

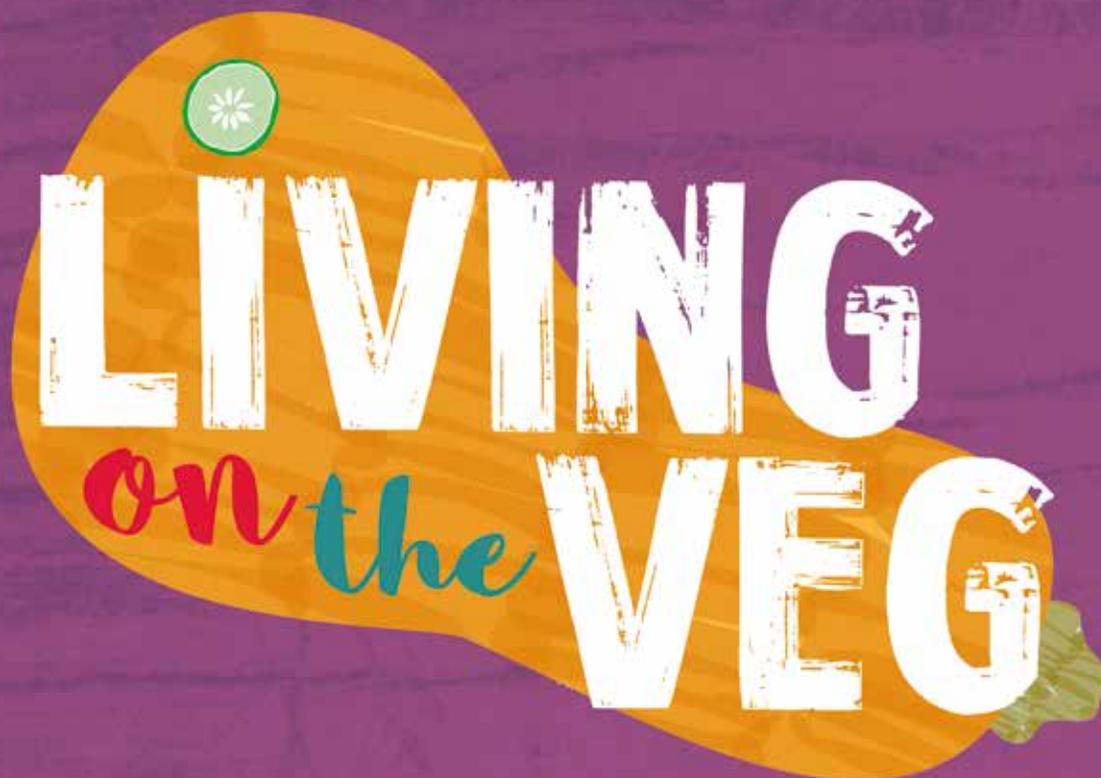
LIVING *on the* VEG

A kids' guide to life without meat

Clive Gifford Jacqueline Meldrum

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LIVING
on the VEG

BY CLIVE GIFFORD
RECIPES BY JACQUELINE MELDRUM

free spirit
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(612) 338-2068
help4kids@freespirit.com
www.freespirit.com

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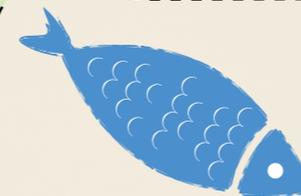
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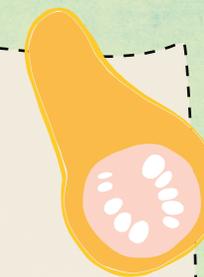
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CONTENTS



Foreword	4	RECIPE SECTION	
Going Veggie	6	Get Cooking	52
Ye Olde Vegetarian	8	Cloud Eggs	54
What's in a Name?	10	Chocolate Chip and Raisin Pancakes	56
Why Turn Veggie?	12	Pinwheel Sandwiches	58
No Meat Beliefs	14	Sweet Potato and Carrot Soup	60
Planet in Peril	16	10-Minute Bean Burgers	62
Polluting the Planet	18	Puff Pizza Pies	64
A Wasteful World	20	Quick Green Spaghetti Sauce	66
Questions, Questions	22	Spinach and Coconut Dal	68
Healthy Living	28	Easy Chocolate Mousse	70
Healthy Heart and Body	30	Chocolate Brownies	71
Finding Replacements	32	Strawberry Cheesecake	
Exotic Ingredients	36	No-Churn Ice Cream	72
Is It Animal Free?	38	Coconut Ice	74
A Veggie Life	40		
Brace Yourself	42	Veg on the Web	76
V-Day	44	Glossary	78
Your Substitutes Bench	46	Index	79
Vegging Out	48		
On Veg-Cation!	50		



FOREWORD

CLIVE



I've been vegetarian for over 25 years. It started when I backpacked around the world and encountered a wide range of amazing cultures, foods, and ways of living and treating animals. I returned home eager to know more about how the food I ate was produced. I was shocked by what I learned.



