°C/350°F/Gas Mark 4 while you prepare the veg etc.
2. Combine sauce ingredients: place soya sauce, water, rice vinegar/sherry, brown sugar/syrup and dissolved cornflour in a small bowl and set aside.
3. Choose your tortilla heating method!
 - a. Stack tortillas together, wrap and carefully seal them in tinfoil, then bake in warm oven for about 5-10 minutes until heated through or
 - b. Wrap in a paper towel and heat in microwave for a minute or so on medium heat, making sure you don't cook them too long as they'll be chewy.
4. Meanwhile, heat oil in wok or large frying pan.
5. Add chillies and garlic and stir-fry for one minute.
6. Add black bean sauce.
7. Add rice wine/sherry and when thoroughly hot, stir in peppers and broccoli stems.
8. Stir-fry for another minute then add broccoli florets, tofu cubes and 1/4 cup water.
9. Cover and let steam for about 2 minutes, until broccoli is just tender.
10. Pour in soya sauce mixture and stir-fry until sauce begins to thicken and bubble, then remove from heat.
11. To serve, place one warm tortilla at a time on a flat surface, put 1/4 of filling on the half closest to you and roll up!

Cucumber Raita

Serves 4

5-10 minutes.

175ml/6fl oz plain soya yoghurt
100g/4oz cucumber, finely chopped or with medium holes on a grater
2 rounded tbsp fresh coriander leaves, chopped
Black pepper
Cumin powder to sprinkle on top

Not only is this good with curries, it is also very good as a starter/snack with strips of raw veg such as peppers, carrots, celery - and pitta bread.

1. Mix the first 4 ingredients together.
2. Sprinkle a little cumin over raita and serve.



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Mexican Tacos

Serves 2

This has to be one of the fastest dinners ever – and it tastes good!

15 minutes: 5-10 minutes preparation, 5 minutes cooking time.

4 taco shells

30ml/2 tbsp oil

1 small onion, chopped

1 green chilli, seeded and sliced

50g/2oz baked beans, mashed (or kidney beans)

1 avocado, stoned, peeled and diced

1 tomato, skinned, seeded and diced

Salt and black pepper

Lettuce leaves

1. Place taco shells in oven to warm while preparing filling.
2. Heat oil in frying pan and stir-fry onion and chilli for 2 minutes. Add mashed beans and cook for further 2 minutes.
3. Stir in avocado and tomato and season with salt and pepper.
4. Line taco shells with lettuce leaves and spoon bean mixture on top. Serve immediately.



Baked Potato & Assorted Fillings

Serves 1

Sometimes the old favourites are the best...

25-95 minutes (depending on cooking method and size of potato): 5 minutes preparation and for getting filling ready, the rest for cooking time.

1. Scrub a large potato – prick it in a few places with a sharp knife or skewer and pop in a pre-heated oven, 220°C/450°F/Gas Mark 8.
2. Bake for 1-1½ hours, until potato feels soft when a knife is stuck in.
3. Alternatively, scrub, prick and microwave on the highest setting for about 12 minutes depending on your microwave. (For that nutty, crispy skin taste, stick potato in hot oven for 5-10 minutes afterwards.)
4. Add vegan spread such as Pure, if you wish.
5. Choose your filling:
 - Baked beans
 - Veggie curry such as Tesco Vegetable Dhal or Mushroom and Spinach Bhaji
 - Veggie chilli like Pure & Pronto Mixed Bean Chilli
 - Pasta sauce (such as Meridian brand or Dolmio) with tinned lentils, drained and rinsed
 - Bean salad – available from deli sections in supermarkets. Or make your own with a tin of drained and rinsed mixed beans, some vinaigrette dressing and chopped salad veg of your choice

Mushroom Stroganoff

Serves 4-6

50 minutes: 10 minutes preparation, 40 minutes cooking time.

If you love that sexy stroganoff taste, this is an excellent version and good for a special occasion. It might seem like a lot of mushrooms, but they do cook down!

