

ONE BITE

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Vegan Magazine

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VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



YES, VEGANS EAT Salad!

Far from being 'food for rabbits', this collection of creative vegan salad recipes just goes to prove that a salad can be so much more than a lump of iceberg lettuce and a few sliced tomatoes!

Fresh, seasonal ingredients hold pride of place on the plate and create vegan salads that don't suck! Get stuck in!

Kale Superfood Salad

By Jessica Bailey

INGREDIENTS

- 1 cup kale chopped
- 1 cup carrots shredded
- 1 cup cabbage shredded
- ½ cup water chestnuts canned in water
- ½ cup avocado
- ¼ cup aquafaba one can of chickpea water
- 6 whole cherry tomatoes
- 2 tbsp hemp seeds
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp onion powder

PREP TIME: 10 minutes
TOTAL TIME: 10 minutes

SERVINGS: 1 Salad
CALORIES: 368.8 kcal

DIRECTIONS

1. The kale, carrots, and cabbage can be lightly cooked in a medium frying pan with no oil or eaten raw.
2. In a food processor or blender, combine avocado, aquafaba, and spices. Blend until smooth (for the salad dressing).

Jessica Bailey —

Jessica is a food, beauty, and lifestyle blogger at anyreasonvegans.com. Her aim is to share tasty vegan recipes with her followers, as well as, educating and providing advice on cruelty-free beauty.

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