Have a Heart

A guide to preventing and treating cardiovascular disease. Covers heart disease, stroke, deep vein thrombosis, varicose veins, high cholesterol, high blood pressure and more…

By Amanda Woodvine, Senior Health Campaigner, Vegetarian & Vegan Foundation

£1.90

INCLUDES
SEVEN-DAY
MENU PLAN
WITH RECIPES
Cardiovascular disease (CVD) describes conditions that affect the heart and blood vessels. These conditions usually involve hardening and narrowing of the arteries (atherosclerosis).

Every few minutes someone in Britain dies of CVD. It’s very much a Western disease related to our lifestyle. In contrast, the majority of the rest of the world’s population never experiences it.

CVD can be prevented and even reversed. Plaques in the heart’s blood vessels can be dissolved – without medications or surgery. The diet for this is not radical – many people in the world eat this way.

The information, tips and recipes in this guide will show you how.

WHAT IS CARDIOVASCULAR DISEASE?

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usually quite advanced, having progressed quietly for decades. Post-mortem examinations of young American soldiers killed in the Korean war found artery blockages were already present in 77 per cent. Their Asian counterparts, however, had much healthier arteries, probably due to healthier diets consisting mainly of rice and vegetables.

**Angina**

With angina, the blood vessels supplying the heart are partially, rather than fully, blocked by atherosclerosis. This reduced capacity allows enough blood to the heart when a person is resting but not enough to provide sufficient oxygen for physical activity. This can lead to discomfort or severe chest pain. The pain may also occur in the shoulders, arms, neck, jaw or back or feel like indigestion. There is also sometimes difficulty in breathing, weakness, sweating, fear of death, nausea, numbness or tingling in the arms or fingers. In some cases there are no symptoms at all.

**Diet to Prevent or Reverse Atherosclerosis, Angina and CHD**

As with all heart-related diseases, vegetarians suffer less than meat eaters and the more meat you eat, the more likely you are to end up with clogged arteries. It’s a very serious condition but fortunately, recent research shows that an animal-free diet can heal some of the damage done to the arteries. A low-fat, vegetarian diet eaten for just a year can reverse blockages, resulting in an improved blood flow.

Vegetarians are less at risk of heart disease and have up to 30 per cent less chance of dying from it. If everyone in the UK went vegetarian, about 40,000 lives a year would be saved – perhaps a veggie diet should be available on prescription!

Apart from being slimmer, having lower cholesterol levels and lower blood pressure levels, research suggests yet another factor may protect vegetarians against heart disease. Salicylic acid in their blood is up to one-and-a-half times higher than in meat eaters’. Salicylic acid is the main ingredient in aspirin, prescribed to reduce the risk of heart attacks by fighting the inflammation that causes it. (See Clogged Arteries, page 3.) And it seems that salicylic acid is also present in fruit and vegetables.

If you still doubt that simple fruit and veg can have such a dramatic effect it’s worth listening to William C. Roberts, distinguished editor-in-chief of the prestigious American Journal of Cardiology:

> "Although human beings eat meat we are not natural carnivores. No matter how much fat carnivores eat they do not develop atherosclerosis. When we kill animals to eat them, they end up by killing us because their flesh, which contains cholesterol and saturated fat, was never intended for human beings who are natural herbivores."

**Strokes**

A stroke is sudden damage to the brain caused by lack of blood supply or rupture of a blood vessel in the brain. The damaged cells die and the parts of the body they control cease to function. A major cause is furting up of the arteries – made worse by high blood pressure and diabetes.

Strokes are the leading cause of disability in the UK and the third most common cause of death after cancer and CHD. Warning signs include sudden numbness or weakness (especially on one side of the body); confusion; difficulty in speaking or understanding; difficulty in seeing; problems with walking or loss of balance or coordination and sudden headache.

The higher the blood pressure the higher the risk of strokes and pressures at the top of the range can increase that risk tenfold. The effectiveness of a vegetarian diet in reducing blood pressure (see High Blood Pressure, page 9) applies equally to reducing the risk of strokes. Eating just five or more servings of fresh fruit and veg a day would result in a major reduction in strokes.

**Deep Vein Thrombosis (DVT)**

DVT is associated with blood clots that form in the extremities – most commonly the legs. Most people with DVT have no symptoms but some do experience swelling, tenderness, warmth and redness in the affected area.

A complication of DVT is a condition called pulmonary embolism – a leading preventable cause of death in hospitals. Pulmonary embolism occurs when a blood clot travels through the bloodstream from the leg or other extremity to the lung. Once there, it can choke off blood supply cause life-threatening lung and heart diseases. Symptoms of pulmonary embolism include shortness of breath, sharp chest pains and coughing up blood.

