



Your guide
to dairy- and
egg-free
shopping,
cooking
and eating

I can't believe it's...**vegan!**



Why vegan?



Going vegan (eliminating all animal products from your diet) really is a lot easier than you might think.

This compassionate lifestyle is becoming increasingly popular as more and more people turn to ethical food products and take their health seriously. As a result, the market for vegan food is growing each year and most supermarkets now stock a wide variety of animal-free foods. This became clear from Animal Aid's 2007 survey to find Britain's most veggie- & vegan-friendly supermarket.

There are a number of reasons why people choose to go vegan, but the three most important ones are:

- it eliminates suffering and saves the lives of thousands of animals
- it boosts your health and increases your life expectancy
- it's a lot kinder to the planet



Welcome to Animal Aid's complete and easy vegan guide

- Nutritional advice
- A selection of delicious animal-free recipes
- Info on products and brand names to look out for in your local health food shop and supermarket

What's wrong with milk?



Most of us grow up believing that drinking milk is natural. But the only milk our bodies require is that of our mothers when we are babies. Beyond infancy, milk is not a necessary part of our diet. And especially not milk from another species!

Dairy cows are exploited to their limits. Their welfare and health are not a priority for an industry that wants to keep production levels high and costs as low as possible. They are forced to produce as much as 60 litres of milk every day, many times more than is

natural. Around a third of UK dairy cows are 'zero grazed' – an industry term for 'permanently confined'. Many others spend nearly half their lives in crowded, dirty sheds, waiting for spring when they will be permitted outdoors again. By the age of five, dairy cows are no longer profitable milk 'machines', and are slaughtered.

To ensure a continual flow of milk, dairy cows are repeatedly made pregnant. Their calves are taken from them at one or two days old, so that the milk meant for them can be bottled up for humans. Some of the female



calves replace worn-out cows in the dairy herd. But males are often regarded as waste by-products because demand is limited for their 'low quality' flesh. 'Surplus' calves are shot or sent on punishing journeys to continental veal farms.

Due to relentless milking, nearly half of all British cows suffer from swollen, infected, weeping udders. Traces of pus and blood from infected teats seep into the milk that people end up drinking. Current regulations permit millions of pus cells per litre!

Milk from other animals such as sheep and goats is produced in a similar way. ♦



What's wrong with eggs?



Most of the eggs bought in the UK come from battery hens, who are crammed, four or five at a time, into cages that allow each hen less space than the size of an A4 sheet of paper. They can barely move, let alone stretch their wings.

Even in 'free-range' units thousands of hens are packed into huge sheds. Pop holes allow them to exit and re-enter. But because 'free-range' poultry are the same highly in-bred strains as

those raised intensively, they struggle to cope with the bugs and weather conditions in the natural world. As a result, 'free-range' birds suffer a high mortality rate. Because free-range units are so crowded, stress can cause birds to feather peck. To try and prevent this, they have the end of their beaks removed.

Whether battery, free-range or organic, all egg-laying hens end their short lives with a traumatic journey to the slaughterhouse. Here, they are shackled upside down and have their throats cut. There are also 30 million day-old male chicks – by-products of the hen breeding industry – who are gassed or tossed alive into giant industrial shredders each year in the UK. They are killed because they are unable to lay eggs and are considered too scrawny a type of chicken for meat production. ◆

Is honey cruelty-free?

Akin to other types of intensive animal farming, bees are subjected to unnatural feeding routines, drug and pesticide treatment, artificial insemination, death and injury caused by handling, transportation and human interference with their environment. Honey is the colony's food reserve. It is nectar produced by flowers that has been swallowed by bees, partly digested and regurgitated. Despite claims to the contrary, it is questionable whether there are any real health benefits from eating honey. People with asthma or allergies have been

strongly advised not to take honey, following several deaths and severe illnesses. There is also a risk of botulism in children under twelve months of age. ◆



For a comprehensive, easy-view guide

Send for a colourful illustrated nutrition wall chart – just £3.50
(see form at back to order)



Providing you eat a balanced and varied vegan diet, you won't miss out on vitamins, minerals and protein.

