

# ONE BITE

VEGAN MAGAZINE

Spiralizer  
**101+**  
Recipes

*Mother's Day  
Brunch Recipes*

*Win a Copy  
- The Wicked  
Healthy Cookbook*

*Eco-Friendly  
Kitchen Items*

*Vegan Options in Auckland, NZ*

# ONE BITE

VEGAN MAGAZINE

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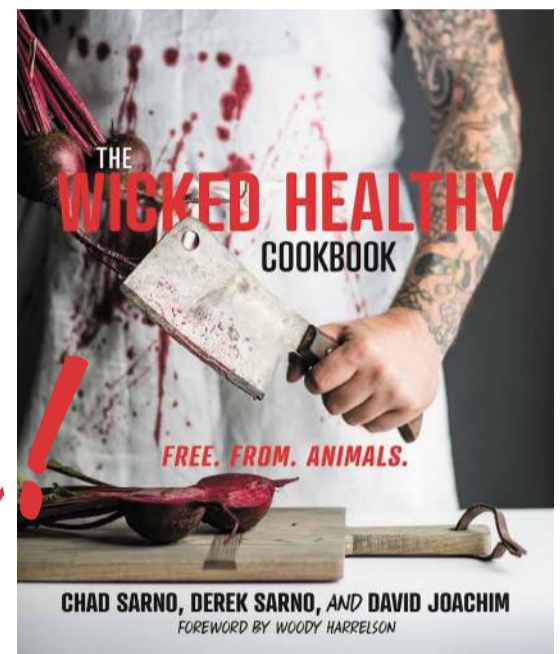
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# editor's note

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A number of mainstream media publications were predicting at the end of last year that 2019 would be the 'Year of the Vegan', a period of time in which veganism would finally move into the mainstream.

Now into the second quarter of 2019, it's certainly looking like those media visionaries were onto something. Not only are there more and more vegan food start-ups gaining enormous amounts of funding to produce amazing vegan food products, many of the 'Big Food' companies are also jumping on board the vegan bandwagon by either buying out vegan companies and/or creating their own vegan product lines.

Even internationally renowned chef – and former anti-vegan – Gordon Ramsay has admitted that it's time to eat a slice of humble pie and that "veganism is on the rise"; he's added a whole vegan range to his restaurant chains, including a vegan roast dinner.

For those of us who live in hope of a vegan world, these signs are so encouraging!

So what can we all do to help usher in this new era a little faster? Making and sharing delicious and creative vegan food with our friends and family can be a powerful tool in allowing people

to disassociate from the misunderstandings and negative stereotypes that surround veganism.

And that's why we hope that you also find One Bite Vegan a useful resource in helping you to not only discover new and exciting vegan food recipes but that you might also be able to share it with others who may find it useful too.

That's why One Bite Vegan is free and always will be. We want to be able to reach and support the most people possible.

If you read the magazine via one of our apps and you like what we're doing, please help us out by leaving a review as this really helps us to get noticed. Also if you've got any suggestions for the types of articles and recipes that we have in the magazine, please don't hesitate to get in touch – we love to hear from you!

Our key feature this month is a wonderful collection of Mother's Day brunch recipes. Show mom you care for her – and also for the animals, her health and the environment – by serving up one of these amazing recipes this Mother's Day.

*Kevin Schmidt*

**Editor & Publisher  
One Bite Vegan Magazine**





# Your Vegan Nutrition Questions Answered

By Veronika Powell

### Your vegan nutrition questions answered.

As part of this series, we took to the [One Bite Vegan Facebook](#) Group to find out what you'd like to put to our nutritionist, Veronika Powell from Viva! Here's this issue's question...

### Fasting and intermittent fasting on a vegan diet... What are your thoughts?

There are many types of fasting, which is the voluntary withholding of food (unlike starvation), and usually lasts hours or days. Intermittent fasting is, in a sense, a normal part of our daily lives - for example between dinner and breakfast. However, 'proper' fasting means not eating for a period of time longer than it takes your body to merely digest the food you had just eaten. During true fasting, your body uses its own stored energy, first from glycogen (carbohydrate stored in the liver and muscles) and it also makes glucose from other molecules, and eventually from body fat if the fasting continues for longer or if you're physically active.

The upsides of fasting are that your insulin (blood sugar regulating hormone) levels decrease, your body gets a chance to not be constantly digesting and storing food, and you burn up some extra energy. It's a natural state for us because during our evolution we didn't always have food readily available so we're well adapted to going without

food for a while and it can make you feel good.

Downsides? You'll most likely feel hungry, may experience constipation, headaches and there's a risk you'll end up bingeing afterwards and eat more energy than your body just burned up.

If you'd like to try it, daily patterns of fasting, such as 16:8 or 20:4 (16 or 20 hours of fasting a day with an eight- or four-hour window in which you eat) are best to start with to test how your body responds. If you'd like to do fasts that last 24-36 hours, plan ahead so you don't do too much exercise in those days. It's perfectly fine to fast and exercise at the same time but if you're not used to it, go easy on yourself. If you do intensive training, you'll need to replenish electrolytes - a small pinch of natural sea or Himalayan salt in your water should do the trick.

The 5:2 pattern is very popular as it's flexible, manageable in the long-term and produces good results. It means eating as usual five days a week and fasting or limiting your calorie intake to 500 calories on the remaining two days.

Fasting for more than a few days at a time can be dangerous in terms of nutrient deficiencies and is only recommended under medical supervision. There are several scenarios in which any kind

of fasting should be approached with caution - if you have any type of diabetes, suffer from migraines or other serious medical conditions. It's impossible to predict how your body may react - it could be a welcome change or it might make you suffer unnecessarily. If you have diabetes, your doctor may need to adjust your medication for the duration of the fast.

And then there are situations when you absolutely shouldn't do any fasting - if you are underweight, have a history of eating disorders, are pregnant, breastfeeding or under 18 (your body is still growing).





Viva!Health is a part of the charity Viva!, Europe's largest vegan campaign group best known for its undercover campaigns to end intensive farming. We also monitor scientific research linking diet to health and provide accurate information on which you can make informed choices about the food you eat - [www.vivahealth.org.uk](http://www.vivahealth.org.uk).



## About the author...

**Veronika Powell**, MSc Biology, Viva! Health Senior Campaigner & Researcher - [www.vivahealth.org.uk](http://www.vivahealth.org.uk). Veronika is a biologist and for the last eight years her work's focus has been vegan nutrition and health. She's an expert on vegan food issues and a major part of her work is helping people live a healthy and sustainable vegan life.



# Featured:

## *Mother's Day Brunch Recipes*

Apple Cinnamon French Toast

Chocolate Banana Bread Baked Oatmeal

Vegan and Gluten-Free and Nut-Free Blueberry Pancakes

Smoothie Bowl

No Bake Chocolate Oat Bars

Basil Cornmeal Pancakes with Wild Blueberry Preserves

Spring Chickpea Crepe

Loaded Breakfast Muffins



# Vegan Mother's Day Brunch Ideas

Mother's Day is coming up on Sunday May 12, and to make sure you're prepared to spoil your lovely mom, we've put together some delightful brunch recipes she's sure to love.

Show your mom how much you love and appreciate her by making her some vegan deliciousness!

## Apple Cinnamon French Toast

By Elizabeth-Shah

Apple Cinnamon French Toast is vegan, sweet, fruity, cinnamony and delicious for breakfast or anytime.

Servings: 4

### Ingredients

#### Cinnamon Apples

- 2 apples each cut into 16 slices (I used Fuji apples)
- 1/2 tablespoon vegan butter
- 1 tablespoon coconut sugar
- 1 teaspoon cinnamon
- 1/8 teaspoon salt



## Batter

- 1 1/2 cups oat milk or other plant milk
- 1 teaspoon sugar
- 1 teaspoon cinnamon
- 2 tablespoons ground flaxseed
- 8 slices 1-inch-thick of bread (use a hearty/rustic bread like Country loaf or Sourdough)
- 1 1/2 tablespoons vegan butter
- Optional: Serve with toasted walnuts, vegan butter and maple syrup.

[US Customary - Metric](#)

## Instructions

1. Heat 1/2 tablespoon of vegan butter in a non-stick skillet over medium heat. When melted, add 1 tablespoon of coconut sugar, 1 tablespoon of cinnamon and the salt, and stir together. Add the apple slices and stir until thoroughly coated and bubbly, about 1-2 minutes. Add 1-2 tablespoons of water to keep the sugar and butter from burning. Reduce heat to medium-low, and cook, covered, stirring occasionally, until apples are tender, about 10-12 minutes.
2. Reserve about 18 apple slices (3 per piece of French toast) and set aside. Place the rest of the apple slices (about 3/4 cup) in a blender.



3. To the blender with the apple slices, add the oat milk, 1 teaspoon of sugar, 1

teaspoon of cinnamon, and 2 tablespoons of flaxseed. Blend for about 30 seconds.

4. Pour the batter into a shallow dish and allow it to rest for about 10 minutes. (It will thicken as it rests.)
5. Soak 2 bread slices at a time in the batter, turning over to thoroughly saturate the bread on both sides.
6. Wipe the non-stick skillet clean. Heat about 1/2 tablespoon of vegan butter on medium heat. When the butter is hot and bubbly, add 2 soaked bread slices. Cook 3 minutes per side, on medium heat. Repeat with the remaining bread slices.
7. Top with reserved apple slices, and if desired, toasted walnuts, vegan butter and maple syrup.



## Notes

To keep the cooked French toast warm while you prepare the rest, place them on an oven proof plate or baking sheet in a 140 degree warm oven.



## About the author...

**Elizabeth Shah** is a lifelong writer, recovering type-A, food and wine aficionado, and whole-food, plant-based recipe developer at Healthy Midwestern Girl. She loves sharing simple (and sometimes not so simple!), healthy & utterly delicious vegan recipes.

[www.healthymidwesterngirl.com](http://www.healthymidwesterngirl.com)







## Chocolate Banana Bread Baked Oatmeal

By Amy Lanza

Warm and gooey baked oats studded with cacao nibs and rich cacao powder - all the deliciousness of porridge baked in the oven.

**Servings: 1**

### Ingredients

- 50g oats
- 1 banana
- 70ml plant milk (I like oat or almond)
- 1 tbsp chia seeds
- 1 tbsp raw cacao powder
- 1 tbsp cacao nibs
- ½ tsp baking powder
- ½ tsp vanilla
- pinch of salt
- 1 tbsp maple syrup, optional

### Instructions

1. Preheat the oven to 170 Fan/190°C and grease a small ramekin or single-serving enamel dish.
2. Mash half the banana until smooth and add the oats, milk, chia seeds, raw cacao powder, baking powder, cacao nibs, vanilla, salt and syrup, if using, and stir until creamy.
3. Pour into the lined ramekin and top with the other half of banana, sliced.
4. Bake for 15-20 minutes until firm to the touch and enjoy warm or cold the next day with a splash of milk, yoghurt, extra fruit and nut butter.