**Diets to Prevent or Reverse DVT**

DVT is rare in countries that follow a low-fat, unrefined, plant-based diet, low in animal products and high in dietary fibre. High cholesterol levels may increase the risk.

The following may prevent DVT:

- Reducing cholesterol and saturated fat in your diet and increasing dietary fibre can dramatically reduce your blood cholesterol. Low-fat vegetarian diets are particularly effective;
- Maintaining a healthy weight (see Overweight and Obesity, page 10) as obesity increases the risk of DVT.
Peripheral Artery Disease (PAD)

Peripheral artery disease (PAD) is a type of atherosclerosis which affects the blood vessels supplying the arms and legs (peripheral arteries), particularly the legs. When the problem becomes severe, leg pain develops.

Several factors put you at risk of developing PAD:
- Diabetes;
- High levels of blood fat, eg cholesterol;
- High blood pressure;
- Being overweight;
- Smoking;
- Heredity.

PAD progresses silently, without symptoms, until the arteries have become significantly narrowed. The first symptom is usually pain or cramping in the calf muscles when you walk or exercise your legs. As the narrowing worsens, the pain worsens and one or both legs may be affected.

Actions to Prevent or Reverse Peripheral Artery Disease

If you smoke, you must stop. One of nicotine's effects is narrowing the arteries. Each cigarette you smoke decreases blood flow as the inhaled nicotine circulates in your blood.

The best way to prevent PAD is to maintain all-round fitness. Try to maintain a normal weight, normal blood pressure and normal levels of fat and sugar in your blood.

Eat a diet low in fat and refined sugar (eg, avoid table sugar, sweets and syrup) and high in complex carbohydrates and fibre (eg, whole grains, fresh fruit, vegetables) and low in salt, animal fats and refined sugar.

Exercise is vital to improving and maintaining the circulation in your arteries. When exercising, stop and rest if the pain in your legs becomes too great. Resume when the discomfort has gone away.

See your GP if the symptoms worsen as this could indicate a complete blockage.

Venous Insufficiency and Varicose Veins

Venous insufficiency is a disorder affecting the so-called deep veins which lie within the muscular parts of the extremities (such as the legs and feet). Poor blood flow can affect the way the skin exchanges oxygen, nutrients and waste products with the blood. When it happens over a long period of time it is called chronic venous insufficiency.

Venous insufficiency is a common medical problem and symptoms range from mildly unsightly veins to recurrent skin infections and ulcers that require hospitalisation.

In contrast, varicose veins are a disorder of the superficial veins. These veins lie closer to the skin. Varicose veins are swollen, irregular shaped veins that often develop in the legs, particularly the calves. They can develop elsewhere on the body, such as around the anus (haemorrhoids or 'piles'). They occur when the vein wall weakens causing the vein to widen. This can result in a reduced efficiency in the valves of those veins that prevent blood flowing in the wrong direction, such as back down your legs. This obviously has an impact on circulation.

Common symptoms of varicose veins include aching, throbbing, or heavy legs made worse by standing for a long time.

Other symptoms are swollen ankles, skin discoloration and dry, itchy, or tingly skin over the vein. Hot weather and standing can increase the discomfort and make the veins look much worse.

Complications of varicose veins are infection, ulcers and, in rare cases, vein rupture, causing a large amount of bleeding.

It is not fully understood what causes the vein walls to weaken but a number of factors increase your chances of developing venous disorders:
- Heredity – varicose veins tend to run in families. There is as much as a 90 per cent risk of developing varicose veins if both parents have them. There may be a genetic tendency to leaky valves.
- Pregnancy – the developing baby and expanding womb can put extra pressure on your veins. Women who have had several children are more likely to develop permanent varicose veins.
- Being female and overweight. Varicose veins occur up to twice as often in women compared with men so if you’re an overweight woman your risk increases even more.
- Age – the older you are, the more likely you are to develop varicose veins.
- Blood conditions – people who have conditions that affect the blood flow, such as diabetes, are more prone to it as are people who have had a previous vein disease.

The following may reduce the risk:
- Eating a healthy diet high in fibre. Foods such as bran, whole grains, pulses (peas, all types of beans and lentils), fruit and vegetables help prevent constipation – important because straining during bowel movements can increase the pressure on varicose veins, making them worse. There is no fibre in animal products (meat, dairy etc);
- Maintaining a healthy weight. Obese women (BMI of more than 30) have three times the risk compared with women of a healthy weight. (See Overweight and Obesity, page 10);
- Keeping active by taking regular exercise. Avoid sitting or standing in one place for long periods of time and engage in regular physical activity.
The process through which cholesterol damages arteries is thought to be oxidation – the action of molecules called free radicals. They can only be destroyed by other molecules called antioxidants, found largely in fruit and vegetables. Taking vitamin supplements and looking for magic cures to counter high cholesterol levels hasn’t worked. According to Dr Lori Mosca of Michigan University (and many other researchers): “The best scientific evidence we have is that eating a diet rich in fruits and vegetables is protective against heart disease”.