Calcium

Products such as breakfast cereals, soya milk and non-dairy margarine are fortified with calcium. Nuts, seeds, green leafy vegetables, tofu, wholemeal bread and dried fruit are good natural sources.

Protein

The problem with a typical western diet is that it contains too much rather than too little protein. Excessive protein consumption can lead to a number of serious health problems, such as osteoporosis – see p6. Eating too

much protein produces more nitrogen than the body requires. The kidneys expel the extra nitrogen through urine, which strains them and can cause reduced function. High protein diets may also lead to more uric acid in the urine, which does not easily dissolve and can form kidney stones. Protein needs are automatically met by a balanced plant-based diet. Tofu, rice, all kinds of beans, pulses, wholegrains, soya milk and cereals are rich sources. Many supermarket ready-meals are a plentiful source of protein.

Vitamin D

Vitamin D is needed for healthy bones. It is produced by our bodies on exposure to sunlight but, during winter months, you might need a top-up. You can obtain it from soya milks, dairy-free margarines and breakfast cereals that are fortified with vitamin D2.

Vitamin B12

B12 is important for maintaining a healthy nervous system. The most

Nutrition

reliable sources are yeast spreads (e.g. Marmite), nutritional yeast flakes (e.g. Engevita), fortified soya products (e.g. milk and margarine), and breakfast cereals. If it's more convenient, simply take one 10 microgram B12 supplement daily.

Iodine

Iodine is important for the healthy functioning of the thyroid. Seaweeds are rich sources, particularly kelp and hijiki. Powdered seaweed can be added when cooking but if you are not keen on the slightly fishy flavour, then iodine can be bought as a food supplement in tablet form. ♦



For your health



◆ The milk myth

Many people are reluctant to give up milk because it has always been promoted as a wholesome, healthy drink, rich in calcium for strong bones. This is the milk myth and what those profiting from the sale of dairy products would like you to believe. Dairy products are not essential for optimum health. In fact, about 75 per cent of the world's population is lactose intolerant – unable to digest a type of sugar (lactose) found in milk.

Cows' milk is designed to help young calves develop rapidly into stocky cattle. It is full of naturally-occurring

growth-promoting hormones, which have been linked to cancer in humans. Milk also contains high levels of saturated fat and cholesterol, both major causes of heart disease, and it can be the root of allergies and other serious health problems, such as diabetes and irritable bowel syndrome.

No need to worry about calcium

Contrary to what people may think, eating dairy products can actually contribute to weak bones and osteoporosis. This is because foods rich in animal protein, including cows' milk, make the blood more acidic. The body tries to neutralise this by drawing calcium from the bones into the bloodstream, which is filtered through the kidneys and lost through urine. The more animal protein (meat, eggs and milk) consumed, the more calcium the body needs to balance the losses.

In countries where dairy products are not generally consumed, there are

lower rates of osteoporosis and hip fractures.

Cows' milk is also poorly absorbed into the body and inhibits iron absorption from other foods. With a balanced vegan diet, there is no risk of calcium, iron or protein deficiency. Scientific studies show that a plant-based diet is ideal for optimum health.

For more information about the health disadvantages of milk, contact Animal Aid for a free 'Facts about milk' factsheet. ◆

◆ The problem with eggs

Eggs may be considered tasty and versatile, but they aren't that healthy. Like dairy products, they are packed full of saturated fat and dietary cholesterol, and eating them can inhibit the absorption of iron, which is needed by our bodies for healthy blood, cells and nerves. ◆

For the planet



Animal farming uses much more land, energy and water and has a far bigger effect on climate change than plant-based agriculture, as acknowledged by the UK government at the start of 2007.

Seventy per cent of all agricultural land in Britain is used as pasture to feed animals. If the available land was used to feed people directly, less than a quarter would be required. The production of animal-based foods also

causes huge amounts of pollution and damage to natural ecosystems. Rainforests are cut down and the land is used to graze cattle or grow crops. Seventy-five per cent of soya – much of it grown on razed rainforest land – is turned into animal feed. Going vegan saves one acre of forest every year.