75g/3oz/¼ cup vegan margarine

1 onion, chopped

2 garlic cloves, crushed

1.6kg/3½lb mushrooms, quartered. (Try to use a variety of mushrooms if possible. Field and chestnut mushrooms are very good. Or white with chestnut)

¼ tsp paprika

150ml/¼ pint/½ cup white wine

15ml/1 level tbsp cornflour

300ml/½ pint/1¼ cup soya cream

15ml/1 tbsp fresh lemon juice

Salt and black pepper

Boiled rice or pasta for 4

1. Melt margarine and sauté onion and garlic for a few minutes until softened.
2. Add mushrooms and simmer for up to 30 minutes until liquid has evaporated.
3. If serving with rice or pasta, put water on to boil now and cook. Keep rice/pasta warm when done.
4. Add paprika to stroganoff mixture and stir in well.
5. Add wine and simmer for 5 minutes.
6. Mix cornflour with a little water, then stir it into pan.
7. Bring to boil, then simmer for another 5 minutes until thickened, stirring continuously.
8. Add soya cream but don't boil.
9. Add lemon juice and seasoning.
10. Serve hot on a bed of rice or pasta.

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htbdf



Perfect Pizza

25 minutes: 10 minutes preparation, 10-15 minutes cooking time.

1 pizza base (Safeway/Morrisons own brand of ready-made base and Heinz's base are dairy-free. Or else buy one from your health store)

1 jar pizza topping or pasta sauce or your own home-made thick tomato sauce

3 medium mushrooms, sliced

½ small red pepper, cut into thin rings or slices

Makes 1 small pizza – enough to feed 1-2 people, depending how hungry/greedy you are!

Other veg of your choice: sweetcorn, olives, tinned artichoke hearts cut in half, thinly-sliced onions etc are all very good

Olive oil

2-3 slices melting vegan 'cheese' such as Redwood's Melting Mozzarella or Melting Cheddar

Freshly ground black pepper

1. Preheat oven to temperature according to instructions on pizza base packet.
2. Lightly fry vegetables – except for ready cooked items such as sweetcorn and artichoke hearts.
3. Leave mushrooms until last and don't overcook.
4. Spread pizza base with topping, then arrange vegetables and cheese artistically on top.
5. Bake for 10-15 minutes or until veg just tender and cheese has melted.

Sausage, Mash & Veg with Red Onion Gravy Serves 4

Another old favourite! This one has a slight gourmet twist, with a delicious gravy.

35-40 minutes: 5 minutes to prepare potatoes, 25-30 minutes to make gravy. The vegetables can be prepared and cooked while the gravy is simmering.

8-12 vegan sausages such as Fry's, Linda McCartney or Real Eat, depending on how many each person can eat!
850g/1kg potatoes, peeled and quartered
veg of your choice, such as broccoli, cabbage or carrots – or a combination
Veggie gravy

Gravy Ingredients

1 red onion, diced
2 tbsp oil
2 tbsp plain flour
Clove of garlic (crushed)
450ml/15fl oz vegetable stock
1 tsp yeast extract
1 or 2 tbsp soya sauce such as Kikkoman, Sanchi or Clearspring
Black pepper

1. Put prepared potatoes in a pot of cold water, salt lightly, bring to boil and cook until tender – between 12-18 minutes.
2. Heat up grill for sausages and cook them while gravy simmering.
3. Make gravy:
 - a) Fry the onion in the oil for 5 minutes.
 - b) Add the flour and cook for a further 5 to 10 minutes until the flour and onion are nut-brown and the onion is soft and slightly pulpy.
 - c) Add the garlic then gradually stir in the vegetable stock (or fresh vegetable cooking water).
 - d) Bring to the boil and simmer for 10 minutes. (Remember to cook sausages at this point – and turn them over halfway through to stop them burning!)
 - e) Add the yeast extract, soya sauce and black pepper. Stir well.
 - f) If it goes lumpy, use a balloon whisk to beat out lumps, or pour in blender.
 - g) Strain if you like, or serve as it is.
Notes. As a variation, try adding a diced red pepper, a handful of cashew nuts, about 8 diced button mushrooms and a dash of red wine. Rather than straining the gravy, whizz it in a blender.
4. While gravy and potatoes are cooking, prepare vegetables and steam for a few minutes.
5. Check potatoes. When ready, mash with a little vegan margarine and soya milk. Season if necessary.
6. Serve on warm plates.