In rural China, cholesterol levels are between 2.5 and 4.0 (a measurement based on mmol per litre) and heart attacks are almost unknown. In England, it is recommended that people reduce their levels to 5.0 even though the level to avoid heart attacks entirely is 3.9.

Despite the welter of evidence that a vegetarian diet is the best way to avoid high cholesterol levels and the diseases which go with them, official advice, amazingly, is not to go vegetarian but to switch to a lower fat diet – avoiding fatty cuts of red meat, eating white meat and fish and ditching butter for margarine.

People who take this advice are likely to be disappointed because it’s largely ineffective with about a five per cent reduction in cholesterol levels at best. Low-fat, vegetarian diets, devoid of all meat, can bring cholesterol down by up to 32 per cent. When lean meat was substituted by soya bean curd (tofu), again levels fell considerably.

There is increasing evidence that vegans have an even greater health advantage. Lifelong vegetarians have been shown to have cholesterol levels 24 per cent lower than average and lifelong vegans 57 per cent lower. Just as importantly, vegetarian and vegan diets can reverse the damage done by CHD, even in severe cases.

High Blood Pressure (Hypertension)

Blood pressure describes the pressure in the main blood vessel in your arm, which comes from the heart. It is measured as the heart beats (systolic pressure – the first measurement) and between beats (the resting rate, or diastolic pressure – the second measurement). It is given as two figures, eg 120/80.

Blood pressure is an indicator of general health. A rise in blood pressure means your heart is overworking, which can put a strain on your circulatory system. On the other hand, a fall below normal can affect organs such as the kidneys so it is important to keep your blood pressure within normal limits.

A healthy blood pressure is in the range 90/50 to 120/80 but it can vary throughout the day as it can with physical exertion and stress. Blood pressure should therefore be measured while resting.

Single measurements aren’t particularly meaningful and a diagnosis of high blood pressure (hypertension) isn’t normally made unless a high reading is measured on three separate occasions – usually over three months.

High blood pressure increases your risk of dangerous health problems such as heart attacks and strokes – the higher the pressure the greater the risk. Around one in three men and women in the UK have high blood pressure.

Blood pressure rises as we get older but some people defy this seemingly inevitable development. Regular exercise, maintaining a healthy weight, a low fat (especially saturated animal fat) and low salt diet, quitting smoking and reducing the amount of alcohol consumed will all have an effect. Even allowing for all that, the blood pressure of vegetarians doesn’t increase in the same way as meat eaters’ – in fact, it goes up little with age. It’s not surprising, then, that a vegetarian diet can be used to treat high blood pressure. It is the totality of the vegetarian diet that works, not any specific ingredient.

Vegetarians’ lower risk of high blood pressure is considerable and can be anywhere between 33-50 per cent. There is an inescapable link with meat and a Californian study as long ago as 1926 showed this. Vegetarians’ blood pressure was raised by ten per cent simply by feeding them meat – and it happened in only two weeks.

Other studies have produced similar results and a whole range of studies have shown vegetarians to have considerably lower blood pressure than meat eaters. It is also the finding of the World Health Organisation and American Dietetic Association.

Not surprisingly, many studies have found that changing to a low-fat vegetarian diet can significantly lower blood pressure. The switch can also reduce the distressing symptoms associated with hypertension, according to a Swedish study. At the end of the trial period, most patients had been able to give up medication, 50 per cent felt ‘much better’, 15 per cent felt ‘better’ and 30 per cent felt ‘completely recovered’.
Homocysteine
Another risk factor for CVD – homocysteine – was discovered fairly recently. It is an amino acid – a building block of protein – produced by the body during the breakdown of methionine, another amino acid. High levels of homocysteine have been linked to increased risk of heart disease and stroke. Ensuring adequate levels of three key B-vitamins is crucial in lowering homocysteine levels. Folate and vitamin B6 are found abundantly in plant foods and vitamin B12 is found in many everyday foods now fortified with it, such as yeast extracts, some breakfast cereals, margarines and soya products such as soya milk.

Overweight and Obesity
Carrying excess fat increases the risk of CVD via a range of mechanisms. It can place a strain on the heart, lungs, kidneys and other organs, and as weight increases, so does blood pressure. Overweight and obese people tend to have higher levels of bad cholesterol and lower levels of good cholesterol.

Studies consistently show that vegetarians and vegans have a healthier, lower body mass index (BMI) than meat eaters – weighing between six pounds and two stones less.