Already, there is a worldwide water shortage. Farming animals uses vast quantities of water, through the amount that they drink, the amount needed to produce the crops they eat and the huge volumes used by slaughterhouses. It takes 900 litres of water to produce 1kg of wheat compared with 100,000 litres to produce 1kg of beef.

Raising animals for food is one of the main contributors to climate change. Animal farming is responsible for 18 per cent of the world's greenhouse gas production – a larger share than that of transport. This is because methane, which is 23 times more potent than

carbon dioxide, is produced by a bacteria in the stomachs of farmed animals, and is farted and belched out. Also, carbon dioxide and nitrous oxide are produced from the transportation of farm supplies, animal feed and farmed animals themselves. Heat and electricity used by slaughterhouses and farms further increases energy demand. Because plant-based agriculture is many times more efficient, the vegan diet has a smaller 'carbon footprint'.

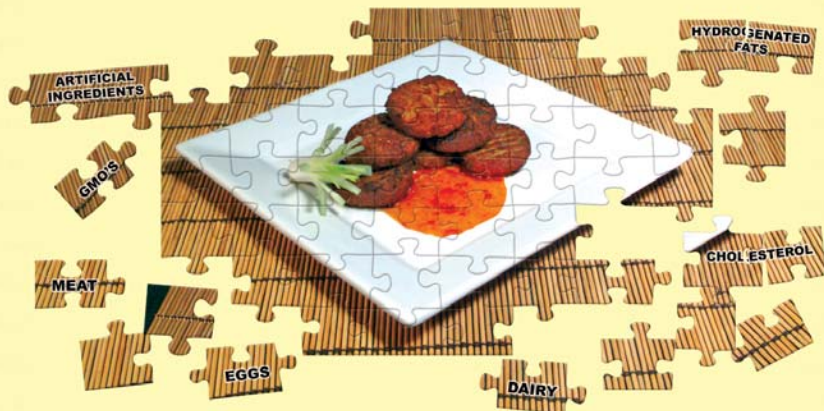
The United Kingdom currently produces approximately 12.5 tonnes of carbon-equivalent emissions per person, per year. This must be reduced to around 3 tonnes by the year 2030 if we are to limit the disastrous effects of climate change. Going vegan can reduce your carbon-equivalent emissions by 1.5 tonnes per year. ◆





"Natural healthy vegan foods"


"it's what we leave out that counts"



"the natural alternative"



"Vegetarian and vegan - naturally"

You can find  foods in your local independent health store, Holland & Barrett and selected branches of Waitrose, Asda, Morrisons and Tesco. If you are having problems finding your nearest stockist please phone 01536 400557 for help



Questions and answers

Do non-dairy milks work OK in tea and coffee?

Soya milk is great in tea but some brands can separate when used in coffee. So, for the perfect cup of coffee, try the following: put the soya milk in the cup and add the coffee to it, don't use just-boiled water – let it cool for a moment first – and use more milk than you would ordinarily.

Is margarine vegan?

Most margarines contain lactose or whey, which are both dairy-derived and whey may not even be vegetarian. However, the 'Pure' range of sunflower and soya margarines is widely available, and most supermarkets now stock their own dairy-free brand as well.

Is plain dark chocolate vegan?

Continental plain chocolate is more likely to be vegan. Always check the ingredients, as many brands contain butterfat or milk powder. To be sure, why not order some delicious chocolate bars and truffles from Animal Aid.

Contact us for a catalogue, or order online at www.animalaidshop.org.uk

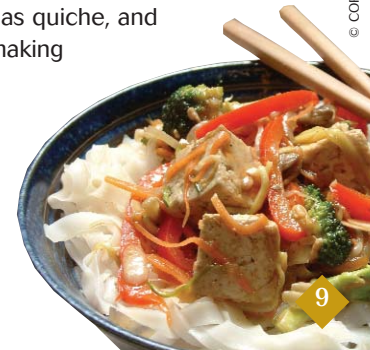
How do I replace an egg?

