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VegNews

plant-based food + lifestyle

THE GREAT BIG
Travel
issue!

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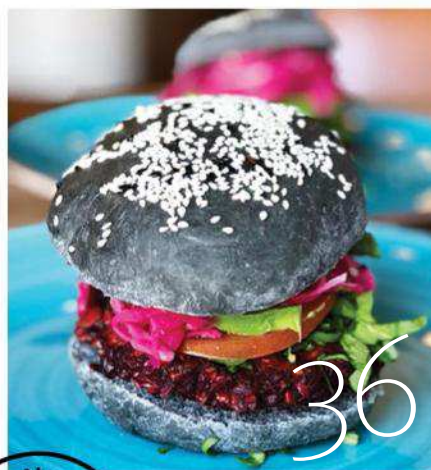
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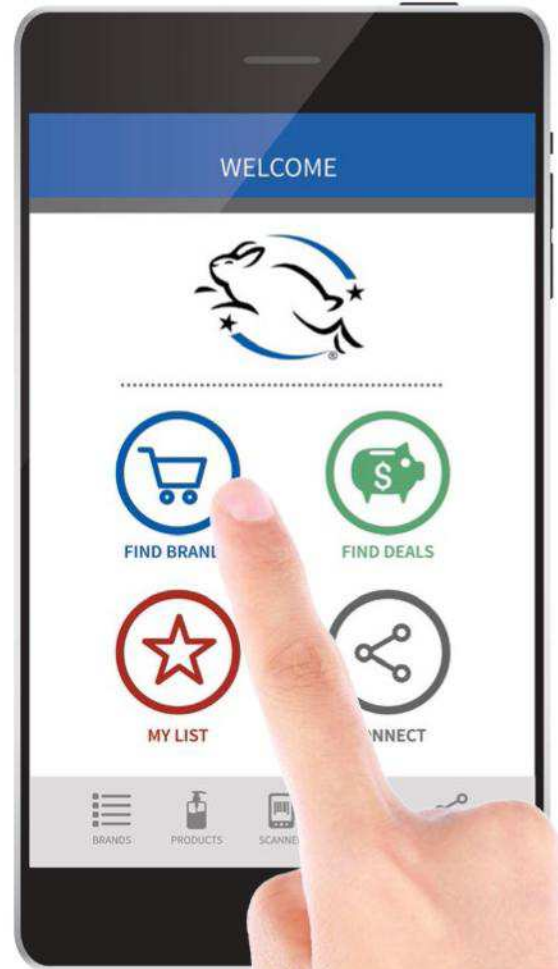
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Let's Go!



More than anything else, travel has had the greatest impact on my life. It has educated and humbled me, given me deep perspective, and shaped me into the person I am today. Whether I'm sipping tea with a local family in China, meandering through markets in Mumbai, or hiking the Himalayas, every single experience immersed in another culture has had a profound effect on who I am today.

Whether you have the opportunity to escape to faraway lands or prefer to experience the world from the comfort of home, our Special Travel Issue will take you on a global tour of the very best in plant-based living. In these pages, we unveil VegNews' top 10 international vegan cities (head to p.22 to find out where you should book your next vacation); the ultimate US road trip (vegan Korean barbecue in Arkansas? We're on our way!); sumptuous, veganized recipes from countries like Nigeria, Colombia, and the Philippines; and Manhattan's new Dominican-inspired cocktail lounge and tapas bar that has our editorial team pining for a weekend in the Big Apple. **It's all here, so get ready to embrace exciting new cultures, foods, and experiences.**

And if that's not enough to spark your wanderlust, our Mango Lassi Freezer Pie (created by the immensely talented Chef Jackie Sobon and featured on our gorgeous cover) should do the trick. The quintessential Indian beverage is transformed into a frozen, creamy dessert topped with candied limes, toasted coconut, sweet mango, and whipped cream. During recipe testing, our team was mesmerized.

So grab your issue, whip up a tropical cocktail, and let the world come to you. Discover, dream, and start planning. But beware: you, too, might be changed for good.

Bon voyage!

♥ Colleen

Colleen Holland
Publisher + Co-Founder

P.S. **We love vegan travel, and we love our readers**, so what better way to combine the two than with VegNews Vacations! In 2018 alone, we're headed to France, Thailand, India, and Mexico, and we promise you—you're in for the best time of your life. Find out more at VegNews.com/vacations!

Colleen's Bucket List

Just what does my travel wishlist look like? After 23 years of living the plant-based life, I still have so much to experience ...



Do yoga and eat tropical fruit in Hawaii

A quaint beach cottage, morning yoga on the white sand, and heaping amounts of fresh mango, pineapple, and papaya are calling my name.



Stay at a vegan ryokan in Japan

For me, a getaway to a Japanese inn (*ryokan*), dining on traditional Buddhist temple cuisine (*shojin ryori*), and soaking in a natural hot spring (*onsen*) sounds blissful.



Explore the vegan scene in Berlin

Renting an Airbnb in the heart of Berlin and dining at all of the city's vegan eateries seems like nothing short of heaven.



Meander through markets in Marrakesh

A sojourn to Morocco has always been a dream, and I long to get lost in the spice markets, street vendors, and tea stalls of Marrakesh.



Eat chocolate croissants in Paris

Come September, my wish will come true when I co-host the first annual VegNews Vegan Epicure's Tour of Paris! I can taste the warm pastries now ...



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“Mornings with my love and the newest @VegNews.”

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“I was a little down that I had no plans tonight, but then this was in the mail when I got home from work.”

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“My favorite magazine came in the mail today!”

@djdadbod

Tag your Instagram pics with #vegnews for a chance to be featured in the magazine!

“[VegNews is my] Monday night reading. Honestly this magazine makes me want to be a better person.”

@healthypeachgal

VEGNEWS.COM MUST-READS!

1. 8 Easy Meal Ideas for Your Next Camping Trip
2. The 10 Best Plant-Based Ice Creams to Celebrate Warm Weather
3. Must-Attend Summer Veg Festivals
4. How to Throw the Ultimate Vegan Graduation BBQ Party
5. Easy Ways to Cook Vegan for Your Family



“Just made vegan Deviled Egg Potatoes from @VegNews, and they are SO. SO. GOOD. Definitely adding to the favorites list.”

@nikkiwilbanks



“Look what I found in the checkout line at @wholefoods ... the spring issue of @VegNews magazine! Thank you for this story, VegNews!”

@leilanimunter

Facebook Q&A

What's your favorite road trip snack?

- Chips 43%
- Protein bars 43%
- Vegan jerky 14%



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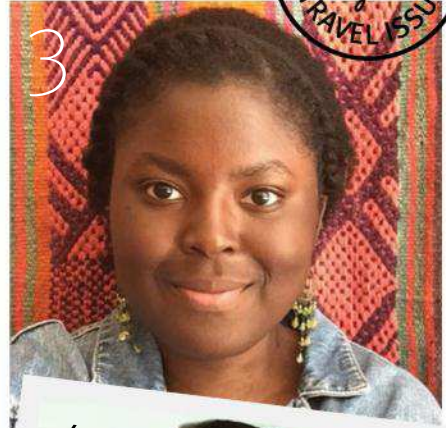
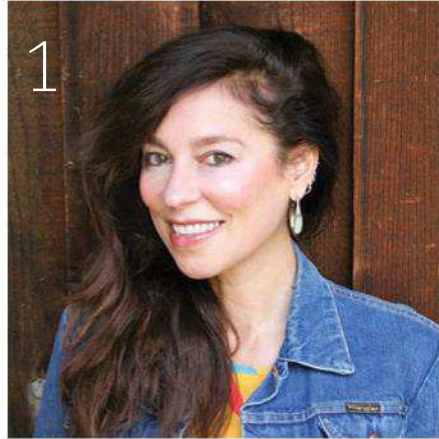
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1 *Aurelia d'Andrea*
10 Best Vegan Cities Around the Globe, p.22

Where I live: Nevada City, CA
Veg for: 25 years
Go-to smoothie blend: Mango, pineapple, coconut, kale, and almond milk
Always in my fridge: Hot sauce
Favorite global cuisine: The spiciest one!
Must-have travel snack: Raw almonds
Best vegan city: London
On my bucket list: A multi-course dining extravaganza at L'Arpège in Paris

2 *Gail Goldman*
Meatless in Seattle, p.60

Where I live: Woodinville, WA
Veg for: 15 years
Go-to smoothie blend: Banana, spinach, cacao, flaxseed, maca, oats, and hemp milk
Always in my fridge: Tahini
Favorite global cuisine: Japanese
Must-have travel snack: Dark Chocolate Coconut Chews from SunRidge Farms
Best vegan city: Los Angeles
On my bucket list: Publish a children's novel that inspires animal-loving kids to become activists

3 *Torni Makanjuola*
World Fare, p.40

Where I live: London, England
Veg for: 5 years
Go-to smoothie blend: Mango, banana, spinach, and almond milk
Always in my fridge: Coconut milk
Favorite global cuisine: Nigerian
Must-have travel snack: Popcorn with lots of nutritional yeast
Best vegan city: Los Angeles
On my bucket list: An all-vegan cruise

4 *Maggie Q*
Q the Action, p.80

Where I live: New York and Los Angeles
Veg for: 20 years
Go-to smoothie blend: Goji berries, mulberries, almond butter, lucuma, camu camu, vanilla, and coconut water
Always in my fridge: Miso paste
Favorite global cuisine: Vietnamese
Must-have travel snack: Raw crackers and baked granola from Healing Home Foods
Best vegan city: New York City
On my bucket list: A visit to the Herbivorous Butcher in Minneapolis to buy everything in sight

VegNews

Jasmin

“Getting lost in Sydney, Berlin, or Copenhagen”

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What's your dream vegan vacation?

Laurie

“Walking on hot coals in Sedona”

Carol

“Renting a villa in Italy with a gourmet vegan chef”

Nick

“Sri Lanka for its amazing culture and curries”

Departments

Fresh & Healthy **Heather Bell, Jenny Engel**

Quick & Easy **Julie Hasson**

Sweet Treats **Jackie Sobon**

VegAdvice **Marla Rose**

Veganize It! **Brian L. Patton**

VegBeauty **Aurelia d'Andrea**

VegDating **Jasmin Singer**

VegHealth **Julieanna Hever**

Marla

“Hawaii, all the way”

Heather

“A one-year trip around the world”

Brian

“Naples, because pizza”

May+June Contributors

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Dallas/Fort Worth (DFW)

Cereality is making childhood dreams come true with its **imaginative cereal bar** (Cap'n Crunch, Special K, and Grape Nuts) — complete with crave-worthy toppings such as fresh peaches, cinnamon apples, and shredded coconut.



New York City (JFK)

Korean-inspired dishes such as **miso udon, tofu stew, and vegetable bibimbap** (order without the egg) at Jikji Café have us ready to book a ticket to the Big Apple, if only for the dining experience.



Los Angeles (LAX)

The City of Angels is known for its wealth of vegan options, and its airport is no exception. During your layover, devour a **build-your-own Neapolitan pizza** with Daiya cheese at 800 Degrees Pizzeria, or chow down on No-Huevos Rancheros from the airport outpost of LA's Real Food Daily.



San Francisco (SFO)

The SFO location of the popular Northern California eatery Plant Café offers everything from **green curry bowls** and beet burgers to trendy juices and thick smoothies to keep you full and nourished until you reach your final destination.



New Jersey (EWR)

The brainchild of Iron Chef America's first veg competitor Amanda Cohen, the all-vegetarian Thyme serves restaurant-quality meals right from your terminal. You'll be thinking about the **braised shiitake mushroom and grilled cauliflower steak** long after take-off.



Seattle (SEA)

Calm pre-flight jitters with a **cucumber jalapeño-infused bloody Mary** or lightly oaked chardonnay at vegetarian restaurant Floret by Cafe Flora. Sober up with a hearty tofu scramble made with locally foraged mushrooms, delicata squash, and roasted potatoes.

Staying in Seattle?
 Flip to p.60 to discover our picks for where to get your veg on in the Emerald City!



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not hard to spot the difference

the Vegetarian Society does the research behind the labels so you don't have to

Customers at fast-casual restaurant QDOBA Mexican Eats will now receive a discount when ordering meatless entrées. **The new initiative—called “QDOBA Vegetarian Tier”—rewards diners who order meat-free meals,** a stark contrast to the standard upcharge imposed by other eateries, such as Starbucks and Peet’s Coffee. Even better? Adding guac at QDOBA is free, too. Burrito bowls, here we come!




42%

The percentage of Americans who say they support banning slaughterhouses, according to a new survey by Oklahoma State University’s Agricultural Economics Department.

IN A RECENT INTERVIEW with *Entrepreneur*, Beyond Meat CEO Ethan Brown revealed he is “very confident” that fast-food chains McDonald’s, Burger King, and Wendy’s will sell his company’s Beyond Burger patties within the next few years, citing a shift in consumer preferences. The Southern California-based company has raised \$72 million in venture capital, and its burgers are on the menu at 465 TGI Fridays across the United States.

A study from McGill University has found that soy is the most nutritious plant-based milk—when compared to almond, coconut, and rice—pointing to its high levels of phytonutrients and anti-carcinogenic properties. The breakdown of nutrients further proves that what may be old-school is still *oh-soy* good.

Per 8 ounces	Calories	Fat	Protein	Calcium
SOY	95	4.5g	8g	330mg
ALMOND	35	2.5g	1g	330mg
COCONUT	45	4.25g	0g	220mg
RICE	130	2.5g	1g	315mg



“We play across beef, pork, chicken, of course. [But] we are also playing across plant-based protein ... we are openly disrupting ourselves to continue to drive to the next level of improvement and next level of advantage for us and our shareholders.”

— TYSON FOODS PRESIDENT AND CEO TOM HAYES, ON UNVEILING THE COMPANY’S LINE OF PLANT-BASED GREEN STREET MEAL BOWLS

LOCATION: THE MIDDLE EAST

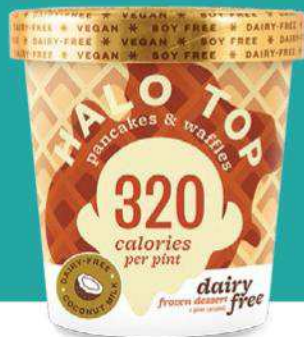
Prince Khaled Bin Alwaleed bin Talal of Saudi Arabia announced his plans to open at least 10 vegan restaurants across the Middle East (see map) in an effort to boycott fast-food eateries, empower people to reach their optimal health, and combat the obesity epidemic he says is a disaster plaguing the region. **Bravo, Your Highness!**



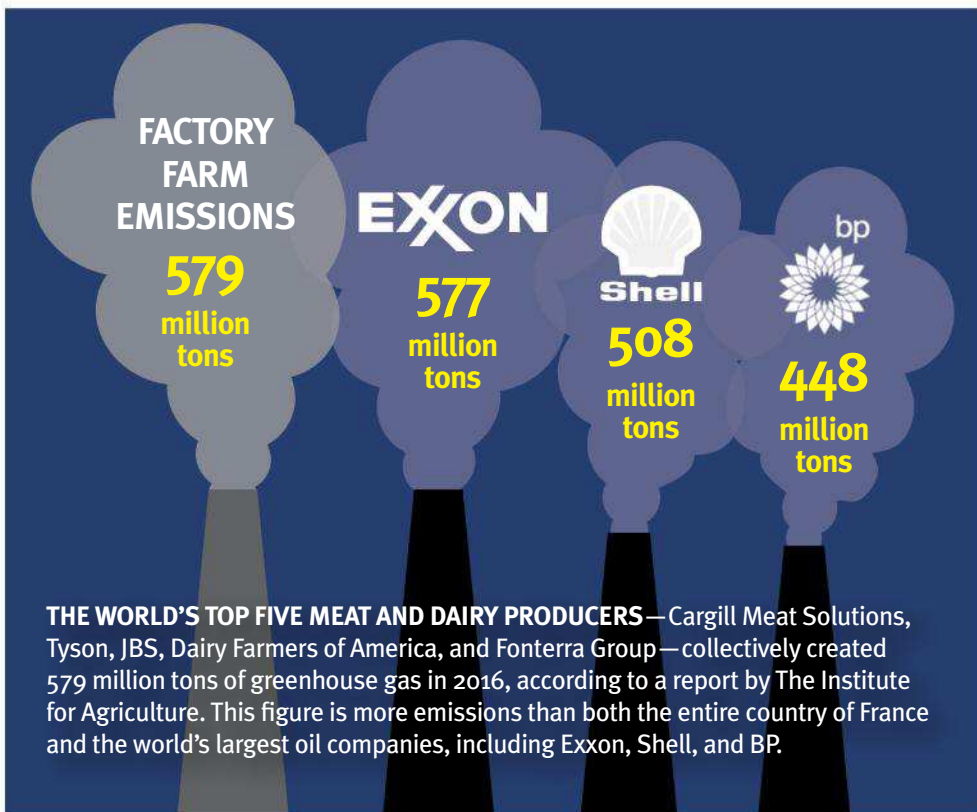
\$7 billion

The estimated value the global meat substitute market will reach by 2025. According to a report by research firm Key Market Insights, health concerns and the popularity of vegetarian diets will drive the value of the skyrocketing meat-free industry, up from roughly \$4 billion in 2016.

HALO TOP CREAMERY, the nation’s best-selling ice cream brand, launched seven new coconut-based vegan flavors, including Pancakes & Waffles, Toasted Coconut, Vanilla Maple, Birthday Cake, Candy Bar, Chocolate Almond Crunch, and Chocolate Chip Cookie Dough. The new lineup joins seven existing vegan pints, meaning more than one-third of Halo Top is dairy-free.



Multinational investment firm Goldman Sachs has backed Ripple Foods—makers of vegan pea protein-based milk, coffee creamer, and yogurt—with \$65 million, calling it “one of the fastest-growing plant-based product lines.” Who knew that non-dairy milk could be so lucrative? Oh, we did!



42%

The percentage of 18-to-24-year-olds that say they are **concerned about the sustainability of meat** and/or that are vegan or vegetarian, according to a recent poll by food media company The Grocer. We believe millennials are our future.

 **Lawmakers in Hong Kong voted 49-4 to ban what is considered the world's largest ivory market, phasing out sales and completely eliminating the industry by 2021. A 21 trunk salute to you, Hong Kong.**



“Fur? I am out of that. I don't want to kill animals to make fashion. It doesn't feel right.”

— DONATELLA VERSACE ON THE DECISION TO SUSPEND THE CREATION OF GARMENTS MADE FROM ANIMAL FUR FOR HER LUXURY FASHION LABEL

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From Amsterdam to Taipei, street festivals, boulangeries, and plant-based butcher shops are putting vegan living right where it belongs: in the global spotlight. Join VegNews Travel Editor **Aurelia d'Andrea** on a whirlwind tour through the very best vegan cities on the planet.

10 Best Vegan Cities Around the Globe

1 London



No one batted an eye when high-end retail therapy destination Harvey Nichols kicked off 2018 with a vegan menu (complete with an impressively long wine list) at its swank Knightsbridge dining room. Vegan is, after all, as normal as it gets in the United Kingdom capital. Major supermarkets from Aldi to Tesco have introduced their own house brands of vegan products, more than 500 restaurants from Brixton to Islington offer vegan options, and even politicians like London-based Labour Party leader Jeremy Corbyn are heeding veganism's call. Yorkshire's very own Donald Watson, founder of the word "vegan," would be bloody proud!

Best chicken and chips: At the new Temple of Camden, the classic English fast-food combo gets a battered-fried vegan makeover.

Inside scoop: The vegan brownie subscription service from Cookie&Biscuit is to die for, but you have to live in the UK if you want fudgy brownies in flavors like Oreo and peanut butter-jam.