Omega-3 Essential Fats
Inflammation (see Clogged Arteries, page 3) plays a large role in atherosclerosis and what you eat can reduce inflammation in your blood vessels. There are several ways to do this, including maintaining a healthy weight, cutting down on saturated fat (found mainly in animal products), avoiding trans fats (found in hydrogenated vegetable oils) and including omega-3 fats in your diet intake from a healthy, plant-based source such as flaxseed (linseed), walnuts and their oils and green leafy vegetables. Keep the oils in the fridge and add to dressings, sauces and cooked food only, as heating destroys their beneficial properties.

Much research shows that these fats can decrease inflammation and atherosclerosis. And they have other heart protective properties, including ‘thinning’ the blood and reducing the risk of an irregular heart beat (arrhythmia).

Omega-3 is also present in oily fish but deadly pollutants such as mercury, polychlorinated biphenyls (PCBs) and dioxins outweigh any potential benefits (see VVF fact sheet, Fishing for Facts). Plus, of course, oceans are rapidly being depleted of fish through over fishing.

Omega-3 fatty acids 1 daily portion is...
Flaxseed (linseed) oil 1 teaspoon
Hempseed oil 1 tablespoon
Rapeseed oil 1 ⅛ tablespoons
Ground flaxseed (linseed) 1 tablespoon
Walnuts 8 halves/28g/1oz

DIETS IN PRACTICE:
Dr Dean Ornish
Back in 1990, a huge shift began in medical practice. It was the year that Dr Dean Ornish, a Harvard-trained doctor, published a study that set out to test whether heart disease could not only be prevented, but might also actually be reversed. He wanted to see whether it could be done with diet and lifestyle changes alone rather than surgery or drugs.

Before then, most doctors did not even attempt to reverse heart disease even though, as now, it was a major cause of death. Most believed that the plaques of cholesterol and other substances that clog arteries to the heart could not be reduced. The traditional way to remove them was to wait until they became severe enough to warrant a bypass or angioplasty.

Dr Ornish studied 47 patients in the San Francisco Bay Area, all of whom had significant heart disease with some already having had heart attacks.

One group of heart patients was given the standard care that doctors usually prescribe – a diet based on ‘lean’ meat, poultry and fish, along with various medications, and were advised not to smoke. Another group went on a low-fat, vegetarian diet (less than 10 percent of their calories from fat) and added daily exercise, avoid tobacco and manage stress.

For patients in the experimental group, however, the story was very different. Many doctors still recommend ‘chicken and fish’ diets even though numerous studies have shown that heart patients who just tinker with their diets in this way generally get worse over time. Those who adopt a low-fat, vegetarian diet, take daily exercise, avoid tobacco and manage stress stand the best chance of reversing heart disease.

Dr Caldwell Esselstyn
A surgeon named Dr Caldwell Esselstyn used the same type of diet for severely ill heart patients, the majority of whom had, in effect, received a death sentence. Doctors had told them there was nothing more they could do and some had been given less than a year to live. Just about everything had been tried – repeated open heart surgery, angioplasties, stents and a plethora of medications. There was no longer any useful effect and almost all the men were impotent, most had angina and for some, things were so bad that they couldn’t lie down and had to sleep sitting up.
Having completely run out of options they agreed to the demanding conditions Dr Esselstyn set for entry into the trial cure he had come to believe in.

They agreed to join him in a diet not unlike two-thirds of the world’s population (outside the West) – a low-fat, plant-based diet.

Of the patients who stuck to Dr Esselstyn’s programme, there was not a single cardiac event over the next 12 years! All were alive and well and had reversed their disease.

Dr Esselstyn has since gone on to counsel and treat many more patients.

The Okinawa Way
The Japanese island of Okinawa boasts more people aged over 100 (centenarians) than anywhere else in the world. With low levels of cholesterol and homocysteine (see page 10) they have an 80 per cent lower risk of heart disease and strokes compared to Westerners.

Dr Andrew Weil studied six hundred Okinawans over a 25-year period before writing his book, The Okinawa Way. He identified a pattern.

The key was a diet of whole grains, vegetables, fruit and soya products, regular exercise, a spiritual outlook on life that minimised stress and a successful integration of Eastern and Western health care systems.

Although the Okinawans also eat fish several times a week, with fish stocks rapidly diminishing and all fish carrying a range of deadly pollutants, this is not really an option any longer. The benefit gained from eating the fish was almost certainly as a result of omega-3 essential oils, and can be successfully substituted by flax or hempseed oils, green leafy vegetables and nuts, particularly walnuts. (See Omega-3 Essential Fats, page 10.)