*Let me know if you make my Chocolate Banana Bread Baked Oatmeal by tagging me on social media – I'm @nourishing.amy on Instagram and use the hashtag #nourishingamy. I'm also on Twitter, Pinterest and Facebook so do say hello.*

*With baked oatmeal love x*



## About the author...

### Amy Lanza

Hi, I'm Amy and on my website - [nourishingamy.com](http://nourishingamy.com) - you will find everything from simple vegan recipes to nourish your soul and body, to inspirational messages. Eating and living the Nourishing Amy way is to be in tune with your body's natural rhythm, to listen to its cravings and to treat each meal as a special occasion – to nourish you from the inside out.



# Vegan and Gluten-Free and Nut-Free Blueberry Pancakes

By Elaine Gordon

These fluffy whole-grain pancakes are a decadent yet nutritious treat for breakfast. They are bursting with juicy blueberries in every bite. Serving size will vary based on how much batter you use per pancake. They usually make about 16 for me.

Serves: 16

## Ingredients

- 2 cups gluten-free old fashion oats
- 2 tablespoons ground flaxseed
- 2 tablespoons arrowroot starch
- 2 teaspoons baking powder
- ¼ teaspoon fine salt
- ¼ teaspoon ground cinnamon
- 1 cup unsweetened, plain plant-milk of choice (I use oat milk)
- 2 tablespoons pure maple syrup
- 1 teaspoon pure vanilla extract
- 1 teaspoon apple cider vinegar
- 1 cup fresh blueberries
- Avocado oil or vegan butter for greasing the griddle

## Instructions

1. Heat a large griddle over medium heat. While it heats up, make the pancake batter.
2. In a blender or mini food processor, process the oats until a fine flour forms. I prefer homemade oat flour over store-bought in terms



of texture so I highly recommend this step.

3. In a medium mixing bowl, combine the dry ingredients (homemade oat flour, flaxseed, arrowroot powder, baking powder, salt and cinnamon). Whisk in the liquid ingredients (milk, maple syrup, vanilla, vinegar) until no clumps remain. Gently fold in the blueberries. If you want to thin out the batter a bit, add 1-2 tablespoons more of milk and stir.
4. Once the griddle is hot, use avocado oil or vegan butter to coat the griddle. Then, place ¼ cup of the batter onto the griddle for each pancake. Cook 4-5 minutes per side. To tell when it is ready to flip, look for bubbles throughout the entire pancake and golden brown edges all around. Once both sides are golden brown gently remove from the griddle to a serving tray. Re-grease the griddle between each batch. Serve the pancakes while hot with nut or seed butter, maple syrup, chia jam, fresh berries, sliced banana or vegan butter.





## About the author...

Hi, I'm **Elaine**, author, photographer and recipe developer for Eating by Elaine. Here I share my favorite healthy, vegan, allergy-friendly & gluten-free recipes. I hope to inspire you to get in your kitchen and try out some nutritious recipes that your whole family will love. I'm a master certified health education specialist (MCHES) with a master of public health (MPH) degree and love explaining why my recipe ingredients are good for you.



# Smoothie Bowl

By Elena Szeliga

Easy and delicious 5-minute smoothie bowl recipe with customizable ingredients. Kid-friendly, nutritious and satisfying vegan breakfast, dessert or snack.

## Ingredients

- 2 cups frozen blueberries
- 1 cup light coconut milk
- 2 tablespoons chia seeds
- 1 tablespoon flax seeds
- 3 tablespoons rolled oats
- 1 tablespoon Homestead Organic Maple Syrup
- 2 tablespoons coconut flakes, to serve
- frozen blackberries and blueberries, to serve
- a handful pecans, to serve

## Instructions

1. Blend frozen blueberries, light coconut milk, chia seeds, flax seeds, rolled oats and maple syrup until smooth. Divide into bowls and top with coconut flakes, frozen blackberries and blueberries and pecans. Enjoy!





## About the author..

My name is **Elena Szeliga**. I am the Germany-based recipe developer, cook and photographer behind the food blog Happy Kitchen. Rocks. My blog is all about whole, seasonal, delicious and healthy international food that is easy to make. You will find a lot of healthy Russian and Eastern European recipes on my blog, as well as easy weeknight dinners and delicious and healthy desserts.



# No bake chocolate oat bars

By Trish Cowper

Servings: 16 bars

## Ingredients

- 1 cup vegan butter like Earth Balance
- 1/2 cup brown sugar
- 1/2 tsp vanilla
- 3 cups oats
- 1 cup dark chocolate chips
- 1/2 cup peanut butter

## Instructions

1. Line a square baking pan with parchment paper, leaving a bit of an overhang to so the finished bars can easily be removed. I like 8x8. 9x9 works nicely too.

2. Melt butter and brown sugar and vanilla in large sauce pan. Stir and cook over medium heat until creamy and smooth. Sugar should be dissolved

3. Stir oats into the butter mixture and continue to stir and mix over



medium

heat until the oats are evenly coated.

About 3 minutes. The mixture might bubble a little and that is okay.

4. Cover the bottom of the square baking dish with about half of the oat mixture. Pressing the mixture firmly to make a crust. I use the bottom of a measuring cup to flatten and smooth out the oats to make an even layer.

5. In a microwave safe bowl, heat chocolate chips and peanut butter together until the chocolate chips melt and the mixture smooth and creamy. Do this in 30 second increments, stirring after each. It should only take a minute or two. Once the chocolate starts to melt, it will blend smoothly. Pour over the oatmeal crust and spreading almost to the corners.

6. Top with the remaining oatmeal mixture, gently pressing into the chocolate. It's okay if you see some chocolate.

7. Refrigerate for several hours, or overnight until chocolate is firm. Remove from pan and cut into squares.







## About the author...

Hi. I'm **Trish** and I blog at [infinebalance.com](http://infinebalance.com). When I first started my website it was a journal. A place where I worked out new mom feelings and worries – worries about working too much, not feeding my kids right, not taking care of myself properly and everything in between. Since then my family has grown and the blog has evolved. And I've relaxed – especially about dinner. Now it's my place to post my favourite recipes, practice using my camera, and pop in to say "Hi" from time to time.



# Basil Cornmeal Pancakes With Wild Blueberry Preserves

By Sarah Jane Parker

Servings: 10 pancakes

## Ingredients

- 1/2 cup yellow cornmeal
- 1/2 cup fine sorghum flour
- 2 Tablespoons ground flaxseed
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup rice milk or other non-dairy milk
- 2 Tablespoons olive oil
- Zest of 1 lemon
- 1 generous Tablespoon chopped fresh basil
- Wild Blueberry Preserves from Bonne Maman

## Instructions

1. Preheat a skillet on the stove or an electric griddle over medium heat.
2. Whisk together the corn meal, sorghum flour, flaxseed, baking powder, and salt
3. Whisk in the rice milk, olive oil, lemon zest, and chopped basil until everything is mixed well and a batter forms
4. Scoop about 1/8 to 1/4 cup batter onto the preheated pan, spreading out a little if needed since this batter is a bit thick. Cook until golden on each side
5. Serve hot or warm topped with Wild Blueberry Preserves from Bonne Maman
6. Enjoy!

## Notes

These have the best taste and texture when they are served warm. If you have leftovers, warm them up before serving them





## About the author...

I'm **Sarah**, a personal trainer & food allergy mom, I share allergy friendly recipes and healthy living tips.





## Spring Chickpea Crepe

By Stephanie Dreyer

### Ingredients

- 1/2 cup chickpea flour
- 1/2 cup almond milk
- 2 artichoke hearts in water , drained and finely chopped
- 1/4 cup zucchini , finely chopped
- 1/4 cup shredded carrots
- 1 garlic clove , minced
- 1 teaspoon thyme , dried
- 1 teaspoon rosemary , dried
- Salt and pepper , to taste
- 1 tablespoon olive oil
- Sliced avocado and fresh herbs (for garnish)

### Instructions

1. Heat olive oil in a small pan. Add garlic and saute 1 minute.
2. Stir in the vegetables and cook 5-7 minutes until softened. Add salt and pepper to taste. Set aside.
3. Combine the chickpea flour and almond milk in a bowl and stir well.
4. Pour the batter into the pan and cook 3 minutes.
5. Spread the vegetable mixture onto one half of the batter.

6. When you can lift the crepe easily from the pan (about 2-3 minutes), fold the side without the vegetables onto the other side.
7. Cook 2 minutes and flip the crepe over. Cook another 2 minutes.
8. Garnish with fresh herbs and avocado, if desired.



## About the author...

I am **Stephanie Dreyer**, award-winning author, freelance writer, blogger, and mom.

I am on a mission to help families eat healthier. I get excited about food! Feeding friends and family is my favorite thing to do, but I love cooking with my kids best!! I want to inspire the world to get in their kitchens more and in the fast food lane less.



# Loaded Breakfast Muffins

By Lori Rasmussen

These Loaded Breakfast Muffins are packed with all the best stuff - fruits, nuts, seeds and oats! Vegan, oil-free, gluten-free and refined sugar-free. Ready in 35 minutes.

Servings: 12 muffins

## Ingredients

[US Customary - Metric](#)

### Dry ingredients:

- 200 g oat flour (scant 2 cups)
- 1/2 cup rolled oats
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1 1/2 tsp cinnamon
- 1 tsp ground ginger
- 1/8 tsp salt

### Wet ingredients:

- 1/2 cup applesauce OR 1 large overripe banana
- 1 cup unsweetened almond milk
- 2 tsp vanilla
- 2/3 cup maple or agave syrup (I like to use 1/3 cup of each)
- 2 tsp tahini
- 2 Tbsp chia seeds
- 1 Tbsp apple cider vinegar

### Additions and toppings (see instructions for dividing):

- 1/4 cup raisins
- 1/3 cup dried cherries, chopped
- 1/3 cup dried cranberries (if avoiding sugar,



- unsweetened cranberries can be found online and in some health food stores)
- 1/2 cup unsweetened coconut flakes
- 1/2 cup chopped walnuts
- 2/3 cup pumpkin seeds
- 2 Tbsp poppy seeds, optional (for sprinkling on top)

### Coconut Butter Drizzle:

- 1/4 cup coconut butter
- 1 Tbsp maple or agave syrup
- Almond milk, as needed for consistency

### Instructions

1. Preheat oven to 375 degrees F, and lightly oil a 12-cup muffin pan.
2. In a large mixing bowl, combine all of the wet ingredients. In a separate bowl, whisk together the dry ingredients. Measure out and prepare the additions you're using so that you can work quickly once the wet and dry ingredients are combined. Set aside about 1/4 cup of the dried fruit, 1/4 cup coconut, 2 Tbsp chopped walnuts, 2 Tbsp pumpkin seeds, and the poppy seeds for sprinkling on top of the muffins. The rest will be stirred into the batter.
3. Pour the dry ingredients into the wet and whisk until just combined. Pour the stir-in additions into the bowl and stir to distribute.
4. Scoop the batter into the prepared pan, and sprinkle the tops with the reserved toppings: poppy seeds, walnuts, coconut, dried fruit, and pumpkin seeds.
5. Bake for 18 to 20 minutes or until the tops are firm when lightly pressed. Allow to cool in the pan for 5 minutes, then transfer to cooling racks.
6. While the muffins cool, make the coconut butter drizzle. Add the coconut butter to a small bowl and warm it for a few seconds in the microwave. Once melted, add the agave and stir. Add about a tablespoon of milk and stir to incorporate. Add more milk as needed to achieve a thick but pourable consistency. Use a spoon to drizzle onto the muffins.