For cooking and baking, eggs can be substituted with a selection of other ingredients. One option is 'Egg Replacer' powder, made by Allergycare, which is available in health food shops. To bind burgers and nut roasts, try using mashed potato, oats, flour, breadcrumbs or dark tahini (a paste made from crushed sesame seeds). In cake recipes, substitute one of the alternatives below (each suggestion is the equivalent of 1 egg).

- 2 tbsp cornstarch mixed with 2 tbsp water or
- 2 tbsp flour mixed with 1/2 tbsp vegetable shortening, 1/2 tsp baking powder & 2 tbsp water or
- 3 tbsp tofu blended with whatever liquid is used in recipe (or use silken tofu)

What is tofu?

Tofu (or beancurd, as it is also known) is an invaluable ingredient that can be used in a variety of ways, and forms a good nutritional base for many meals. Tofu contains all eight essential amino acids and is a great source of protein. A staple ingredient in Thai and Chinese cookery, it can be cooked in different ways to change its texture from smooth and soft to crispy and crunchy. Try slicing, marinating and grilling it, or chopping it into smallish pieces and frying it with garlic until golden. There are many varieties of tofu and each has a different flavour and texture. Silken tofu is a creamy, softer product. It works well in puréed or blended dishes such as quiche, and is ideal for making desserts – see the recipes on p21 and p25. ♦



Tasty alternatives



Listed below are just some of the basic egg- and dairy-free equivalents now available in supermarkets and health food shops.

Soya milks

• Supermarket own brands • Holland & Barrett own brand • Alpro • Alpro 'Oy' milkshakes

Other non-dairy milks

• Rice Dream • Evemat almond milk • Mill Milk oat milk

Creams

• Alpro 'Soya Dream' • Granose soya cream • Soyatoo (topping cream in a carton and whipping cream in a can)

Cheeses

• Redwood Foods 'Cheezly' (Mozzarella, Edam, Cheddar and Gouda flavours) • Tofutti cream cheese (plain, garlic and herbs, chives and onion) • Parmazano (non-dairy Parmesan) • Sheese (Cheddar, Cheddar with chives, Smoked Cheddar, Mozzarella, Gouda, Edam, Cheshire and Blue flavours)

Yoghurt

• Alpro 'Yofu' – plain, peach, strawberry, forest fruits, raspberry & vanilla, red cherry and peach & mango • Granovita • Sojasun – plain and various flavours • Sojade – apricot, cherry and natural

Mayonnaise

• Plamil (plain, garlic, tarragon) • Granovita (original, lemon, garlic)

Margarines

• Supermarket own dairy-free ranges • Pure • Suma • Vitaquell

Ice cream

• Swedish Glace • Tofutti • B'Nice Rice Cream

Custard

• Alpro • Sainsbury's 'Free From' • Bird's Eye powder – make in normal way but using soya milk instead

Egg replacer

• Allergycare • See Questions & Answers on p9 for alternatives to eggs

Tofu (also known as beancurd)

• Cauldron • Clearspring • Blue Dragon • unbranded from Chinese and Japanese supermarkets



Animal ingredients to avoid



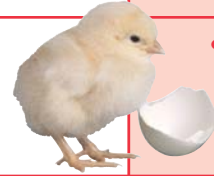
Vegan Trademark Symbol

Look for the Vegan Society's trademark

symbol, which indicates that the product is registered with the Vegan Society and is 100% vegan. Individual supermarkets should be able to provide a list of vegan products on request. ♦