These aged Okinawans also had reduced rates of breast and prostate cancer, half the rate of ovarian and colon cancer and a much lower risk of dementia. It wasn’t genetics that took the credit but diet – the right formula for combating disease. And what’s good for the Okinawans…

The Framingham Study
The Framingham Heart Study in Framingham, Massachusetts, has spent many decades tracking who gets heart attacks and who doesn’t. Among its key findings is that the lower your cholesterol, the lower your risk of heart problems. There is a cholesterol level essentially below which coronary heart disease doesn’t happen. In all its years of research, no one with a cholesterol level below 3.9 mmol per litre had a heart attack. (Also see Cholesterol, page 8.)

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TIPS FOR PREVENTING & REVERSING CVD

- Maintain a healthy weight. If you are overweight you are at risk of developing high blood pressure, heart disease and diabetes. These conditions all increase your risk of having a stroke. A low-fat vegetarian or vegan diet can help with weight loss, and losing just a few centimetres from your waist can significantly lower your risk of CHD. Try the V-Plan Diet – order from www.vvf.org.uk/shop or by calling 0117 970 5190;

- Reduce salt in your diet as it may worsen CVD and high blood pressure. Adults should have no more than 6g per day. Use less in cooking, avoid adding it at the table, avoid salty snacks such as crisps, and canned foods with added salt. Try using fresh herbs and spices to flavour food instead – it won’t be long before your taste buds adapt;

- Choose more vegetarian foods – they protect and strengthen your heart and blood vessels.
  - Fruits – fresh or frozen, eg bananas, oranges, apples, pears, grapefruit, mango, strawberries and blueberries.
  - Vegetables – fresh or frozen, eg broccoli, kale, spinach, carrots, potatoes, tomatoes, squash and corn. Try to eat at least five portions of fruit and veg each day.
  - Wholegrains – eg brown rice, wholemeal bread or pasta, unprocessed cereal, millet, barley, buckwheat and quinoa.
  - Pulses (peas, all types of beans and lentils) – eg no added salt kidney beans, pinto beans, lentils, black-eyed peas, chickpeas, soya milk, textured vegetable protein and tofu.
  - Fats – fresh or frozen, eg nuts, seeds, fish, eggs, yoghurt, butter and cream.

- Stop smoking – and you’ll halve your risk of a stroke. Smoking fars up your arteries and affects your blood, making it more likely to clot.

- Reduce stress as much as possible – practice healthy coping techniques such as muscle relaxation and deep breathing. Plenty of sleep can help, too.
2. De-junk condiments and flavourings:
   - Use vegetable stock instead of chicken or beef stock.
   - Simply leave the bacon bits or anchovies out of recipes that list them. Add additional herbs, spices or cooked or sprouted beans instead.
   - Reduce or eliminate added salt. Instead use a dash of lemon juice or vinegar to enhance flavour.
   - Boost flavour with herbs and spices. Use small amounts to begin with then add more to taste.

3. Cut down on or eliminate added fat or oil:
   - Steer clear of foods containing hydrogenated trans fats (listed on ingredients labels). These fats, like saturated fats, contribute to the risk of heart disease and other problems.
   - Sautéing in water or vegetable stock is an easy way to replace oil. In baking, use apple sauce or bananas to replace some or all of the fat. You can buy jars of delicious, sugar-free and organic apple sauce in health food stores.

Plant-Based Diets and Cardiovascular Disease Fact Sheet
Cardiovascular disease (CVD) such as heart disease and stroke is the UK’s number one killer. More people are living with this disease than ever before and numbers are steadily rising. The VVF’s informative fact sheet is fully-referenced and explains how a plant-based diet can be used to prevent it.

Order your copy for just 90p (inc p&p) from VVF, Top Suite, 8 York Court, Wilder Street, Bristol BS2 8QH or by calling 0117 970 5190.

VEGANISING FOR A HAPPY HEART
Here’s how to give old favourites the health treatment!

1. De-junk the main ingredients.
   Replace animal-products in a recipe with plant foods:
   - Chicken curry – instead of chicken use TVP chunks or seitan (wheat gluten – available from health or Oriental stores. If using a ready-made curry sauce, check its fat and salt content. Aim for less than less than 3g fat and below 0.25g salt per 100g. Best still, use one teaspoon of oil and fry up a curry powder of your choice, then add water and/or chopped tomatoes.
   - Try chickpea salad instead of chicken salad.
   - Vegetarian pasta sauce instead of meat sauce. Crumble up a cooked vegetarian burger or use texturized vegetable protein (TVP) to make a vegetarian ‘meat’ sauce.
   - Try veggie burgers instead of meat burgers.
   - Kidney bean or lentil chilli instead of meat chilli.