Serve and enjoy!

### Notes

Store in an airtight container in the refrigerator for up to 5 days.







## About the author...

**Lori** enjoys cooking and sharing vegan food, hanging out with her husband and cats, practicing yoga, running, and reading about vegan nutrition. You can find her recipes and learn more about her approach to a fun, sustainable, nutrient-focused vegan diet at [www.myquietkitchen.com](http://www.myquietkitchen.com).



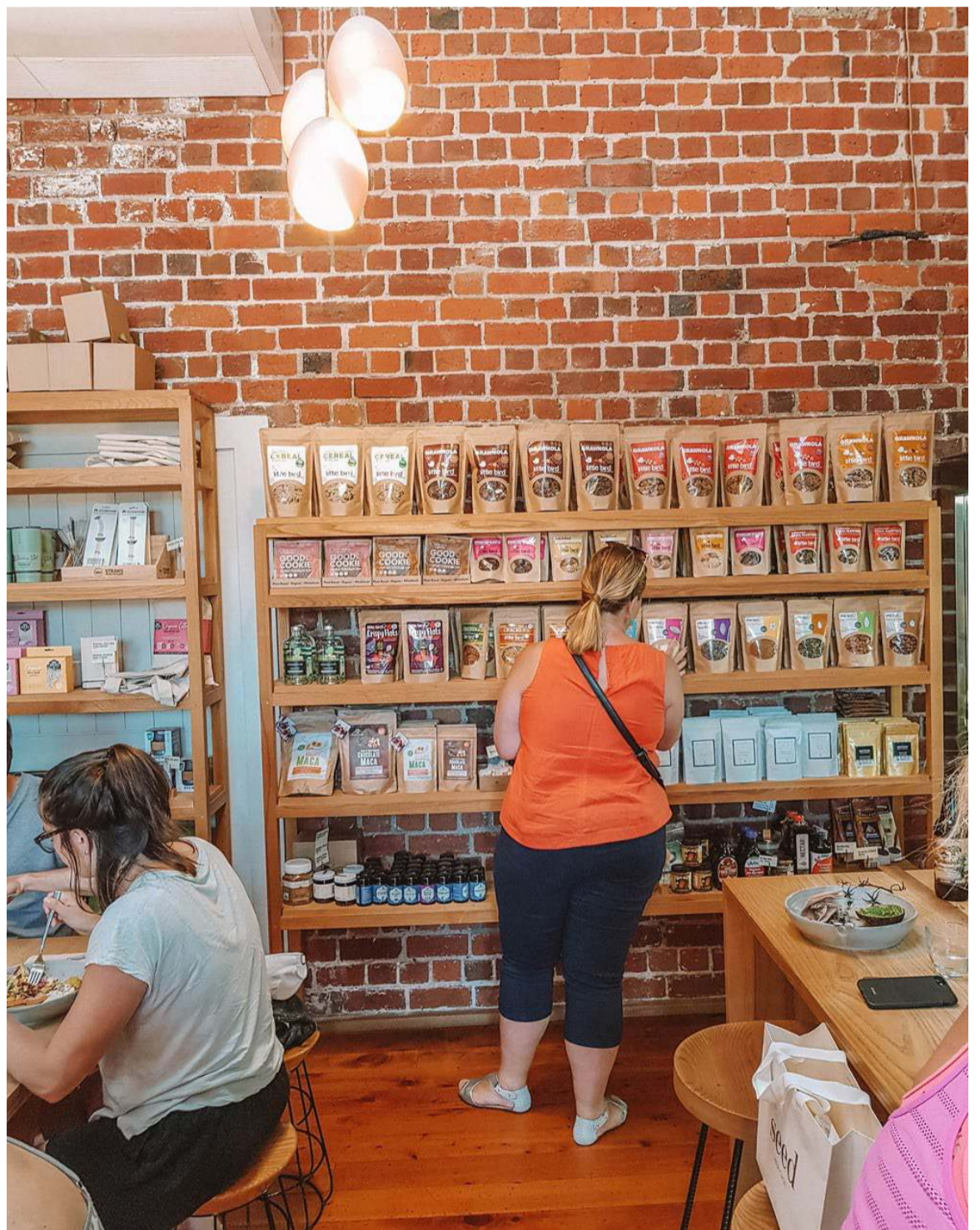
# Vegan Food Guide to Auckland, New Zealand

By Nicole Berth

**O**h, Auckland, how much I love you! I spent more than six years living in Auckland, New Zealand. I finished my Master's degree there and later worked as a Marketing Specialist. And still today, it's one of those places that make my travel and foodie heart sing.

Usually, tourists don't waste a lot of time in Auckland since they want to experience nature. But I think people are making a mistake by skipping Auckland, which to me is probably the best-kept food secret in Australasia. Whatever cuisine you crave, you will find it here. Is it trending right now? You will find it here.

When I returned to Auckland I had a long list of restaurants and cafes I was dying to visit - a list almost as long as the Skytower is high. I would love to share the hidden places and secret food gems in my Vegan Food Guide of Auckland with you.



Here are my favorite cafes and restaurants in and around Auckland that I visited and highly recommend. Not all of them

are strictly plant-based but they always have amazing vegan choices and are always super delicious...

## Bestie Cafe

Shop 13, St Kevins Arcade, 183 Karangahape Road, Auckland

Come here for breakfast or lunch when roaming the city centre or while exploring K'Road. Opening hours: Mon – Fri: 7:30am – 15:00pm// Sat + Sun: 8:30am – 15:30pm

If you head to Bestie (which you should because St. Kevins Arcade is an Auckland must-do for second-hand and specialty shops), make sure you grab one of the tables at the window. When you arrive there, you will know what I mean; window seats give you full view of the palm-lined tropical Myers Park framing Auckland's landmark, the Skytower.

Yes, you heard right, while savoring the food you can actually see the iconic landmark of Auckland while feeling like you're sitting in a jungle-like setting.

At Bestie you will hardly find any tourists despite the Skytower views so it is your perfect chance to mingle with the locals and take your perfect Skytower photo. Bestie is not a strictly vegan place but they have some delicious plant-based breakfast and lunch options that were among the best during my Auckland food spree.

We tried the breakfast donuts with pretzel crumbs and raspberry jam and the falafel lunch plate with pickled onions and hummus. Both dishes were flavorful and I wish I did have more tummy space for the sweets hiding inside the cabinet. So make sure to check out the cabinet food and cakes before ordering. Bestie also does amazing coffee and great plant-based milks.



## *The Butcher's son*

204 Jervois Road, Herne Bay, Auckland

Not to be confused with the plant-based sister, The Butcher's Daughter in NYC, this is a kiwi venture located in hipster town, Ponsonby. Because of the NYC sister restaurant my expectations were super high. We went with a big group so I got to try a great variety of dishes. Overall The Butcher's Son is an all plant-based restaurant, and importantly one of the few that open at night for dinner service. I really loved the interior with lots of green and wood, also the staff was super friendly and attentive here.



So what did we try? We had the sun-fed 'Chicken' Burger, the Buddha Bowl (which changes daily), the mozzarella sticks, Greek Tofu Kebabs, the loaded nachos with cheese sauce, the stuffed aubergine and heaps of their blackcurrant kombucha.

I am usually not into mock meat dishes but the Chicken Burger turned out to be my absolute favorite. It was flavorful, the patty was crispy and the fruity spicy chili jam was mouth-watering. Similarly, the other dishes were really tasty too. I was super excited about the mozzarella sticks but I thought they weren't out of the ordinary. I would have loved to come here for brunch as well as I hear it's really good.

Come here for lunch or dinner, or for a lavish brunch at the weekends. The Butcher's Son serves drinks and cocktails too. Opening hours: Monday Closed// Tues - Fri : 11.00am - 10.00pm// Sat + Sun: 8.00am - 10.00pm

## *Street Organics*

1 Byron Ave, Takapuna, Auckland

If you happen to be on the North Shore in Auckland (which is right over the Auckland Bridge), it might be worth popping into Street Organics in Takapuna. The atmosphere is great and I could totally see myself spending a whole day relaxing in there. And you are super spoilt for choice when it comes to their sweet collection



of raw sugar-free cakes, slices and truffles.

For a start, I tried their lunch Super Salad and the Vegan Creamed Mushrooms paired with a spirulina latte. Overall, the food was good and presented beautifully but it lacked that bit of excitement in taste for me. I also took away a selection of their raw cakes: the caramel slice, the ginger slice, and the cheesecake slice. They were all good, but again, I was missing a flavor punch. I also found the food quite pricey too. In saying that, I still think it's one of the best bets to get healthy food into your tummy when you are over on the North Shore.

Come here for breakfast, lunch or to savor their big range of raw cakes and slices. They also sell a really good range of homemade komboucha and apple cider vinegar and DIY kits there. I can recommend the strawberry mint komboucha in particular. Opening hours: Mon – Sun: 7.30am – 3.30pm

## *Little Bird Unbakery*

*Cnr Summer Street & Ponsonby Road*

As you can tell, Auckland really spoils anyone that loves healthy plant-based food. But mat Unbakery for nothing. All the food they sell here is raw and EVERYTHING is made from scratch: nut milks, cheeses, fermentations, baking. Little Bird really takes wholefoods seriously. Created by founder Meagan Hay, it's an institution in the NZ raw scene. So make sure you get a bite of it!

The buzzing modern cafe is crammed with young and old alike who want a bite of the fully plant-based menu. We tried the Vietnamese crepes, the famous Bird Bowl, and for dessert we had the passionfruit cake and the hazelnut tarte. We also had the thick chocolate shake and the strawberry smoothie.

Without a doubt, every dish that I tried was a winner. The passionfruit cake was a melt-in-

your-mouth-tropical-flavor-explosion and the hazelnut cake was pure chocolate creaminess. Always go for dessert; Little Bird is famous for their raw cakes for a reason. On top of that, they have their own branded range of raw crackers and raw macarons plus some zero waste goodies which you buy at the cafe too.



Come here for lunch or breakfast, they do not offer dinner. Opening hours: Mon – Sun: 7.00am – 4.00pm



## Kind Cafe

16 McDonald Street, Morningside, Auckland

This was by FAR my favorite place of the whole trip. Oh my gosh, you do have to come and eat here! KIND is out of this world beautiful. With hundreds of plants hanging from the ceiling entangled with strings of lights, you feel like you're sitting in a jungle glasshouse. The staff is crazy friendly and the hardest part was to decide which dish to go for. The cuisine is super innovative, food is amazingly presented and every single crumb on the plate was delicious. Even the ceramics were to die for and all handmade in the NZ. Please note - KIND is not strictly vegan if that is important to you, they do feature eggs on the menu too but no meat.