Mustn't miss: At The Spread Eagle pub in Hackney, everything on the menu is vegan, from the frosty pints of ale to the beer-battered Tofish Finger Sandwiches. Cheers, indeed!

"The vegan scene in London is booming like never before. There's an endless amount of events going on, and markets and supper clubs are popping up everywhere."

—SERENA LEE, FOUNDER OF DIGITAL URBAN LIFESTYLE GUIDE VEGANSOFLDN

Paris



You know a movement has arrived when it earns its official place in the local lexicon. In 2016, “veganisme” was added to the French dictionary, and has grown by quantum leaps since. Today in the City of Light, you can indulge in a vegan charcuterie plate at a traditional bistro, attend a plant-based pop-music festival, and nibble on buttery croissants at an authentic boulangerie. And, oh: Paris now boasts more than 45 vegan restaurants!

Best pastry: The decadent, sugar-dusted almond croissants at Laélo

Inside scoop: Beloved (and ubiquitous) ice cream brand Berthillon offers more than a dozen vegan sorbet flavors, including the luscious, extra-bitter cacao.

Mustn't miss: Foie gras for vegans? Foie sure! Indulge in the artisan plant-based variety at Jay & Joy fromagerie.

“The vegan scene in Paris has definitely been moving and shaking this past year. A new concept store was just added, moving the Capital of Fashion in a more ethical direction.”

—JENNIFER ERIC, RESTAURATEUR AT POPULAR VEGAN EATERY MY KITCH'N



Berlin's reputation as the epicenter of European cool is warranted. The DIY hipster aesthetic isn't just surface stuff, though—it runs deep in the local culinary culture. Exhibit A: Street Food Thursdays, held in an old abandoned market, for vegan ice cream, doughnuts, and spring rolls; and Exhibit B: Bite Club, a food truck pop-up party where everything from spicy dan dan noodles to chocolate-red wine doughnuts is yours to savor. For Exhibits C–Z, get yourself to the German capital ASAP.

Best currywurst: Curry & Chili in the Wedding district kills it (non-violently) with its meatless version of the classic German snack.

Inside scoop: The vegan tiramisu at La Stella Nera has the power to transform omnivores into vegans with a single bite.

Mustn't miss: Take your favorite carnivore to Berlin's new vegan butcher shop and deli, Die Vetzgerei, for roasts, cold cuts, and pretzels.



“When we started in 2011, it was almost impossible to get vegan food in the regular supermarkets. Seven years later, every supermarket has vegan options as part of their regular portfolio.”

—JAN BREDACK, FOUNDER OF VEGANZ SUPERMARKET

MELBOURNE

Australia is among the top five fastest-growing vegan markets in the world, but it has its sights set on number one; there’s certainly enough vegan action happening in the Victoria state capital of Melbourne alone to warrant the top spot. A strong animal-rights scene coupled with a vibrant health-conscious tribe means there’s something for everyone in this university town, from vegan makers’ markets to food truck festivals and beyond.

Best Cheesymite Scroll:

Mister Nice Guy’s BakeShop transforms the classic Aussie Vegemite-and-cheese roll into a sublime vegan snack that’s bursting with flavor.

Inside scoop: Locals flip for the vegan poutine—French fries topped with rich mushroom gravy, then smothered in cheese—at the hip Tramway Hotel pub.

Mustn’t miss: Tidbit Cakes, Melbourne’s newest dessert parlor, for gorgeous French-style macarons, decadent cupcakes, and utterly enormous cookies

“Melbourne, in the past 10 years, has completely evolved into one of the world’s best cities to be vegan. With a large family of animal activists growing by the day, and numerous vegan businesses sprouting up, it’s definitely a place to keep your eye on.”

—AMRITA BALA, BLOGGER AND CREATIVE FORCE BEHIND CRAZY VEGAN KITCHEN

Amsterdam



It's a miracle Instagram hasn't collapsed under the weight of the #VeganAmsterdam hashtag. In the last 12 months alone, a half-dozen new restaurants arrived on the Dutch capital's food scene, each with its own Insta-worthy specialty. At Mastino V, it's the decadent, crunchy-crust pizzas; at Men Impossible, the slurpy ramen bowls; and at Vegan Junk Food Bar, the cheesy, shawarma-loaded fries take the cake. Our advice? Book your next vacay stat, and pack your fat pants.

Best beer: Heineken, of course ... and yes, it's vegan.

Inside scoop: Nieuw Terrein began as a pop-up orchestrated by two twentysomething chefs making magic with seasonal produce, and has since morphed into a year-round roving restaurant.

Mustn't miss: The vegan stroopwafels, a caramelized cookie that's uniquely Dutch, available at the Trader Joe's-like MARQT stores

"We were fully booked for the first week within 24 hours of announcing our opening day. And we are still fully booked every night. Veganism isn't a niche anymore."

—KIRSI RAUTIAINEN, CO-OWNER OF VEGAN FOOD BAR, MR. & MRS. WATSON

TEL AVIV

Nanuchka, the Tel Aviv restaurant getting buzz around the globe for its inventive Georgian cuisine, isn't the only popular spot to give its menu the vegan treatment. The Israeli army has also revamped its food options to meet the needs of plant-based conscripts, dishing up hummus-avocado sandwiches and lentil burgers in its cantines. In January, cultured-meat startup SuperMeat announced it successfully raised \$3 million to bring its slaughter-free chicken to market.

Best hummus and falafel: Abu Dabi Hummus, where the humble chickpea, in all its tasty guises, reigns supreme.

Inside scoop: Tel Aviv's most fashionable denizens shop for shoes at Roni Kantor, where feminine style and ethics converge.

Mustn't miss: Burgers are having a moment in Tel Aviv, and the ones at Rainbow near Rabin Square are, arguably, the best.



“In Tel Aviv, there are more than 40 vegan restaurants and 200 vegan-friendly businesses. We get calls every day from non-vegan restaurants that realize the potential and want the vegan-friendly logo on their business.”

— OMRI PAZ, FOUNDER OF VEGAN ADVOCACY-NONPROFIT VEGAN FRIENDLY



Bangkok

Even its nickname—The Big Mango—hints at Bangkok’s obsession with food. The city dazzles with its bright lights and golden temples, but a confluence of food cultures is what really makes the Thai capital sparkle. Whether you’re craving a thick wedge of carrot cake, a refreshing cold-pressed green drink, an Indian masala dosa, or a fish-free bowl of *tom kha* soup, you’ll find it here. Plus, an active vegan social scene means you’ll always have a partner in edible crime.

Best sticky rice with mango: The decadent salty-sweet version made with black rice at local veg institution May Kaidee’s

Inside scoop: Don’t want to deal with Bangkok traffic? Pranaa Food For Life brings fresh, plant-based meals to your door so you don’t have to.

Mustn’t miss: BarefoodBangkok’s fermented nut cheeses have a cult following; one taste of the truffled stuff and you’ll understand why.

“For a long time, veganism wasn’t interesting to teenagers at all. Today, veganism holds massive interest for young people because it looks healthy, chic, and modern.”

— NAPAPHATSORN TOTIENCHAI, CO-FOUNDER OF ULTRA-HIP PLANT-BASED BAKERY AND RESTAURANT CHAIN VEGANERIE



Taipei

What would Taipei's vegan scene look like without Buddhism? The city of 2.7 million is in the process of discovery, as a young generation of ethically and environmentally motivated upstarts are shedding religious ideologies and reimagining plant-based living in fresh new ways. Between vegan bake sales, animal rights-driven vegetarian festivals, and trendy pop-ups, Taiwan's vegan makeover is looking—and tasting—marvelous.

Best deep-fried sweet potato balls: Find these golden nuggets of goodness at the Shilin Night Market.

Inside scoop: Want to get inked while you're in Taipei? Vegan tattoo artist Kelly C. at Inkubine is just the person to see.

Mustn't miss: Stinky tofu. Yes, it's an acquired taste, but at Dai's House of Unique Stink, they've perfected its funky, pungent appeal.

“Before we started two years ago, there was barely any animal-rights movement. But because we have this public event, we've witnessed the birth of many vegan bloggers and Taipei's first animal-rights vegan group.”

—SIDNEY HSU, FOUNDER OF THE TAIWAN VEGAN FRENZY FAIR

The second most populated city in North America recently became one of the most animal-friendly, and not by accident. Politically, Mexico City sits to the left of the liberal-conservative divide, voting in favor of same-sex unions, legalization of marijuana, and a ban on animal circuses. This year, it made a bold step to revamp its constitution to recognize animals as sentient beings deserving of moral consideration. Holy *mole*, Mexico. We're impressed!

Best taco cart: What Por Siempre Vegana Taqueria lacks in



Mexico City



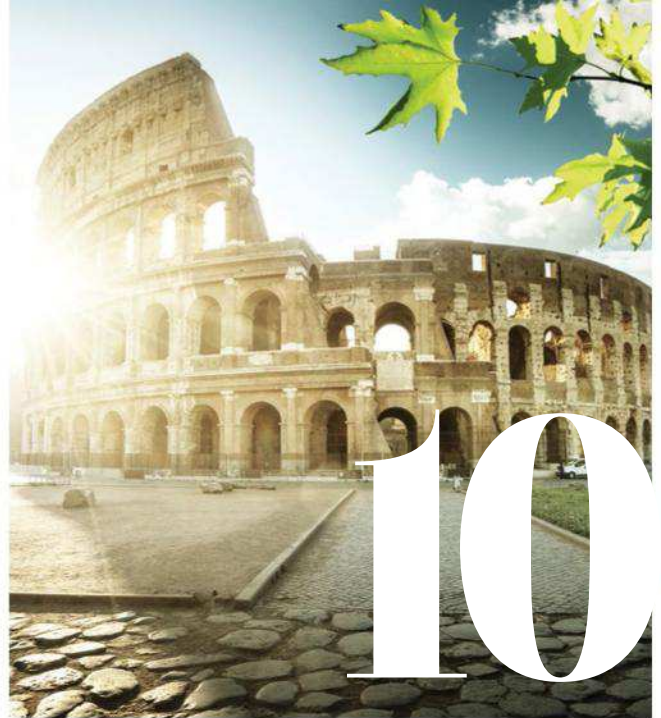
seating, it more than makes up for in flavor. Try the Chorizo taco and you'll understand why.

Inside scoop: Bring it on down to Vegan Ville, a real-life health food store and restaurant, and not just a figment of *SNL* writers' imaginations.

Mustn't miss: Vegan conchas and other pan dulce at new vegan bakery Inmigrancake

"I love the growth of the farmers' markets in Mexico City. You can see and feel all the passion. It is amazing."

—MARIANA BLANCO, FOUNDER OF MEXICAN-ASIAN FUSION HOTSPOT LOS LOOSERS



Rome


What do pizza marinara, pasta pomodoro, and focaccia have in common? These traditional Italian foods were accidentally vegan long before the term came into vogue. In the Eternal City today, you don't have to search far and wide to try authentic plant-based local fare—it's everywhere (not surprising when you consider that seven percent of the population are herbivores). Pro tip: take the summer heat down a few notches with *granita di mandorla*, a frosty concoction made simply from almonds, sugar, and ice.

Best gelato: Gelateria Brivido, where a rotating menu of luscious dairy-free scoops in flavors like hazelnut, coffee, and dark chocolate is always on offer.

Inside scoop: When *quattro formaggi* just isn't enough, there's Dall'Albero, a dairy-free cheese "laboratory" and restaurant where all your vegan cheese-tasting dreams come true.

Mustn't miss: Aperitivo hour at Breaking Bread bistro for generously proportioned plates of olives, focaccia, marinated vegetables, and vegan cheeses for next-to-nothing prices

"Two neighborhoods with great vegan presence are Prati near the Vatican and Pigneto-Centocelle in the eastern suburbs. The vegan Roman scene is very interesting, and constantly expanding."

—ALFREDO GAGLIARDI, VEGAN TRAVEL HOST AND CO-FOUNDER OF ONLINE COMMUNITY VEGAN QUO VADIS? ROMA 

VegNews Travel Editor **Aurelia d'Andrea** can't wait to try Taiwanese-style stinky tofu, straight from the source.





FEAR FACTORY

Behind closed doors, slaughterhouse workers turn live animals into packaged products at breakneck speed, enduring intense physical and emotional trauma with no relief. Meat processing is one of the most dangerous jobs in America, and the industry has been riddled with egregious human-rights abuses for decades. VegNews News Editor **Anna Starostinetskaya** uncovers the brutal exploitation of life in the industry of killing.

“I hung the live birds on the line.

Grab, reach, lift, jerk. Without stopping for hours every day,” a slaughterhouse worker recalls, looking at his deformed hands.

“But after a time, you see what happens. Your arms stick out and your hands are frozen. Look at me now. I’m 22 years old, and I feel like an old man.”

Not unlike animals trapped in a cage, workers in American meat-processing facilities are bound to their positions on “the line.” They labor among high-speed automated machinery that moves carcasses past them at a pace hard to imagine—so fast it “doesn’t give the animals enough time to die,” one worker told international advocacy organization Human Rights Watch (HRW). Intense pressure from higher-ups to maximize production, with little regard to workers—and none to animals—only makes the living hell that is slaughterhouse work that much worse.

Life on the line

In 2016, Americans ate 193 pounds of beef, pork, and chicken per person—up from 184 pounds four years earlier. This growing appetite for animals turned into nuggets, strips, and tenders means that more meat must be produced, more

quickly than ever before. And in turn, the job is becoming more treacherous. In the poultry industry, line speed is set by federal law at a maximum of 140 birds per minute, twice the rate of 40 years ago. This forces workers to perform an estimated 20,000 repetitive motions per shift, leading to a rate of permanent musculoskeletal injuries 600 percent higher than any other manufacturing job in America.

Staggering as these figures may be, they’re all but ignored in the meat industry; line speed is regulated based on only two considerations: avoiding adulterated meat products, and not hindering companies’ productivity and profit. Such disregard for human well-being has grim consequences; in the first nine months of 2015, Tyson Foods—the country’s largest meat producer—reported that its workforce suffered an average of one amputation per month.

A blinders-on focus on productivity, coupled with lax adherence to regulations and a general neglect of employees, leads to yet another glaring example of indignity: a web of restrictions that make

using the bathroom a near impossibility. Slaughterhouse workers are subject to extraordinarily strict time limits to relieve themselves—in some cases, the entire time allotted for restroom breaks may be used simply getting to the facilities and removing the cumbersome gear. Pregnant workers are given no consideration for their compromised bladders, and are often penalized via a point system when they use the restroom outside of scheduled breaks. In a 2016 report by human-rights watchdog group Oxfam, one Tyson employee in Arkansas says he witnessed his mother—also a worker at Tyson—urinate on herself, while another laborer at a Perdue plant was forced to defecate on herself while waiting for her replacement on the line. The solution that workers are increasingly resorting to at slaughterhouses across the country? Adult diapers.

Danger on the line doesn’t stop when production ends for the night. Often employed through outside contractors, sanitation workers clean up the accumulated blood, fat, bone, gristle, and

excrement at the end of each working day. Racing against the clock to complete their tasks amidst jets of scalding hot water, blinding smokescreens of steam, slick floors, dizzying chemical fumes, and various sharp blades, hooks, and machinery, these employees work under the cloak of night and face their own brand of peril. A nightmarish case involving one of these workers captured national attention in 2013. At Interstate Meat Distributors in Clackamas, OR, Hugo Avalos-Chanon died from blunt-force trauma and “chopping wounds” after a hamburger grinder he was cleaning unexpectedly started and caught his high-pressure hose, pulling him in to his death. He was 41 years old.

Vultures of the vulnerable

Meat processing is a dirty job, and somebody has to do it—a fact that meat plants are eager to capitalize upon. It is no coincidence that the majority of the approximately 250,000 poultry slaughterhouse workers in the United States are immigrants, many of whom are undocumented. Tapping into the pool of immigrant labor lessens chances of injuries being reported, as employers bank on these workers’ fears of being deported. They are routinely denied sick days, proper medical treatment, sufficient safety training, and job security—the annual turnover rate at some sites can exceed 100 percent.

“[Management doesn’t] do anything to change it,” one worker told HRW,

speaking of the conditions at the facility where he works. “Two or three times a year, I get infections under my fingernails. I think it’s from the dirty water getting into my gloves. When I go to the clinic, they freeze my fingertips and cut out the pus. They don’t write anything about that.”

An undercover investigator for animal-rights organization Mercy For Animals, who goes by the alias Danielle Santos, witnessed similar abuses while working at a number of facilities. “Nobody

the violence perpetrated against other less powerful demographics, such as women and children.

Witnessing death around the clock, the anxieties of working in an unsafe environment, and the deadening monotony of endless, repetitive work all but ensure varying shades of mental degradation. Depression, post-traumatic stress disorder, and a tendency toward violent behavior are common among former slaughterhouse workers, but

The effects of animal agriculture on human health are not confined to slaughterhouses; they often ripple out to nearby communities.

really wants to work at a factory farm or slaughterhouse mutilating and killing animals,” Santos says. “That’s why the industry employs and exploits those who are often unable to find work elsewhere.”

Further, to make matters even worse, the effects of animal agriculture on human health are not confined to slaughterhouses; they often ripple out to nearby communities. Criminology expert Amy Fitzgerald found that violent crime—particularly rape—is higher in areas where people who work in meat-processing facilities reside. Fitzgerald interpreted these findings as evidence that the violence perpetrated against animals within slaughterhouse walls is linked to

the societal stigma surrounding mental health means few actually seek help with these issues. During a 2006 Tyson Foods shareholder meeting, former pig slaughterer Ed Van Winkle described his experience: “The worst thing,” Van Winkle said, “worse than the physical danger, is the emotional toll. Pigs down on the kill floor have come up and nuzzled me like a puppy. Two minutes later, I had to kill them—beat them to death with a pipe. I can’t care.”

System failure

Animal agriculture is a broken machine, from the top down. Occupational Safety and Health Administration

Tools of Torture

Billions meet their cruel fate behind slaughterhouse walls each year, but the equipment used to turn animals into food products have a way of biting back. Here are a few tools of the trade and the harm they cause the people that have to wield them every day.



KNIFE

PURPOSE Dismembering animals

INJURY Accidental self-inflicted cuts and stabs caused by quickened pace and dull blades; carpal tunnel from repetitive motion



OVERHEAD HANGING HOOKS

PURPOSE Suspending animals by their legs to prepare them for slaughter

INJURY Bites, pecks, kicks, and contact with feces as animals fight with workers to escape

(OSHA), for example—a government regulatory body tasked with ensuring worker safety nationwide—is severely understaffed; and inspections are not carried out nearly as regularly as needed. When they do occur, staff guards at slaughterhouses will alert plant management of the arrival of inspectors, and the speed of the line will slow while more workers are temporarily added.

After an OSHA inspection, Colorado-based Pilgrim's Pride (the largest chicken producer in the US and second largest worldwide) incurred \$300,000 in worker safety-related violations—a drop in the bucket compared to its current net earnings of \$134 million.

As a movement grows to better arm Spanish-speaking immigrants with knowledge of their rights and the tools to form unions, meat companies are responding by looking to other countries such as Haiti, Nepal, and China to recruit slaughterhouse employees who will be less inclined to unionize.

If government agencies are unable and unwilling to end these nefarious practices, what can be done? A colossal reimagining of how we eat might be the only humane way forward.

A more modern meat

Bay Area-based startup Impossible Foods—makers of popular meat alternative Impossible Burger—opened its first large-scale manufacturing plant in Oakland, CA last year. This facility

boasts the capacity to produce 1 million pounds of plant-based meat per month, without a single animal in sight. San Francisco-based JUST is working to bring “clean meat” (animal meat grown from the cells of a single fallen chicken feather) to consumers by the end of 2018, and a slew of other food innovators around the world are following suit.