It’s easy to replace eggs and dairy products:
   - Exit eggs – leave them out of recipes. You can buy egg replacers from most health food stores or free-from sections in large supermarkets, eg No Egg from Orgran. Other egg replacers are mashed tofu, ground flaxseed (linseeds) blended with hot water, cornflour or a banana.
   - If you miss your morning scrambled egg on toast, try scrambling tofu instead.
   - Minus milk: replace cow’s or other dairy milk with fortified soya milk, rice milk, or almond milk.
   - Chuck out the cheese! Leave it off pasta, sarnies and so forth. You can also make pizza without cheese, using plenty of sauce and vegetable toppings instead. There are dairy-free cheeses available – good to sprinkle on top of pasta or pizza – but use these only occasionally and in small helpings as they are quite high in fat.

2. De-junk condiments and flavourings:
   - Use vegetable stock instead of chicken or beef stock.
   - Simply leave the bacon bits or anchovies out of recipes that list them. Add additional herbs, spices or cooked or sprouted beans instead.
   - Reduce or eliminate added salt. Instead use a dash of lemon juice or vinegar to enhance flavour.
   - Boost flavour with herbs and spices. Use small amounts to begin with then add more to taste.

• Cut back on alcohol. Don’t drink more than 2-3 units per day if you are a woman, 3-4 units if you are a man. (A unit is small glass of ordinary strength wine, half a pint of ordinary strength beer, lager, or cider or a standard pub measure of spirits.) This helps to control your blood pressure. Binge drinking causes your blood pressure to rise, which seriously increases your risk of having a stroke.
• Brush your teeth at least twice a day and floss daily. There is a direct link between infected gum tissue (periodontal disease) – a hallmark of poor dental hygiene – and CVD.
VEGANISER

**Traditional Breakfast**
Cereal with milk and fruit served with orange juice
Scrambled eggs, toast, sausage, cup of tea
Bacon sandwich
Pancakes and Maple Syrup

**Veganised Breakfast**
Cereal with soya (or other non-dairy) milk and fruit served with orange juice
Scrambled Tofu, wholemeal toast, veggie sausage, cup of tea with soya milk
Veggie Rashers sandwich – Redwood brand sold in health stores
Pancakes with Maple Syrup or Fruit ‘n’ Nuts

**Traditional Lunch**
Chicken sandwich with lettuce, tomato & mayo; yogurt; crisps
Chicken soup, bread, green salad & vinaigrette
Burger and chips
Sausage sandwich

**Veganised Lunch**
Smoked tofu or hummus sandwich with lettuce, tomato & vegan mayo; fruity soya yoghurt; piece of fruit
Vegetable soup or minestrone, bread, green salad with flax seed or olive oil dressing
Veggie burger in a wholemeal roll, chutney and vegan mayo with extra portion of salad
Veggie sausage sandwich on wholemeal bread, tomato/brown sauce and salad

Check out the Vegetarian & Vegan Foundation’s guide to transforming everyday meals into top veggie tucker...

**Traditional Dinner**
Grilled salmon, boiled new potatoes with butter; asparagus with parmesan cheese
Spaghetti Bolognese with garlic bread
Quiche Lorraine, chips with salad
Chicken Chow Mein
Chilli Con Carne
Bangers & Mash
Baked potato with ham & cheese

**Veganised Dinner**
Grilled mushrooms (use the big open ones) drizzled with olive oil, garlic and shoyu, boiled new potatoes with basil and black pepper, grilled asparagus with a drizzle of olive oil and delicious nutritional yeast flakes (Marigold Engevita, sold in health stores)
Veggie Bolognese (substitute frozen veggie mince or whole lentils for meat). Serve with crusty bread and green salad
Red Onion & Thyme Tart, baked potato or low-fat potato wedges with salad
Tofu
Vegetable Stir-fry & Peanut Sauce with Egg-free Noodles
Red Onion & Thyme Tart, baked potato or low-fat potato wedges with salad

**About the VVF…**
The Vegetarian & Vegan Foundation (VVF) is the UK’s premier nutrition and health charity helping people to understand the importance of good nutrition for health and fighting disease. We are happy to answer any questions about diet and health and produce a range of guides and fact sheets and an excellent magazine called Veggiehealth, plus a seasonally-updated magazine in a binder called Vegetarian Recipe Club. We also run a mail-order gift catalogue, Vegetarian Shop. Contact the VVF at the address on page 2 for a free catalogue or browse the web shop at www.vegetarian.org.uk
**DINNER – Steamed Oriental Vegetables with Smoked Tofu, Sweet-Sour Sauce & Brown Rice or Noodles**

**Serves 4**

1. Put brown rice on to cook first in a heavy-bottomed pan. It will take about 25-30 minutes. Cover rice with about 2 inches of water before being fully cooked. (If using noodles, do this a bit later, timing them according to the packet instructions.)

2. Prepare vegetables.

3. Steam all vegetables – except the water chestnuts – until just cooked. They should still have some bite to them. This will take about 5-10 minutes.