Warning! Contains Animal Ingredients	Animal-free alternatives
<ul style="list-style-type: none"> • Albumen/albumin: egg white 	<ul style="list-style-type: none"> • Choose egg-free versions
<ul style="list-style-type: none"> • E322/lecithin: fatty substance found in nerve and other tissues, egg yolk and blood 	<ul style="list-style-type: none"> • Look out for soya lecithin. Try to avoid products with lots of E numbers as they are not good for you
<ul style="list-style-type: none"> • Lactose, casein and whey: milk derivatives 	<ul style="list-style-type: none"> • Choose dairy-free versions of the product you want to buy
<ul style="list-style-type: none"> • Quorn 	<ul style="list-style-type: none"> • All Quorn products contain a small amount of egg white, and most also contain milk ingredients
<ul style="list-style-type: none"> • Vitamin D3: derived from fish oil or lanolin (extract from sheep's wool) 	<ul style="list-style-type: none"> • Look out for D2 – the vegan version of D3
<ul style="list-style-type: none"> • Gelatine: made from boiled-up animal bones, skin and ligaments. Found in many products, including sweets, ice cream, jelly and some yoghurts. 	<ul style="list-style-type: none"> • Look out for products labelled 'suitable for vegetarians'. Just Wholefoods jelly crystals (available from health food shops) are gelatine-free.



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A healthy decision

Eating out

When you stop eating eggs and dairy products, you will still be able to go for a sophisticated dinner with your loved one, have a cheap 'n' cheerful meal with your friends or grab a quick snack during the day.

If you see nothing suitable listed on the menu, don't be afraid to ask. Most restaurants have dishes that can be easily adapted. If it isn't possible to leave out the cheese (for example), ask nicely and the chef may create something especially for you!

Indian, Thai, Vietnamese and Chinese

These restaurants usually have a good selection of dairy-free dishes but watch out for ghee (Indian butter), which can be made from either dairy products or vegetable fats. Check with your waiter – if it's dairy ghee, ask for it to be left out. Some curries also contain yoghurt or cream, so again, ask which ones don't. Egg noodles can be replaced with rice noodles. Likewise, you can have plain instead of egg-fried rice.



In Thai restaurants, coconut rice is deliciously 'creamy'.

Italian

Don't panic, you can still enjoy a pizza without cheese on top. Keep it moist with succulent toppings such as mushrooms, sweetcorn, spinach and artichokes... and a splash of garlic or chilli oil! PizzaExpress restaurants will happily swap Mozzarella for an alternative topping, and will also oblige if you take in your own melting soya cheese (e.g. Redwood's Cheezly) to use. There are plenty of pasta dishes that are vegan, but check that the pasta itself is egg-free.

Snacks and Sandwiches

If you need to grab a quick bite to eat, most cafés will have baked potatoes – leave off the butter and have baked beans and sweetcorn, or humous. You'll also find vegetable spring rolls, samosas and onion bhajis in many outlets. Most supermarkets also sell them in their take-away sections or deli counters. Look out for ready-made falafel, humous and salad wraps in cafés and coffee shops.

If a sandwich is more to your liking, then find a place where they're made to order, ask for a drizzle of olive oil instead of butter, and choose your own fillings, such as tomato, mixed leaves, herbs and avocado. Ask for soya milk in coffee outlets; it is now widely available. ♦



Savouries



Scrambled Eggless

Ingredients

- 250g packet plain tofu
- 1 clove garlic – peeled and crushed
- 1 tsp turmeric
- 1 tsp mixed herbs
- Fresh ground black pepper
- Tabasco sauce – a few splashes
- 2 tbsp vegetable oil to fry

Method

Mash the tofu, add all the other ingredients and mix in. Put oil in a saucepan, heat, add the tofu mix and stir in oil until heated through, approx 3 mins.

Serve on toast.

Coleslaw

Ingredients

- 500g fresh white or pointer cabbage – finely sliced/shredded
- 3-4 carrots – grated
- 1 bunch of spring onions – finely sliced
- 1 jar eggless mayonnaise (Plamil or Granovita)
- Freshly ground black pepper

Method

Place all the vegetables in a large bowl. Put four heaped tablespoons of mayonnaise in the bowl. Stir altogether.

Add more mayonnaise if desired, or change ratios of vegetables.