Celebration Cake

Serves 8 large slices

Wet ingredients

- 1 cup soya milk
- $\frac{3}{4}$ cup maple syrup
- $\frac{1}{2}$ cup mashed banana (1 medium or 2 small)
- $\frac{1}{2}$ cup sunflower oil
- 2 tsp vanilla extract
- 2 tsp cider vinegar

Moist and light. Mmmmm! It's also very easy and quick to make.

Dry ingredients

- 2 cups fine wholemeal flour
- 1 level tbsp baking powder
- Pinch salt

Filling

- Jam of your choice (We like blackberry, but apricot would be good too!)*
- Provamel Vanilla Soya Dessert*

1. Preheat oven to 180°C/350°F/Gas Mark 4. (If using a fan-assisted oven, see maker's instructions and alter time/temperature accordingly.)
2. Lightly oil or spray 2 shallow 9 inch cake tins. Loose-bottomed or spring form are best.
3. Place wet ingredients in a blender or food processor and process until smooth.
4. Place dry ingredients in a large mixing bowl and stir them together.
5. Pour wet ingredients into dry ingredients and beat well, using a wire whisk or electric beater to make a smooth batter.
6. Pour batter equally into the prepared cake tins.
7. Shake pans back and forth to even out batter, then tap on a work surface to rid the batter of any air pockets.
8. Bake for about 25-30 minutes (less if in a fan-assisted oven), until a skewer inserted in the centre of each cake comes out clean. You may have to swap oven racks to ensure that each cake is cooked evenly.
9. Remove cake tins from oven and allow to cool for 10 minutes.
10. Gently turn them out of the tins – a long spatula is handy for this – and allow to cool completely.
11. While cakes are cooling, get the filling of your choice ready.
12. If using our filling suggestion, spread jam on each half of cake, then the Soya Dessert. Put the two halves together, slice the cake and serve.

Tofu Heaven

What & Where?

Tofu is the Japanese word for bean curd. It is made from soya beans which means that it's very high in protein and low in fat. In fact it's the richest and cheapest source of protein available in the world. It is sold in packets in the following varieties and locations:

- Plain medium-firm, such as Cauldron Foods brand – available in most supermarkets in the chilled cabinets. Oriental supermarkets are also a good source (and often cheaper)
- Smoked tofu – also Cauldron but you can buy other brands in health stores
- Marinated tofu – Cauldron and other companies – available in health stores
- Silken tofu – Mori-Nu make silken tofu, a wonderful egg-replacer for quiches, mousses and suchlike. It comes in different coloured packets. We tend to use the red (soft) or blue (firm) varieties, but they also make an enriched (higher in calcium) version, as well as 'lite' versions, which take this already low-fat food down to zero! Available from large supermarkets, Oriental stores and health stores.

How?

It looks and feels a bit like a soggy sponge(!!) – but don't worry, it absorbs flavours really well. If you buy the plain version, try our two methods below!

How to Cook Plain, Firm Tofu

Use this in stir-fries, Thai, Japanese etc dishes

1 slab of firm tofu, drained

Garlic paste (optional)

Sunflower oil for frying

Soya sauce like Kikkoman, Sanchi or Clearspring

1. Mop up the tofu's excess dampness with kitchen paper or a clean tea towel.
2. Slice it long ways into 2 'steaks'.

3. Spread garlic paste over each side.
4. Sauté the tofu (fry gently) in a little sunflower oil 'til golden brown on each side.
5. When it's done, add a bit of shoyu in the pan and let it coat each side of the tofu.
6. Drain on kitchen paper.
7. You can use these tofu steaks as they are or else slice into cubes and add to the rest of the ingredients near the end of cooking time.

Soakin' Sauce for Tofu

Here's another way to prepare plain tofu for a stir-fry or similar dish.

1 pack plain tofu, sliced lengthways into 'steaks'

1 heaped tsp grated ginger

2 cloves garlic crushed

2 tsp brown sugar

1 tbsp vegetable oil

2 tbsp soya sauce (see above for suitable brands)

1. Mix all the above together, place tofu 'steaks' in a dish and pour liquid over them.
2. Mop up excess liquid with kitchen paper or a clean tea towel.
3. If you're in a rush, fry tofu straight away, until golden brown and crispy on outside.
4. If not, soak the tofu in the sauce for anything from 20 minutes to 24 hours.
5. Drain and mop up as above.
6. Fry in oil in a wok or frying pan as above.