4. Add the smoked tofu and heat through.

5. Heat up sauce ingredients but don't boil.

6. Drain any surplus liquid from rice/noodles and serve, placing vegetables on top.

7. Pour sauce on top of the veggies and rice/noodles.

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**LUNCH – Tomato & Quinoa Soup**

**Serves 4-6**

1. In large saucepan combine stock, onions, celery, garlic, salt, dill and fennel.

2. Bring to boil, reduce heat, cover and simmer gently for 5 minutes.

3. Stir in tomatoes and juice.

4. Add quinoa and mix well.

5. Return to boil and simmer, covered, for another 15 minutes or until quinoa is tender. Stir occasionally.

6. Add pepper to taste.

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**BREAKFAST – Porridge with Banana & Fortified Soya or Rice Milk**

**Serves 4**

1. Soak oats and water overnight in a bowl if possible.

2. Cover and leave in fridge.

3. In the morning, place all ingredients (except for the milk and syrup) in a saucepan.

4. Bring to the boil, lower heat and cook for 10 minutes or longer, depending on how you like it.

5. Stir occasionally.

6. Remove from heat, sprinkle in flax/linseeds and mix in well.

7. Serve with dairy-free milk, sliced banana, raisins and a little syrup.

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**SNACK – Raw Vegetable Sticks & Low-Fat Hummus (Home-Made)**

**Hummus recipes**

**serve 4-6**

**A. Plain Hummus**

1. Blend until smooth or the consistency you like.

**B. Roasted Red-Pepper Hummus**

1. Blend everything together, adding more water/lemon juice if necessary.

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**MONDAY**

**EATING FOR A HEALTHY HEART: YOUR SEVEN DAY PLAN**

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**SNACK – Raw Vegetable Sticks & Low-Fat Hummus (Home-Made)**

**Serve 4-6**

**A. Plain Hummus**

- 1 tin chickpeas, drained and rinsed
- 2 garlic cloves
- Zest of 1 lemon
- 2-3 tbsp fresh lemon juice, to taste
- 3 tbsp vegetable stock or water
- 1 tsp Aminos – Bragg’s or Marigold brands (like low-salt soya sauce and available in health stores)

1. Blend until smooth or the consistency you like.

**B. Roasted Red-Pepper Hummus**

- 2 tins chickpeas, drained and rinsed
- 150-200g/5-7oz roasted red peppers in brine (sold in jars), drained and rinsed
- 1-2 garlic cloves
- 1-3 tsp lemon juice
- 1 tsp ground cumin (optional)

1. Blend everything together, adding more water/lemon juice if necessary.

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**LUNCH – Tomato & Quinoa Soup**

**Serves 4-6**

- 3 cups vegetable stock
- 1 cup onions, chopped finely
- 1 cup carrots, diced
- ½ cup celery, diced (2 medium stalks)
- 2 large garlic cloves, crushed
- 1 tsp salt
- 1 tsp dried dill
- ½ tsp ground fennel
- 1 tin (undrained) chopped tomatoes
- ½ cup quinoa

1. In large saucepan combine stock,
4. Hold grapefruit over bowl and cut away skin, along with pith, to reveal juicy ruby flesh.
5. Cut each segment away from the translucent skin around it, letting segments and juice fall into bowl. Cut oranges in the same way if you are using these instead.
6. Cut passion fruit in half, scoop out seedy pulp and add to bowl.
7. Give it all a stir and add the maple syrup if you are using.
8. Serve in the nicest bowls you have!

**SNACK – Red & White Dip with Rice Cakes**

Serves 4-6

This makes quite a lot, so can be used for snacks or lunches on other days – alternatively, halve the quantities to make a smaller batch.

- 400g tin cannelini or haricot beans, drained and rinsed
- 1 jar (432g/15oz) roasted red peppers, drained and rinsed
- 1 1/2 tsp cumin powder
- 1 garlic clove, crushed
- Good pinch dried chilli flakes
- 4-5 sun-dried tomatoes (not in oil), chopped roughly with scissors
- Black pepper
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 garlic clove, crushed

1. Blend everything together until smooth.
2. Add a little water if necessary.
3. Chill in a covered container until needed.

**DINNER – Lentil Bolognese with Wholemeal Pasta & Green Salad**

Serves 4-6

- 100ml/4fl oz red wine
- 350-375ml/12-13fl oz low-salt stock or water (plus an extra 600ml/20 fl oz if using dried lentils)
- 1 medium onion, finely chopped
- 225g/8oz dried green or brown lentils OR approximately 450g/1lb cooked green or brown lentils (2 tins, drained!)
- 2 large tins chopped tomatoes
- Black pepper

Wholemeal pasta for 4 – spaghetti, penne or fusilli all good

To serve: nutritional yeast flakes (Marigold Engevita brand available in large supermarkets and health stores)