Workers in this burgeoning industry don't hoist animals into shackles, endure dizzyingly fast production speeds, or suffer the long-term psychological damages brought on by the incessant torture that takes place in slaughterhouses. “A lower demand for animal products reduces the number of people who have to work in these filthy, violent places, and creates new job opportunities in safer, more sanitary work environments,” says Santos.

A world that chooses plant-based and cultured meats would force the animal agriculture industry to follow the dollars—a move already being made by top meat producers such as Cargill and Tyson. “If you can't beat them, join them,” Tyson CEO Tom Hayes said during a 2017 interview on his company's investment into vegan brand Beyond Meat. Indeed, by funneling funds toward factories that treat their workers well, we all stand to profit. **VN**

Anna Starostinetskaya is *VegNews'* news editor and eagerly anticipates the day when no animal or human will be exploited for food.

Workers' Complication

While any company with at least one employee is required to provide workers' compensation, the meat industry puts hurdles in place so that employees are never recompensed for injuries sustained on the job. Here's how.

- ✘ Supervisors discourage workers from reporting injuries, often with the threat of termination.
- ✘ Companies deny that injuries are incurred from repetitive motions on the job, instead blaming workers for sustaining the “invisible” injuries at home.
- ✘ On-site medical staff does not provide adequate care, misrepresents injuries as less severe than they are, and clears workers to return to the line prematurely.
- ✘ Companies discourage workers to form unions so they cannot collectively bargain for compensation.
- ✘ Undocumented workers are led to believe they have no right to file a workers' compensation claim, even though some state laws allow all employees—regardless of status—to be fairly compensated for being injured on the job.



LONG STEEL HOOKS

PURPOSE Removing dead animals that have become unshackled from scalding tubs

INJURY Muscle strains and tears from repetitive heavy lifting



CHEMICAL COCKTAILS

PURPOSE Cleaning of equipment

INJURY Respiratory infections, slip-and-fall accidents



BARE HANDS

PURPOSE Pulling meat and fat from bones

INJURY Finger injuries, severe nail infections



THE GREAT AMERICAN ★ VEGAN ★ ROAD TRIP

FROM ZOMBIE BURGERS to double-decker dining to mac and cheese competitions, there's a thrilling, mouthwatering vegan adventure to be had in every corner of the country. VegNews editors searched coast to coast to uncover each state's best plant-based bite, so pack the car and get your playlists ready, because the most mouthwatering road trip ever starts right now.

★ ALABAMA

Hit up **Delta Blues Hot Tamales** in Birmingham for a Bama Q plate—moist black bean tamales slathered in barbecue sauce and topped with tangy slaw—before taking a stroll through the nearby botanical gardens, the state’s largest living museum.

★ ALASKA

Go for breakfast at **LUNCH** (ha!) **Café & Eatery** in Fairbanks, where sweet potato biscuits, sausage breakfast sandwiches, and glazed doughnuts make great fuel for aurora hunting.

★ ARIZONA

Seek refuge from the sweltering Phoenix heat with a tSoynami, the house specialty at local hotspot **Nami** that blends classic soft-serve with a million mix-ins. The Chai Tiramisu should not be missed.

★ ARKANSAS

Show off Little Rock’s hip side by Instagramming the Mexican-fusion nachos loaded with Korean barbecue, kimchi, and jackfruit carnitas (plus über-cute cupcakes) at **Viva Vegan**.

★ CALIFORNIA

Sample unlimited pours of California’s best craft beer while stuffing yourself with ice cream tacos, chicken-doughnut sandwiches, and spicy Shroom Po-Boys at the annual **Eat Drink Vegan** festival in Pasadena.

★ COLORADO

Prep for your hike at the scenic Red Rocks Amphitheatre with a bacon-potato-cheddar-stuffed burrito from Denver’s **Vegan Van** and snacks from nearby grocery store **NOOCH Vegan Market**.

★ CONNECTICUT

Stop in for a shiitake quiche at 41-year-old **Bloodroot** in Bridgeport before popping into the adjoining feminist bookstore where you can buy a few books and pet a few cats.

★ DELAWARE

Support family-owned-and-operated **Drop Squad Kitchen** in Wilmington with a banana-cashew-coconut piña colada Voodoo God shake and a Caribbean jerk chicken kale salad.



Chocolate Sprinkle Doughnut from Oklahoma City’s **Holey Rollers**

★ FLORIDA

Get a sugar rush from a gigantic, pizza-sized BFD doughnut—in flavors such as Strawberry Sprinkle, Fruity Pebbles, and S’mores—from **Valkyrie Doughnuts** in Orlando. Then, cross town to walk it off at Walt Disney World (the vegan Mickey waffles have your name all over them).

★ GEORGIA

Savor a slice of Southern hospitality with vegan pies like classic peach and the Skinny Elvis (a peanut butter-chocolate silk pie with fresh bananas) at Athens diner **The Grit**.

★ HAWAII

Cruise beside the sparkling seas as you drive along Hana Highway’s 620 curves and 59 bridges, and stop for fresh lilikoi coconut milk ice cream topped with coconut candy at **Coconut Glen’s** beach hut stand.

★ IDAHO

Treat an omnivorous friend to Boise’s dual meat-and-vegan joint **BBQ4Life**, and try to keep their paws off your Vegan Foot sandwich filled with smoked

tempeh, mac and cheese, and chocolate-raspberry barbecue sauce on a griddled Hawaiian roll.

★ ILLINOIS

Sip on a Vanilla Bitch Slap beer at Machesney Park’s all-vegan microbrewery **Pig Minds Brewing Co.** The red ale pairs perfectly with the Monster Pretzel, served with housemade cheese sauce and Creole mustard.

★ INDIANA

Get a taste of Canadian comfort food smack-dab in the middle of America’s farm country, thanks to the Breakfast Poutine at **The Owlery Restaurant** in Bloomington. Fries, cheese, and gravy? Yes, yes, and yes!

★ IOWA

Stop by the kitschy **Zombie Burger + Drink Lab** in Des Moines to chow down on The Negan, a juicy mushroom-pecan patty topped with chipotle mayo and guac. Keep the thrills going on the hair-raising rollercoasters at the nearby 180-acre Adventureland Park.



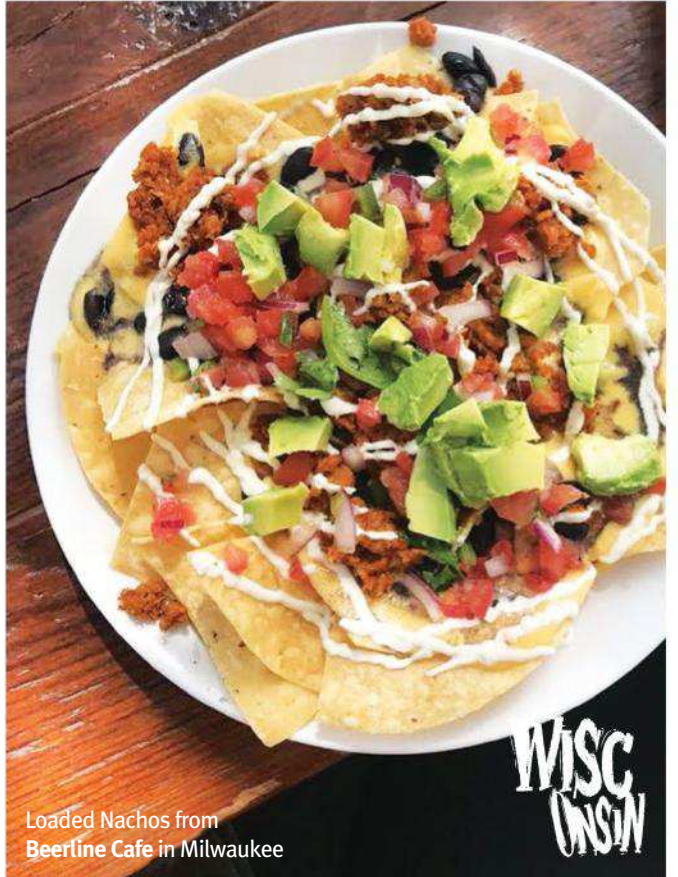
The Mondo Burger from Champs Diner in Brooklyn



MIS SOURI



The Beet Burger from **Pirate's Bone** in Kansas City



Loaded Nachos from **Beerline Cafe** in Milwaukee

WISC ONIN

Take and Bake Meatloaf from **The Herbivorous Butcher** in Minneapolis



MINNESOTA

Eat Drink Vegan festival in Pasadena



California

★ KANSAS

Eat on the bus (without the weird looks) at Wichita's old-fashioned double-decker bus-turned-vegan eatery, **Kind Kravings**. Stop in on Saturday to enjoy Cinnamon Roll Pancakes and a rosewater lemonade with reckless abandon.

★ KENTUCKY

Load up on a few Farbys—a spot-on vegan rendition of the Arby's roast beef sandwich—from **Morels Cafe**, then venture to the Louisville Slugger Museum & Factory, where a selfie with the 120-foot-tall baseball bat is 120 percent required.

★ LOUISIANA

Drool over the fresh-baked goods at the Big Easy's **Breads on Oak**, including cream-filled brioche, cashew-ricotta quiche, and King Cakes—a legendary Mardi Gras treat filled with praline pecan, cream cheese, or almond cream. Then buy them all.

★ MAINE

Ferry around historic Casco Bay and take in the stunning lighthouse-dotted coast, then warm up with the best Vegetable Dumplings and Fragrant Coconut Soup in the state at Portland's **Green Elephant Vegetarian Bistro**.

★ MARYLAND

Take on the incredibly difficult task of sampling dozens of vegan mac and cheese dishes made by chefs from around the country at the annual **World Vegan Mac 'n Cheese Championship** in Baltimore.

★ MASSACHUSETTS

Dig in to maple syrup-drenched

Chick'n & Waffles at **Veggie Galaxy** in Cambridge before exploring historic Harvard Square, home to America's oldest university.

★ MICHIGAN

Enjoy a Catfish Tofu Sandwich at **Detroit Vegan Soul** before escaping to the Electric Forest Music Festival—a two-weekend, summertime dance party in the woods, complete with vegan-friendly vendors galore.

★ MINNESOTA

Snap a selfie with Aubry and Kale, the adorable sibling duo behind the Twin Cities' **The Herbivorous Butcher**, then turn your attention to the Korean ribs, Italian sausages, and giant slabs of meatloaf sold by the pound.

★ MISSISSIPPI

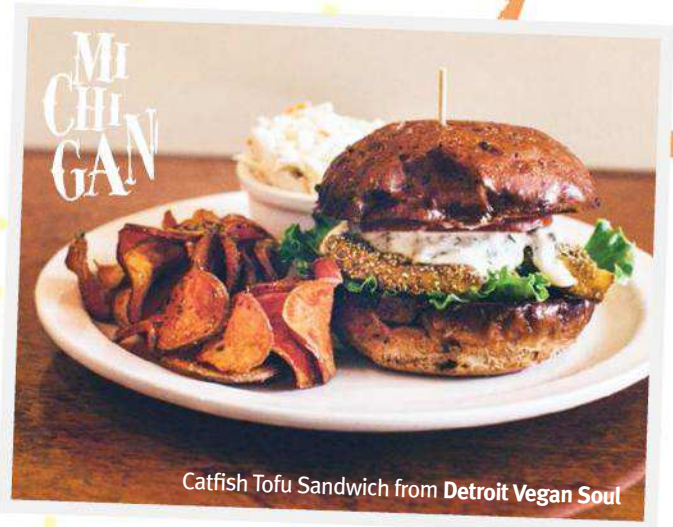
Enjoy an eclectic mix of Malaysian and Indian fusion food just off the Mississippi Sound at Gulfport's all-vegetarian **Good Karma Cafe**. Go for the basket of piping-hot samosas with tangy tamarind sauce.

★ MISSOURI

Get your caffeine fix in Kansas City with a fiery Sweet Misery latte with cocoa and guajillo chili skin at the only Latino immigrant-owned vegan café in the state, **Pirate's Bone**. A black bun Beet Burger wouldn't hurt, either.

★ MONTANA

Stop by **Starky's Authentic Americana** in artsy Bozeman for the best vegan deli-style seitan sandwich ever. Get the full Montana experience by getting your order to go for a picnic underneath that legendary big sky.



Catfish Tofu Sandwich from Detroit Vegan Soul

★ NEBRASKA

Book a reservation at **Modern Love** in Omaha and prepare to have your tastebuds blown away by Isa Chandra Moskowitz's breaded rosemary Seitan Schnitzel and cookie crumb-dusted Mint Chip Sundae.

★ NEW HAMPSHIRE

Get cozy at family-run **Heritage Farm Pancake House**, where you can dive into a tall stack of vegan maple-walnut pancakes doused in pure New Hampshire maple syrup (tapped on-site).

★ NEW JERSEY

Watch the sunrise from Asbury Park's sandy shores with last night's leftover pizza from **Crust & Crumble**. The Pizza That Fell To Earth, with coconut-based cheese, bacon, and pineapple, will make you wish you were a Jersey girl.

★ NEW MEXICO

Find balance, inner peace, and a mean masala dosa at **Annapurna's World Vegetarian Café** in Santa Fe, where Ayurvedic tradition reigns supreme and spicy *sambhar* flows freely.

★ NEW YORK

Split an order of melty, stretchy mozzarella sticks with a friend at **Champs Diner** in Brooklyn, then go for a light salad: the Buffalo Ranch with extra bacon bits and ranch dressing should do.

★ NEVADA

Take a break from the slots in Vegas for a quick turn through the all-vegan drive-thru **VegeWay** for a classic double cheeseburger, animal-style fries, and a thick chocolate milkshake. See? You're already winning big.

★ NORTH CAROLINA

Impress your date with a reservation at one of Zagat's top-rated vegan restaurants, **Plant**, in the hippie town of Asheville. Order a subtly spicy Wild Mushroom Uttapam with a Saffron Crème Brûlée to share, and thank us later.

★ NORTH DAKOTA

Forge on to Fargo, where you can tuck into a Toasted Cuban Hoagie loaded with melted provolone, pulled jackfruit, and plant-based bacon at the state's only all-vegan eatery, **Green House Café**.

★ OHIO

Get in touch with your Eastern European roots (if you don't have any, pretend) at **Jukebox** in Cleveland, where you can polish off a plate of Polish pierogies stuffed with mushrooms, sauerkraut, and onions.

★ OKLAHOMA

Hunt down the retro food truck **Holey Rollers** at Oklahoma City's hip Paseo Arts District, then pick up a classic Chocolate Sprinkle doughnut with fudgy ganache and all-natural sprinkles.

★ OREGON

Pick up a cute tee from **The Herbivore Clothing Company** (located in Portland's vegan mini mall) with a subtle message (such as "Humane Meat is Yuppie Bullsh*t") splashed across it, then pop next door to get a fresh cronut at **Sweetpea Baking Co.**

★ PENNSYLVANIA

Flock to Philadelphia's famed **Blackbird Pizzeria**, and don't overthink it: get the

grilled onion and seitan-topped Cheesesteak Pizza ... with extra cheese whiz.

★ RHODE ISLAND

Satisfy your sweet tooth with a chocolate-vanilla cone at **Like No Udder**, the world's first vegan soft-serve truck. Be a true non-dairy queen and make it a Creamsicle, vanilla soft-serve whirled with coconut milk and mango lemonade.

★ SOUTH CAROLINA

Sleep in and wake up to **Gnome Café's** Southern Grit Bowl—complete with tofu scramble, portabello bacon, and sautéed kale—delivered straight to your door. Visit the downtown café later in the day for round two (no judgment).

★ SOUTH DAKOTA

Trek through the vast Black Hills mountain range to take in SD's flawless, natural beauty. Then hit up **Harriet & Oak** (which feels more Portland than Rapid City) for the similarly beautiful East Meets West Buddha bowl featuring sweet potato, kimchi, and sriracha aioli.

★ TENNESSEE

Eat for a cause at Nashville's vegetarian hotspot **The Wild Cow**, where a percentage of profits are donated to a rotating charity. Try the French Quarter Dip with portabello mushrooms, onions, seitan, and *au jus* dipping sauce—for charity, of course.

★ TEXAS

Run, don't walk, to Austin's **Baton Creole** for the house special: a deep-fried Jambalaya Baton (think jambalaya-meets corn dog) made with spicy tofu and Cajun vegetables smothered in vegan Remoulade sauce. For those in the know, grab a few beignets to go.

★ UTAH

Devour a unicorn ice cream sandwich, wash it down with a brew from the Oktoberfest-themed beer garden, and hang with 5,000 other veg-heads at Utah's premier vegan event, the **SLC VegFest**.

★ VERMONT

Beat the crowds and hit Vermont's pristine slopes early before catching up on breakfast at **Pingala** in Burlington, where you must order the coconut-banana bread French toast topped with berry coulis and ginger butter.

★ VIRGINIA

Soak up Richmond's rich history on your way to **Ipanema Cafe** for the equally rich Penne with Sunchoke Cream Sauce. It's a crowd-favorite for a reason, and the perfect, filling meal before a lazy afternoon at the riverside Libby Hill Park.

★ WASHINGTON

Contemplate whether to order a second Boozy Brownie—

featuring a punchy trifecta of vodka, rum, and espresso liquor, along with an ample drizzle of housemade chocolate sauce—from the all-vegan **Boots Bakery** in Spokane. Then land on yes.

★ WASHINGTON, DC

Spend a day museum-hopping (for free!) in the District, taking a break only for a coconut milk cappuccino and cinnamon sticky bun at **Cupcake Wars**-winning bakery, **Sticky Fingers**.

★ WEST VIRGINIA

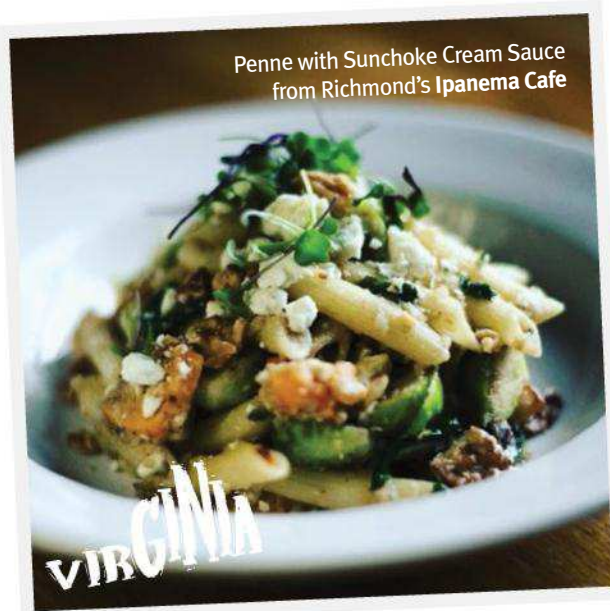
Stock up on pepperoni rolls from **Venerable Bean Bakery** in Morgantown and find out why West Virginians go wild for these impossibly soft vegan buns stuffed with smoky soy pepperoni.

★ WISCONSIN

Get your dairy-free fix in the cheese state at Milwaukee's **Beerline Cafe**. The Fromage panini with smoked vegan gouda and velvety potato-carrot cheese sauce on grilled garlic bread will convert any cheddar-lover.