You can also deep fry it! That's what the Chinese do to get that golden crispy texture on the outside and creamy middle.

Smoked or ready-made marinated tofu is much stronger in taste and ready to cook without flavouring first. It all depends on what sort of savoury dish you are going to add the tofu to – if you are using a highly flavoured sauce, plain is probably better.

Scrambled Tofu

Serves 2

This is a great alternative to scrambled eggs. It's good on its own on toast – or add it to a big cooked breakfast!

10-15 minutes: 5 minutes preparation time, 7-10 minutes to cook.

1 block firm tofu

1 tbsp oil

1 small onion, finely chopped

Turmeric (mild tasting yellow spice – watch you don't get it on clothes, as it stains! It's available in all supermarkets, health and Indian stores)

Chilli (only if you like hot spicy food!)

Chopped spring onion (if you like it)

Salt and pepper

Bread for toast

1. Remove the tofu from its wrapper and drain all the water out.
2. Pat dry using a clean tea towel and then squash it between two plates so that the excess water drains out.
3. Add 1 tbsp of oil to a frying pan and heat gently.
4. Add chopped onion.
5. When the onion is beginning to soften and brown (after about 5 minutes) crumble in the tofu – it should be in small pieces about the size of peas.
6. Gently fry for a couple more minutes and add some turmeric, chilli and spring onion if you want them and a little bit of salt and pepper.
7. Serve with toast and any other breakfast things you fancy!



Tofu Lasagne

Serves 8

50-80 minutes, depending on whether you use sauce from a jar or make your own: 10 minutes preparation, 20-30 minutes to cook fresh sauce/1 minute to open jars..., 30-40 minutes to bake.

Sauce

1 tbsp olive oil
1 medium onion, chopped quite small
1 tsp minced garlic
4 cups passata (sieved tomatoes – usually sold in cartons or glass bottles and found in supermarkets and other food outlets)
1 tbsp dried basil
1 tsp dried oregano

1 bay leaf

1½ tsp salt

¼ tsp freshly ground black pepper

Or

4 cups (approximately 2 large jars) of herby tomato sauce in a jar, such as Meridian, Dolmio, Ragu or Loyd Grossman

Filling

3 cups firm tofu (such as Cauldron), drained and crumbled
¼ cup finely chopped fresh parsley or 1 tbsp dried
8oz lasagne no-cook sheets
1 cup grated dairy-free cheese – use Redwood's Cheezly Melting Mozzarella or Melting Cheddar style if possible

An easy and delicious variation on an old favourite. If you are really stuck for time, use ready-made pasta sauce such as Meridian. Although this might seem to take a long time to cook, remember that you can be doing other things while it's baking – just use the oven timer or any bleepy clock!

1. If using ready-made sauce, ignore steps 5-6 & 9!
2. Heat oil in a large saucepan over medium heat.
3. Add onion, cover and cook 5 minutes, stirring occasionally.
4. Add garlic and cook for a few minutes.
5. Remove lid, add garlic, passata, basil, oregano, bay leaf, ½ tsp of salt and ¼ tsp of pepper.
6. Simmer 20-30 minutes to allow flavours to blend.
7. 5-10 minutes before end of sauce cooking time, preheat oven to 190°C/375°F/Gas Mark 5.
8. In a large bowl, combine crumbled tofu with parsley, remaining 1 tsp salt, remaining ¼ tsp pepper, mixing until well-combined.
9. When sauce has cooked, discard bay leaf.
10. If using ready-made sauce, add this to the cooked onions.
11. Spread a thin layer of tomato sauce in bottom of a shallow rectangular baking dish.
12. Arrange a layer of lasagne sheets on top.
13. Spread layer of tofu mixture.
14. Repeat with alternating layers, ending with tomato sauce.
15. Top with 'cheese' and bake for 30-40 minutes, or until heated through.
16. Let stand for 5 minutes before serving.

Vodka Pasta Sauce

Serves 4

10-15 minutes: 10 minutes preparation and to cook garlic plus whizzing time (the pasta cooks while you're doing preparation and blending).

2 tbsp olive oil

3 cloves garlic, crushed

10 black olives, without stones

¼ tsp chilli flakes or pinch chilli powder

2 tbsp vodka or dry sherry

No worries about getting drunk – the alcohol boils off, I'm afraid! But it does add a special something to this very creamy tomato sauce – which is also very quick to make.