We went for breakfast and I chose the feijoa & mango coconut yoghurt (tasted like a creamy custard) with walnut granola & strawberries. We also tried the smashed bean sandwich and the jackfruit tacos which were equally delicious and almost too beautiful to eat. Along with their fabulous food, the owners of KIND live exactly what the name of the restaurant promises. They help to build a greener neighbourhood by promoting urban gardening, composting, workshops, fitness and instead of coffee cards, they plant a tree for every ninth coffee you have.

Come here for breakfast, lunch or dinner.

Opening hours: Mon: 7:30am - 4:30pm// Tues - Fri: 7.30am - late// Sat: 8am - late// Sun: 8am - 4pm

## Mondays Wholefoods

503B New North Road, Kingsland

Nestled in the backyard of the Kingsland shops, entering Mondays Wholefoods is a bit like walking into a little greenhouse. I really loved the whole vibe here with the wooden tables, couches and swing chairs. And the vibe pairs perfectly with their colourful, beautiful food. It's also a really good spot to take photos of you and your dishes if that's your jam.

At Mondays, we had the KETO Feast bowl and the jackfruit tacos with vegan aioli. My tacos were delicious but the portion size was quite small whereas the KETO feast that my friend



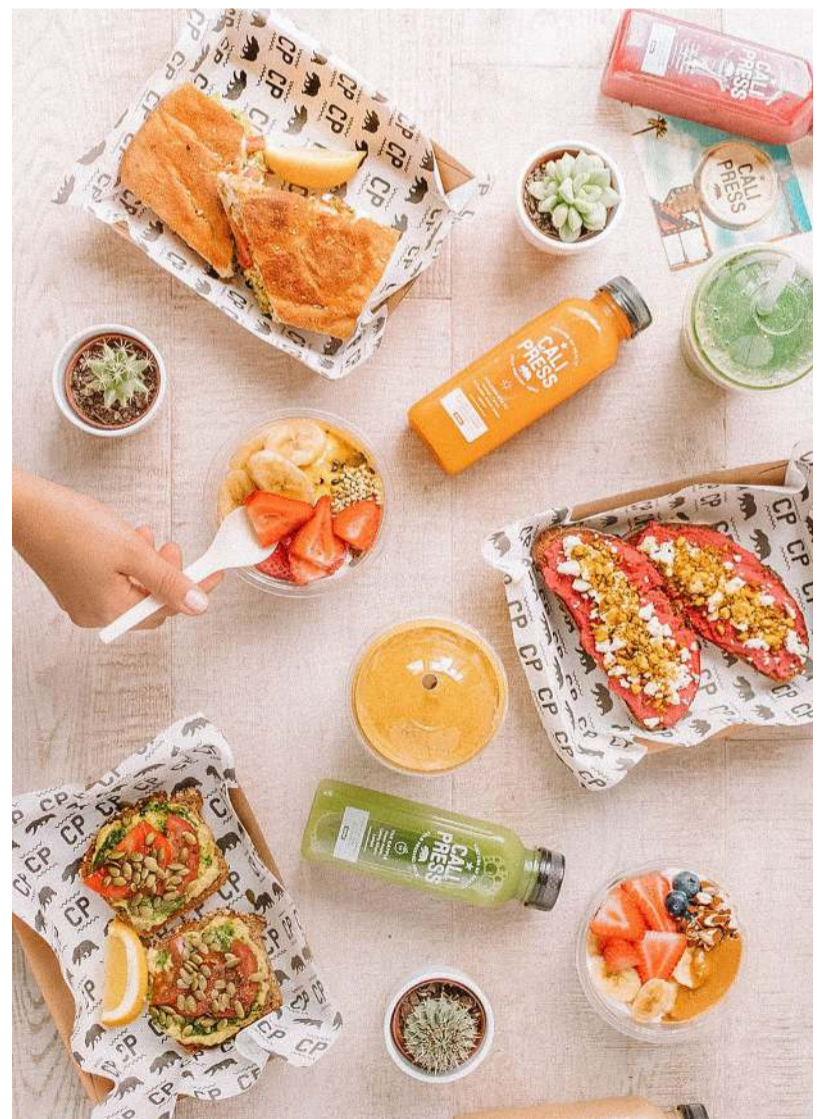
had was heaps. It is not an all vegan cafe, they do have eggs and meat too. Still, you will be absolutely spoiled for vegan choices here. Also, the service was lovely and we felt like going on a little holiday sitting in the backyard chilling on the couches here. And in case you are in need of a little holiday, Mondays also offer yoga classes and urban retreats.

Come here for breakfast, lunch or a coffee and slice treat while exploring hipster town Kingsland. Opening hours: Mon – Fri: 9.00am – 3.00pm// Sat + Sun: 8am – 4pm

## Cali Press

287 Parnell Rd, Parnell – Entry via Gibraltar Cres

I found this gem of a cafe on my stroll through Parnell and immediately fell in love the moment I set foot in it. Everything screams California and



it has an airy beachy feel with wooden benches, plants and big windows.

It is one of those places where every smoothie bowl sounds better than the other and the cabinet overflows with healthy raw homemade sweets. The avocado toast is crispy, creamy and made to perfection served with a slice of lemon. CaliPress also serve fantastic matcha latte's and cater for all health needs from gluten-free, vegan and raw. And of course, the name gives it away, they do cold-pressed juices and tonic shots too.

Come here for lunch, a healthy take away, or a cold pressed juice to fuel up. Never leave without a piece of cake. Opening Hours: Mon- Fri 7.30am - 3.00pm// Sat + Sunday 8.00am - 3.00pm

## *Tart Bakery*

Oh Tart bakery! A bakery selling vegan donuts, cream pies, tarts and pastries was the last missing puzzle piece for my vegan food guide. It is a super small shop on K'Road which you can visit after having breakfast at Bestie cafe. Their stuff is sweet, yummy and by no means vegan health food but it's very kiwi and super delish.

Opening hours: Mon - Sun 7.00am - 4.00pm.

Well, that's my ultimate foodie guide to Auckland for now. The restaurant scene is so fast paced that it is almost impossible to stay up-to-date. I hope you loved my Vegan Food Guide to Auckland!