★ WYOMING

Find a seat at the bar at **Sweet Melissa's Cafe**, and order a margarita by the pint and the green chili cashew queso served with warm tortilla chips. Then wait until all eyes are on the game before covertly trying to lick the bowl. **VN**



Penne with Sunchoke Cream Sauce from Richmond's Ipanema Cafe

VIRGINIA

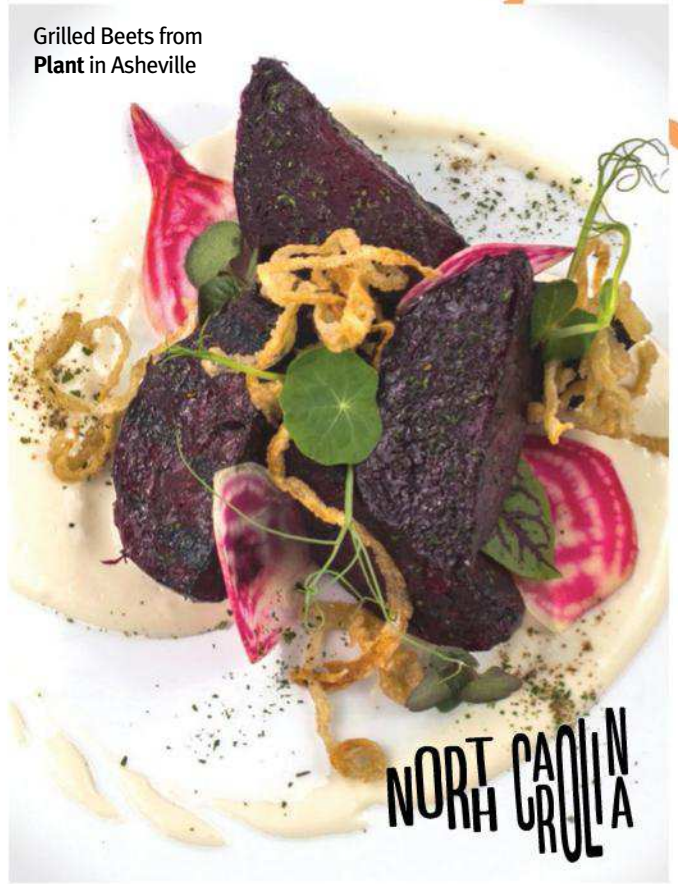
What's on your road trip bucket list?
Show off the best vegan finds in your state by tagging VegNews in your photos (#VegNewsCalifornia, #VegNewsNewYork!)

THE GREAT AMERICAN VEGAN ROADTRIP

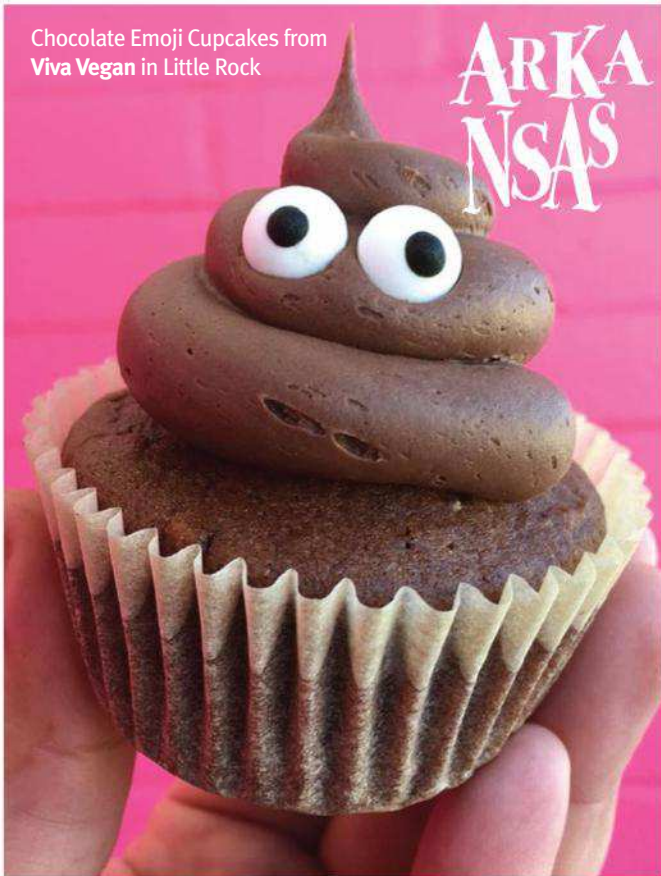
Seitan Schnitzel from Modern Love Omaha



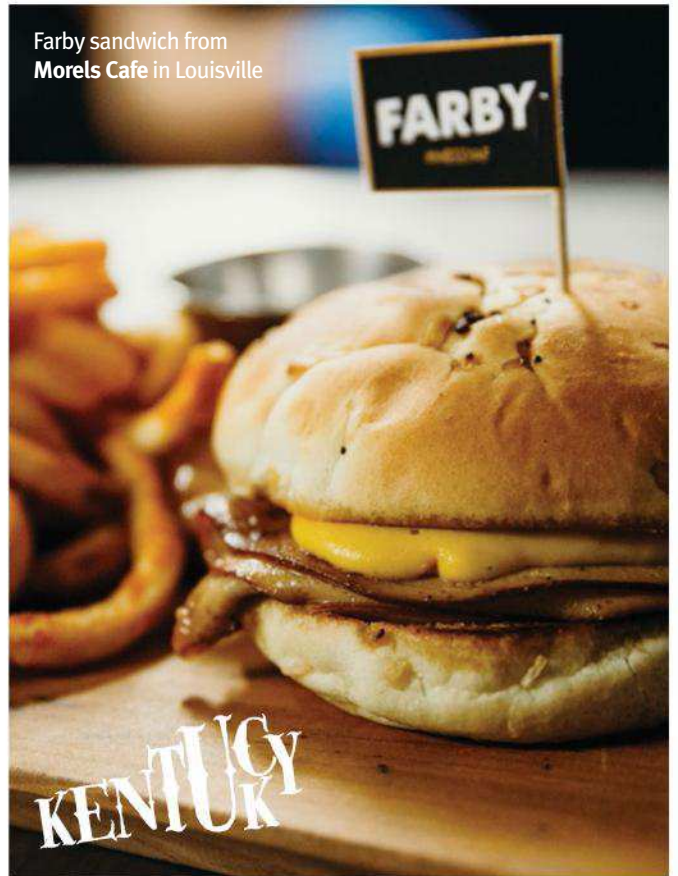
Grilled Beets from Plant in Asheville



Chocolate Emoji Cupcakes from Viva Vegan in Little Rock



Farby sandwich from Morels Cafe in Louisville





WORLD FARE

Fluffy Chinese bao, beefy Argentinian empanadas, and sweet Nigerian plantain pancakes are no longer a plane ticket away. We're celebrating around-the-world flavors by veganizing internationally inspired recipes for a taste of the globe, right from your own kitchen.

photos by CHRIS MILLER & KRISTY TURNER

Filipino Ube Siopao

“My grandmother made the most delicious steamed *siopao*. We'd eat them piping hot, right out of the bamboo steamer.”

Chinese Char Siu Maitake Bao

By Yvonne Ardestani

Makes 10 bao

- 1 tablespoon minced garlic
 - 1/4 teaspoon minced ginger
 - 2 tablespoons tamari
 - 2 tablespoons plus 2 teaspoons coconut sugar
 - 2 tablespoons mirin
 - 2 tablespoons maple syrup
 - 1 1/2 teaspoons ketchup
 - 1 1/2 teaspoons hoisin sauce
 - 1/2 teaspoon sesame oil
 - 1/2 teaspoon ground Chinese five-spice
 - 2 (8 ounces) maitake mushrooms (see "Prep School")
 - 1 teaspoon arrowroot powder
- Basic Chinese Bao Dough (see recipe)**
- 1 1/2 teaspoons baking powder
 - Cooking spray, for greasing

1. In a medium saucepan, add garlic, ginger, tamari, coconut sugar, mirin, maple syrup, ketchup, hoisin sauce, sesame oil, and Chinese five-spice, and stir to combine. Break mushrooms into pieces and add to pan. Stir to coat, cover, and place over medium-low heat for 17 minutes. Remove from heat, stir in arrowroot powder, and set aside, uncovered, to cool.
2. Uncover prepared Basic Chinese Bao Dough, punch dough down, and let rest for 5 minutes. On a clean surface, place dough and knead in baking powder. Let rest for 5 additional minutes. Divide prepared dough into 10 equal portions, forming each into a ball. On a lightly floured surface, roll one dough ball into a 5-inch circle using a rolling pin, keeping remaining dough balls covered. Place 1/4 cup of filling in center, pull up sides, and pinch and twist to seal. Place each bun, sealed side down, onto a parchment paper-lined baking sheet while finishing remaining buns.
3. Spray a steamer basket with cooking spray. In a large saucepan over high heat, add several inches of water, place steamer on top, and bring water to boil. Working in batches, place 3 or 4 buns into each steamer about an inch apart. Cover steamer and lower heat to medium-low. Steam buns until puffy and dough is springy, about 15 to 20 minutes. Cool for at least 5 minutes before serving. Repeat with remaining buns and serve warm.

Filipino Ube Siopao

Makes 16 siopao

- 3/4 cup full-fat canned coconut milk
 - 1 1/4 cups steamed ube (see "Prep School")
 - 1 teaspoon vanilla extract
 - 1 cup sugar
 - 1 cup fresh shredded young coconut meat (see "Prep School")
 - 1/4 cup sliced sweetened jackfruit (see "Prep School")
- Basic Chinese Bao Dough (see recipe)**

1. Into a high-speed blender, add milk, ube, vanilla, and sugar, and blend until just combined, being careful not to over-blend. In a large bowl, add ube mixture, and fold in shredded coconut and jackfruit.
2. Divide prepared dough in half and cut each half into 8 equal portions, forming each into a ball. On a lightly floured surface, roll ball into a 4-inch circle using a rolling pin, keeping dough balls covered. Place 1 tablespoon of filling in center, pull up sides, and pinch and twist to seal. Place each bun, sealed side down, onto a parchment paper-lined baking sheet while finishing remaining buns.
3. Spray a steamer basket with cooking spray. In a large pot over high heat,

PREP SCHOOL

Maitake mushrooms

Also called hen of the woods mushrooms, maitake can be substituted with sliced cremini or portobellos.

Ube This tuber, also known as purple yam, can be found in the produce or freezer section of Asian markets as ube paste. Not to be confused with taro root or purple potatoes, it has dark brown skin and purple flesh.

Jackfruit For our Filipino Ube Siopao, look for sweetened jackfruit in syrup for just the right amount of sweetness.

Young coconut Fresh, shredded young coconut meat can be scraped out of a coconut or found in the freezer section of most Asian markets.



MEET THE CHEF

THE CUISINE:

Chinese & Filipino

THE DISH:

Bao (which means "to wrap") is a common snack eaten all over Southeast Asia, and siopao ("steamed bun") is its Filipino counterpart.

add several inches of water and place steamer on top, and bring water to boil. Working in batches, place 3 or 4 buns into each steamer about an inch apart. Cover steamer and lower heat to medium-low. Steam buns until puffy and dough is springy, about 15 to 20 minutes per batch. Cool for at least 5 minutes before serving. Repeat with remaining buns and serve warm.

Basic Chinese Bao Dough

- 1 cup unsweetened vegan milk
- 3 tablespoons sugar
- 1 package active dry yeast (2 1/4 teaspoons)
- 1/4 teaspoon salt
- 3 tablespoons grapeseed oil, plus more for greasing
- 3 3/4 cups all-purpose flour
- Cooking spray, for greasing

1. In a small saucepan over high heat, bring milk to a boil. Once boiling, immediately remove from heat and let sit for 5 minutes. In a large bowl, whisk together warm milk, sugar, and yeast. Let stand for 5 minutes or until bubbly. Add salt and stir until incorporated.
2. In a separate large bowl, add milk mixture, oil, and flour, and stir until soft dough forms. On a lightly floured surface, place dough and knead for 10 minutes, or until smooth and elastic. Coat same bowl with cooking spray, return dough to bowl, and rotate evenly to coat. Cover with a clean kitchen towel and set aside in a warm place for 1 hour or until doubled in size. Use prepared dough for bao and siopao recipes.

Baked Tofu with Nawabi Sauce

By Richa Hingle

Serves 4

For the baked tofu:

- 1 (14-ounce) package firm tofu, pressed for 10 minutes, and cubed
- $\frac{3}{4}$ teaspoon garam masala
- $\frac{1}{4}$ teaspoon salt

For the Nawabi paste:

- $\frac{1}{3}$ cup cashews, soaked in hot water for 15 minutes, and drained
- $\frac{1}{4}$ cup shredded coconut
- 1 jalapeño, cut in half and deseeded
- 1 1-inch piece ginger, peeled
- 1 green cardamom pod (see "Prep School")
- 1 whole clove
- 1 teaspoon ground coriander
- $\frac{1}{3}$ teaspoon fennel seeds
- 1 teaspoon poppy seeds
- 1 cup water

For the sauce:

- 1 teaspoon canola oil
- $\frac{1}{4}$ teaspoon cumin seeds (see "Prep School")
- 2 whole cloves

- 2 green cardamom pods, slightly opened
- 1 bay leaf
- 1 2-inch cinnamon stick
- $\frac{1}{4}$ cups finely chopped red onion
- 5 garlic cloves, minced
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{3}{4}$ teaspoon salt, divided
- 1 cup vegan milk, plus more as needed
- $\frac{1}{4}$ teaspoon cayenne
- $\frac{1}{4}$ cup chopped cilantro, for garnish

1. For the baked tofu, preheat oven to 400 degrees. In a medium bowl, add tofu and sprinkle with garam masala and salt. Mix well. On a parchment-lined baking sheet, place tofu and bake for 15 minutes. Set aside.
2. For the Nawabi paste, in a high-speed blender, add all ingredients and blend until smooth.
3. For the sauce, in a large skillet over medium heat, warm oil. When hot, add cumin seeds, cloves, cardamom, bay leaf, cinnamon stick, and cook until very fragrant and cumin seeds change color, about 1 minute.
4. Add onion and garlic, and cook until golden brown at some edges, about 7 to 10 minutes, stirring occasionally. Add Nawabi paste to skillet and mix to incorporate.

Add pepper and $\frac{1}{4}$ teaspoon salt. Cook until paste thickens and starts to glisten, about 6 minutes.

5. Add baked tofu, remaining $\frac{1}{2}$ teaspoon salt, and milk, and mix well. Partially cover and cook for 12 to 15 minutes. If mixture thickens too quickly, reduce heat to medium-low and adjust consistency with additional milk, if needed. Remove bay leaf and cinnamon stick, and add cayenne. Once thickened, serve warm with rice or a flatbread, and garnish with cilantro.

PREP SCHOOL

Cardamom pods If you can't find whole pods, use $\frac{1}{4}$ teaspoon ground cardamom in the Nawabi paste and $\frac{1}{3}$ teaspoon in the sauce.

Cumin seeds These fragrant seeds are used to add a smoky, earthy flavor to Indian dishes. For this recipe, if you can't find the seeds, use $\frac{1}{4}$ teaspoon ground cumin instead.



MEET THE CHEF

THE CUISINE:

Indian

THE DISH:

Nawabi sauce, from the cities of Lucknow and Hyderabad, is traditionally adapted based on a home cook's family recipe. Indian sauces will often be paired with meat or paneer cheese, but our version features garam masala-spiced tofu, cashews, coconut, and cardamom.



It's all about sauces in Indian cuisine, and I have been on a quest to veganize all of them.

Colombian Jackfruit Sancocho Soup

By Carolyn Scott-Hamilton

Serves 8

For the paste:

- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1 cup chopped white onion
- 4 scallions, chopped
- $\frac{1}{2}$ teaspoon ground cumin
- 2 garlic cloves, crushed
- 1 cup water
- $\frac{1}{2}$ tablespoon Sazon con Azafran (see recipe)

For the vegan shredded pork:

- 2 (15-ounce) cans young unsweetened jackfruit, drained
- 1 vegan beef bouillon cube
- 2 cups boiling water
- 1 tablespoon safflower oil

For the broth:

- 2 cups cremini mushrooms, torn into pieces
- 3 ears fresh corn, each cut into 3 pieces
- $\frac{1}{2}$ cup vegetable stock
- 2 vegan chicken bouillon cubes
- $1\frac{1}{2}$ teaspoons salt
- 2 green plantains, peeled and cut into 1-inch pieces
- 12 cups water
- 6 medium Russet potatoes, peeled and cut into quarters
- 2 cups yucca root, cut into 2-inch pieces (see "Prep School")
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{4}$ cup chopped fresh cilantro

1. For the paste, into a food processor or blender, add all ingredients and blend until smooth. Store in refrigerator until needed.
2. For the vegan shredded pork, in a medium bowl, add jackfruit, bouillon cube, and boiling water. Soak for 1 hour, then drain.
3. In a medium skillet over medium heat, warm oil and add prepared jackfruit. Sauté until evenly browned, remove from heat, and shred with a fork.
4. For the broth, into a large pot over medium heat, add paste, prepared jackfruit, mushrooms, corn, stock, bouillon, salt, plantains, and water. Bring to a boil, then cover and reduce heat to medium and cook for 30 to 35 minutes. Add potatoes, yucca, and pepper, and continue cooking for 30 minutes or until yucca and potatoes are tender. Stir in cilantro and serve warm.



Sazon con Azafran

- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon ground turmeric
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 2 teaspoons oregano
- 1 teaspoon black pepper

In a small bowl, combine all ingredients, and seal in airtight container.

PREP SCHOOL

Sazon con Azafran Our blend was inspired by Goya's Sazon con Azafran—a beloved kitchen staple consisting of garlic, cumin, turmeric, and Mexican saffron. Find it in Latin markets and use as a time-saving shortcut in this recipe.

Yucca root Also known as cassava, this starchy root is a classic sancocho ingredient, but can be omitted if not available.



MEET THE CHEF

THE CUISINE:

Colombian

THE DISH:

Sancocho, the quintessential Colombian comfort food, is a flavorful and filling soup served at big family gatherings, when someone is sick, or during frigid winters.

The heavenly aroma and flavors of sancocho always bring me back to home and family.

My nana is an Argentinian immigrant who expresses her love to our family through food, especially this iconic empanada.

Beefy Argentinian Empanadas

By *Lauren Kretzer*

Makes 12 empanadas

For the dough:

- 1½ cups all-purpose flour
- 1½ cups whole wheat pastry flour
- 1 teaspoon salt
- ½ teaspoon baking powder
- ½ cup olive oil
- ¾ cup ice-cold water

For the filling:

- 1¾ cups cooked brown lentils (or 1 15-ounce can lentils, rinsed and drained well)
- ¾ cup walnuts
- 1 tablespoon tamari
- 1 teaspoon Italian seasoning
- ½ teaspoon smoked paprika
- 2 tablespoons olive oil
- ¾ cup finely chopped red bell pepper
- 1 cup finely chopped yellow onion
- 3 garlic cloves, minced
- ½ cup chopped pitted green olives
- ¼ cup raisins
- ½ teaspoon dried oregano
- ½ teaspoon salt
- 1 tablespoon tomato paste
- 1 tablespoon water

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper.
2. For the dough, into a food processor, add flours, salt, and baking powder. Pulse until well-mixed, stream in oil, and continue to pulse to combine. Gradually add cold water until a soft, stretchy (not sticky) dough forms.
3. Transfer dough to a lightly floured surface and gently knead until ingredients are combined, being careful not to overwork. Divide into 2 balls and flatten slightly into a disc. Wrap tightly with plastic wrap and refrigerate for at least 1 hour.
4. For the filling, into a food processor, add lentils, walnuts, tamari, Italian seasoning, and paprika. Pulse 6 times until combined and a coarse, crumbly mixture forms. Remove from food processor and set aside.
5. In a large sauté pan over medium-high heat, warm oil. Add bell pepper and onion, and sauté until slightly softened and translucent, about 3 minutes. Add garlic,

PREP SCHOOL

Raisins With notes of tamari, smoked paprika, and garlic, our savory empanadas are balanced perfectly with the addition of just a few sweet raisins.

Green olives Tangy, briny green olives help cut the fatty richness of our lentil-walnut ground beef, and are all but mandatory in Argentinian kitchens.



olives, raisins, oregano, salt, tomato paste, water, and lentil-walnut mixture. Reduce heat to medium and cook, stirring gently, about 3 minutes. Remove from heat.