Serves 3 to 4

Ingredients

'Meat' Sauce

- 2/3 bag of Realeat Vegemince (freezer cabinet)
- 2 tsp bouillon stock powder dissolved in 1 pint of hot water
- 2 tins of chopped tomatoes
- 3 tbsp tomato purée
- 2 onions – chopped
- 2-4 cloves garlic – peeled and crushed
- 2 tsp Marmite
- 1 tbsp herbs for seasoning
- 1 tbsp olive oil for frying

'Cheese' Sauce

- 60g dairy-free margarine
- 60g plain flour
- 1 tsp English mustard
- 1 litre unsweetened soya milk
- 120g melting soya cheese (Redwood's melting Cheezly) – finely grated
- Plus a little extra cheese for grating over the top
- Freshly ground black pepper
- 4 tbsp Engevita (Marigold's nutritional yeast flakes, available from any good health food shop) (optional – for extra 'cheesy' sauce)

Lasagne

Preheat oven to
190°C/375°F/Gas 5

Method

To make the 'meat' sauce: In a large pot, heat 1 tbsp oil and fry onions until soft. Add garlic, black pepper, chopped tomatoes, tomato purée, Marmite and herbs. Then make stock and pour into pan, followed by Vegemince. Cook until the mince has absorbed most of the liquid and then turn off heat.

To make the 'cheese' sauce: Melt the margarine in a saucepan. Once melted, stir in flour and cook for a further minute, stirring constantly so as not to burn. Then stir the soya milk and mustard into the flour mixture slowly and stir constantly. Stir in the cheese and bring to the boil. Then simmer for a few minutes until a nice thick 'custard' is made, stirring frequently. Taste it, season with pepper and add the Engevita for added 'cheese' taste.

In a deepish oven dish put a layer of Vegemince, then a layer of lasagne sheets over this, then a layer of 'cheese' sauce. Repeat the layers ending with the 'cheese' sauce. Sprinkle with grated cheese.

Cook in oven at 190°C/375°F/Gas 5 for 40 mins or until brown. Check a knife will cut easily through. Let the dish 'rest' for 5 to 10 mins before eating. Serve with green vegetables or salad.

If you can't use all the 'meat' in the lasagne dish because it is not deep enough, use the remainder as a bolognaise sauce with spaghetti the next day or as the base for a shepherd's pie.



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Cauliflower Cheesy

Preheat oven to 210°C/425°F/Gas 7

Ingredients

- 1 large cauliflower – broken into large florets
- 1 large leek – sliced
- 3 cloves garlic – peeled and thinly sliced lengthways
- 2 tbsp olive oil

'Cheese' sauce

- 4 tbsp dairy-free margarine
- 4 tbsp flour
- 600ml unsweetened soya milk

Method

Steam the cauliflower for 10 minutes. Meanwhile, heat the oil in a pan and cook the garlic and leek until softened. Mix the cauliflower, leek and garlic together in a large oven-proof dish.

To make the 'cheese' sauce: Use ingredient amounts as above and follow the method used in the lasagne recipe on p 17. Pour over cauliflower mixture and top generously with breadcrumbs and finely chopped mixed nuts. Dust with Parmezano (optional). Cook in oven for 30 minutes.

- 100g soya cheese – grated
- Black pepper

Topping

- 50g breadcrumbs
- 50g mixed nuts – finely chopped
- dairy-free parmesan (Parmezano – available from supermarkets and health food shops) (optional)

Easy Eggless Pancakes

Ingredients

- 100g wholemeal flour
- 325ml soya milk
- 1 tsp baking powder
- Oil to fry
- 2 rounded tbsp chickpea (gram) flour

Method

Whisk pancake ingredients in a liquidiser. Allow to 'rest' for 30 mins. Whisk batter again. Pour into a jug.

Put a very little oil into a frying pan and heat to very hot but not burning. Lower heat slightly. Pour in just enough batter to coat bottom of frying pan by tilting pan around.

Cook for approx 2 mins and then gently turn pancake over for a further 2 mins.

Put pancake on plate and spread desired filling at one edge (dairy-free margarine and jam, maple syrup and chopped nuts, lemon juice and sugar or something savoury – mushrooms in a white sauce, tofu pâté etc) and roll up. Carry on oiling pan and cooking pancakes until all batter is used.

Serve straight away as each is done, or make up the lot and reheat, covered with foil, in a warm oven.