I knew I couldn't save the world all by myself but wanted to make my own contribution, mostly to reduce animal cruelty and my impact on the planet. So, I began living on the veg and have never looked back.

IT'S NOT ALL BEEN SMOOTH SAILING, especially at first with teasing from friends, cooking chaos, and restaurant roulette. Even today, living a vegetarian lifestyle requires more thought than just going with the meat-eating flow. But with vegetarian, or veggie, food so varied, tasty, and downright fun, I think the effort is well worth it and I hope you find this book interesting and useful.

JACQUELINE



Like Clive, I've been vegetarian for over 25 years. I made the change to a full vegetarian diet when I left home to go to art college. Back then there weren't a lot of choices for vegetarians in supermarkets, so you had to be quite creative if you wanted to have a varied and interesting diet.

Unfortunately, I could only cook a few meals and for years most of those meals started with a can of tomatoes. I was boring myself and boring my veggie husband, so I started a food blog to encourage myself to try new dishes. I called my blog *Tinned Tomatoes* as a reminder to be adventurous.

MY BLOG has thousands of visitors every day from all over the world who are looking for new recipes and following the adventures of my veggie family. I wish you luck on your veggie journey and hope you enjoy the recipes in this book.





GOING VEGGIE

If you're thinking of turning vegetarian and living on the veg or have already taken the first step, remember this:
YOU ARE NOT ALONE!

There are thought to be some **375 MILLION** full-time vegetarians, or veggies, worldwide. Millions more enjoy meat-free meals regularly but still eat some meat or fish. Most veggies enjoy their mealtimes just as much as meat eaters do, as they rustle up and chow down on inventive, varied, and mouthwatering meals or grab delicious snacks to go.

Vegetarianism has a long, long history in civilizations stretching back to ancient Egypt (see pages 8–9). But in the past 25 years, turning veggie has become a whole lot easier with new meat-free products, a wider and more varied range of foods available in stores and restaurants, and the rise of the internet and social media allowing veggies to share recipes, advice, places to go, and words of support.

This book will guide you through some of the key reasons why people turn vegetarian, from reducing **ANIMAL CRUELTY, TO HEALTH, RELIGIOUS BELIEFS, AND PROTECTING THE ENVIRONMENT.**

It will explain the difference between vegetarians, vegans, and pescatarians and the sorts of questions new vegetarians are often asked. It will also provide you with plenty to think about as well as lots of tips for living a veggie life, including making your own veggie snacks and meals, breaking the news to others, and building a meat-free diet that is just as healthy as it is tasty.

“Some of the best things about being a vegetarian include, of course, contributing toward the welfare of animals. [It] can also make you a healthier person, and it helps the environment.”
—LAURA MENNELL,
ACTRESS



YE OLDE VEGETARIAN

Vegetarianism may seem fashionable and trendy today, but it actually has a long history. People living in the Indus Valley (what is today Afghanistan and Pakistan), ancient Greece, and India, for example, followed their own form of vegetarianism more than 2,500 years ago.

According to the Vegetarian Society of the United Kingdom, some ancient Egyptians more than 5,000 years ago refrained from eating meat or wearing clothing made of animal products. Ancient Greek philosopher Pythagoras and his followers believed that all living creatures had souls and thus it was wrong to kill them for food.

In Europe, the first organization to abandon eating meat was the Bible Christian Church in the early 1800s in Manchester, England. Martha Brotherton, a member of the church, published a pioneering book *Vegetable Cookery* in 1833. Fourteen years later, the Vegetarian Society was formed, also in Manchester, followed by the American Vegetarian Society in 1850.

SOME FAMOUS VEGETARIANS FROM HISTORY



British poet **PERCY SHELLEY** turned vegetarian in 1812 and was among the first to point out how the meat industry used up and wasted natural resources that could be put to better use. His wife **MARY SHELLEY**, the author of *Frankenstein*, was also vegetarian.

This viewpoint was reinforced by a number of writers in the 1960s and 1970s onward, particularly **FRANCES MOORE LAPPÉ**. In 1971, she wrote the best-selling book *Diet for a Small Planet*, in which she argued that a meat-free diet was essential to feeding the world because plant-based foods have less impact on the environment than meat does. This book and others sparked a major interest in vegetarianism, which continues to this day.