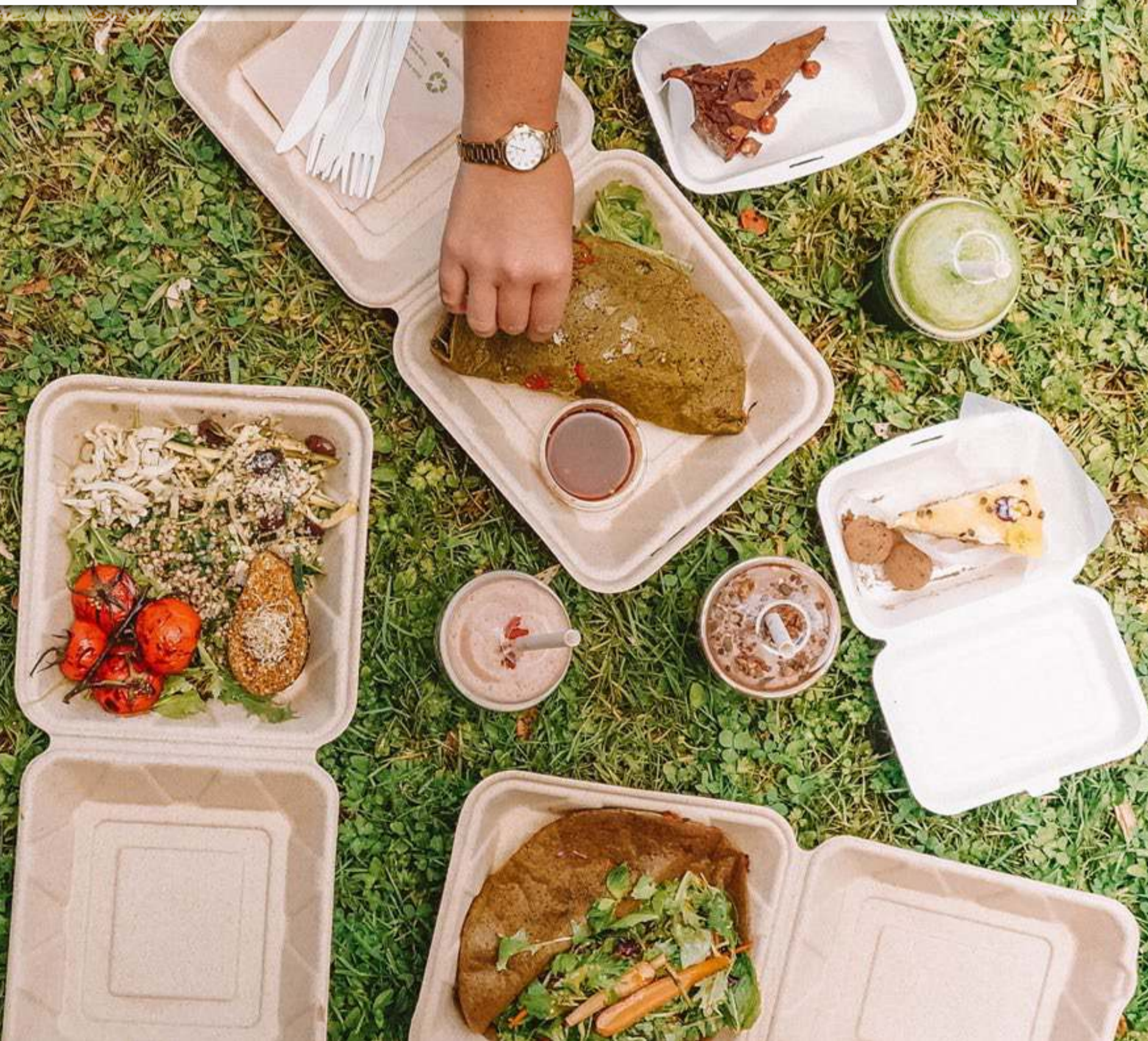




## About the author...

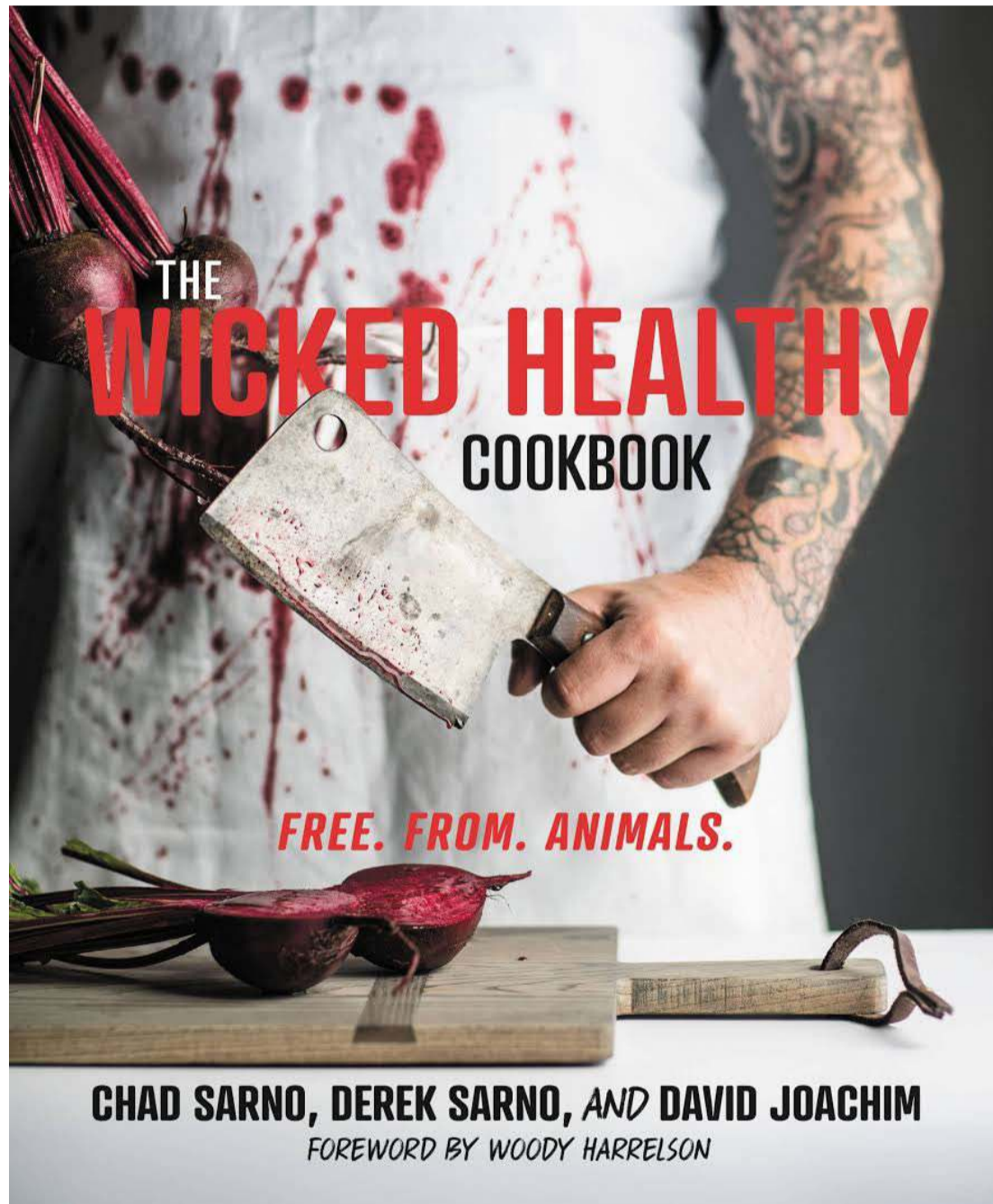
### Nicole Berth

Nic is the face behind the vegan food blog [When Sweet Becomes Healthy](#), passionately writing about healthy wholesome sweets and sharing her love for travel and a holistic and sustainable lifestyle. German born, she spends a lot of her time checking out new plant-based cafes and restaurants around the world which she shares in her vegan food guides. Being pretty busy munching on healthy cakes, she also writes for the German sustainability blog [New Moon Club](#).



Reviewed:  
**The Wicked Healthy Cookbook**

By Honey Morris



**T**he Wicked Healthy Cookbook by Austin based brothers Chad and Derek Sarno was released last year.

Chad and Derek describe their overall food philosophy as “shoot for 80% healthy and 20% wicked and you’ll be 100% sexy”!

This is evidenced throughout their cookbook with mouth-watering dishes like their smoked tofu dumplings with spinach, dates and black vinaigrette, their samurai burger with wasabi sesame, cucumber and kimchi mayo and their grilled almond butter, chocolate and raspberry sandwich.

I love that before they get into their actual recipes, they kick things off with “The Conscious Cooks Mind-Set” where they talk, in the perfect amount of detail, about love being the key ingredient as they offer their tips on resetting your pantry, sourcing quality ingredients and even knife skills.

Chad and Derek describe themselves as “plant-pushers” not “meat-shamers” and there really is something for everyone in this beautifully illustrated offering.

I love the photography in this cookbook, it’s really vibrant and there’s some awesome action shots, like the image that accompanies the “stir fried farro fawcett” recipe!

This is a cookbook about balance, about having fun in the kitchen, and about creating delicious dishes that just so happen to be good for you.

I will make mention of the fact that there’s a few difficult to access ingredients in this cookbook, fresh banana blossoms for example, but I guess that is a good excuse to familiarize yourselves with the speciality stores in your area.

If you’re looking to tantalize your taste buds prior to getting your hands on a copy of the Wicked Healthy Cookbook then check out their respective Instagram feeds, @chadsarno and @dereksarno!

*Would you like this cookbook? We’ve got one copy to give away. For your chance to be in to win it, just send us an email with your name and postal address to [emma@onebitevegan.com](mailto:emma@onebitevegan.com), with the subject line: ‘Wicked Healthy’. Competition closes on the 1st May 2019. Only one entry per person will be counted.*



### About the author...

**Honey Morris** is the creator of Handmade by H-Monster. Handmade by H-Monster is about all things crafty but mostly crochet. Honey donates a minimum of 25-50% of the profits from the sale of her creations to not-for-profit animal rescues. Honey lives in picturesque Western Australia with her husband Stu and the rescue animals they share their life with. When she’s not crocheting, or cooking up a vegan storm in the kitchen, you’ll usually find Honey burning incense while reading a good book, tending to her veggie patch or taking a dip at the beach. Honey loves sharing her passion for animals, nature and veganism.

# Spicy Coconut Corn Crack



Ginger, chilies, mint, and an intense corncob broth create this creamy bowl of spicy, corny coconut crack. I served it to the executive board at Whole Foods Market, and it was one of their all-time favorites. We rolled out a version of it nationally in the prepared foods section at Whole Foods Markets, and eventually, it became one of the most popular Healthy Hits. It has no added oils, no added sugars, and minimal salt, and it still kicks ass.

—Derek

Serves 6 to 8 as a side, or 4 to 6 as a meal with a salad

## Ingredients:

- 1 pound Yukon gold potatoes, scrubbed and cut into ½-inch pieces
- ¼ cup garlic cloves (8 to 12 cloves), each halved
- 1 large white onion, diced
- 2 cups Coconut Corn Broth (page 283) or Vegetable Stock (page 284) or store-bought
- 2 bags (16 ounces each) frozen corn (or corn kernels from the Coconut Corn Broth)
- 1 can (14 ounces) coconut milk
- 1 tablespoon crushed red pepper flakes
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon fresh grated or micro-minced ginger
- 1 bay leaf
- 2 to 3 sprigs fresh mint, chopped
- 3 whole fresh Thai chilies, preferably red
- 1 tablespoon sesame oil, for garnish, optional

## Directions:

1. Put the potatoes and garlic in a medium saucepot with water to cover. Bring to a boil over high heat and boil until the potatoes are tender enough for a fork to slide in and out easily, about 15 minutes. Drain and set aside. Pick out the garlic pieces and set aside.
2. Meanwhile, in another medium saucepot, sauté the onion over medium heat with a

splash of broth to prevent burning. Add the remaining broth and bring to a boil. Add the reserved garlic pieces, 1 bag of the corn (about 2½ cups), and the coconut milk, pepper flakes, salt, black pepper, and ginger. Bring back to a simmer, and simmer until the flavors blend, 5 to 8 minutes.

3. Remove from the heat and let cool for 20 minutes before blending. Use an immersion blender or stand blender and roughly blend this mixture into a creamy yet chunky consistency (if using a stand mixer, remove the center lid to allow steam to escape and cover the hole with a folded paper towel). You want to create a creamy base out of the corn, but it shouldn't end up fully smooth.
4. Add the reserved potatoes, the remaining bag of corn (2½ cups), the bay leaf, and half the chopped mint. Bring slowly back to a simmer, stirring often. Discard the bay leaf before serving.
5. Garnish with the remaining chopped mint, whole chilli peppers, and sesame oil (if using).

## Option

For a smoky flavor, grill whole ears of corn instead of using frozen. Grill 3 medium ears of husked corn over medium heat until lightly browned all over, 5 to 6 minutes, turning frequently. Scrape the kernels from the cobs, then proceed with the recipe, adding half of the corn with the coconut milk and half along with the potatoes.

# Grilled Sweet Potato, Sriracha Caramel, and Kale Toasts



There are no rules when it comes to toast. It's bread, toasted, for Pete's sake! The sky's the limit. It can be breakfast, lunch, or a wicked-filling snack. Make it extra ninja-like with your own freshly baked sourdough bread, and it becomes an event! If you keep some Mango Sriracha Caramel (page 270) and roasted sweet potatoes in the fridge, this toast comes together fast. I love the smokiness you get from grilling everything here, but if you're short on time, you can sear it all in a hot cast-iron pan instead of grilling. —Derek

# Grilled Sweet Potato, Sriracha Caramel, and Kale Toasts

Serves 2

## Ingredients:

- 2 sweet potatoes (about 1½ pounds total), preferably the Jewel variety
- 2 teaspoons everyday olive oil
- 4 kale leaves, ribs removed, torn into bite-size pieces
- 4 slices good crusty bread, preferably Rustic Walnut Bread
- ½ cup plant-based cream cheese, such as from Kite Hill
- Pinch of coarse sea salt
- Freshly ground black pepper
- 1 minced red Thai chili, optional
- 2 teaspoons Mango Sriracha Caramel

## Directions:

1. Preheat the oven to 350°F.
2. Roast the whole sweet potatoes (skin on) on a baking sheet on the oven rack until a skewer slides in and out easily, about 45 minutes. Let cool, then chill until cold, at least 4 hours. Or do ahead and keep in the fridge for 2 to 3 days.
3. Heat a grill or grill pan to medium high.
4. Remove the skins from the potatoes and slice into coins about ½ inch thick (8 to 9 coins per potato). Coat a large baking sheet with the oil and add the coins, flipping and rubbing to coat evenly.
5. Push the potatoes to the side of the pan, and add the kale to the empty side. Rub the oil into the kale with your hands. Massage it in real good.
6. Transfer the potato coins to the grill and grill just until grill-marked a deep brown, 2 to 3 minutes per side. Grill the bread until toasty and grill-marked, 30 to 60 seconds per side. Watch closely so you don't burn the bread!
7. Grill the kale just until it brightens and begins to wilt, 15 to 30 seconds.
8. Smear cream cheese on the toasted bread. Top with kale and sweet potato coins and season with a pinch of salt and a grinding of pepper. Add the Thai chili, if using.
9. Finish off with a little sizzle-drizzle of sriracha caramel and serve.