Serves 4

Ingredients

Pastry

- 1 roll of Jus-Rol shortcrust pastry or
- 255g plain wholemeal flour
- 130g margarine

Filling

- 1 x 250g plain tofu or 1 x 220g smoked tofu (Cauldron)
- 1 medium onion – peeled and chopped
- 1 red pepper – sliced, after pith and seeds removed
- 1 medium courgette – sliced
- 3-4 cloves garlic – peeled and crushed
- Unsweetened soya milk
- 1 pack of soya cheese
- Fresh ground black pepper
- Vegetable oil to fry

Tofu Quiche

Preheat oven to 190°C/375°F/Gas 5

Method

Pastry: If not using ready-made pastry, make from scratch by rubbing the margarine into the flour until it resembles fine breadcrumbs. Add enough water to make a dough which is soft, but not sticky. Roll out on a floured board to size. Place pastry into the quiche dish. Bake for 10 minutes to set the pastry.

Filling: Fry the onions lightly for a few minutes. Add the courgette, pepper and garlic and fry for 4-5 mins until they begin to soften. Take off the heat and set aside.

Break up the tofu into a blender and grate the cheese to taste. Blend together, gradually adding the milk to form a paste. Add this mixture to the fried vegetables. Place into the quiche dish. Bake for 40-50 mins.

Allow to cool/'set' for a short while, say half an hour. Slice and serve with a salad.

Velvety Vegan Chocolate!

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Desserts



Serves 8 to 10

Chocolate Orange Sponge Cake

Ingredients

Sponge

- 300g white self-raising flour
- 2 tsp baking powder
- 100ml sunflower oil (or other light vegetable oil)
- 2 heaped tbsp cocoa powder
- 175g brown sugar
- 180ml water

Chocolate orange icing

- 170g icing sugar – sifted
- 60g cocoa powder – sifted
- 115g dairy-free margarine
- 1 small orange – finely scrape zest and mix with the juice

**Preheat oven to
180°C/350°F/Gas 4**

Grease two 18cm/7 inch cake tins with dairy-free margarine.

Method

Sponge cake: Mix the water, sugar and oil in a pan and heat gently, stirring until sugar dissolves. Leave to cool and then add dry ingredients, folding mixture together carefully – rather than beating it – until well mixed. Pour into tins and bake for approx 30 mins. Allow to cool for only 2 or 3 mins. Gently go around the edge with a blunt knife and turn out onto a wire rack. Leave to cool.

Icing: In a bowl, beat the margarine until soft, then gradually add the icing sugar and cocoa, beating until smooth. Add only a little of the orange juice at a time – you'll need far less liquid than you think – and mix thoroughly. Spread half the icing onto the bottom half of the cake and sandwich the two together. Coat the top of the finished cake with the remaining icing.



Serves 6 to 8

Base Ingredients

- 75g dairy-free margarine
- 340g digestive biscuits (Waitrose own or Doves Farm Organic)

Cheezecake mixture

- 3 lemons – zest and juice
- 430g plain tofu – diced
- 95ml soya milk
- 95ml sunflower oil
- 95g soft brown sugar
- 1 tbsp vanilla essence

Topping

- 1 kiwi – sliced
- 1 85g packet strawberry jelly crystals (e.g. Just Wholefoods)

Grease and line a loose bottomed, deep, 20cm/ 8 inch cake tin with greaseproof paper and dairy-free margarine

Strawberry & Kiwi Cheezecake

Preheat oven to 160°C/325°F/Gas 3

Method

Cheezecake: Crush the digestives until they resemble fine breadcrumbs. Melt the margarine gently in a saucepan, pour in the biscuit crumbs and mix well. Press the biscuit-mix firmly into the cake tin until about 1cm deep. Finely grate the lemon rinds and put into a blender along with the squeezed lemon juice. Add all the other mixture ingredients and blend together till the mixture is smooth and creamy. Pour the blended mixture onto the base, smooth the top and place in the oven for 1 hour or until the top turns a rich golden brown.