6. To shape empanadas, on a lightly floured surface, roll out one ball of dough to $\frac{1}{8}$ -inch thickness. Using an inverted small bowl or large biscuit cutter, cut 5-inch rounds. Add 3 tablespoons lentil-walnut filling to each round and fold dough in half to enclose filling. Use a fork to press and seal edges. Continue with remaining dough and filling, re-rolling dough scraps to form additional rounds as needed.

7. Once all empanadas have been formed, arrange on prepared baking sheet and place in oven. Bake for 25 to 27 minutes, or until empanadas are lightly browned. Serve warm.



MEET THE CHEF

THE CUISINE:

Argentinian

THE DISH:

A staple in Argentina, empanadas are a common quick meal or snack, and every family has their own special recipe.

Miracle Booty



AS SEEN ON



VEGANROBS.COM @MYVEGANROBS

“This recipe is a celebration of one of my all-time favorite ingredients. As a child growing up in Nigeria, I ate plantains regularly, and to this day, my kitchen isn’t complete without them.”



MEET THE CHEF

THE CUISINE:

Nigerian

THE DISH:

Although Nigerian cuisine doesn’t have many dessert recipes, this sweet treat is an homage to some of the most popular ingredients in the country’s food culture.



PREP SCHOOL

Malt beverage This non-alcoholic, fermented drink is sweet, dark in color, and can be found in international grocery stores. Non-alcoholic ginger ale or ginger beer may also be used.

Plantains Also known as green bananas, plantains are very different from their sweet cousins, so don’t confuse the two. This starchy fruit is ripe when the skin is very yellow and dotted with black spots.



Nigerian Sweet Plantain Pancakes with Ginger Syrup

By Tomi Makanjuola

Serves 4

For the syrup:

- 1 cup malt beverage (see “Prep School”)
- 2 tablespoons brown sugar
- 2 teaspoons grated ginger

For the pancakes:

- 1 ripe plantain, peeled
- 1¼ cups all-purpose flour
- 2 teaspoons baking powder
- 3 tablespoons brown sugar
- 1 cup vegan milk
- 3 tablespoons sunflower oil
- ½ teaspoon ground nutmeg
- ½ cup plantain chips, crushed, for garnish

1. For the syrup, in a saucepan over medium heat, add malt beverage, brown sugar, and ginger. Cook until mixture starts to thicken. Remove from heat and set aside.

2. For the pancakes, in a food processor, blend all ingredients until smooth.

3. On a lightly oiled griddle or in a nonstick frying pan over medium heat, ladle 3 tablespoons batter. Cook on one side until bubbles appear on top. Flip and cook on other side until lightly browned, and repeat with remaining batter. To serve, top pancakes with Ginger Syrup and crushed plantain chips. **VN**

CHEFS ●●●●●

Yvonne Ardestani (yvonnesvegankitchen.com) is a professional chef, author, and owner of vegan dessert company Yvonne's Vegan Kitchen.

Richa Hingle (veganricha.com) is the author of Vegan Richa's Indian Kitchen and Vegan Richa's Everyday Kitchen.

Lauren Kretzer (laurenkretzer.com) is a recipe developer who lives for coffee, cookbooks, and her big Argentinian family.

Tomi Makanjuola (vegannigerian.com) is a vegan food blogger and writer who enjoys sharing her love of Nigerian cuisine with the world.

Carolyn Scott-Hamilton (healthyvoyager.com) is a holistic nutritionist, media personality, and author of The Healthy Voyager's Global Kitchen.

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Brunch Ahoy!

Stuffed with tofu scramble, sausage, and melted vegan cheese, this toasty baguette packs a boatload of flavor for a brunch to remember.

by BRIAN L. PATTON photo by VERONICA KABLAN



Bacon, Egg & Cheese Breakfast Boat

Serves 4

- 1 (26-inch) baguette
- $\frac{1}{4}$ cup aquafaba (liquid from canned chickpeas)
- $\frac{1}{2}$ package (8 ounces) extra-firm tofu, cubed
- $\frac{1}{4}$ cup diced red bell pepper
- 2 tablespoons sliced scallions, plus 2 teaspoons for garnish
- $\frac{1}{4}$ cup chopped cooked vegan bacon
- $\frac{1}{4}$ cup chopped cooked vegan breakfast sausages
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon granulated onion
- $\frac{1}{2}$ teaspoon granulated garlic
- $\frac{1}{2}$ teaspoon turmeric
- $\frac{1}{2}$ cup shredded vegan cheddar cheese, plus 2 tablespoons
- 2 tablespoons vegan butter, softened

1. Preheat oven to 375 degrees. Cut a rectangle along top of baguette without slicing to the bottom. Using hands or a spoon, hollow out space for filling by removing interior bread.
2. In a food processor, add aquafaba and blend for 20 to 30 seconds until white, frothy, and slightly thickened.
3. Working in handfuls, squeeze tofu over sink to remove as much water as possible, and place in a large bowl. Using your hands, crumble tofu to yield about 1 cup.
4. Into the mixing bowl, add bell pepper, 2 tablespoons scallions, bacon, sausage, salt, granulated onion, granulated garlic, turmeric, $\frac{1}{2}$ cup shredded cheddar, and aquafaba. Mix with a spatula to combine.
5. Spread butter on inside of baguette and fill with tofu mixture. Place on a baking sheet and bake for 20 minutes. If sheet pan isn't long enough to hold baguette, place baguette directly on middle oven rack.
6. Remove from oven, and switch broiler temperature to high. Cut baguette into 4 equal pieces to achieve even cooking, and top each piece with remaining 2 tablespoons shredded cheddar. Place on baking sheet and broil 30 to 60 seconds, rotating occasionally until cheese is melted. Slice into smaller pieces, garnish with remaining 2 teaspoons scallions, and serve warm. **VN**

Swap Meat

Chef Brian shares how to customize your breakfast boats in five easy ways with an assortment of fully loaded fillings.

The Chorizo Add a spicy, Mexican-inspired kick by replacing bacon and sausage with an equal amount of browned soy chorizo.

The Mushroom Lover Make it a mushroom affair by swapping sautéed wild mushrooms for the meats, using mozzarella instead of cheddar, and garnishing with truffle oil, parsley, and black pepper.

The Denver Replicate the flavors of the iconic omelette by using diced ham in place of bacon and sausage, and replacing scallions with sautéed yellow onion.

The California Freshen up your flavors with sautéed mushrooms in place of the sausage, diced tomato instead of bell peppers, and by garnishing with diced avocado.

The Caprese For an Italian twist, use a combination of mozzarella and parmesan in place of cheddar, swap diced tomato for bell pepper, and garnish with fresh basil.



Brian L. Patton (thesexyvegan.com) is a chef, multimedia personality, and author of *Sexy's Best: The Vegan Fried Chicken of Your Dreams*.

VegNews

Vegan Epicure's Tour of Paris

September 22–28, 2018

Join VegNews Magazine for an unforgettable week of vegan decadence in The City of Light! Relish the luxe side of the French capital while dining on elegant plant-based cuisine, sipping expertly crafted wines, and savoring the cultural extravagances this captivating metropolis offers.

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- Experience vegan high tea at a five-star hotel
- Brunch at Paris' hottest café
- Enjoy a French picnic at the Eiffel Tower
- Sip champagne at an authentic *cave à vins*
- Bicycle through charming backstreets
- Tour a neighborhood vegan *fromagerie*
- Soak in a traditional *hammam*
- Eat sumptuous French pastries
- Stroll through a famous outdoor flea market
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Flower Power

Cayenne-spiced cauliflower gets a cooldown with a lemon-tahini yogurt sauce in this simple side that's sure to impress.

by HEATHER BELL & JENNY ENGEL

photo by HEATHER POIRE



Roasted Cauliflower with Lemon-Herb Yogurt

Serves 4

For the cauliflower:

- 1 head cauliflower
- 2 tablespoons safflower oil, plus more for greasing
- 1 tablespoon sherry vinegar
- 3 garlic cloves, finely chopped
- $\frac{1}{4}$ teaspoon cayenne
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 teaspoons pomegranate molasses or vegan honey (see "Well Within")
- $\frac{1}{4}$ cup toasted pine nuts, for garnish
- 1 tablespoon finely chopped scallions, for garnish

For the yogurt:

- 1 (5.3-ounce) container unsweetened plain coconut yogurt
- 1 tablespoon tahini
- 2 tablespoons lemon juice
- Zest of $\frac{1}{2}$ lemon
- 1 tablespoon finely chopped fresh mint
- 1 tablespoon finely chopped scallions
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

1. For the cauliflower, preheat oven to 450 degrees. Line a baking sheet with parchment paper and lightly grease with oil.
2. Cut cauliflower into bite-sized florets, place into a large bowl, and drizzle with oil and vinegar. Add garlic, cayenne, cumin, coriander, salt, and pepper, and toss to coat evenly.
3. Spread cauliflower on prepared baking sheet, placing flat sides down. Roast 25 to 28 minutes, or until edges are slightly browned, turning halfway through.
4. For the Lemon-Herb Yogurt, into a bowl, add all ingredients. Whisk to combine, and set aside.
5. Drizzle cauliflower with pomegranate molasses, dollop with yogurt, and garnish with pine nuts and scallions. Serve warm. **VN**

Well Within

This show-stopping side isn't just elegant; it's good for you, too. Chefs Heather and Jenny give us the lowdown on the ingredients that make this dish a must-make.



Fab florets

Cauliflower is a nutrient powerhouse. As a member of the cruciferous family, it's full of cancer-fighting sulphur compounds, plus it aids in digestion while detoxifying the body.



Spice up

Cumin adds bold flavor to this recipe. Used as medicine thousands of years ago, it clears up skin conditions, helps control diabetes, and increases cognitive performance.



Pom wonderful

A popular ingredient in Middle Eastern and Mediterranean cuisine, pomegranate molasses is pomegranate juice that's been reduced until thick and syrupy. The ruby-hued fruit helps prevent cancer, reduce heart disease, and supports brain function.

Heather Bell and Jenny Engel

(sporkfoods.com) are sisters, authors of *Spork-Fed and Vegan 101*, and co-owners of *Spork Foods*, a Los Angeles-based gourmet vegan food company offering organic vegan cooking classes and catering.

VegNews

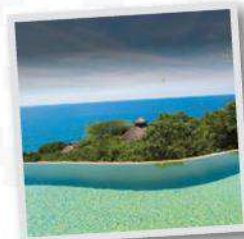
Vegan Yoga Retreat to Mexico

October 20–27, 2018

If you've been searching for a blissful getaway filled with yoga, organic vegan food, and a gorgeous setting, this is the vacation for you. Join VegNews and renowned yoga instructor Jasmine Tarkeshi for 8 days of ultimate relaxation in the tropical paradise of Mexico.

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- Stay at a luxurious eco resort
- Take daily yoga classes
- Enjoy incredible local vegan cuisine
- Sip homemade aguas frescas
- Take a vegan cooking class with an expert chef
- Hike along the Pacific Ocean
- Linger over three-course candlelit dinners
- Join in scintillating evening fireside chats
- Relax by a bonfire with vegan s'mores
- Enjoy movie night and popcorn under the stars
- Spend lazy afternoons on the beach
- Receive a private yoga session
- Explore local shops and beaches
- Get a massage at the oceanfront spa



Your trip hosts...



Colleen Holland
VegNews



Jasmine Tarkeshi
Laughing Lotus



VegNews.com/vacations

Crunch Time

Humble granola is transformed into an elevated homemade snack with complex flavors and an irresistible crunch.

by JULIE HASSON

photo by STEVEN SEIGHMAN

Chai-Spiced Coconut Cashew Granola

Makes 4 cups

- 3 cups rolled oats
- 1/2 cup raw cashew pieces
- 1/3 cup uncooked millet
- 1/4 cup packed brown sugar
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground ginger
- 1/4 teaspoon fine salt
- 1/4 cup melted virgin coconut oil
- 1 tablespoon agave nectar
- 1 1/2 teaspoons vanilla extract

1. Preheat oven to 325 degrees. Line a large baking sheet with parchment paper.
2. Into a large bowl, add oats, cashews, millet, brown sugar, cinnamon, cardamom, allspice, ginger, and salt, and stir to combine. Drizzle oil, agave, and vanilla, and mix until evenly coated.
3. Spread mixture onto prepared pan, pressing into an even layer. Bake until browned, about 20 to 30 minutes. If granola is looking too dark on one side, turn baking sheet halfway through cooking.
4. Remove pan from oven and let cool completely. Granola will crisp as it cools. If too soft, return to oven and bake for another 5 minutes. Scoop granola into a glass jar or airtight container, and store at room temperature for up to 1 month.

Cherry-Marzipan Granola

Makes 4 cups

- 3 cups rolled oats
- 1/2 cup sliced raw almonds
- 1/3 cup uncooked millet
- 1/4 cup packed brown sugar
- 1/4 teaspoon fine salt
- 1/4 cup canola oil
- 1 tablespoon almond extract
- 1 tablespoon agave nectar
- 1/2 cup dried pitted cherries

1. Preheat oven to 325 degrees. Line a large baking sheet with parchment paper.
2. In a large bowl, add oats, almonds, millet, brown sugar, and salt, and stir well

to combine. Drizzle oil, almond extract, and agave, and mix until evenly coated.

3. Spread mixture onto prepared pan, pressing into an even layer. Bake until browned, about 20 to 30 minutes. If granola is looking too dark on one side, turn baking sheet halfway through cooking.

4. Remove pan from oven and let cool completely. Granola will crisp as it cools. If too soft, return to oven and bake for another 5 minutes. Add cherries to cooled granola and toss to incorporate. Scoop granola into a glass jar or airtight container, and store at room temperature for up to 1 month.

Lemon-Rosemary Granola

Makes 3½ cups

- 3 cups rolled oats
- ⅓ cup uncooked millet
- ¼ cup packed brown sugar
- Zest of 1 lemon (about 1 tablespoon)
- 1 tablespoon minced fresh rosemary leaves (not dried)
- ¼ teaspoon fine salt
- ¼ cup olive oil
- 1 tablespoon agave nectar
- 1 teaspoon lemon extract
- ½ cup golden raisins

1. Preheat oven to 325 degrees. Line a large baking sheet with parchment paper.
2. In a large bowl, add oats, millet, brown sugar, lemon zest, rosemary, and salt, and stir to combine. Drizzle oil, agave, and lemon extract, and mix until evenly coated.
3. Spread mixture onto prepared pan, pressing into an even layer. Bake until evenly browned, about 20 to 30 minutes. If granola is looking too dark on one side, turn baking sheet halfway through cooking.
4. Remove pan from oven and let cool completely. Granola will crisp as it cools. If too soft, return to oven and bake for another 5 minutes. Add raisins to cooled granola and toss to incorporate. Scoop cooled granola into a glass jar or airtight container, and store at room temperature for up to 1 month. **VN**

Julie Hasson (juliehasson.com) is a vegan chef and cookbook author based in Portland, OR who runs baking mix company, Julie's Original.

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Mango Tango

A popular beverage in India, the tart and sweet mango lassi is transformed into a delectable frozen pie topped with candied limes and toasted coconut.

recipe + photo by JACKIE SOBON

Mango Lassi Freezer Pie

Serves 8

For the crust:

- 2 cups vegan graham cracker crumbs
- $\frac{1}{3}$ cup cubed vegan butter, chilled
- $\frac{1}{3}$ cup sugar
- $\frac{1}{8}$ teaspoon salt

For the filling:

- 4 cups chopped frozen mango
- $1\frac{1}{2}$ cups plain vegan yogurt
- $\frac{1}{4}$ cup agave nectar
- 1 teaspoon lime zest
- $\frac{1}{16}$ teaspoon salt

For the toppings:

- $\frac{1}{3}$ cup thinly sliced lime
- 2 tablespoons sugar
- 1 tablespoon water
- 1 cup chopped fresh mango
- $\frac{1}{4}$ cup toasted coconut flakes
- $\frac{1}{2}$ teaspoon lime zest

1. For the crust, preheat oven to 350 degrees, and lightly grease a 9-inch pie dish. In a food processor, place graham cracker crumbs, butter, sugar, and salt. Pulse until just combined, then transfer to pie dish.
2. Press crust down evenly and up sides of pie dish, until roughly $\frac{1}{4}$ -inch thick. Bake for 10 minutes, or until golden brown. Let cool completely to room temperature on a wire rack.
3. For the filling, into a food processor, place frozen mango, yogurt, agave, lime zest, and salt. Pulse until very smooth, and adjust to taste with more agave if desired. Transfer filling to pie crust and spread into a smooth, even layer. Place pie in freezer while preparing candied lime and toppings.
4. Into a small saucepan over medium heat, add lime slices, sugar, and water. Bring to a simmer, adjust heat to medium-low, and continue to simmer for 10 minutes, gently stirring and flipping lime slices occasionally. Once mixture has lightly browned and liquid has mostly evaporated, transfer lime slices to parchment paper to cool to room temperature.
5. Remove pie from freezer and arrange lime slices around perimeter, leaving about $\frac{1}{2}$ inch between crust and slices. Slightly overlap lime slices with fresh mango, toasted coconut, and lime zest around edge. Store covered in freezer until ready to serve, thawing for 20 minutes before serving. **VN**

Pie Printers

Master our Mango Lassi Freezer Pie with Chef Jackie's expert tips.



Freeze out

For the perfect consistency, frozen (not fresh) mango is best for this pie filling. Check the ingredients, though, because not all frozen mango is unsweetened, so adjust the agave to your liking.



Flavor flips

Experiment by adding cardamom, a pinch of saffron, or rosewater to your filling; blend a few frozen strawberries or pineapple chunks with frozen mango; or add a layer of coconut whip and garnish with pistachios.



Very vanilla

For added flavor, use vanilla yogurt instead of plain for the filling. Typically, vanilla yogurt is already sweetened, so reduce the amount of agave, to taste.

Jackie Sobon (veganyackattack.com)—author of *Vegan Bowl Attack!*—is a food photographer, blogger, and sweets-lover.

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**Sriracha Sunshine
HIPPEAS**

Classic puffs get a spicy reimagining thanks to these crunchy chickpea snacks coated with a jalapeño-paprika blend that leaves our fingers irresistibly suckable.

HEAT FACTOR: 🔥🔥



Hot Stuff

From battered Buffalo wings and spicy chai elixirs to smoky queso and fiery lollipops, there's no shortage of plant-based products for those who have a penchant for heat. VegNews editors tasted dozens of sweat-inducing foods to find the 10 you need in your arsenal now. Time to fire it up!

photo by JACKIE SOBON



**STAFF
FAVE**

**Fruffalo Wings
FIELD ROAST**

Lightly battered apple-sage sausages are fried golden-crisp and drenched in a finger-lickin' vegan Buffalo sauce for a not-just-for-the-bar snack we're dipping with ranch, adding to salads, and piling into hoagies.

HEAT FACTOR: 🔥🔥🔥



**Organic Hot
Chili Mango
Lollipops
YUM EARTH**

Hot chilis are tempered with the lip-smacking flavor of juicy mango in this 100-percent organic sweet sucker with a bite.

HEAT FACTOR: 🔥



**Hot Pepper
BRAMI SNACKS**

A fiery, red chili-infused brine turns Italian lupini beans into an addictive snack that's also good for you—these beans have the highest protein density of any plant food!

HEAT FACTOR: 🔥🔥🔥




**Ashwagandha Spicy Chai
REBBL**

This coconut milk tonic gets a kick of heat from cayenne and black pepper and a kiss of sweet coconut sugar for a warming elixir we can't live without.

