

Veggie Times

A fantastic four-page pullout!

Ready to take the next step?



by **KARIN RIDGERS**
media@theenquirer.co.uk

THERE are several organisations in the UK that provide free information about a healthy, veggie way of living. Start by looking out for the Vegan Society logo on supermarket items, which means that the product is 100% compassionate. The society's website contains a wealth of information, including a gallery of Typical Vegans, which smashes the stereotypical view of what vegans are like. See www.vegansociety.com for more. Viva! was founded by Juliet Gellatley (pictured above), who has been an inspiration to many people. The organisation hosts a number of animal-friendly events all year round and their last show in London, was a sellout. To find out more about Viva! see www.viva.org.uk. You could also go to The Vegetarian Society for information - the oldest veggie organisation in the world.

The charity teaches people how to cook extraordinary meat-free food and shows professional chefs how exciting vegetarian food can be at the Cordon Vert school. Log on to www.vegsoc.org to find out more information. Peta is another good group, originally from America and best known for its campaign against the use of fur with the "I would Rather Go Naked Campaign." At the moment, they are on the lookout for Europe's sexiest vegetarian, so perhaps you would like to enter? See www.peta.org.uk for further details. Animal Aid is another long-established group and each year, they hold a Christmas Without Cruelty event in London, which is well worth the trip to Kensington Town Hall for on Sunday 4 December. To find out more about the group, log on to www.animalaid.org.uk. Each of these organisations need more support from ordinary people like you, so check out their websites and sign yourself up for a healthier lifestyle.



A great big thank you!

THIS is the final edition of Veggie Times - *The Enquirer's* month-long supplement about healthy lifestyles. Many thanks to all of the wonderful advertisers and readers who have made this entirely unique supplement possible. Please do continue to support these companies and always mention Veggie Times when speaking to them. We are proud to say that Veggie Times is the UK's first vegetarian-style newspaper supplement. And we are even more delighted to inform readers that the supplement will be a regular feature over the coming months with many readers, journalists and celebrities subscribing to it. So make sure you keep reading *The Enquirer* to find out when Veggie Times will be making a comeback...

healthy AND essential



The body cannot manufacture essential Fatty Acids. They must be supplied daily in the diet.

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- Essex Veg Fest, Dec 2nd from 6pm, Brentwood School Sports Centre
- Tasty recipes available - ask for Linda at the show.

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Veggie Times

Flax is good

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WHATEVER form it comes in, flax is good for your health.

So here are the top reasons why you should make it part of your diet:

- 1 - Use flax oil to get the vital ALA omega 3 fatty acids you need, as your body can't make them from scratch.
- 2 - The more flax oil you take, the more EPA and DHA your body produces, helping to improve your memory and give you smoother skin and silkier hair!
- 3 - Flax helps to modulate the Omega-3 fatty acids in your blood sugar levels.
- 4 - The more ALA you have in your fat tissue (which comes from flax oil) the lower your risk of a heart attack.
- 5 - Flax oil makes a great salad dressing and contains up to 14 times more Omega-3 than capsules.
- 6 - Flax seed contains the most lignans fit for human consumption, which helps to reduce blood pressure and can give you a much healthier liver.
- 7 - Ground flax seed makes fantastic porridge, as well as smoothies.
- 8 - Flax can help to reduce the lifetime breast cancer risk.

Fantastic Tofutti Cheesecake

TOFUTTI has an amazing range of dairy-free cream cheeses, ice creams, individual ice pops and more.

And the delicious product can be bought in Holland and Barrett, as well as all good independent health shops.



Ingredients:

For the base:
250g digestive biscuits, blended
75g Pure margarine, melted
75g brown sugar
For the topping:
2 tubs of Tofutti dairy-free cream cheese
Juice of 1 un-waxed lemon
75g sugar
1 tsp vanilla essence
1 tsp lemon essence

Method:

Mix everything for the base in a bowl. Spoon and press tight into 6 individual dishes about 5 inches wide. Blend until all mixed. For the topping, mix the ingredients together and pour onto biscuit base. Bake in pre heated oven at 200°C for 15- 20 mins until golden brown. Leave to cool. Various fruit toppings can be added, if required.

Scheese - a dairy-free alternative

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LEADING a dairy-free lifestyle is easy, due to companies like Scheese and Tofutti.

People decide to go dairy-free for a number of reasons, such as aiming for a low fat or low cholesterol diet.

Many people are intolerant to dairy products and some simply want to take the next step from vegetarianism because of animal issues in the dairy industry.

Some people even just like the taste of these dairy-free products.

Scheese is an authentic looking and tasting

non-dairy, animal-free alternative to traditional cheese.

It is suitable for vegans and vegetarians and there are eight tasty flavours to sample - cheddar, cheddar with chives, hickory smoked flavour, mozzarella, gouda, edam, Cheshire Style and 'blue,' which is a white cheese with a Brie flavour).

Scheese can be used to replace dairy cheese in recipes and can be enjoyed in sauces, pizzas, over potatoes, as a fondue or even just in a Scheese and pickle sandwich.

You can pick up the product from health stores and if they don't stock it - ask for it. See www.scheese.co.uk for more.

WIN! WIN! WIN! WIN! WIN!

A year's supply of Teadirect tea



GOOD manners may seem like a thing of the past, but Fairtrade tea brand, Teadirect, is encouraging you to bring them back to everyday life.

To kick-start its Decency Manifesto campaign, Teadirect is inviting you to join them at Waitrose in Fossets Way, Southend from 10-12 December for a taste of Teadirect's rosy, chestnut brew.

You'll also have the chance to receive a free tea towel when you purchase any pack of Teadirect, so make sure you visit the mobile café bar.

Teadirect always pays tea growers guaranteed fair prices. This helps transform their lives and build a better future for themselves and

their families.

Teadirect, and its new Decaffeinated tea, is available from most supermarkets.

For more information, visit www.teadirect.co.uk.

The Enquirer has teamed up with Teadirect to give four readers the chance to win a year's supply of their tea, plus a Bodum glass teapot.

To win, send your name and full contact details, plus a telephone number, to the usual Enquirer address (P2).

Entries, marked Teadirect, must be received by Monday 12 December.



WIN! WIN! WIN! WIN! WIN!



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