



**Produce art.**  
Lino print, £15,  
etsy.com/uk/  
shop/kimwlkr



**Good shape.** Cake  
mould, £13.99,  
wayfair.co.uk  
**In the bag.** Jute  
veg sack, £11.49,  
kitchencraft.co.uk



**Slice and dice.**  
Mini chopper, £10,  
johnlewis.com  
**Shredded.** Legnoart  
Conico grater, £70,  
amara.com



**Healthy fats.**  
Recycled  
glass oil  
drizzler, £9.95,  
johnlewis.com



**Stack 'em up!**  
Waffle maker,  
£18.99,  
wayfair.co.uk



**Right amount.**  
Teak measuring  
spoons, £45,  
amara.com



**Winter warmer:**  
Cast-iron  
casserole dish,  
£79, procook.com



**Protect your  
bakes.** Cake  
tin, £25,  
garden  
trading.co.uk



**Vintage flavour.**  
Glass salt  
pot, £16,  
garden  
trading.co.uk



**Easy green additions**

**Shopping list.** Plant yoghurt, £2.20, waitrose.com; Good Fibrations snack bar, £15 for 12, shop.thegutstuff.com; vegan-friendly rosé Prosecco, £13.99, skinnyprosecco1754.com; Swaadish Kashmiri curry sauce, £3.95, swaadish.com; Itsu teriyaki gyoza, £3.75, waitrose.com; Cru8 Keto sesame seed bagels, £6.80, cru8foods.co.uk; Bepps Popped! snack, £1.80, tesco.com; No1-Living Kombucha shot, £2, sainsburys.co.uk; The Real Foodists Yo'Ridge porridge, £1.99, thevegankindsupermarket.com; The Cultured Collective kimchi, £5.79, ocado.com

**Every bite counts**

VEGAN MEALS are not all salads and superfoods and, with the cold weather upon us, what better way to include more plants in your diet than with veg-packed soups and stews – delicious hearty bowls of steaming sustenance to pep you up on a frosty winter's day?

Soups are easy to make and a perfect way to top up your vitamins and minerals. For a protein-packed punch, add lentils and beans. Combat the cold and stay warm and healthy.

**Blogger spotlight**



Award-winning blogger, writer and author *Kate Ford* is on a mission to prove just how good vegan food can taste. Her blog, *thevegspace.co.uk*, is full of easy plant-based recipes, from tempting cakes and bakes to hearty comfort food. Try Kate's creamy 'Takeaway-style vegan korma', or her filling 'Vegan sausage casserole with borletti beans' and, for an indulgent treat, 'Sticky toffee pudding'.

Her book, 'Vegan in 15' (Short, £8.99), will get your dinner on the table in 15 minutes!

**PLANT A SEED** Find oodles of Veganuary inspiration in these cookbooks



1



2



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**1 Speedy BOSH!** by Henry Firth and Ian Theasby (HQ, £22) **2 The Contented Vegan** by Peggy Brusseu (Head of Zeus, £25) **3 Vegan With Bite** by Shannon Martinez (Hardie Grant, £16.99) **4 Easy Vegan Bible** by Katy Beskow (Quadrille, £22)



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**In the bag.** Jute veg sack, £11.49, kitchencraft.co.uk



**Healthy fats.** Recycled glass oil drizzler, £9.95, johnlewis.com

**Slice and dice.** Mini chopper, £10, johnlewis.com  
**Shredded.** Legnoart Conico grater, £70, amara.com



**Stack 'em up!** Waffle maker, £18.99, wayfair.co.uk



**Right amount.** Teak measuring spoons, £45, amara.com



**Winter warmer:** Cast-iron casserole dish, £79, procook.com



**Protect your bakes.** Cake tin, £25, garden trading.co.uk



**Vintage flavour.** Glass salt pot, £16, garden trading.co.uk



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