HEAT FACTOR: 🔥🔥





**Spicy Queso
Cashew Sauce**
BEYOND BETTER

A bit of water and a 60-second blitz in the microwave transforms this bespeckled, golden powder into gooey, cheesy queso made from organic cashews, nutritional yeast, and a wallop of chili powder for a can't-miss Tex-Mex dip. Our advice: have chips nearby.

HEAT FACTOR: 🔥🔥

**Smoked Jalapeño
Gut Shots**

FARMHOUSE CULTURE

Bring balance to your gut and heat to your taste buds with this probiotic-rich drink made with radish, carrots, oak-smoked jalapeños, and sea salt. Skeptical about a morning shot of kraut juice? Trust your gut (and us): this stuff's good.

HEAT FACTOR: 🔥🔥



Spicy Yuba Noodles
HODO SOY

Hand-cut tofu-skin noodles are marinated in a spicy mix flavored with tamari, cayenne, brown sugar, and orange peel, then quick-seared and tossed with more sauce for a ready-to-eat addition to stir-fries, salads, and wraps.

HEAT FACTOR: 🔥

**Salsa Verde
Superfood Popcorn**

LIVING INTENTIONS

Ordinary popcorn gets a dose of bold flavor from cumin, black garlic, and lemon peel; a superfood boost from kale, chlorella, and spirulina; and a south-of-the-border kick from a blend of chilis that makes other snacks *verde* with envy.

HEAT FACTOR: 🔥



Peppered Jerky
FRISCH VEGAN FOODS

Soybeans are simmered in an intense pepper sauce made with chipotles in adobo, habanero, and red pepper flakes, then crafted into a chewy jerky that adds even more heat to our weekend hikes.

HEAT FACTOR: 🔥🔥🔥



Uptown Buzz

A mixology den with Dominican roots, enticing superfood-infused cocktails, and plant-based tapas has thirsty Manhattanites flocking north.

by JASMIN SINGER



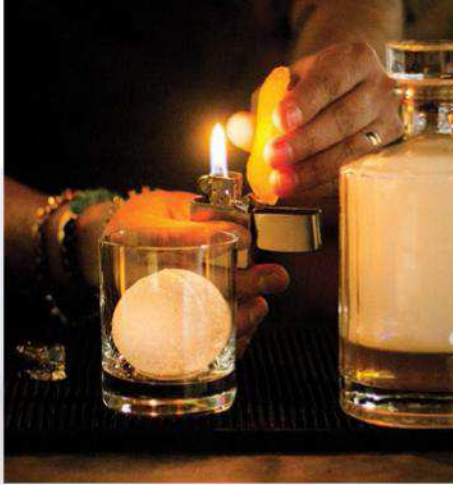
The bustling Manhattan neighborhood of Washington Heights—located above Harlem and just south of the Bronx—has never even been a blip on the New York City foodie’s radar, let alone on the vegan scene. That is, not until Poción Lounge opened its doors. At this quaint-yet-chic neighborhood bar and plant-based café, you’ll find dapper bartenders donning suspenders and fedoras mixing cocktails against a backdrop of booze-filled test tubes and floor-to-ceiling glass bottles housing tiny plants. With this new kid on the block, word is getting out, and those in search of novel eating and drinking experiences are slowly but surely hopping on the 1 train all the way to 181st for a strong dose of Dominican flavor.

Buzz worthy

Poción, Spanish for “potion,” holds true to its moniker’s magical implications with a dazzling variety of spirit-lifting elixirs for liquor aficionados and teetotalers alike. Lovers of traditional cocktails will find comfort in the menu’s mix of the familiar: a complex Old Fashioned, an uncomplicated Negroni, and, appropriately, a classic Manhattan. But what makes Poción a standout amongst its neighboring Irish pubs is that this new-wave spot also offers swills with nutritional boosters, including tinctures (guanabana, lily, hibiscus), fresh-squeezed juices (beet, kale, cucumber), and a scattering of next-level hard-liquor options (elderflower liqueur, smoky mezcal, and—for the persnickety—a choice of gluten-free or organic vodka).

Bar manager Mauricio Angel-Moreno has committed to creating a familial environment catering to locals. His specialty—aside from a sing-song cadence as intoxicating as his hand-mixed syrups and extracts—is the Maracuya. A spin on the Mama Juana (the Dominican Republic’s national drink), this is not your ordinary cocktail. Prepared with a blend of organic vodka, passion fruit, and cucumber-lime juice, it’s then infused with housemade demerara syrup, a hint of sweet rose bud, and orange blossom tincture. The Ginger Elixir calms the stomach and nerves with pressed ginger, Peychaud bitters, and throat-clearing Irish Whiskey. If you’re feeling tipsy (or pregnant), don’t shy away

Photos: Bruna Scorsatto & Kat Araujo



from its alcohol-free counterpart, the Ginger Fizz, which holds its own without sacrifice.

The Flor De Uva—a lighter cocktail served in a delicate champagne flute—is made of elderflower liqueur, lily and hibiscus flower infusion, and a generous pour of cava that will go to your head as quickly as the dance invitation you might receive from Angel-Moreno himself. After all, this bar is all about mixing and concocting.

Poción's unofficial motto may as well have been written by Hippocrates, because here, food is medicine.

Super food

Balancing out the booze is a Latin-fusion tapas menu with hot and cold bites designed to be shared; order several for a full taste of the DR's bounty. A duo of buttery, flaky empanadas—one with vegan ground beef cooked in a traditional sofrito, and the other featuring bold, curried tofu and seared portabello mushrooms—are crowd favorites. The Avocado and Pineapple Ceviche is made zingy with raw cucumber, jalapeño, and a satisfyingly acidic tomato-citrus juice.

Poción's unofficial motto may as well have been written by Hippocrates, because here, food is medicine. The herbaceous Vegan Pâté—blended with sweet sun-dried tomatoes, roasted red peppers, cashews, and more than a hint of paprika—is not only a bomb of umami, but its robust flavor is the perfect complement to moody music and moodier moonshine that makes regulars regularly stay until closing.

Another unlikely winner is the Coconut and Lentil Soup; the only unfortunate thing about this flavorsome dish with smoky undercurrents and peppery after-bite is that it's not available for take-out by the quart.

Dessert portions are small, so splurge on two (or more). The seed-studded Chia Crème Brûlée is classically caramelized and seduces with the fragrance of vanilla and cinnamon. Those lucky enough to dine in on a night when a housemade ice cream special is on the menu should definitely

indulge; the on-rotation avocado ice cream, served on a freshly baked, warm sweet potato muffin, can change lives.

For those seeking a text-your-friends-worthy dining experience bursting with Caribbean flavors and clever, plant-based interpretations of Dominican dishes, Poción is your place. Carefully crafted cocktails and a romantic-yet-unpretentious ambiance are added incentives for making the 45-minute subway ride north from downtown. The restorative benefits that can be gained from ambrosial plant-based concoctions like these—not to mention the inclusive community and meaningful conversation over a love-infused nightcap—can be yours. But first, you must drink the potion. **VN**

VegNews Senior Editor Jasmin Singer (jasmingsinger.com) lived in Washington Heights for many years, and now that Poción has opened its doors, is considering moving back.

Latin Swaps

Poción has deftly and deliciously achieved what many thought impossible: perfected vegan Dominican food. But what to do when you finish your tapas and head home? We break down three of the menu's staples so you can have a DIY vegan taste of the islands in your very own kitchen.

Ripe Plantain Casserole

EN ESPAÑOL: *Pastelón de Plátano Maduro*

If the Dominican Republic had a national fruit, it'd be the plantain. So it's no wonder it is incorporated into Pastelón de Plátano Maduro, a popular savory pie traditionally filled with meat and cheese.

VEGANIZE IT: Swap out ground beef for vegan ground beef made "bolognese style," and add roasted sweet plantains and vegan cheddar.

Winter Squash Pureé

EN ESPAÑOL: *Quibebe*

Native to Northeastern Brazil, this abundantly rich butternut squash stew is traditionally made with dairy butter and beef stock.

VEGANIZE IT: Elevate this staple side dish by incorporating polenta into the pureé to create a velvety base, cook with non-dairy butter, and add marinated tofu.

Stuffed Cabbage Wrap

EN ESPAÑOL: *Niños Envueltos*

Bursting with intense flavor combinations, this Dominican dish is made with cabbage stuffed with a medley of seasoned rice and beef.

VEGANIZE IT: For the ultimate Latin-inspired cabbage wrap, add corn, brown rice, and vegan meat crumbles to cabbage leaves and roll tightly, drizzle on tomato-curry sauce, and bake until golden.



You'll find **Cycle Dogs** food truck behind a veg-friendly brewery where guests eat and drink at long tables under fanciful, twinkly lights. Go for the all-you-can-eat pancakes with blueberry compote and thick maple sausage for brunch. At night, try one of the inventive specialty hot dogs; don't miss the Breakfast Time Somewhere dog made with a Field Roast frankfurter topped with chorizo, grilled onions, hash browns, and chipotle mayo. The Vegan Big Mac stuffed with two Beyond Meat patties and special sauce is equally scrumptious.

[facebook.com/cycledogsseattle](https://www.facebook.com/cycledogsseattle)



The **Cookie Counter** serves milkshakes, cookies, brownies, and floats made with non-GMO ingredients at its pastel-tinted headquarters. The menu rotates, but you'll always find six housemade ice cream flavors (don't miss the Raspberry Chip) and a tempting array of toppings, including Chick-O-Sticks and vegan marshmallows, to craft your dream sundae. And be sure to try the seasonal "popsters," which are like Pop-Tarts, only infinitely cuter.

seattlecookiecounter.com

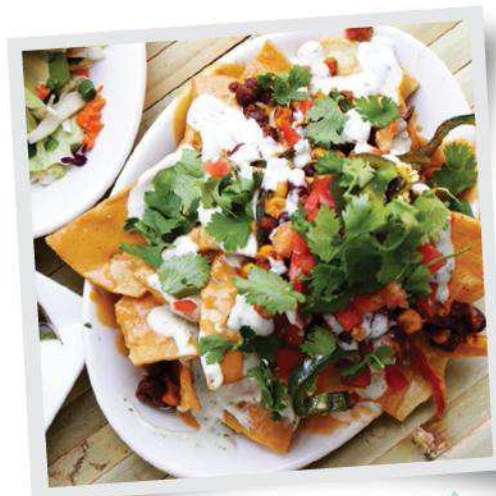
Meatless in Seattle

Whether you love an outdoor adventure, a neighborhood bookstore, or an intimate concert in a small club, the Emerald City has everything you're looking for.

by GAIL GOLDMAN

The **Seattle Center** has more going for it than just the iconic Space Needle. Several museums, including the Museum of Pop Culture and the Chihuly Garden and Glass, await exploration. On weekends, take in Festál, a celebration of global music and culture; and if you're visiting over Memorial Day weekend, catch the Northwest Folklife Festival's eclectic lineup. When hunger strikes, hit the all-vegan **Plum Pantry** in the Armory food court for soy chorizo-stuffed burritos, loaded salad bowls brimming with tempeh and greens, and decadent peanut-butter banana milkshakes.

seattlecenter.com



Not afraid of a little food coma? Then head to **No Bones Beach Club** for brunch. The Fried Avocado Benedict tops an English muffin, fresh spinach, and charred tomato with tempura-style battered avocado, while the Crab Cake Benedict features seared parsnip cakes that are crunchy on the outside and velvety inside. Both are smothered in Hollandaise and served with hashbrowns—the perfect fuel for a post-feast hike at Snoqualmie Pass.

nobonesbeachclub.com



Pizza Pi Vegan Pizzeria is a little dive with a big menu, including a build-your-own pizza option with virtually unlimited possibilities. The Teese cheese-stuffed crust is a must, as is each of the 28 different specialty pies. Try the meaty Phoni-Pepperoni, tangy Ricotta-Kalamata, or crowd-favorite Tropic Thunder, doused in white garlic sauce then topped with Canadian bacon, pineapple, spinach, red onions, and a sprinkling of shredded coconut that may seem incongruous, but makes total sense after the first glorious bite.
pizzapivegan.com



A statue of Buddhist goddess of compassion Kuan Yin greets you when you enter **Blossom Vegetarian**, where chef Hue Phan creates nourishing Vietnamese food. The sesame beef pairs marinated soy chunks with fresh peas and crunchy broccoli, while the Blossom Special Salad unites “jellyfish,” daikon, roasted peanuts, cucumber, and Vietnamese coriander in a tangy lime vinaigrette. Twelve miles south of Seattle and just north of Sea-Tac airport, Blossom is the perfect spot after you land and before you take off.
blossomvegetarian.com

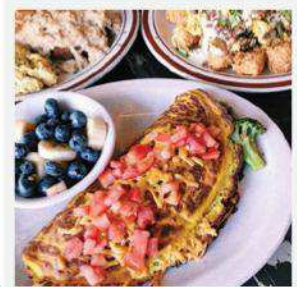
Consciously curated boutique **Drizzle & Shine** stocks stylish wearables for people who want to look good and stay true to their ethics. Shop for colorful high-top sneakers, Parisian-vibe striped organic cotton shirts, non-leather belts, and—because this is Seattle—polka-dot rain jackets made from recycled plastic bottles. Need a pick-me-up after all that shopping? Luscious chocolate-almond soft-serve in a crunchy waffle cone awaits at **Sugar Plum** two blocks over.
drizzleandshine.com

Once known primarily for its evergreen beauty and gray skies, Seattle is experiencing a major tech boom, triggering explosive population growth and real estate development. While residents grapple with the changes that come with living in one of the fastest-growing cities in the country, one benefit is the emergence of more and more vegan options. At long last, Pacific Northwest herbivores (and the foodies who love them) no longer have to journey to Portland for a good time.

Need provisions? **Vegan Haven** has exactly what you’re looking for. Inside the brick U District storefront, you’ll discover an extensive selection of cheeses (the Vtopian Peppercorn Brie is a standout), meats (including Herbivorous Butcher’s Korean Barbecue Ribs), pantry staples (hello, Biscoff Cookie Spread!), frozen foods (Gardein Pizza Pockets make our hearts sing), and chocolates (Whelpdale Chocolates’ Raspberry White Chocolate is a must-buy). Vegan Haven is volunteer-staffed, and all proceeds support Pigs Peace Sanctuary in Standwood, WA.
veganhaven.org



Frankie & Jo’s ice cream begins with a base of sprouted cashews and coconut milk, and then the flavor geniuses add unexpected ingredients such as smoked vanilla pods, pine needles, black pepper, and tahini. Friendly servers encourage sampling until you find just the right flavors, so take advantage of the advice, because they change with the season (Big Sur, with cocoa butter, chamomile, and spirulina, is a knock-out).
frankieandjos.com



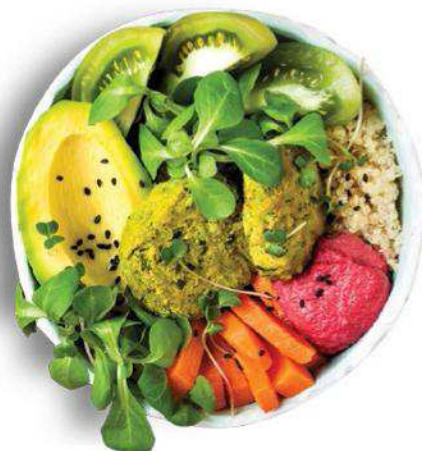
Wayward Vegan Cafe dishes up diner-style food in a window-filled space that’s ideal for enjoying the urban views as you relish a Country Fried Steak Platter heaped with gravy and garlicky greens. Breakfast is available all day, which means you can get a Breakfast Club—a sandwich layered with grilled ham, gooey cheddar cheese, tempeh bacon, and a secret-recipe “omelet” between two slices of sweet French toast—any time the craving strikes.
waywardvegancafe.com

Gail Goldman (@kitwocky) is a mother, writer, and activist who relocated to the Pacific Northwest from Los Angeles five years ago and has been happily exploring ever since.



Healthy Hacks

Traveling as a vegan has never been easier, as long as you're equipped with the right tools.



Q&A

I travel a lot and I'm constantly on the road. How can I eat healthfully when it's so much easier to find junk food?

One of the most common ways of being thrown off our health routines is the uncertainty of locating nutritious foods we are accustomed to enjoying, especially when we're traveling. But there are ways to avoid too deep a deviation while on the go. Plan your accommodations around access to grocery stores, salad bars, and smoothie shops, and book hotels that include refrigerators and microwaves. And whenever possible, pack plenty of food with you. Some shelf-stable foods that travel well include dried oatmeal, nut butters, dehydrated bean and vegetable soups (just add hot water!), jarred bean dips, whole-grain crackers, kale chips, and energy bars. If you have a cooler and are traveling mostly by car, tote along salads, hummus, edamame, wraps, and soups.

5 Ways to Order Healthfully at Any Restaurant

- 1 **Plan ahead.** Most restaurants offer menus online, so plan your order in advance. Go for menu items with little or no oil (ask for your vegetables steamed, not sautéed), and focus on those centered around vegetables instead of meat analogues.
- 2 **Go global.** Many cuisines around the world such as Japanese, Chinese, Mexican, and Indian rely on healthy staple foods and are more likely to have vegan-friendly options, so try a local ethnic spot the next time you have a dinner outing.
- 3 **Do natural.** Although the word "natural" is technically meaningless, it is still a marketing catchphrase that may signal that this restaurant is at least thinking about health. Be sure to also scan the menu for phrases such as "organic," "vegetarian/vegan," and "dairy-free" to guide you toward optimal choices.
- 4 **Make requests.** Put on a friendly smile and kindly ask the waitstaff or chef to create something with any combination of their ingredients found in various menu items, zeroing in on health-promoting vegetables, whole grains, and beans.
- 5 **Side with sides.** Peruse the menu with your green goggles for any vegetables, legumes, and fruit they offer as side dishes. Then, instead of a specific entrée, order a combination of sides (you might want to request them to put it all onto one large plate!).

*Julieanna's
feel-good tip*

"When I fly, I bring a few baked sweet potatoes. For my return flight, I pick up a tofu-vegetable dish from a local vegetarian restaurant; that way, I'm not stuck with the lackluster fare commonly found on airplanes."



You Say Potato

Often overlooked—and wrongly considered unhealthy—potatoes are finally reclaiming their rightful spot on nutritious, plant-based plates. These five varieties are packed with wholesome nutrients and make a hearty addition to any meal.

Purple potatoes Rich in dietary fiber and powerful antioxidants, this potato's bright purple hue makes it an enticing addition to salads and bowls. Quick meal tip: lightly roast these heart-healthy marvels before tossing with greens and your favorite dressing.

Sweet potatoes These orange-fleshed tubers are packed with beta-carotene, an important nutrient for eye health. Steam and drizzle with protein-rich tahini for a nutritious and easy dinner.

Japanese sweet potatoes Otherwise known as Satsuma-imo potatoes, these purple-skinned, white-fleshed root vegetables have high levels of skin-protecting antioxidants to help keep you looking youthful. Add to curries for a nice balance of sweet-and-savory flavors.

Red potatoes Boost your immunity with these fiber-rich taters, which are high in vitamin C. For a healthy breakfast, simply sauté in water instead of oil, and add garlic and thyme.

Russet potatoes Get back to basics with this Idaho classic. This staple spud is filled with folate, an essential nutrient for preventing anemia. Bake up a few and blend as a creamy base for your favorite vegan soups. **VN**

Potato-enthusiast **Julieanna Hever** (plantbaseddietitian.com) is the author of *Plant-Based Nutrition (Idiot's Guide)* and co-host of the Facebook show, "Home Sweat Home."





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Travelin' Days

Eating with meat-eaters, ditching the chemicals, and best bird practices



Q I'm planning a trip to Barcelona with some friends who are meat-eaters, and I'm worried our meal preferences will clash. Any advice?