# Spiralizer 101



In this series, we give you the low-down on popular kitchen gizmos and gadgets and share with you some delicious recipes that you can make using that particular piece of kitchen equipment. In this issue, we take a look at [Spiralizers](#).





produce is pushed through the blade, the spirals will come out the other side.

There are also some models of electronic kitchen systems, [such as the Ninja](#), which has a spiralizer feature included. This makes the job of spiralizing your produce very quick!

## Which spiralizer is right for me?

There are several different models of spiralizer; there are manual ones that [sit on your countertop, handheld varieties](#) and also, as we mentioned above, the ones that come as part of a kitchen system or are standalone but use electricity to power them instead of your hard work!

## What is a spiralizer?

A spiralizer –also known as a spiral vegetable slicer – has been a popular kitchen appliance since 2014. You use it to cut fruit or vegetables and some models come with different blades so that you can select the thickness and shape of how you cut your produce. For example, you can make curly fries with some devices. You can cut produce such as zucchinis, potatoes, cucumbers, carrots, apples, beets and parsnips.

The most common use of the spiralizer is to produce spaghetti-like strands from your fruit or vegetables and this makes it a great alternative to pasta, and a fresh and delicious option for those looking for low-carb options.

## How do you use a spiralizer?

On most models, the spiralizer sits on your table top or kitchen workbench. You then clamp your produce between the blade and the crank and slowly turn the handle. As the

The first two models are reasonably well priced, quite affordable, clean up easily and work well to create spiralized produce. In order to decide out of these two, it's probably best to think about how much storage and bench space you have, and how often you are likely to use your spiralizer.



If you are short on space, then a handheld spiralizer packs away a lot easier, but if you enjoy a lot of raw food you might not mind the larger model being stored on your countertop.

If you're in the market for a new blender and food processor, it may be worth checking out the brands that have a [spiralizer accessory](#).

[Click here to see more options.](#)



# Chickpea Celeriac Spiralized Noodle Soup

By Kathy Hester

Here's a gluten-free, soy-free noodle-less vegetable noodle soup. The noodles are actually spiralized veggies!

Servings 4 servings

## Ingredients

- 1 medium celeriac celery root, peeled
- 2 medium or 1 large carrots
- 1 tablespoon olive oil or broth
- 1 small onion minced
- 3 cloves garlic minced
- 5 cups water
- 1 1/2 cup cooked chickpeas drained and rinsed if canned
- 1 vegetable bouillon cube
- 1 teaspoon thyme
- 1 teaspoon marjoram
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon turmeric
- 1/4 teaspoon ground rosemary or 3/4 teaspoon dried non-ground





- 1/4 cup nutritional yeast
- salt and pepper to taste
- a few handfuls of chopped kale or greens optional

## Instructions

1. Use the spaghetti sized blade on a spiralizer or use a julienne peeler tool to make the noodles from the celeriac and carrots.
2. Celeriac takes some concentration to spiral, but just keep pressing as you turn and you'll make it through just fine. You will use about 3 cups of the celeriac and all of the carrots later, save the rest for another soup or use in another dish.
3. Heat the olive oil or broth in a soup pot over medium heat, once hot sauté the onion until translucent. Add the garlic and sauté another 2 or 3 minutes.
4. Add the water, chickpeas, bouillon, thyme, marjoram, smoked paprika, turmeric and rosemary. Turn the heat up and almost bring to a boil. Add the celeriac and carrot "noodles", then cover and simmer over medium-low until the veggie noodles are tender about 15 minutes.
5. Before serving stir in the nutritional yeast and add salt and pepper to suit your taste. The amount of salt will vary depending on the bouillon you use.
6. I like to throw in some chopped kale right before serving. The warm broth will soften it, but it won't get mushy. If you have a picky eater it's the mushy that seems to bother them the most about greens.





## About the author...

**Kathy** is a blogger at [www.HealthySlowCooking.com](http://www.HealthySlowCooking.com) and [www.PlantBasedInstantPot.com](http://www.PlantBasedInstantPot.com), and is passionate about making healthy eating easy and delicious. Her recipes are so full of flavor even the meat eaters in your family will love them too.

Her recipes have been featured in the Washington Post, The Oregonian, Yoga Journal Online, just to name a few. She is also the author of the bestselling cookbook *The Ultimate Vegan Cookbook for Your Instant Pot* and will make you fall in love with your

Instant Pot too!

She also has cookbooks for your slow cooker, *The Vegan Slow Cooker*, and air fryer, *Vegan Cooking in Your Air Fryer*, [see all of her books on Amazon](#).

# Spiralized Vegan Latkes with Red Cabbage and Apple

By Kathy Hester

There's nothing quite like a comforting potato latke, but this recipe will have your family and friends dazzled by the colors and extra flavor.

Instead of serving with applesauce, we've added spiralized apple right in with the potato. The red cabbage adds nutrition, flavor and beauty.







Servings 15

## Ingredients

- 1/4 cup ground flaxseed mixed with 1/2 cup warm water
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 cups spiralized peeled potatoes about 1 large baking potato
- 2 cups spiralized red cabbage about 1/2 small cabbage
- 1 cup spiralized onion about 1/2 small onion
- 1 cup spiralized apple about 1 large apple
- About 1/4 cup Olive oil for baking

## Instructions

1. Preheat your oven to 425 degrees. Prepare 2 baking sheets by greasing heavily with olive oil. You will use 1/8 cup per baking sheet.
2. Please note that you are using the small noodle blade on your spiralizer to prepare the vegetables.
3. Mix the salt and pepper into the flax mixture which will be very thick after it absorbs the water. This is our egg substitute.
4. Mix the potato, cabbage, onion, and apple in a large mixing bowl. I suggest getting in there and mixing with your hands. You want to make sure you get a bite of each one in your latkes.



# Spiralized Vegan Latkes with Red Cabbage and Apple

5. Add in the seasoned flax mixture and mix with a spoon until the flax coats everything. This will take a little longer than you think it should, but don't give up.
6. Place the greased sheet pans in the oven for 6 minutes to heat up the oil.
7. Carefully remove from oven and remember they are hot while you are adding the latkes!
8. Scoop ¼ cup of the latke mixture onto the hot baking pan (it may sizzle) and press down or shape using a wooden spoon. Repeat until all the mixture is used.
9. Using a pot holder put the baking sheets back in the oven.
10. Cook on one side for 15 minutes, then carefully take the baking sheets out and flip the latkes using a spatula.
11. Bake again for 18 - 12 minutes.
12. Serve with unsweetened non-dairy yogurt or sour cream and enjoy!



## About the author...

**Kathy** is a blogger at [www.HealthySlowCooking.com](http://www.HealthySlowCooking.com) and [www.PlantBasedInstantPot.com](http://www.PlantBasedInstantPot.com), and is passionate about making healthy eating easy and delicious. Her recipes are so full of flavor even the meat eaters in your family will love them too.

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Instant Pot too!

She also has cookbooks for your slow cooker, *The Vegan Slow Cooker*, and air fryer, *Vegan Cooking in Your Air Fryer*, [see all of her books on Amazon](#).



# Chard Salad with Carrots, Beets and Sunflower Seeds

By Kathy and Tracee

Are you skeptical about eating chard in its raw state? Once you taste this delicious salad, you will fall in love with chard's earthy, salty and tangy flavor. Our Chard Salad with Carrots, Beets and Sunflower Seeds isn't just pretty, but it has a juicy crunch that is exploding with vitamins, minerals, antioxidants and fiber.

# Chard Salad with Carrots, Beets and Sunflower Seeds

Filled with colorful vegetables, crunchy sunflower seeds and a flavorful dressing, this salad is so healthy, you will want to make it all year round. Perfect for an easy take-to-work lunch, a quick dinner option, or a fun party dish, this chard salad is even sturdy enough for leftovers the next day.

Move over kale, there is a new super green that packs a sweet, vibrant and crisp bite of health in every velvety green bite!

**Servings 6 servings**

## Ingredients

- 6 cups swiss chard, raw (about 2 bunches), chopped and rinsed
- 1 cup carrots, peeled and spiralized or grated
- 1 beet (approx. 1/2 cup), peeled and spiralized or grated
- 1/4 cup red onion, chopped
- 1/3 cup olive oil

- 2 tbsp apple cider vinegar
- 1/4 tsp sorghum syrup
- 1/4 tsp salt
- 1/4 cup sunflower seeds

## Instructions

1. In a large mixing bowl, add chard, carrots, beet, and red onion, and toss to combine. Set aside.
2. In a small bowl, whisk together olive oil, apple cider vinegar, sorghum syrup and salt until emulsified. Pour dressing over the vegetables, and toss together until combined.
3. Let vegetables marinate at room temperature for at least 45 minutes to 1 hour to soften the chard and beets.
4. Sprinkle with sunflower seeds and serve.

## About the author...

### Meet Kathy and Tracee



**Triad to Wellness** is a lifestyle brand dedicated to inspiring you to be at your best health by: Eating well, Moving more, and Living Better. Our core philosophy at Triad to Wellness centers around a holistic and integrative health approach. We practice a variety of therapies including nutrient-dense whole foods, supplementation, exercise, and mind body modalities to create your best health. We practice an integrative approach of Western medicine + alternative medicine to create a planned focus on prevention. This philosophy is built on a lot of science-based research and a lot of passion! [www.triadtowellness.com](http://www.triadtowellness.com)





# Veggie Burrito Bowls with Sweet Potato Noodles

By Amy Katz

Veggie Burrito Bowls with Sweet Potato Noodles are a healthy vegan, gluten-free, and oil-free meal. Add your favorite toppings to make them your own!



Servings 2

## Ingredients

- 2 sweet potatoes peeled and spiralized (about 4 cups spiralized)
- salt and pepper to taste
- 1 can black beans excess liquid drained (1 1/2 cups)
- 1 cup corn fresh or frozen
- 2 cups shredded Romaine lettuce
- toppings such as guacamole, salsa, Ranch dressing, sliced black olives, sliced green onions, etc.

## Instructions

1. Spread the spiralized sweet potatoes on a baking sheet lined with parchment paper. Season to taste with salt and pepper. Bake in a 425 degree oven for about 15 minutes until the sweet potato noodles are soft.
2. Meanwhile, heat the black beans and corn, if desired. (They can either be served hot or cold.)
3. To assemble your burrito bowls, divide the sweet potato noodles, black beans, corn, and lettuce among two large bowls. Add your desired toppings and enjoy!



## About the author...

I'm **Amy Katz**, and I have always enjoyed cooking. (And eating!) I've been vegan since January 2013, and I also follow a gluten-free diet. My favorite recipes are colorful plant-based recipes that anyone can recreate at home in little time. I became vegan for the animals and the environment, but I've discovered a lot of health benefits throughout my journey. [www.vegiessavetheday.com](http://www.vegiessavetheday.com)



# Healthy Spaghetti Carbonara

By Cindy Newland

This Healthy Spaghetti Carbonara is a delicious low calorie version of the typical fat laden one. It's loaded with smoky marinated mushrooms, so you will never miss the bacon, egg and cheese or the calories!

