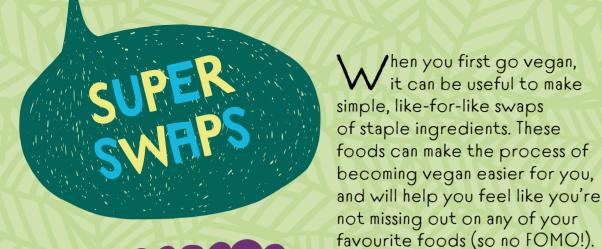
VEGAN

DITCH THE MEAT

The following are all fantastic plant-based alternatives to meat:

- * Leaumes (such as chickpeas, lentils, black beans, butter beans, kidney beans and edamame)
- * Tofu (best for oriental cooking, stir-fry, grilling, BBQ-ing and in salads)
- * Tempeh (best for oriental cooking, stir-fry, arilling, marinating and in burgers, 'meatballs' and burritos)
- * Quorn/Mucoprotein (can be used in a range of dishes. Make sure it does not contain egg.)
- * Soua-based meat alternatives (these include chicken-stule pieces, beef-less mince and pork-free slices)
- * Seitan (made using gluten can be used in burgers, burritos, 'roast' alternatives and curries)
- * Jackfruit (works best as an imitation fish, chicken or pork substitute)



EGG ALTERNATIVES **☆ (BAKING)** ☆

- * Chia seeds- 1 tbsp chia seeds + 1 tbsp water to make a chia 'egg'
- * Flax seeds- 1 tbsp flax seeds + 1 tbsp water to make a flax 'egg'
- * Apple sauce
- * Mashed banana
- * Raising agents e.g. bicarbonate of soda
- * Aquafaba (chickpea water)
- * Chickpea flour (for omelettes, quiches, savoury pancakes, flans)

MILK & DAIRY **ALTERNATIVES**

/hen you first go vegan, it can be useful to make

of staple ingredients. These

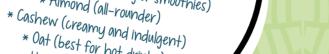
- * Soya (all-rounder)
- * Hemp (nutty taste, quite distinctive)
- * Rice (sweet, brilliant for coffee and tea) * Coconut (best for baking or smoothies)
 - * Almond (all-rounder)

 - * Oat (best for hot drinks)

KEEP THE FISH IN THE OCEAN

Fish is also easily replaced with the help of some clever substitutions and some handy seasoning. Try:

- * Smoked carrot 'salmon'
- * Chickpea 'tuna' (use edible seaweed such as nori to flavour the mixture)
 - * Tof-ish (tofu made into fish alternatives) * Fish-free products (such as fish-less fillets, fish-free fingers and fish-less tuna cans)



* Hazelnut (nutty flavour)



Cheeses

Store-bought alternatives made using coconut oil and soya come in a range of flavours. Nutritional yeast flakes (sometimes called nooch) are dried, cheesy-flavoured flakes which can be stirred into a sauce or sprinkled on top of dishes.



HOW ABOUT HONEY?

Honey is not considered to be a part of a vegan diet as, honey is made by hardworking bees, and is often the only food source for a bee hive during the winter months. Vegan alternatives include date syrup, maple syrup and agave nectar.