2 cups pasta sauce from a jar, or 2 cups home made

½ cup silken tofu, drained

Salt and freshly ground black pepper

450g/1lb rigatoni, penne or other tubular pasta

1. Cook pasta in boiling water – 8-10 minutes, according to packet instructions and how soft you like it.
2. Sauté garlic in olive oil until cooked but not brown.
3. Add vodka and stir for a minute or so.
4. Throw all ingredients (except pasta!) into a food processor and blend until smooth.
5. Drain pasta and keep warm.
6. If sauce too thick, add a little soya milk.
7. Heat through, serve on pasta and sprinkle with freshly-ground black pepper.



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Red Onion & Thyme Tart *Serves 4-6*

75 minutes: 10-15 minutes preparation, 30 minutes cooking onions, 30 minutes baking.

Pastry

*150g/5oz/1¼ cups wholemeal self-raising flour
65g/2½oz/5 tbsp vegan margarine
40-60ml/3-4 tbsp cold water
25g/1oz walnuts, finely chopped*

Pastry

1. Sift flour and salt into a bowl, adding any bran left in the sieve. Rub in the margarine with your fingers until the mixture resembles fine breadcrumbs.
2. Mix in walnuts, then add enough cold water to form a dough.
3. Turn out dough on to a lightly floured work surface and knead until smooth and elastic. Wrap in plastic and chill for 30 minutes.

Filling

1. Heat oil in a large heavy based frying pan. Sweat onions over a low heat for 20 minutes until very soft and translucent, stirring often.
2. Stir in thyme, sugar and seasoning and cook for a further 5 minutes until caramelised.
3. Set aside and leave to cool slightly.
4. Blend silken tofu, soya cream, Dijon mustard and seasoning in a food processor or liquidiser until smooth and creamy.
5. Preheat oven to 200°C/400°F/Gas Mark 6.
6. Lightly grease a fluted 23cm/9 inch loose-bottomed quiche tin.
7. Roll out pastry on a lightly floured work surface, then gently lift it using a rolling pin. Don't worry if it breaks up.
8. Press pastry into tin with your finger tips and trim top. Use extra bits to mend any holes!
9. Prick pastry base with fork, line with greaseproof paper and baking beans and bake blind for 10 minutes until lightly golden.
10. Remove paper and beans, then spoon onions into pastry base.
11. Mix tofu mixture into onions and smooth with a knife.
12. Bake for 30 minutes until golden and set.

One of **Viva!** and **VVF's** favourite recipes. If you're thinking, 'oh no, not pastry-making', think again! It's a fool-proof recipe even for pastry-phobes like me. Don't worry if it won't roll out easily – just do a 'stick and patch' job and it'll still turn out fine. And to save time, you could make the pastry the night before.

Filling

*25ml/1½ tbsp olive oil
3 medium red onions, finely sliced
5ml/1 tsp dried thyme
2.5ml/½ tsp brown sugar
130g/3½oz soft silken tofu
150ml/¼ pint/¾ cup soya cream
15ml/1 tbsp Dijon mustard
Salt and freshly ground black pepper*



Chocolate Mousse

25 minutes, plus chilling time.

(Photo on the cover.) The perfect recipe – it's lip-smackingly delicious, very quick to make and nutritious! Serve in little espresso cups for a sophisticated feel, or in glasses interlaced with non-dairy cream... or with chopped strawberries/raspberries.

455g/1lb silken tofu (red packet) – available in good supermarkets or health stores.
285g/10oz dairy-free chocolate chips or dairy-free dark chocolate such as Green &

Blacks/Divine
3 tbsp maple syrup
1 tsp vanilla extract
Pinch salt

1. Line a sieve with kitchen paper and place tofu inside. Cover tofu with paper and place a weight on top (such as a tin of beans laid on its side).
2. Allow the tofu to drain for about 15 minutes, or until about 80ml/3fl oz has drained out.
3. Blend tofu in a food processor or blender until just smooth.
4. Soften chocolate with maple syrup in a double boiler (or bowl over pan of hot water), set over a low heat.
5. Stir gently with a rubber or plastic spatula until the mix has melted and combined.
6. Pour chocolate mixture with vanilla extract and salt into processor with the tofu.
7. Mix until creamy, scraping down sides once or twice to ensure everything well mixed in.
8. Refrigerate in individual serving dishes of your choice and allow to set in the fridge for an hour or so.