Maravilloso! While Spain was once associated with lots of *carne*, changing tastes and attitudes mean that it should be pretty easy for you to find vegan dishes galore. Arrive equipped with a handy HappyCow or Vanilla Bean vegan restaurant app on your phone (don't forget to call your phone company and get international coverage for your trip), and you'll have a lot of the guesswork removed. As for traveling with non-vegans, if you do a little research to find restaurants that will accommodate your group, there is no reason to feel like you're a damper on their meat fest. Keep in mind that research shows that being the first to order sets the stage for influencing others on their food choices, so order first, and you never know: you may be returning home with some newly vegan travel buddies.



Q When I'm outside, how do I keep the bugs away without the use of harsh chemicals?

It brings an extra level of contentment to outdoor pleasures—picnics, gardening, a game of badminton—to know you are doing your part to protect your health, the planet, and the animals ... but what about all of those bugs who also want to spend time outside? Fortunately, there are cruelty-free ways to keep your skin safe and bug-free without chemical-laden products that are produced using unnecessary animal testing. When you're at the natural food store or on the Google machine, look for cruelty-free bug repellents, many of which have a Leaping Bunny logo. Please be mindful that Leaping Bunny certification only means that animal testing was excluded, not necessarily that it's free of animal ingredients. If you want to keep your epidermis truly free of animal suffering, also look for the certified-vegan label or identification—my favorite is Hikers' Guard Insect Repellent made by Woodstock Herbal Products. Now get your butt outside!



Q I love to watch the birds at my feeder but don't want to harm them in any way. So ... should I be feeding them?

More than 40 percent of people in the United States regularly feed the birdies, so what could be wrong with such a seemingly benign, feel-good hobby? Well, there is debate in the bird-watching world as to whether feeding is helpful or harmful. Some believe becoming reliant on feeders disrupts the birds' migration routes, while others say there is no evidence of this. Congregated birds can become easy pickings for predators however, so in the meantime, there are ways to help take care of the birds who stop by for a nibble. Place your feeder a fair distance from bushes that could conceal outdoor cats (yikes!), but be sure not to place the feeder too close to any windows birds might fly into to escape attack from a hawk. And don't forget to let the darling birds wet their whistles with fresh, clean water, too.

Marla says ...

If you're vegan, travel with confidence by arriving prepared with translation apps downloaded, being patient with language barriers, and, most importantly, having a positive attitude while you enjoy your culinary adventure!



Camp Like a Champ

As you start to wrap your head around camping season (summertime campground spots are already filling up, so act fast!), remember that the food you plan to bring doesn't have to mean trail mix and cardboard-like nutrition bars. Utilize the benefits of a campfire with some simple and delicious recipe ideas.

Kebab it up

Thread plant-based sausages on reusable metal skewers along with vegetables such as bell pepper, onions, and zucchini. Step up the flavor by marinating your kebabs in soy sauce and a little garlic-infused olive oil.

Burger bonanza

Have a taste test by grilling an array of your favorite meatless patties and serve with condiments, vegetables, and crisp pickles. Don't forget to grill the buns, too!

Campy French toast

Bring along non-dairy milk, maple syrup, cinnamon, and thick bread, soak all together, then cook over the fire in a skillet with a pat or two of vegan butter. Serve with bananas and berries for a simple-but-glam camping experience.

Plant pouch

For a healthier meal or snack, mix chopped vegetables, garlic, herbs, marinade, and spices on a sheet of parchment-lined foil, seal it up, and cook on the fire until tender.

S'more love

Make s'mores with gelatin-free marshmallows, roast until they're nice and crispy, and smooch between honey-free graham crackers and a square of dark chocolate. [VN](#)

Marla Rose likes to staycation beachside at Lake Michigan in Chicago, her homebase for running the veganstreetmedia.com empire.

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WE'VE ALL BEEN THERE:

date night, dirty hair, no shampoo—and the local co-op that carries your favorite cruelty-free brand is closed for the day. What to do? Easy: head to your local drugstore! Besides hair products, the beauty aisle at your neighborhood Walgreens, Duane Reade, and CVS is filled with hidden vegan gems to help you out in a pinch.

1/ Luxe Locks

Mainstream brand Garnier Fructis touts the word “vegan” on its bottles of **Triple Nutrition Shampoo** (\$5.99). It gently cleans and imparts a healthy shine, while the matching conditioner offers deep moisturizing effects that make your hair feel nourished. We like the extra-big bottles, which mean fewer trips to the recycling bin.

Find it at: Duane Reade, Rite Aid

2/ Nailed It

Drugstore mainstay **Wet n Wild** has the distinct advantage of being not only cruelty-free, but cheap as chips. For the cost of a soy latte at your favorite café, you could have **1 Step WonderGel Nail Color** (\$5.29)—otherwise known as a gel-manicure-in-a-bottle—in lovely Lavender Out Loud, a color you'll be seeing a lot of this season.

Find it at: Rite Aid, Walgreens



3/ OMG, I'm Dye-ing

Peekaboo, your roots are showing! Between spendy salon visits, you can camouflage that gray with a couple of swipes from **Developus No Gray Quick Fix's** (\$9.49) magic wand, offering a quick, temporary fix to your follicular situation. Colors span the spectrum from blonde to black, and rinse out with your next shampoo.

Find it at: CVS, Walgreens

4/ Clean Sweep

When you can't find Dr. Bronner's, **J.R. Watkins Clary Sage Castile Liquid Hand & Body Soap** (\$7.99) is the next best thing. The old-timey label hints at its vintage roots (the company began selling its first product, an herbal pain-relieving liniment, back in 1868), and the castile cleanser's fresh, earthy aroma is at once timeless and modern.

Find it at: CVS, Rite Aid

5/ Serve + Protect

You know times are changing when your local drugstore carries B Corp-brand sunscreen that's cruelty-free, vegan, reef-safe, biodegradable, and organic. **Goddess Garden Everyday Natural Sunscreen** (\$14.99) is made with minerals and nourishing nut oils, and gives you 40 minutes of snorkel/swim/surf time before you need to reapply.

Find it at: Walgreens

Watch out for pineapple leather; it's popping up in designs by labels such as Votch and Artesano!



\$85 billion

The projected value of the worldwide vegan leather industry in 2025, according to industry analysts Grand View Research

Pleather Principle

From fruit to mushrooms, today's ultra-modern leather alternatives might as well come straight from your fridge. One thing's for sure: this isn't your mama's pleather!

Apple

The original fruit is so much more versatile than even Eve could have imagined. Besides cold-pressed juices and pie, **apples—and, more specifically, their peels**—are being transformed by several European manufacturers into a material that's strong, breathable, and, of course, 100-percent vegan.

Pineapple

Former leather-industry pro Carmen Hijosa began looking for animal-hide alternatives after learning about leather's negative environmental impact, and found what she was searching for in **the spiky leaves of the Ananas comosus** plant (or pineapple, for short). Today, Piñatex is transformed into shoes, bags, and swank fabrics used by interior designers.

Mushrooms

Want to be the "fun guy" at the next office shindig? Wear your mushroom-leather cap and get the party started! This **pliable, suede-like material** breathes like cotton and has natural antibacterial properties that make it particularly well-suited to shoes. Who'll be the first to transform it into footwear? Birkenstocks is a shoo-in.

Cork

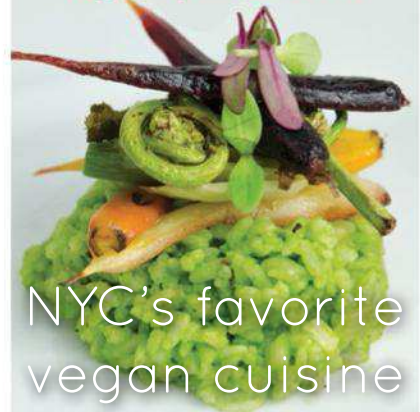
In Portugal, the epicenter of the cork industry, the bark of the Quercus suber tree is sustainably harvested every nine years to create **a lightweight, stain-resistant material** that's transformed into bags, shoes, and belts. Eco-conscious designers love its versatility, and the fact that the trees require no pesticides, pruning, or irrigation to grow.

Lab-grown

When is leather considered to be a fabric suitable for conscious consumers? Some say when it's made in a laboratory from a few jellyfish cells. Geltor was among the first high-tech companies to develop **cruelty-free cultured leather** and bring it to market—or, at least, to eBay, where the winning bid on a one-of-a-kind, bio-leather bound copy of the book *Clean Meat* recently sold for nearly \$13,000. **VN**

VegNews Beauty Editor **Aurelia d'Andrea** is currently saving up for her first Eve Cork handbag.

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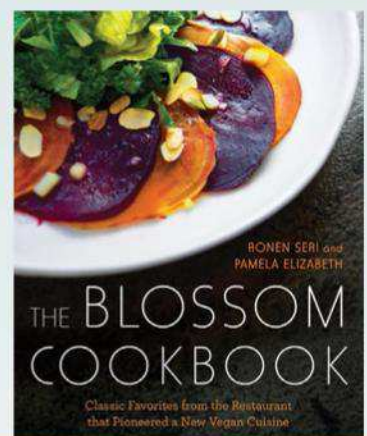
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From a Distance

Start collecting those frequent flier miles and downloading those digital communication apps, because your long-distance love life is about to get a whole lot more enticing.

#1 Get creative with dates

Yes, even transatlantic liaisons get to have date nights, as long as you think outside the box. Here are some tried-and-true, remote-friendly dates that any globetrotter can get behind.

Cook together Prop up your charged iPhone or laptop and make dinner together through the magic of FaceTime. Next, light a soy candle and sit down to a shared meal. Downside: you each have to do your own dishes.

Movie night Queue up the same Netflix flick (this will be a “one, two, three, *hit play!*” dealio) or download the “Netflix Party” Chrome extension and share your screen from afar.

Debrief later If you’re dealing with hugely different time zones, remember that digital dates don’t actually have to be in the same place at the same time. Decide to see a particular movie on the same day, then discuss it later via Skype or Google Duo.

#2 Be in regular contact

No matter how brief, make your lover feel they are part of your daily thoughts by sharing life’s mundane and marvelous moments. Here are some foolproof ways to maintain contact with your long-distance paramour.

Play games A digital game showdown involving Words With Friends or Nummi might not bring your relationship to a deeper level, but it will guarantee you’ll have a little fun.

Send photos and videos Whether it’s a confessional photo documenting how you accidentally splattered blueberry smoothie all over your ceiling or a 10-second video of your dog at the park, make your partner feel enmeshed in your life. With apps such as Snapchat, Facebook Messenger, and What’sApp, it’s easier than ever.

Share music, articles, and podcasts One way to deepen and solidify your bond is to share songs, articles, or podcasts that move you.

#3 Set communication ground rules


One of the hardest parts of remote relationships is that you don’t have easy access to shoulder squeezes, winks, and late-night hanky panky to make it all okay. Here’s how to create that needed intimacy, even if the Grand Canyon separates you.

Don’t go to bed upset You might just have to agree to table the issue until another time, but no matter what, end your night breathing together, and put your gripes away long enough to say “I love you.”

Plan for processing time Instead of letting pent-up feelings blow up during precious together-time, plan a check-in once a month where you can each lovingly bring up those big issues.

Ask prompting questions Go above and beyond Communication 1.0 by intentionally checking in with your partner about their days, asking open-ended questions, and taking the time to listen.





know what you're thinking: unless you're a masochist with intimacy issues, don't date someone who lives more than 10 miles away. With all due respect (and more experience falling in love than I care to admit), I'd like to challenge that mindset. Long-distance dating can indeed be daunting, but for those of us who have very particular types—they must be a die-hard vegan, off-the-charts smart, charmingly butch—a separating borough, state line, or ocean can be reduced to a minor issue if we find someone who shares our values. And with so many ways to digitally connect, how important is proximity, anyway? Play your cards right and your long-distance lover might be the most romantic connection of your life—with plenty of character-building alone-time woven right in. Ready to put the "absence makes the heart grow fonder" adage to the test? Don't go at it alone. Take this roadmap with you and run with it.

XO, *Jasmin*

#4 Turn up the romance

One of the best parts of dating from a distance is that romance is dialed way up. Here's how to get your love game on, so that you can ensure that your far-away partner is well aware of how much your shared love means to them—even though your in-person time is limited.

Send gifts Whatever happened to love letters, token presents, and Amazon gifts? A vegan dry skin brush is more thoughtful, useful, and sweet than it sounds, and everybody—especially long-distance daters—loves getting mail.

Order takeout Surprise your love-hungry partner by ordering them dinner. Menupages.com has a button you can select to zero-in your search on just vegetarian items, and most Chinese restaurants have items that are already vegan.

Leave clothes Leaving an item of clothing with your lover spritzed with your favorite scent (I recommend jasmine) can engage all the senses for those in-between times when the longing becomes particularly unruly.

#5 Prioritize sexy time

Separation doesn't require investing in a chastity belt. In fact, for many long-distance daters, things can get very spicy, very fast. Here's how.

FaceTime (and body time) Need an excuse to step up your body confidence? This is it. Yes, I'm talking about FaceTime sex. Invest in a good, rotating stand for your cell phone, and get to it. It's hotter (and less awkward) than you think.

Flirt your face off Flirting is fabulous, and between long-distance daters, it can really keep that sexy energy alive and well. Salacious selfies are definitely called for.

Creativity counts The company Lovesense offers a pair of sex toys specifically for couples in long-distance relationships. You and your partner can control each other's electronic toys from a distance with a tap of an app. You're welcome. **VN**

Jasmin Singer (jasmingsinger.com) is the senior editor of *VegNews*, the author of the memoir *Always Too Much and Never Enough*, and the co-host of the *Our Hen House* podcast.

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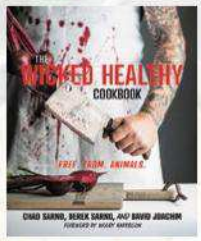
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The Sarno brothers help make building a better soup easier than ever.

Wicked Good

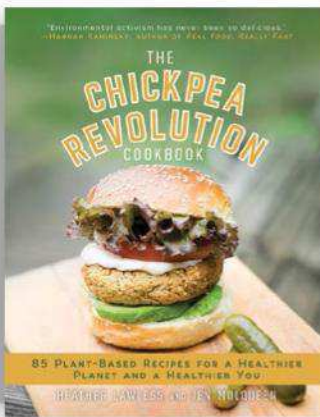


Chad and Derek Sarno have had a whirlwind year. The New England-bred brothers launched their Wicked Kitchen vegan food line at Tesco (the UK's largest grocery store chain) in January, making meals like Sweet Potato Pakora Wraps and Caponata Sourdough Pizza easy and accessible. Next, a collaboration with the Veganuary campaign led to a month of Wicked Healthy recipe videos broadcast to social media followers worldwide. Now, they're bringing all their top chef know-how to the public with **The Wicked Healthy Cookbook**.

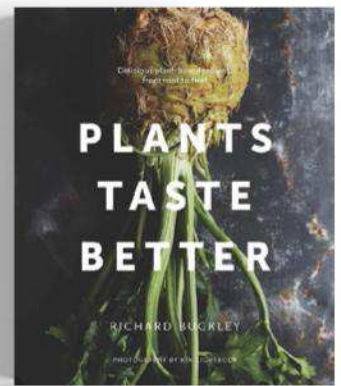
The 300-page feat—complete with a foreword from longtime vegan Woody Harrelson—celebrates whole foods amped up with bold flavors, shares next-level culinary techniques, and covers everything from snapshot-worthy toasts to saucy burgers. Plus, guides to creating party-ready food stations (seriously, how have our shindigs succeeded without loaded baked potato, mac and cheese, and stuffed avocado bars?) exemplify how fun the vegan life truly is. The Sarnos are readying for world domination, and we're wicked excited.

Let's Cook

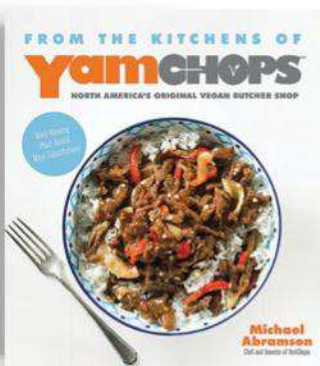
Don't miss today's latest and greatest cookbooks that make plant-based eating a breeze.



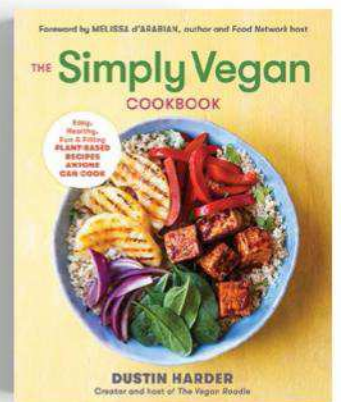
The Chickpea Revolution Cookbook
With aims to leave a healthier planet for future generations, parents Heather Lawless and Jen Mulqueen concoct 85 recipes utilizing the humble chickpea in hearty baked goods, delectable whipped dips, and cutting-edge aquafaba cocktails.
Must-make: Chik 'N Noodle Soup, Chickpea "Tofu," and Chickpea Caramel Sauce



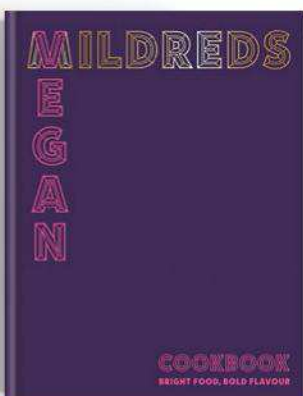
Plants Taste Better
Renowned English restaurateur Richard Buckley lets no scrap of produce go to waste, elevating homely vegetables into fine-dining dishes. Learn how to produce stylish vegetable ash, paper-thin ribbons, and slow-roasted centerpieces from oft-wasted cauliflower hearts.
Must-make: Charred Baby Leeks, Pistachio Pâté, and Chocolate Salted Caramel Tarts



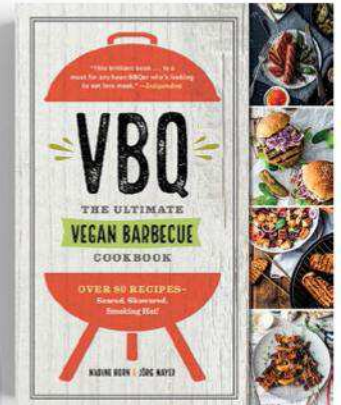
From the Kitchens of Yamchops
Before The Herbivorous Butcher in Minneapolis and The Butcher's Son in Berkeley, there was Toronto's Yamchops, North America's first-ever vegan butcher shop. And now, founder Michael Abramson is spilling the beans on how the establishment transforms plants into meaty mains—and how you can, too.
Must-make: Chick*n Schnitzel, Carrot Not Dogs, and Korean BBQ Ribs



The Simply Vegan Cookbook
Host of *The Vegan Roadie* food and travel series, Dustin Harder pools his expertise from globe-trekking adventures to teach hungry herbivores how to create unfussy meals that pack a world of flavor. *Sayonara*, expensive specialty items!
Must-make: Untidy Lentil Joes, Avocado Breakfast Pizza, and Salted Coconut-Almond Fudge



Mildreds Vegan Cookbook
While countless eateries have opened and closed in London's Soho neighborhood, vegetarian mainstay Mildreds has stood the test of time since the '80s. Now, Executive Chef Daniel Acevedo and Development Chef Sarah Wasserman present this manifesto filled with avant-garde recipes for a full-fledged Mildreds experience, sans waiting for a table.
Must-make: Aubergine Curry, Thai Green Congee, and Rhubarb Aquafaba Pavlovas



VBQ: The Ultimate Vegan Barbecue Cookbook
As summer nears, we're craving foods criss-crossed with grill marks, and Nadine Horn and Jörg Mayer—creators of Germany's vegan blog EatThis!—are delivering. Featuring more than 80 sizzling vegan barbecue recipes, this grilling guide proves once and for all that meat is obsolete.
Must-make: Seitan Steak, Grilled Potato Salad, and Spicy Chorizo

veg
media



Get Digital

Look no further for the very best vegan happenings in social media, blogs, podcasts, apps, and more.



