



Inspirational artwork. Print, £12.95, notonthehighstreet.com; **Delicate charm.** Brass measuring spoons, £26, mintandmay.co.uk



In pursuit of cake! Jimbobart side plate, £25, amara.com



Colour pop. Orla Kiely enamel measuring jug, £20, amara.com; Orla Kiely tray, £35, thehut.com



Vintage touch. Wesco retro scales with clock, £69, redcandy.co.uk



Ideal for puds. Jam jars, £8.49 for 12, lakeland.co.uk



See me, eat me. Cake dome, £40, gardentrading.co.uk



Sleek and practical. Nut and spice grinders, £60 for two, nest.co.uk



Delicious and nutritious. Moving Mountains plant-based burgers, £4.50, sainsburys.co.uk; Flahavan's Irish organic jumbo oats, £2.30, sainsburys.co.uk; Moorish pea hummus, £1.89, waitrose.com; Heck frankfurters, £2.75, sainsburys.co.uk; LÄRABAR banana choc chip bar, £1.20, sainsburys.co.uk; Minor Figures oat milk, £2, hollandandbarrett.com; Cawston Dry ginger and lemon sparkling water, £1.19, ocado.com; Cool Earth Asháninka chocolate, £4.95, coolearth.org

Plant-based pleasures

It may be animal welfare or the future of the planet that sparks your interest in vegan cooking, but more plants in your diet will boost your health and vitality too.

Vegan desserts and bakes are particularly accessible for novice vegan cooks, but have a look at the books below for main meal ideas – who doesn't fancy a warming, guilt-free veg curry or a juicy portobello mushroom burger with caramelised onions? It's less of a lifestyle 'challenge' than you think and a win-win for us all.

Blogger spotlight



Nutritionist Amanda Maguire is creator of the plant-based recipe blog, picklesnhoney.com. With an emphasis on seasonal produce, almost all the recipes featured are vegan and many are gluten-free.

With busy lifestyles in mind, Amanda's dishes include 10 ingredients or fewer, minimal equipment and only a few minutes of prep.

Try zesty 'No-bake lemon cheesecake bars' or hearty 'Weeknight mushroom stroganoff' to add some wholefood goodness to your diet.

EASY VEGAN

We love the simple scrumptiousness of these recipe books



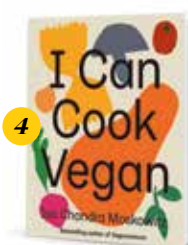
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1 Bosh! Healthy Vegan by Henry Firth and Ian Theasby (Harper Collins, £16.99) **2 Dirty Vegan: Another Bite** by Matt Pritchard (Mitchell Beazley, £20) **3 Five Ingredient Vegan** by Katy Beskow (Quadrille, £20) **4 I Can Cook Vegan** by Isa Chandra Moskowitz (Abrams, £22.99)