Servings 2

### Ingredients

- 1/3 cup soy sauce or liquid aminos
- 3 Tbsp maple syrup
- 3 Tbsp apple cider vinegar
- 1 Tbsp liquid smoke
- 1 lb mushrooms, sliced
- 1 Tbsp olive oil
- 1/2 cup onion, chopped
- 2 cloves garlic, chopped
- 1 cup almond milk, unsweetened
- 2 Tbsp nutritional yeast
- 1 Tbsp cornstarch
- 4 cups zoodles (zucchini noodles) or 1/2 lb pasta





- 1 Tbsp parsley
- 1 tsp red pepper flakes
- 1/2 tsp white or black pepper

### Instructions

1. Combine amino acids, maple syrup, vinegar and liquid smoke together in a container. Add sliced mushrooms and toss to coat. Marinate for 30 minutes or longer, tossing occasionally.
2. Be sure to reserve 1 Tbsp of marinade for sauce.
3. While mushrooms marinate, cut your zoodles or boil pasta according to package directions. If using pasta, toss with a little olive oil and return to pot until ready to use.
4. Place olive oil in a large skillet over medium heat. Sauté onion for approximately 3 or 4 minutes, then add garlic and cook for another 2 minutes. Then add mushrooms and continue sautéing for 2 more minutes. Stirring frequently.
5. Stir almond milk, nutritional yeast, 1 Tbsp of marinade and cornstarch together to create a slurry. Add the slurry to mushroom mixture and stir continuously until it thickens.
6. Toss in zoodles or pasta, parsley, red pepper flakes and pepper. Enjoy!



## About the author...

Hi! I'm **Cindy Newland**. I'm a writer, health coach, animal lover, author of [Small Bites, Big Results: A Common Sense Guide to Weight Loss](#), and don't tell anyone, but I have been known to binge watch Andy Griffith.

Fifteen years ago, I was obese and weighed nearly 300 pounds. After experiencing an excruciating back injury that immobilized me for over a month, I reached a turning point. I started moving more (you'll notice I don't like calling it exercise), eating healthier, and praying big time. My blog is about healthy recipes, cookies, and moving more. [www.intentionallyeat.com](http://www.intentionallyeat.com)





# Raw Detoxifying Beet Pasta

By Amy Lyons

Serves 1-2

## Ingredients

### Sauce:

- 2 cups chopped beets
- 1 small ripe avocado
- 1/4 cup filtered water (or as needed)
- juice of 1 lemon
- sea salt
- 2 Tbsp fresh basil
- 2 Tbsp fresh marjoram

### Pasta:

- 4 medium zucchini, spiralized
- 1/2 cup sliced radishes
- 1/4 cup sliced onion
- 2 cups asparagus cut into 1 inch pieces
- 3 Tbsp raw shelled hemp seeds plus more for garnish
- broccoli sprouts for garnish



## Instructions

1. In a high speed blender, combine all the sauce ingredients and blend until smooth (you may need to add a little more filtered water if too thick).
2. Pour over the zucchini, radishes, onion, asparagus, and hempseeds in a large bowl and toss to combine.
3. Serve sprinkled with a little more hempseeds and top with sprouts.



## About the author...

### Amy Lyons

I am a vegan girl who is passionate about good food! I especially like to create healthier desserts and veggie filled dishes. I also believe that food is art and is meant to be shared!

[www.fragrantvanilla.com](http://www.fragrantvanilla.com)





# Simple Hemp Noodles

By Amy Lyons

Serves 1

## Ingredients

- 1 large zucchini, spiralized
- 1/2 cup cherry tomatoes, halved
- 1 Tbsp hemp oil
- 1 juice of one lemon
- 1/2 tsp red pepper flakes
- sea salt to taste
- 2 Tbsp shelled hemp seeds

## Instructions

1. Combine all ingredients in a bowl, and toss to coat noodles.

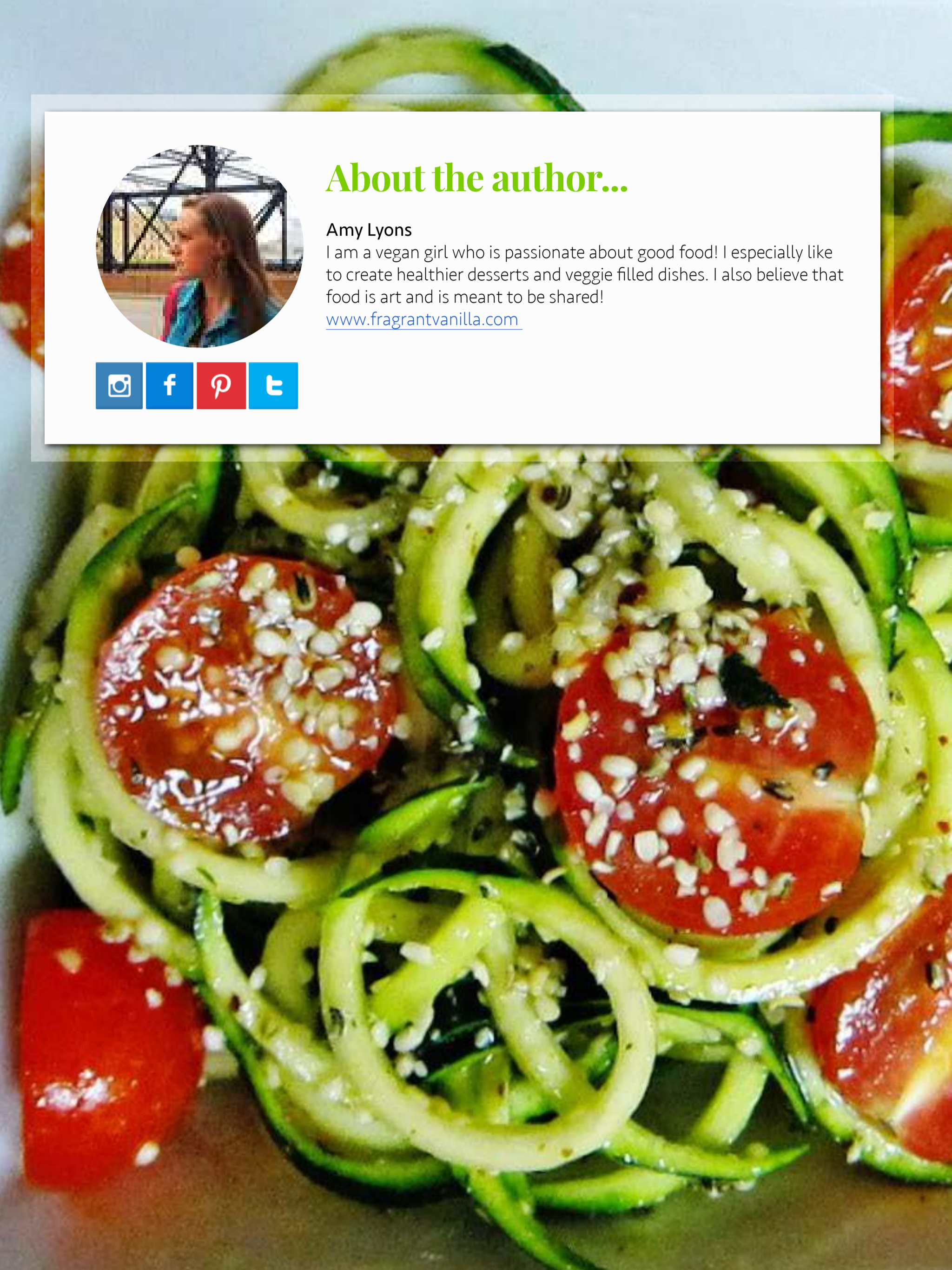



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A vibrant, close-up photograph of spiralized vegetables. The vegetables are arranged in a rainbow pattern from top to bottom: dark red (beets), orange (carrots), yellow (zucchini), and green (broccoli). On the right side, there are several white cauliflower florets that look like clouds. The background is a dark, textured surface.

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# Eat the Rainbow Zoodles

By Holly Bertone

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## Ingredients

- 1-2 Each Variety of Colorful Vegetables  
Organic if possible
- 1 Head Cauliflower

## Instructions

1. Carefully spiralize or julienne each of the vegetables.
2. Arrange in rainbow colors.
3. Place the cauliflower as clouds on the ends.

# VIDEO PLACEHOLDER INTERNET CONNECTION REQUIRED

## About the author...



**Holly Bertone**, CNHP, PMP, is a #1 Amazon.com bestselling author of the book 'Thriving in the Workplace with Autoimmune Disease: Know Your Rights, Resolve Conflict, and Reduce Stress'. She is a highly sought-after speaker and wellness expert. After spending over 20 years as a Project Manager in both government and industry, she is now the President and CEO of Pink Fortitude, LLC and runs the health and wellness website [pinkfortitude.com](http://pinkfortitude.com). Holly is a breast cancer and Hashimoto's survivor and turned these two significant health challenges into a passion to help others. She inspires others with her quick wit, brutal honesty, and simple ways to be

healthy in real life.

Holly is a Certified Natural Health Professional, a Certified Essential Oils Coach, holds a Masters Degree from Johns Hopkins University, a Bachelor's Degree from Elizabethtown College, and is a Project Management Professional (PMP).

[www.pinkfortitude.com](http://www.pinkfortitude.com)





## *Chef Skills — Up your game in the kitchen*

By Kevin Schmidt

*In this issue, our 'Chef Skill' in the spotlight is:*

*How to break down the elements in a recipe to substitute with ingredients that are in season or that you have on hand.*

When chefs create specials or daily menus they are usually working with a basic template to plug dishes into. They first see what looks good at the market or from their supplier and what is in season.

Once they have an idea of the ingredients they have to work with they start to develop the menu. This can be on paper or even just in their head. For example, if it's spring time and you see beautiful asparagus at the market, but the peas aren't in yet, start thinking about how you can highlight asparagus in your meal plan.

Maybe you will make a mushroom and asparagus risotto one night and use the ends of the asparagus to make an asparagus and cashew cream soup the next night? The possibilities are endless.

Let's take a look at a recent recipe I posted on the blog - [Chana Dal with roasted tomatoes, zucchini, spinach and toasted almonds](#). Here is the list of ingredients:

#### Chana Dal:

- 2 Cups dried chana dal (split chickpeas), rinsed, soaked for 1 hour and then drained
- 4 Cups water
- 2 vegetable bouillon cubes

#### Veggies:

- 2 Cups cherry tomatoes, cut in half
- 1 large or 2 small zucchini, quartered and sliced
- 1/2 lemon, sliced
- few sprigs of fresh thyme
- 4 Cups fresh spinach, chiffonade
- salt and pepper to taste
- 2 Tbsp. olive oil

#### Garnish:

- 1/4 Cup sliced almonds, toasted



Maybe you don't have Chana Dal on hand and have different veggies in your garden or refrigerator. How can we substitute for what you have on hand?