Maple Banana Custard

Serves 3-4

Simple, smooth, delicately flavoured and comforting.

1 pack firm silken tofu (blue packet)
1 large ripe banana, mashed
¼ cup maple syrup

1 tbsp fresh lemon juice
1 tsp vanilla extract

1. Place everything in blender or food processor.
2. Process for several minutes until the tofu has lost its grainy texture and the whole thing is very creamy.
3. Serve at once or transfer to a covered container and chill.
4. The flavour gets even nicer when the ingredients have the chance to party together!

Rhubarb & Ginger Fool

Serves 4

20-25 minutes, plus chilling time.

450g/1lb rhubarb
90g/3oz/scant ¾ cup dried dates
1 tsp fresh ginger, grated
60ml/2fl oz/¼ cup water

290g/10oz silken tofu (blue or red packet)
Toasted slivered almonds
Mint leaves to decorate

1. Slice rhubarb into 2.5cm/1 inch pieces and stew in a pan of boiling water for 1 minute, then strain. (This takes away some of the rhubarb's tartness and acidity.)
2. Finely chop the dates and place in a saucepan with rhubarb, grated ginger and water.

3. Bring to boil and simmer until rhubarb and dates are soft.
4. Allow mixture to cool.
5. Blend or food process the rhubarb mixture with silken tofu until smooth.
6. Divide the fool between 4 individual dishes and decorate with toasted almonds and mint leaves.
7. Chill before serving.

Fruity Tofu Cheesecake

Serves 4-6

30 minutes: 10 minutes preparation, 20 minutes baking plus cooling time.

200g/7oz vegan digestive biscuits or Hobnob type (supermarket own brand oat crunch type are often vegan)
75g/2½oz vegan margarine
50ml/2fl oz soya milk
350g/12oz silken tofu (red packet)
200g/7oz vegan cream cheese
1 tbsp vegetable oil

1-2 tbsp golden syrup
1 tsp vanilla essence
½ tsp lemon or orange essence (optional)
2 tsp arrowroot
Mixed berry fruits (tinned or frozen) for topping. If frozen, the fruit might be a bit tart, so you can sprinkle it with some caster sugar.

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Grind biscuits until there are no lumps left (or batter them with a rolling pin in a sealed plastic bag!).
3. Melt margarine in pan, mix in biscuit crumbs.
4. Spread biscuit/margarine mixture in a greased flat tin (about 8-9 inch spring form tin best) and bake in oven for 5 minutes.
5. Blend all other ingredients – but not fruit – thoroughly until smooth.
6. Remove cheesecake base from oven.
7. Pour filling mixture over base and return to oven.
8. Bake for 20 minutes.
9. Remove and leave to cool.
10. Top with fruit topping and chill before serving.



Chain Gang - Food and Coffee Outlets

It's amazing where you can get dairy-free food and drink nowadays. The UK is catching up with the USA in this respect, and as greater numbers of people turn to a dairy-free lifestyle, more companies are offering alternatives. It's always good to ask – the more requests a company gets, the more likely it is to make changes!

AMT – soya milk at no extra charge. National, mainly railway stations.

Boots – their Free From lunch range includes a couple of vegan sandwiches, plus small cartons of soya milk and a vegan snack bar. National.

Caffe Nero – soya milk on request at 30p extra. National.

Coffee Republic – soya milk on request at 35p extra. Mainly South East, although Manchester and Birmingham branches also.

Costa Coffee – soya milk at no extra charge and soya lattes etc included on their menu. National, including airports and railway stations.

Prêt a Manger – always stock at least one vegan sandwich. National.

Ritazza – soya milk on request at no extra cost. National, including motorway services.

Starbucks – sell a falafel, hummus and salad wrap which is vegan. They also stock soya milk on request at an extra 35p. National, including kiosks in the Borders.

Wetherspoons – sell several vegan items, including a veggie burger. All their products are clearly marked on the menu. They even provide vegan margarine! National pub chain.