Topping: Allow the cheezecake to cool. Follow the instructions on the jelly packet. Slice the kiwi and arrange on top of the cheezecake. Then pour on hot jelly.

Leave to cool and then place in the fridge to set.





Serves 8

Ingredients

Trifle base

- See sponge in 'chocolate orange sponge cake' recipe
- Add 1tsp vanilla essence

Trifle topping

- 1 punnet of strawberries
- 1 banana
- 1 bar plain chocolate
- 1 85g packet of strawberry jelly crystals (eg. Just Wholefoods)
- 1 carton 525g Alpro custard

Strawberry Trifle

Method

Trifle base: Follow method for basic sponge in 'Chocolate orange cake' recipe on p23. Leave out the cocoa powder and add 1tsp of vanilla essence.

Topping: When cool, cut up the sponge cake and place in a layer at the bottom of the bowl. Wash, halve and remove any stalks and leaves on strawberries. Place a layer of strawberries over the sponge cake. Prepare jelly, following instructions on packet, and pour over strawberries and sponge. Leave to cool and then place in fridge until jelly is set. Once set, cut up the banana and arrange on top of the jelly and then cover with custard. Take the chocolate bar and use a vegetable peeler to grate chocolate swirls for the top.

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Enjoy them either – in tubs in a variety of flavours; a vanilla & raspberry ripple cornet or smooth vanilla on a stick with a rich chocolate flavoured coating.

The entire range is totally free from lactose, cholesterol and gluten and is suitable for vegetarians & vegans.

Whatever you choose, you can feel good about a little bit of indulgence!



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Freacle Tart

Ingredients

- 175g shortcrust pastry (Jus Rol)
- 225g golden syrup
- 1 lemon – finely grate zest and juice
- 75g fresh white breadcrumbs

Preheat oven to 190°C/375°F/Gas 5

Method

Grease a 20cm/8 inch flat tin with dairy-free margarine.

Roll the pastry out on a lightly floured surface to a thickness of about 5mm. Line the tin with the pastry and prick the base all over with a fork. Chill for 30 minutes.

Meanwhile warm the syrup in a saucepan then add the lemon zest and juice. Scatter the breadcrumbs over the pastry base and slowly pour in the syrup. Bake in the oven for 25 minutes until the filling is just set. Serve warm.

Mango & Banana Fool

Ingredients

- 1 tub (500ml) plain soya yoghurt
- 2 large (or 4 small) ripe bananas
- 1 large (or 2 small) ripe mangoes
- 2 heaped tbsp raisins
- 2 heaped tbsp sunflower seeds

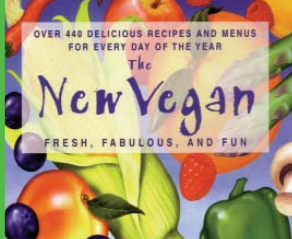
Method

Peel and chop mango and banana into small pieces. Purée in a liquidiser. If too dry/stiff to liquidise, add a little soya milk.

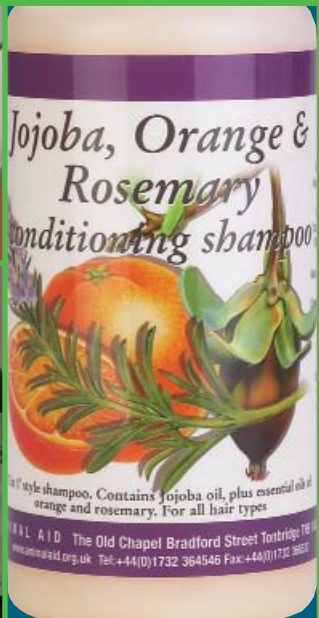
Put the yoghurt in a large bowl and add the fruit purée. Stir in raisins and sunflower seeds.

Divide between 4 bowls or glasses, and hey presto! A healthy easy pud or for a special treat, serve with dairy-free ice cream.

If you can't get a ripe mango, try grapes, kiwis, or summer fruits such as strawberries and/or raspberries instead. Banana is a crucial part of this recipe as it adds bulk, texture and, of course, taste.



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