Tashina Combs

With more than 30,000 subscribers tuning in to compelling videos offering the **inside scoop on popular beauty brands** such as LUSH, Sephora, and Wet n Wild, Tashina Combs' addictive YouTube channel is at the forefront of highlighting how cruelty-free makeup is taking over the beauty industry, one contour palette at a time. Talk about beautiful!



Flora

Grammy-nominated R&B artist and Oakland-born activist Kehlani is the mastermind behind this **educational app focused on building a sustainable future**. Packed full of curated "green" content such as tips on urban farming, maps of nearby farmers' markets, and interviews with athletes and celebrities, community is squarely at the helm of this new app, and we want in.



@themintyanne

Boba tea-obsessed, **Los Angeles-based food photographer** Krystle Anne Pascual's Instagram feed features drool-worthy food photos (buffalo chicken burgers, taco pizza, and barbacoa nachos make us swoon), pro photography tips, and Tinseltown must-eats that'll make you want to book a flight to LAX immediately.



The Veggie Pilot

After having enough of subpar vegan airport food, California-based pilot Matthew Ayer began documenting the **veg finds he discovered during his travels**. From restaurant reviews (Compton Vegan gets a thumbs up) to guides on what to pack for long flights (nut butter-filled Clif Bars are essential), this blog is our new favorite travel companion.



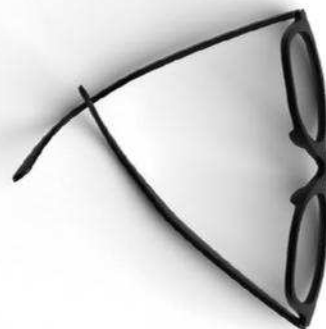
Divine Throughline

Julie Piatt—plant-based chef, spiritual warrior, and co-author (with hubby Rich Roll) of *The Plantpower Way*—reflects on her life experiences with wisdom and humility on this ahimsa-focused, five-star-ranked podcast. From **yoga lessons and meditation practices to interviews and original music**, Piatt inspires more than 350,000 listeners to lead a more compassionate and sustainable lifestyle.



Home Sweat Home

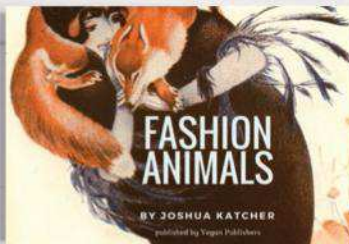
Registered dietitian, best-selling author, and VegNews columnist Julieanna Hever joins forces with fitness trainer Joey Thurman in a new **Facebook reality show aiming to help families get healthier**. How do they do it? By guiding each family through approachable workouts and showing them how to incorporate plant-based foods into their diets.



Hit List

Ever wonder what VegNews editors are obsessed with? Here's a look at the media we can't get enough of.

"Brave GentleMan founder Joshua Katcher has a new title to add to his resume: author. Katcher spent years researching for **Fashion Animals**, a historical dive into fashion's obsession with animals. This must-read has the potential to inspire the industry to re-examine its archaic reliance on animals' bodies and ignite a cruelty-free revolution."
—Aurelia d'Andrea, Travel + Beauty Editor



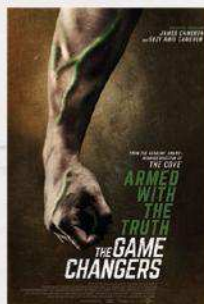
"When I want to listen to something that's both fun and enlightening, I play an episode of **The Food Heals Podcast** with co-hosts Allison Melody and Suzy Hardy. This beautifully produced podcast talks food, health, meditation, and more with today's top wellness experts—and makes me feel like I'm hanging out with a couple of super-informed girlfriends."
—Colleen Holland, Publisher

"Feminist Carol J. Adams—the luminary behind *The Sexual Politics of Meat*—is changing the social justice landscape once again with **Burger**. A project of Bloomsbury Publishing's Object Lessons series, which is focused on 'the hidden lives of ordinary things,' *Burger* provides a long-overdue analysis of everything from the misogynistic roots of this iconic American meal to the future of the burger (spoiler: it's vegan)."
—Jasmin Singer, Senior Editor



"Since winning *Celebrity Big Brother* this year, vegan drag queen Courtney Act has been thrust into the spotlight, and she's using her platform for good. Her YouTube series **Cooking with Courtney** showcases the Australian beauty preparing vegan meals while other activist-oriented videos focus on animal rights and how white folks can be allies to people of color."
—Richard Bowie, Associate Editor


"I've seen the new James Cameron-produced fitness documentary **The Game Changers** at least three times. The muscle-bound, hyper-motivated, and totally plant-based elite athletes showcased in it (shout-out to adorable German strongman Patrik Baboumian!) inspire me to live better every day."
—Anna Starostinetskaya, News Editor



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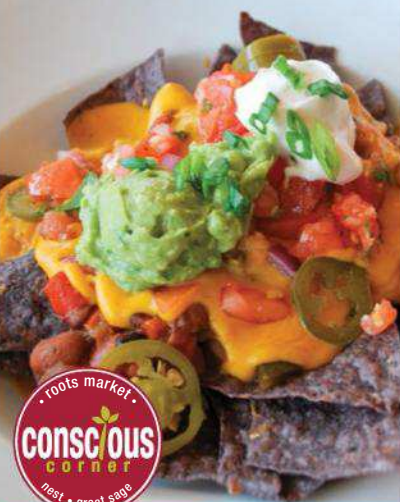
MSVA director Victoria Moran with
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When news broke of five brand-new ice cream flavors from **So Delicious**, VegNews editors were split. Between coconut-based Blueberry Cardamom, Cold Brew Coffee, Toasted Coconut Key Lime, and the cashew milk-based Chocolate Drizzled Bananas Foster and Peachy Maple Pecan, which should we dig into first? Looks like we have a lot of sundaes on our horizon.



The Cultured Kitchen has long been wowing cheese-lovers with its Cashew Reserve cheeses, but it's the Sacramento-based vegan company's Better Buttah spreads that have us melting. Garlic Chive and Cinnamon Date Vanilla flavors are our go-tos for grilling cheese paninis, slathering on barbecued corn, and topping Sunday morning pancakes. Color us cultured.

Veg Picks

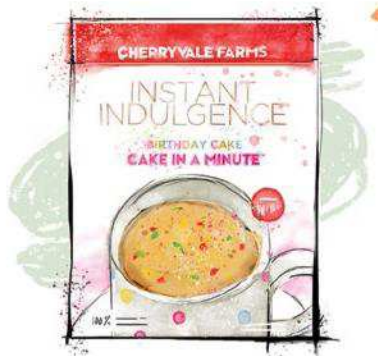
Searching for today's hottest vegan products? Look no further. Count on the VegNews staff to taste and test all products we recommend to our readers.

illustrations by RUBY ROTH



With aged nut cheeses, biodynamic vegan wines, and even plant-based caviar on the market, throwing a party has never been easier. But now, the vegan charcuterie plate is truly complete with the addition of **Hellenic Farms'** fig salamis. Rich, dense logs of meat-free salami are handcrafted from dried Greek figs and spiced with Aleppo pepper, orange zest, and cinnamon. Just how do they transform fruit into such convincing meat? It's all Greek to us!

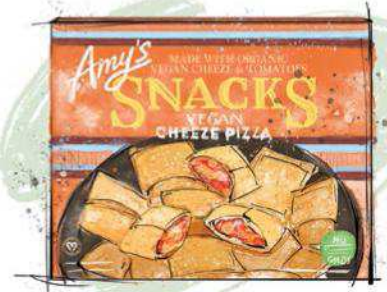
Everybody loves cake. And now, we're no longer awaiting the next birthday party to enjoy it. Vegan baking mix company **Cherryvale Farms** has us hooked with its new Instant Indulgence mug cakes (in Birthday Cake, Salted Caramel Chocolate, and Rich Chocolate Brownie flavors). Just add water, microwave for 75 seconds, and presto—a personal-sized treat just for you. Talk about a piece of cake!



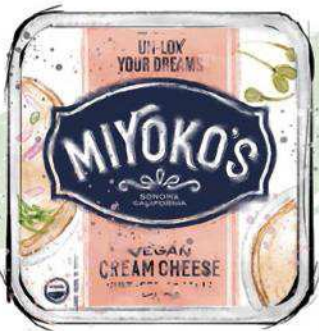
Move over, almonds—our new milk of choice is made from bananas! Dallas-based **Mooala** blends banana purée, water, sugar, and sunflower seeds for its luscious Bananamilks. We're using the organic Original flavor, made with a dash of cinnamon, to lend a fruity twist to our overnight oats, while the Chocolate variety is going straight into our banana bread batter. Safe to say, we're bananas for this milk.



There's nothing like a sweet treat made especially for you by Grandma, which is why we're nuts about the copper kettle-cooked confections from **Softer Than Brittle**. Adapted from the secret recipe of founder Melissa Diedricks' grandmother, these soft and flaky bites boast big brittle flavor in a totally unique take on the classic hard candy. Don't do peanuts? Pecan, cashew, and almond flavors have got you covered.



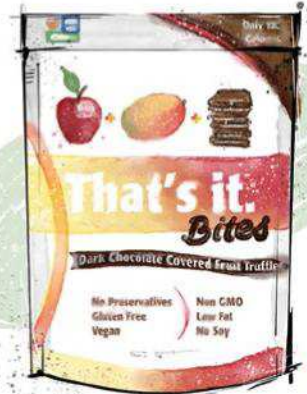
The microwaveable pizza rolls of our childhoods are back, and we have **Amy's Kitchen** to thank. The classic vegetarian company's newest cheesy addition pairs coconut-based mozzarella with a zesty tomato sauce, wrapped in a soft, organic wheat crust. Give 'em a quick zap and dunk in vegan ranch—that's how we roll.



You've had vegan cream cheese before, but not like this. **Miyoko's Kitchen's** thick, Philadelphia-style Plainly Classic cream cheese is made ultra-smooth with cashews and coconut cream, and let's just say your cheesecakes will never be the same. Plus, flavors like Sensational Scallion and the Un-Lox Your Dreams—made "salmon-y" with a touch of organic seaweed—means your next schmear is guaranteed to be downright sensational.

Our party advice? Make Philadelphia-style scallion cream cheese-jalapeño poppers. Then invite us.

Yes, juicy vegan burgers are great, but sometimes, a big leafy salad is what calls. And when we answer, we're upping the ante with **TOPBIT's** Protein Food Topping. A quick sprinkle of the Savory Herb seed medley (made with hemp, chia, and flaxseed) adds a serious dose of crunch, flavor, and nutrients (10 grams of protein, to be exact) to our greens. Super-charged salads, made easy? We're all in.



That's it made a name for itself with its perfectly sweet, two-ingredient bars made from apples and a selection of fruits like blueberry, banana, coconut, and mango (and that's it!). Now, chocolate is joining the mix in the company's new truffles. These soft, chewy fruit bar bites are enrobed in rich chocolate, making for a perfectly poppable and irresistible snack we're not sharing—and that's that.

Veg MARKETPLACE

The where-to-get-it section.
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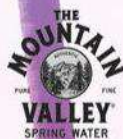
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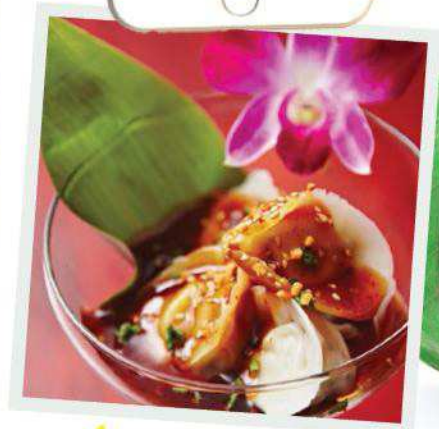


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Q the Action

From veganizing her favorite Vietnamese dishes to finding the best plant-based hotspots around, actress and activist **Maggie Q** spills her secrets on how she leads a kick-ass vegan life.



Maggie Q didn't think she'd grow up to be an action star

—she always figured she'd be a veterinarian. Her passion for animals never strayed, even when Q's career pivoted. Following the suggestion of a friend to try modeling on for size, and then quickly erupting onto the Hollywood scene, Q found satisfaction in performing her own stunts (which she did in action-adventure TV series *Nikita* and blockbuster film *Mission Impossible III*). Despite a wildly successful career, Q's love for animals remained front and center, so the 38-year-old actress soon expanded her work to encompass animal rights—so much so that PETA honored her for championing anti-fur initiatives. From working long hours on ABC's hit TV show *Designated Survivor* to penning an upcoming cookbook, we had to know: Maggie, how do you do it all?

Exploring eats

One of my favorite hobbies is finding restaurants with delicious vegan options. **Hangawi**, in New York City, is my all-time favorite. It feeds my soul, especially since Korean vegetarian food is so hard to find.

Maggie Q: Mathieu Bitton; Dumplings: HanGawi Restaurant

Going green

For a huge boost of energy in the morning, I start off with probiotics—a scoop of ActivatedYou Morning Complete green powder with water. Then I take a wheatgrass shot with ginger, turmeric, and lemon, and on my way out the door, I make sure to grab a **green smoothie** or juice.

Picture perfect

Using cruelty-free and **vegan beauty products** are essential, since my job requires me to wear makeup everyday. My must-have brands for a fresh face are Kajer Weiss, Josie Maran, RMS, Alima, and It Cosmetics.

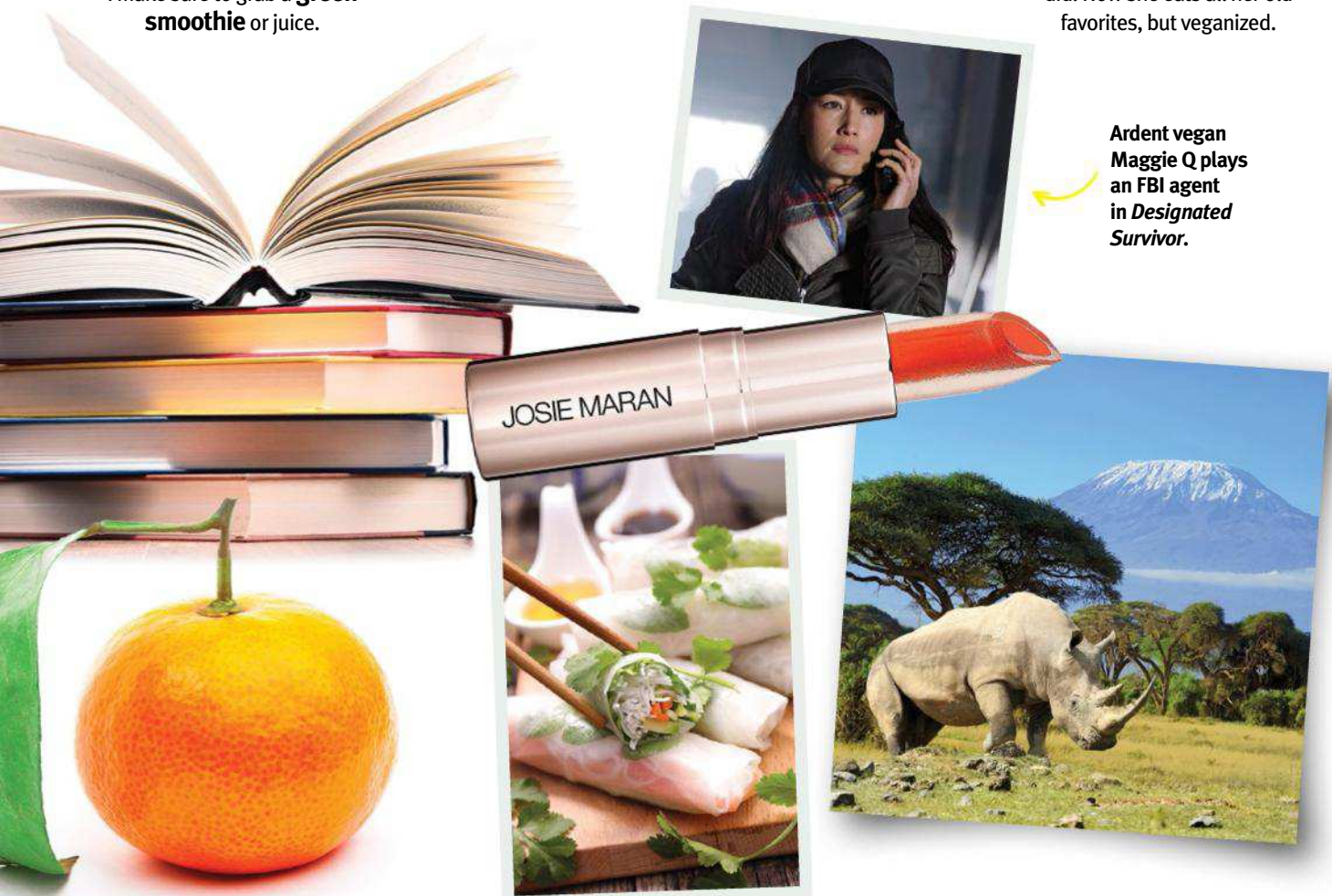
Book worm

In between filming, I'm usually busy reading **books** or scientific articles. Many of my co-stars are curious about veganism, so I like to share *Diet For a New America* and *The China Study* with them; they're total classics.

Pho real

I love cooking with my mom, and when I stopped eating animal products, her heart broke when she realized I'd no longer be eating **traditional Vietnamese foods** such as meat-filled *pho* and *bun rieu*. So I said we'd just have to reinvent them, and we did. Now she eats all her old favorites, but veganized.

Ardent vegan Maggie Q plays an FBI agent in *Designated Survivor*.



Acting charitably

As an animal-rights activist, I turn to WildAid's triumphs to keep my fragile activist heart going. This organization, which works tirelessly to **end the illegal trade of wildlife products** such as ivory, rhino horn, and shark fin, touts the motto, "When the buying stops, the killing can, too."

Quick fuel

I make sure to have sprouted nuts, seeds, and fruit on hand to keep me going throughout my busy days on set. These **power snacks** provide just the right amount of healthy fat, along with a punch of protein, to keep me energized until my next meal.

Social justice

Through my social media channels (@maggieq across the board), I'm educating, informing, and **teaching people about the power of veganism** with facts, figures, and recipes. That's how you change the world—person-to-person and by example.

Hopeful heart

It's important to remember that there are brave and heroic people in this oftentimes dark world. **People give me hope**, and that's what keeps me going. We have to love them, because love is transformative. **VN**

Sweet Pride

This June, the LGBTQ community is wearing its pride for the world to see, and we're celebrating in a totally sweet way. From frosted brownies to towering cakes, bakeries across the country are creating show-stopping, rainbow-hued delights in solidarity with queers everywhere. The fact that these are completely vegan is just icing on the cake.

Rainbow Brownies

Dense fudge brownies covered in rainbow frosting and adorned with an icing heart

Capital City Bakery
Austin, TX

Magical Unicorn Doughnuts

Adorable unicorn-shaped doughnuts made by a trans- and queer-owned eatery

Hella Vegan Eats
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Pride Bark

A slab of bittersweet chocolate with a rainbow of berries, candied herbs, and dried flowers

Lagusta's Luscious
New Paltz, NY

Love Wins Unicorn Cupcakes

Chocolate ganache-filled cupcakes frosted with vanilla rainbow swirls

Parlour Bakery
Boca Raton, FL

Rainbow Funfetti Cake

Super-tall, six-tier rainbow cake covered in white frosting and sprinkles

Pie, Pie My Darling
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