Soya Milk Tips

Remember:

- Soya milk is great in tea
- Fresh Provamel Alpro Soya (as opposed to the ordinary UHT packs) and So Good don't curdle in coffee. UHT soya milk does curdle sometimes in coffee, depending on the brand, so follow these tips:
 - Heat soya milk – the heating process stops it curdling
 - If you don't have time for that, let the coffee cool a little or add some cold water
 - Then add the coffee to the soya milk rather than the other way round

Viva! and VVF Taste Test - Soya Milk recommendations

Top of the list came

1. Alpro sweetened (blue).
2. Alpro Orange was a close runner-up.
3. We also liked White Wave, So Good and Soleil.

Almond milk (especially Ecomil's organic) was also very popular as a drink in its own right, on breakfast cereals or in smoothies.

Remember - everyone's taste buds are different, so you might want to experiment. There are also other types of milk, such as rice and oat, which some people prefer. However, they aren't as high in calcium as the soya products – although all are very healthy.

Stockists

Booja-Booja – ‘Everyone needs a little Booja-Booja now and then’ so they say! Don’t ask, just revel in the sexiness of their chocolate fair-trade, organic, gorgeous products. Dairy-free and lovin’ it! Available from **Viva!** and health stores, amongst others.

Blue Lotus – Blue Lotus sell vegan cakes and other goodies online.
www.bluelotusproducts.com

Cauldron – make great tofu and falafels, which are available in most good-sized supermarkets. However, not all their products are dairy-free or vegan.

Free & Easy Cheese Sauce – cheese sauce without cheese! Quick to make and tasty, it’s available in Morrisons, Holland & Barrett or by mail order from Veggie Stuff (see below).

Fry’s – some of the best veggie sausages, veggie mince, burgers and nuggets around – and all animal-free. Try their veggie strips too, good in stir-fries or veggie doner ‘vebabs’! Available from Holland & Barrett, health stores and mail order from www.beanieshealthfoods.co.uk Telephone 01489 574593 or email info@beanieshealthfoods.co.uk

Marigold – (no, not the rubber glove people!) This company makes vegan stock powder and Engevita yeast flakes. Available from large supermarkets and health stores.

Meridian – their Free From sauces and other products are very good. We love the Mushroom & White Wine sauce, but their pasta sauces, yeast extract and many other goodies are also brilliant. They’re widely available from good supermarkets – try the Organic or Free From sections – and health stores.

Mori-Nu – silken tofu, available in good supermarkets, health stores, delis and elsewhere.

Plamil – gorgeous mayonnaise, dairy-free chocolate (some available from Viva!), carob bars – and divine chocolate spread! Available in health stores and some supermarkets or online at www.plamilfoods.co.uk.

Provamel Alpro – their soya milk comes in several varieties. They also sell Yofu – a dairy-free yoghurt – amongst other things. You can buy their products in large supermarkets as well as health stores.

Realeat – sausages, veggie mince, nuggets. The mince is available in big supermarkets, the others can be found in health stores. Great taste and the mince makes a fine lasagne, shepherd’s pie, spaghetti ‘Bolognese’ and suchlike.

Redwood – meat, cheese and fish alternatives! This award-winning company produces a wonderful range of foods, their melting ‘cheeses’ being particularly good. They also make Cheatin’ Meats and Fishless Fish patés, amongst other amazing things. Redwoods foods are available at some supermarkets and by mail order: 01536 400557 or email info@redwoodfoods.co.uk. Visit their website to see their entire range of fantastic cruelty-free foods www.redwoodfoods.co.uk. They also have a store finder guide to locate stockists in your area. Viva! Supporters get a 10% discount on orders £25 or more (via mail order and the web shop). To join Viva! call 0117 944 1000 or online at www.viva.org.uk

Sainsbury’s – own brand soya milk and Free From range, as well as some own brand dairy-free ready meals.

Sanchi – soya sauce. Available in most good sized supermarkets or health stores.

Sojasun – delicious soya yoghurts, available in health stores.

Tesco – their own brand soya milk (in the pale blue and cream pack) is good and they also sell Realeat veggie mince and their own brand dairy-free dishes, as well as a Free From range.

Oh, and let's not forget those Value After-Dinner Mints!

Vegan Store – great range of mail order dairy-free goodies. Order online or else phone. www.veganstore.co.uk. Tel 01273 302979.

