

Product showcase

Our monthly round-up of items that no veggie should be without!

Cereal Benefits

The Lovedean collection is a deliciously moreish range of granolas that can also provide a surprising amount of health benefits. Unlike many other cereals, the range is totally natural and completely vegetarian, containing no preservatives, added sugar or salt, and is free from hydrogenated fats. The oats provide slow-releasing, easily-digestible fibre, whilst the combination of nuts and seeds add essential fatty acids, omega-3 and antioxidants into the mix, making the products a ideal for a low-GI diet.

The range was born from creator Lucy O'Donnell's desire to feed her family a healthy breakfast. She has won several awards since its formation in 2005, including a Great Taste Award. Along with Tangy Cranberry and Juicy Dates and Apple, there is also a nut-free granola and a light alternative offering 37 percent less fat.

Find Lovedean in most Waitrose stores, Selfridges, Wholefoods Farm shops and Delis. Breakfast pots cost £5.95 and mini snack pots are priced at £1.50.



Vegan Delight

The Healthy Vegan is an easy-to-watch, step-by-step guide to creating meat- and dairy-free cuisine. It introduces a variety of delicious foods, demonstrating that a vegan diet doesn't need to be full of bland and restricted recipes.

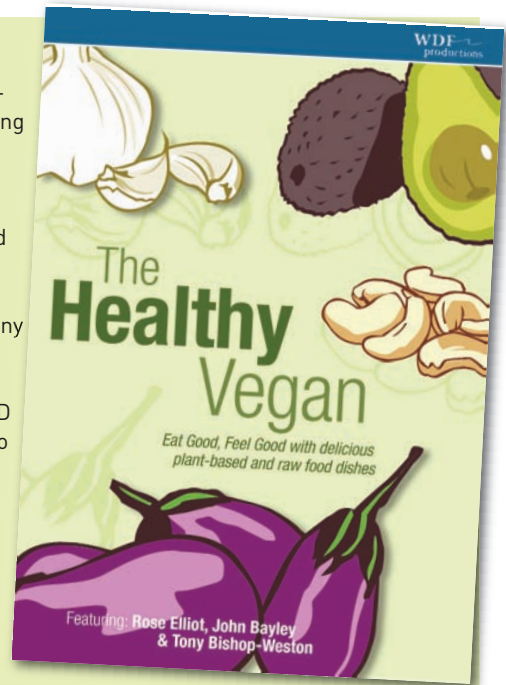
With techniques and ideas from acclaimed chefs Rose Elliot and Tony Weston, plus the innovative vegan

chef, John Bayley, the DVD explains how to create some simply mouth-watering dishes.

Categorised into snacks, starters, mains, sweets

and raw foods, it also gives you the chance to create your own menu and expand your palette. There's a recipe book included too, plus dietary advice from a nutritionist, which can help to bring gorgeous, healthy eating into your home.

Released in mid May, visit www.thehealthyvegandvd.com for more information.



Food for Thought

A worthwhile project has been set up between vegetarian caterer Dr Birgit Kehrler of Bsustained and community groups such as SIFA Fireside and schools, which aims to help people learn more about healthy living

Birgit runs shopping courses, demonstrating that it is possible to consume healthy food even on a very low budget. Gardening workshops called 'Fork to Fork' are available, allowing drop-in and residential members to grow their own vegetables in allotments - creating fresh ingredients they can cook up!

According to Birgit, respecting nature can be a great tool in helping to heal social problems, as well as physical and mental issues. The '5 A Day On A Budget' cookery classes give participants the opportunity to create delicious and wholesome meals from produce they've grown themselves, and demonstrate how a tasty, balanced diet can be cooked in just half an hour.

To book Birgit, or to help with either volunteering or donating produce, visit www.bsustained.co.uk and www.sifafireside.org.uk



Faking It

Get bronzed and beautiful skin the safe way with Lavera Self Tanning Lotion with aloe vera and green tea. It's the first fake tanning lotion to offer an effective skin care solution with 100 percent pure, plant-derived ingredients, making it suitable for both the face and body. The organic plant essences and aloe vera gel moisturises the skin, leaving it firm, smooth and soft, and the soy extracts provide an active ingredient that, when combined with vitamin E and green tea, provide a flawless, golden look in just one hour after application.

There are many more fantastic products from the Lavera mineral sun care range - most are vegan and all are free from parabens, petrochemicals, synthetic colour or fragrance.

Available from www.LucyRose.biz, The Organic Beauty Boutique or call 01989 750354 for details.