The elements of the dish are- a legume (Chana Dal), veggies (cherry tomatoes, zucchini, and spinach), fat (olive oil), acid, (lemon), seasoning (fresh thyme, salt, and pepper), and garnish (toasted almonds). If you keep the same structure and elements of your dish and swap out for what you have on hand, you're probably in pretty good shape.



Here is one possible example of what you could do:

Brown Rice with Sweet Potato, Swiss Chard, Roasted Red Pepper and Crispy Chickpeas

What would that ingredient list look like?

### **Brown Rice:**

- 2 Cups brown rice, cooked according to the package or in a rice cooker

### **Veggies:**

- 1 sweet potato, peeled and cubed, roasted
- 1 red bell pepper, charred and peeled, cut into strips (alternatively you could use jarred roasted peppers)
- 2 Cups Swiss chard, stalks chopped and leaves torn
- 1 head of garlic, roasted and squeezed out of the skins
- 2 Tablespoons olive oil
- 1 Tablespoon apple cider vinegar
- salt and pepper to taste

### **Garnish:**

- 1 can chickpeas, drained
- 1/4 teaspoon smoked paprika
- 1 teaspoon olive oil

I haven't made this recipe yet, but I'm pretty confident that the flavors would work well together as the basic elements of the dish are still intact. The measurements may need to be adjusted a bit, but that's what I want you to do - taste and adjust and then taste again.





## About the author...

**Kevin Schmidt** is a food blogger and publisher of this magazine. His passion is food- where it comes from, the impact it has on the environment, and how not to royally screw it all up. Follow him at [www.OneBiteVegan.com](http://www.OneBiteVegan.com)



Reader giveaway!



**Yaoh** is based in Bristol, UK, and is one of the UK's original hemp companies, with a range of hemp bodycare and food products that are 100% vegan and free from animal testing. Yaoh's food range is also 100% certified organic.

It's not widely known that Yaoh has played an instrumental role behind the growth of the vegan market in the UK over the last two decades. Not only does Yaoh boast a wide range of vegan hemp bodycare and food products, bearing the Vegan Society trademark, available through independent health stores and online, but they've also organised and sponsored many vegan fairs and events across the UK.

These include founding the first ever vegan fayre in Bristol, which has undergone huge growth in the last 15 years becoming VegfestUK, responsible for the biggest vegan events in the UK right now.

Yaoh was founded in Bristol on Valentine's Day 2002 by independent entrepreneur Tim Barford, out of a passion for the incredible properties of

the hemp plant in food and bodycare as well as all things vegan. Tim had helped pioneer the reintroduction of industrial hemp to the UK, helping set up the House of Hemp in 1991, and opening the UK's first hemp shop in 1994.

Vegan since 1984, Tim's belief in hemp as a viable solution to livestock farming is beginning to become a reality.

Yaoh was also responsible for publishing the first vegan guide book for Bristol with detailed features and listings of all vegan-friendly cafes, restaurants and wholefood shops in the city.

Yaoh underwent an ambitious rebrand of the company in the summer of 2017, with a whole new set of labels carrying its brand-new sunrise logo on all its products, and a new range of products launched. These products include a new SPF-25 sunblock, a new Body Butter range as well as a number of new exotic flavours for its Lip Balms, Moisturisers, Shampoo, Shower Gel and Conditioner.

The Yaoh team is excited for the future of veganism and thrilled to be see how far the vegan movement has grown since they started nearly 20 years ago!

To find out more go to [www.yaoh.co.uk](http://www.yaoh.co.uk) and follow them on [Facebook](#), [Instagram](#) and [Twitter](#).



## Win Some Yaoh Hemp Food Products!

To be in with a chance to win a bottle of organic hemp oil and a supply of dehulled hemp seeds, all you have to do is send an email to: [emma@onebitevegan.com](mailto:emma@onebitevegan.com) with your name and postal address, with 'Yaoh' as the subject line before the 1st of May 2019.

**Please note:** Only one entry per person will be counted. Prize cannot be redeemed for cash.

# Eco-friendly kitchen & food products to help reduce waste



helping us to keep One Bite Vegan going as a free platform. Thanks so much for your support! Let's get started!

## Food shopping

### Reusable Shopping Bags

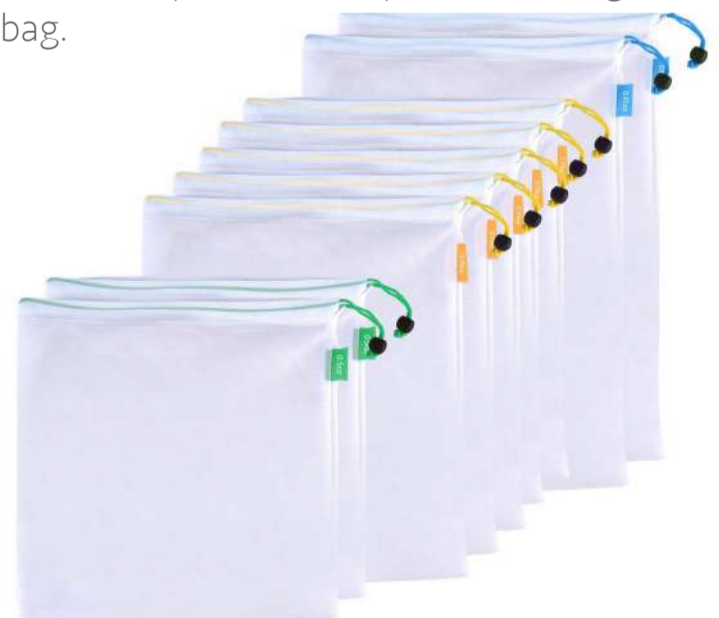
Most supermarkets these days have either got rid of plastic bags or charge you for them. You can come prepared by getting a set of reusable shopping bags.

There's a whole range of materials and patterns available to suit your tastes.

We like these [REGER Ripstop Shopping Grocery Bags](#), which are really handy as they come in a pack of six and they fold up into a little pocket for easy storage. Plus they are machine washable so you don't have to worry about any spills. They have a great range of patterns to choose from too.

### Reusable Mesh Produce Bags

And to replace those plastic fruit and vegetable bags in the produce section, you could try these [reusable produce mesh bags](#). They come in a set of nine (small, medium and large sizes) and are light enough that you shouldn't get charged much more than you would if you were using a plastic bag.



**T**he amount of plastic waste us humans have created and continue to create is an appalling assault on the animals, our environment and our own health.

If like us, you're looking to curb your plastic use and opt instead for quality items that you can reuse in your kitchen for food storage and prep, then you'll be pleased to know that we've put together this roundup of useful product ideas and solutions.

And just a note – this article contains affiliate links. This means that if you click on one of our product suggestions and purchase it, we will receive a small commission on the sale. It won't cost you anything extra but it will contribute to

## Food Storage

### Glass Food Storage Containers

If you're trying to avoid plastic then this [18 piece set of glass food storage containers](#) is ideal. These are really great for storing left overs, meal-prepping or for storing food in the fridge or freezer. A great thing about using glass containers is that you can defrost a pre-prepared meal from the freezer and place it straight into the oven to rewarm!



### Reusable Food Wrap

Reusable food wrap is very popular right now but you might have noticed that most of it is made using beeswax. Don't fret though, because there are vegan-friendly versions available that use soy wax in place of beeswax.



To use it, you simply use the warmth of your hands to make the wrap pliable and then you can shape it around the item you are wrapping.

There are plenty of vegan options available but we like the patterns offered in this [pack of three organic food wraps](#).

### Reusable Baby Food Storage Pouches

If you've got little ones in the house this [set of refillable squeeze pouches](#) will come in really handy. You can fill them full of homemade purees and freeze them, defrosting them as you need them. These little squeeze pouches are really useful when you need to feed baby when you're out and about as well.





## Natural Linen Bread Bags

You can store your homemade bread and baked goods in these [attractive unbleached linen storage bags](#). These would also make a great housewarming gift with a couple of your signature loaves!

## Kitchen Essentials

### Biodegradable Garbage Bags

Another great idea for cutting back on plastic, these [biodegradable garbage bags](#) are made from plant starches. They are compostable, so you can use them to place your kitchen scraps in and then transfer the whole thing straight to your compost bin. They're also useful for regular



trash as well. Kept in a cool, dry place, these bags will stay useable for up to a year.

### Aluminium Wrap

Did you know that you can get recycled aluminium foil? If you need foil for cooking certain foods, then a recycled option is definitely more eco-friendly. Check out the [Reynolds Wrap 100% recycled aluminium wrap range](#).



## Cheesecloth

If you want to get away from aluminium wrap entirely, cheesecloth may be an alternative option. It works well for shaping seitan creations and is versatile enough to be used to strain nut milk and make vegan cheeses. We like this [100% unbleached cotton cheesecloth](#) that has an ultrafine weave.

## Party Time

Having a party and don't want to do the mammoth job of tidying up all the dishes afterwards? Well, you can have your cake and eat it too by choosing compostable cutlery, cups and plates.

## Cutlery

We like this [Forks/Spoons/Knives combo set](#).



## 380 Pack

It's durable, heat-resistance and yet still biodegrades in the compost! It's BPA free and made from non-GMO corn.

## Disposable Dinnerware

This [set of cups and plates](#) are all made from sugarcane, so you can safely put them in the compost bin after the party's





## Eco-friendly kitchen & food products to help reduce waste

### Solar Cooker

With summer coming up, this [portable solar cooker](#) makes a great eco-friendly and healthy (no smoke fumes) alternative to a disposable BBQ. You can take it camping, to the park or the beach. The bonus is that because there's no fire, you can probably take it to places where BBQs and open fires are prohibited.



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# ONE BITE

## VEGAN MAGAZINE

One bite.

One bite is all it takes to make a change.

Much of the food we choose to eat today is destroying our health and vitality. By consuming animal products, we are creating and fueling disease within us that is causing our own suffering and shortening our lifespan.

One bite is all it takes to make a change.

Much of the food we choose to eat today is destroying our planet. By consuming animal products, we are annihilating rainforests, ravaging our oceans, and ignoring the greatest contributor to global warming. We are supporting an unsustainable food system which neglects hungry masses and denies future generations a world free from environmental devastation.

One bite is all it takes to make a change.

Above all, much of the food we choose to eat today is causing incomprehensible suffering to the sentient beings who share this earth with us. By consuming animal products, we are turning a blind eye to the atrocities that are being inflicted upon innocent animals every day across the globe.

One bite is all it takes to make a change.

Our mission is to do our part to spread this message. As intelligent and compassionate beings, we are all capable of affecting change once we make the connection. What we have been eating is wrong. It is wrong for our health, wrong for the planet, and wrong for the animals.

By simply making a different choice about what goes onto our plate, we can say no to these wrongs and begin to make them right. Each and every person makes a difference. One bite is all it takes to become vegan and make a change.

We are passionate about sharing the why and the how.