Veggie Stuff – another great mail order source. Order online or else phone them. www.veggiestuff.com. Tel 0800 542 9707 between 10am-1pm.

Viva! – buy dairy-free sweets and chocolate from our lovely Merchandising and Book Department.

www.viva.org.uk or telephone us for free *Gifts For Life* and/or *Books For Life* catalogues on 0117 944 1000 (Mon-Fri 9am-6pm).

VVF – buy a wide range of merchandise and books – www.vegetarian.org.uk or call for a free *Vegetarian Shop* catalogue on 0117 970 5190 (9am-6pm).

Waitrose – own soya milk is good. Also do a range of dairy-free products and ready-meals.

Check out other supermarkets such as the Co-op (who label all their products if they are suitable for vegetarians or vegans); Morrisons, Asda and so on, for dairy-free goods. But the best places to shop are your local health food stores - as they have a myriad of dairy-free products.

Chocolate Heaven Viva!

Indulge yourself with Viva's delicious range of vegan, dairy-free chocolates



**Booja Booja
Hazelnut
Crunch
Rocher**
80g - **£4.25**

Organic and scrumptious.

**Fair Trade Chocolate
Brazil Nuts** 100g - **£3.99**
Organic nuts, full of selenium and smothered in vegan chocolate.

Divine Delights Mango Slices
100g - **£3.99**
Succulent mango slathered in Divine chocolate. Vegan, fair-trade.



(Prices exclude p&p.) Order by phone 0117 944 1000 Mon-Fri (9am-6pm) or online at www.viva.org.uk. These are just a few items in the Viva! Gifts for Life catalogue, which also contains t-shirts, confectionery, books and cards. For your free copy contact Viva! or view it online.

Big Up Your Health!

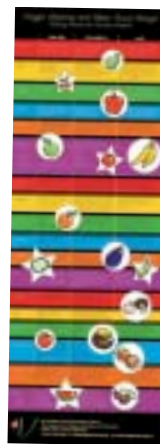
The **Vegetarian and Vegan Foundation** is your corner shop for nutritional information about vegetarian and vegan diets.



Just starting out? **Becoming Vegan** will answer both practical and specific questions about your new way of life. It costs just £12.99 (plus add £2 p&p) to lay that foundation of knowledge.



For quick reference in the kitchen, our colourful, laminated **Wallchart** (£2, plus £1 p&p - what a steal!) is a necessity. At a glance, you'll see where to get your vital vitamins and nutrients, and there's plenty of them in the recipes from the venerable Rose Elliot's **Vegan Feasts** cookbook, only £8.99 (plus £2 p&p). If you're already a vegan gourmand, you'll want **Vegan** in your culinary arsenal. At £12.99 (plus £2 p&p), and packed to the hilt with stunning recipes for every occasion, those pages will be worn in no time.



Want to eat yourself to health? Just wait until you read **The China Study** by T. Colin Campbell (£24.95 plus £4.50 p&p). A remarkable book from a world renowned cancer scientist (he was advisor to the World Health Organisation), who explains in a very compelling style, why vegans are protected so much from all cancers; heart disease; diabetes, autoimmune diseases and more - and why dairy is such a culprit in causing these killers.



Remember, your health is in your hands. A wholegrain vegan diet can prevent and cure many diseases. If you want to know more, read Jane Plant's landmark tome about preventative nutrition in **Your Life in Your Hands**. £9.99 (plus £2 p&p) is a tiny price to pay for robust health, n'est-ce pas?

To order any of the above or to request a free copy of our Vegetarian Shop catalogue, please contact The Vegetarian and Vegan Foundation, Monday-Friday from 9 to 6 on 0117 970 5190 or see our website on www.vegetarian.org.uk. Alternatively, send a written order and cheque or PO, payable to VVF (with your name and address) to: VVF, Top Suite, 8 York Court, Wilder Street, Bristol BS2 8QH




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Varieties include Cheddar style, garlic and herb, nacho, cheddar style with cranberries.



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You can find Redwood foods in your local independent health store, Holland & Barrett and selected branches of Waitrose, Morrisons, Sainsbury and Tesco.

If you are having problems finding your nearest stockist please phone 01536 400557 for help or visit www.redwoodfoods.co.uk

theredwoodwholefoodcompany

t:01536 400557 f:01536 406878 e:info@redwoodfoods.co.uk



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