

# Veggie Times

A fantastic four-page pullout!

## Vote with your plate

by JENNY GREEN  
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WHEN it comes to healthy lifestyles, Karin Ridgers knows her stuff.

The 34-year-old TV presenter and PR agent from Billericay, has devoted the last decade to promoting all things animal-friendly.

And as a former director of The Vegan Society and the founder of a global Internet TV station, [veggievision.co.uk](http://veggievision.co.uk), Karin is widely regarded as an expert in her field.

Over the next four weeks, Karin will be helping *The Enquirer* to produce Veggie Times, which will promote healthy living in a positive way that is suitable for everybody, vegetarian or otherwise.

In this first supplement, what better way to start than for Karin to explain why vegetarianism is so important?

"It's a proven fact that vegetarians live longer than meat-eaters and suffer from less heart disease, less cancer and less strokes.

"I went veggie about 12 years ago, took the next step to

become vegan six years ago and it was the best decision I've ever made.

"I've got so much energy, never need to diet and feel more confident about myself. I've never looked back."

Many people are open to the idea of vegetarianism but feel they don't know enough about it to take the plunge.

But just one fact was enough to open Karin's eyes – that 850 million animals are killed in the UK each year and if one person goes vegetarian, the lives of 4,000 animals could be saved.

"I never used to know much about vegetarianism," Karin confesses. "My dad was a veggie and I thought it was odd, but one day I read a booklet that referred to meat as flesh and it changed my life.

"I realised that was what I was eating and that night, I remember having a chicken curry and feeling like every mouthful was choking me."

Since that day, Karin has learnt more and more about vegetarianism and devotes most of her time to helping people find out the facts.

"Obviously, you do have a



choice when it comes down to what you eat, but whether you make the right one depends on if you know the facts.

"If people keep eating meat the way they are now, the planet simply will not be able to sustain itself.

"I'd much rather see us feeding the developing world,

rather than cows that will get turned into burgers.

"Millions of people go to bed hungry every night, so vote with your plate and see that you can make a positive difference in the world."

If you'd like to find out more about healthy, meat-free lifestyles, head down to the

Essex Veg Festival at the Brentwood School Sports Centre next month.

The event, on Friday 2 December, costs £5.50 and includes a meal and lots of animal-friendly freebies.

For tickets to this exclusive Essex event, email [karin@essexveganfestival.org.uk](mailto:karin@essexveganfestival.org.uk).

## What's inside?

OVER the next month, *Enquirer* readers will be able to find out everything they've ever wanted to know about leading a healthy lifestyle in Veggie Times.

There will be some great prizes up for grabs, from pampering sessions to animal-friendly foods.

And there will also be the opportunity to cook up some vegetarian treats at home with our fantastic meat-free recipes from top companies.

We will also have interviews with several veggie celebrities and a number of informative articles that could help you to change the way you live.

So what are you waiting for – turn the page now to take the first step...

For more information about leading a meat-free lifestyle, visit the revolutionary TV station, [www.veggievision.co.uk](http://www.veggievision.co.uk).

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# Veggie Times

## Thumbs up for flaxseed

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JUST over 12 months ago, Forti-Flax caused a stir when Omega 3 Porridge was unveiled in Scotland.

At the time of the unique porridge launch, the dish was hailed as 'the world's healthiest breakfast.'

And now the hotel that held the launch - The Buccleuch Arms Hotel in Moffat, Dumfries & Galloway - has scooped a top prize in the annual Golden Spurtle World Porridge Making Championships.

The hotel's head chef, Lara Smith, pitted her special recipe against the other competitors and managed to come out on top in the Speciality Porridge category. And the magic ingredient that Lara used? Barlean's Forti-Flax.

For many people, porridge is a dish associated with being eaten in winter, but in recent years, the benefits of porridge have been championed to the hilt - even McDonalds has got in on the act.

Low in fat, salt and sugar, porridge lowers cholesterol, improves the nervous system and enhances digestion.

And it is the ideal dish to sprinkle some flaxseed onto, providing that all important daily intake of Omega-3s.

By combining the traditional benefits of the dish with the Omega-3 fatty acids and the essential amino acids found in flaxseed, porridge is the perfect way to kick the winter blues into touch.

And for Lara, becoming a champion porridge maker was a real achievement for a young lady who had never cooked the dish until 18 months ago.

But it just proves that once a seed is planted in the mind, anything is possible - especially when it's flaxseed.

## Delicious meat-free meals



A LONDON-BASED couple have ensured there's no need for vegan to be a favourite four-letter word muttered by chefs in their kitchens this Christmas.

The new Hamlyn Vegan Cookbook has been written by Tony Bishop Weston (pictured left) and his wife, Yvonne, and is full of the most innovative dairy-free recipes that are around.

Yvonne's expert nutrition advice was perfectly complimented by award winning cook Tony's creative prowess in the kitchen.

And the book is turning out to be a bestseller for both vegans and meat-eaters who want to try something a little different.

The Enquirer has two signed copies of the cookbook to give away.

To be in with a chance of winning, send your name and full contact details, marked Vegan Cookbook, to the usual Enquirer address (P2) before Monday 21 November.



## Ackee Quiche

### Ingredients:

#### Filling:

- 100 g chopped mushrooms
  - 1 chopped onion
  - 250 g Tinned Ackee (drained)
  - 1 large sliced tomato
  - 125 ml (4 fl oz) live vegan yoghurt (or vegan mayonnaise)
  - 2 teaspoons vegan bouillon mix
  - 1 teaspoon tomato paste
  - 1 tablespoon Dijon mustard (free from honey)
  - 3 Tablespoons olive oil
- Pastry:
- 250 g self raising wholemeal flour
  - 60 ml (2 1/2 fl oz) fortified soya milk
  - 60 ml (2 1/2 fl oz) rapeseed oil
  - Pinch of seasalt

### Method:

Place the flour into a bowl, add the rapeseed oil and salt and blend in with a fork. Add the milk and blend in. Turn out onto a floured surface and knead briefly. Roll out and line an oiled 21cm/8 inch pie dish with the pastry and bake for 5 mins at 200c. Fry the mushrooms, onions and ackees in 2 tablespoons of the olive oil. Mix the yoghurt bouillon mix, tomato paste, mustard and remaining tablespoon of olive oil together in a small bowl. Empty the Ackee mix into the pie shell, spoon on the yoghurt mix then arrange the sliced tomato on top. Bake for 20 mins at 200c. Serve with green salad tossed in Omega 3 rich oil, such as balsamic vinegar and some roasted sweet potatoes. Garnish with sprigs of parsley and sprinkle of smoked paprika.

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or visit [www.eastmidlandsveganfestival.co.uk](http://www.eastmidlandsveganfestival.co.uk)

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