CLOUD EGGS



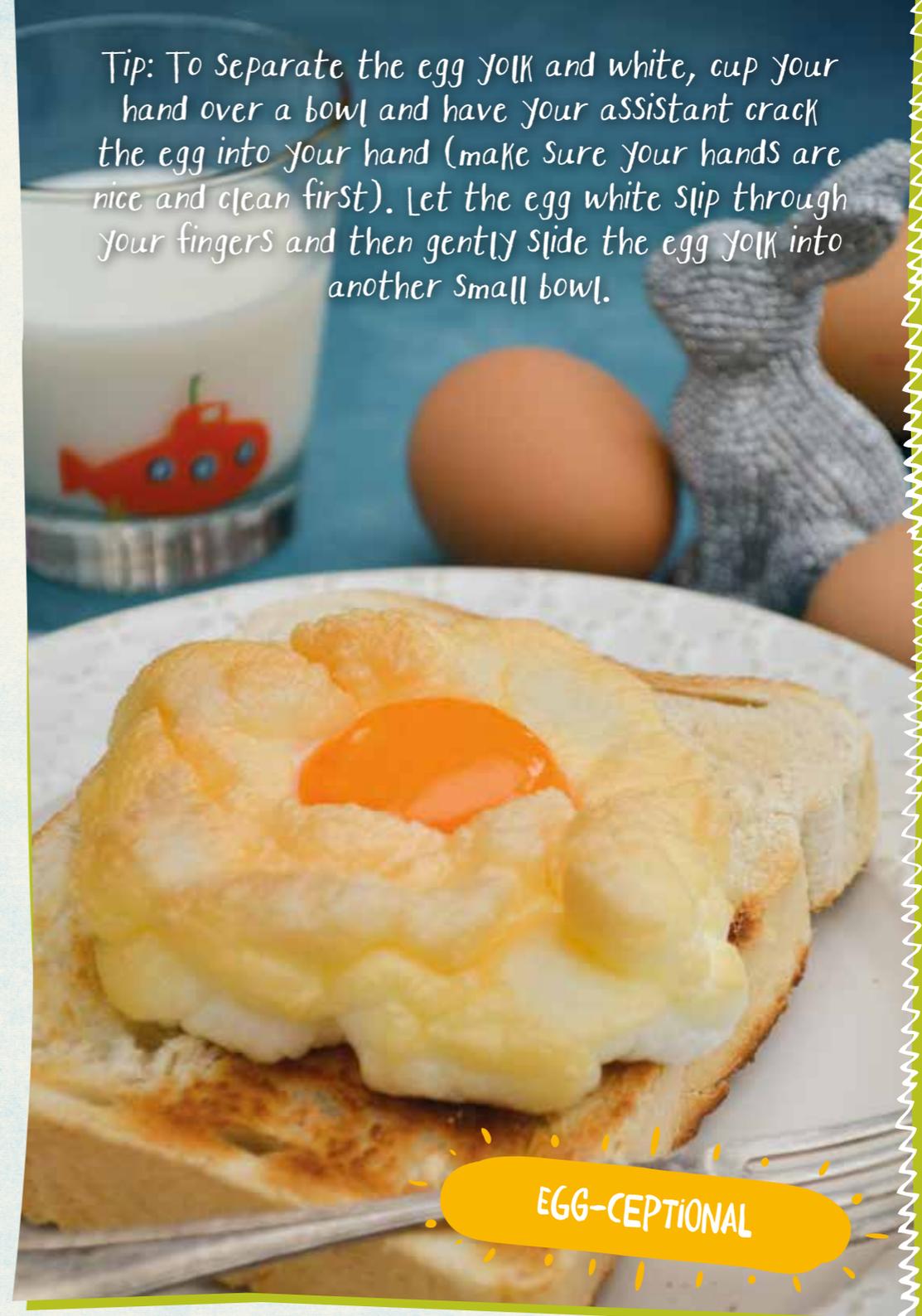
INGREDIENTS

- Eggs (one per person)
- Bread for toasting
- Butter

Breakfast eggs can be boiled, poached, or scrambled, but they can be a bit boring. For a more EGG-citing breakfast, try these cloud eggs. The egg white is fluffy and light and the yolk is soft. Perfect on a slice of buttered toast.

1. Preheat the oven to 450°F.
2. Carefully crack your egg. Pour the white into one bowl and the yolk into another.
3. Whisk the egg white into a firm meringue-like texture with a hand whisk or electric mixer. The whites should be quite firm and create peaks when you pull the whisk up through the mixture.
4. With a spoon, mound the egg white onto a baking sheet and make a little dip in the center for the egg yolk to sit in later,
5. then pop the baking sheet in the oven for 4-5 minutes, until the egg whites are just beginning to turn golden.
6. Carefully take the baking sheet out of the oven using an oven mitt and place on a heatproof surface. Gently pour the egg yolk into the dip in the middle of your cloud, and then pop the pan back into the oven for a couple minutes.
6. Serve on buttered toast.

Tip: To separate the egg yolk and white, cup your hand over a bowl and have your assistant crack the egg into your hand (make sure your hands are nice and clean first). Let the egg white slip through your fingers and then gently slide the egg yolk into another small bowl.



EGG-CEPTIONAL