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WEDNESDAY

1. Put wine, 300ml/½ pint stock/water, onions, sundried tomatoes, olives, chilli, oregano and garlic in a heavy-bottomed saucepan.
2. Bring to boil then reduce heat and simmer until liquid has almost gone.
3. If using dried lentils: stir in remaining stock/water, lentils and tinned tomatoes. Season with pepper and simmer for 45-60 minutes or until lentils are tender and sauce is thick.
4. If using pre-cooked lentils: stir in tinned tomatoes and pepper. Simmer for 20 minutes, adding a little stock/water if necessary.
5. Meanwhile, put on pan of hot water and cook pasta according to packet instructions.
6. Add lentils and mix in well. Cook for another 5-10 minutes.
7. Blend about one-third of the sauce and dilute with about 50-75ml/2-3fl oz stock. Combine with rest of sauce.
8. Drain cooked pasta and keep warm.
9. Serve sauce with pasta and add nutritional yeast flakes and lots of black pepper.

1. Allow the grains to cool, then add ingredients of your choice from the options below.
2. Pour on Healthy Dressing (see recipe below) and serve.

Options
Large handful Pak Choi or Cos lettuce, shredded
Rocket leaves, snipped into pieces with scissors
1 red pepper, diced
2 sticks celery, diced
1 large carrot, grated
1 tin beans or lentils of your choice – eg kidney, flageolet or green lentils – drained and rinsed
Sweetcorn kernels (drained and rinsed if from a tin)
French beans, lightly steamed
Fresh peas
Chopped dates or unsulphured apricots
Smoked tofu pieces
Grilled tempeh pieces

Healthy Dressing
1 of the following, zested and juiced – a lime, lemon or orange
1 tsp Aminos (see note, Monday snack)
1 tbsp nutritional yeast flakes
1 tsp Dijon mustard
1-2 tbsp balsamic vinegar
1 tsp of date or maple syrup
Optional: 1 clove garlic, peeled and halved (remove from jar when its flavours have infused to your liking)

1. Place everything in a jar, screw on the lid and shake well, until everything is amalgamated.
**LUNCH – White Bean, Sweetcorn & Carrot Salad with Tomato Herb Dressing**

**Serves 4**

1. Mix beans, sweetcorn, carrots and onion together.
2. Drizzle dressing over salad and serve with bread if desired.

**Tomato Herb Dressing**

Makes about 240ml/1 cup. Will keep in a screw-top jar in fridge for about a week.

- 6 sun-dried tomatoes (from a packet, not in a jar with oil). If using the 'micuit' moist variety, you don’t need to add water
- 1 tomato, coarsely chopped
- 1 garlic clove, crushed
- ½ cup water
- 2 tbsp balsamic vinegar

1. Heat oil and sauté onion, garlic and chilli. Add a little water to prevent sticking if necessary.
2. Add remaining ingredients and cook for 10-15 minutes.
3. Blend and re-heat if necessary.

**DINNER – Vegetable Curry with Dahl, Brown Rice & Raita**

**Vegetable Curry**

**Serves 4-6**

1. Heat water and cook the onion, garlic and chilli until softened – add a little more water or juice from tomatoes if necessary.
2. Add the remaining ingredients and stir well.
3. Bring to the boil, cover and simmer gently for 10-15 minutes, stirring occasionally.
4. Mix beans, sweetcorn, carrots and onion together.
5. Drizzle dressing over salad and serve with bread if desired.

**Chilli Sauce**

Serves 4

1 tsp oil
1 medium onion, peeled and finely chopped
1 garlic clove, crushed
½ or more fresh red chillis, de-seeded and finely chopped
400g tin chopped tomatoes
1 dsp tomato puree
1 dsp lime juice
1 tsp maple/date syrup
½ tsp ground cumin
Black pepper

1. Heat oil and sauté onion, garlic and chilli. Add a little water to prevent sticking if necessary.
2. Add remaining ingredients and cook for 10-15 minutes.
3. Blend and re-heat if necessary.

**DESSERT – Pineapple Crème**

Serves 4

1 pack silken tofu (340g)
400g tin unsweetened pineapple chunks, drained
1 tbsp vanilla extract
To garnish: a little sliced banana; dried cranberries; goji berries or fresh raspberries

1. Blend everything until well mixed.
2. Serve in bowls.

**BREAKFAST – Baked Beans on Toast**

**Serves 1**

Good with a thin spread of reduced-salt yeast extract, eg Natex.

1-2 large slices wholemeal bread (no spread)
½-1 tin reduced sugar and salt baked beans (not ones with artificial sweetener!) Try Biona, Whole Earth or similar, from health food stores or free-from section of large supermarkets.

1. Toast bread and heat beans.
2. Assemble sandwich and eat.

**SNACK – Rocket, Tomato & Dijon Mustard Sandwich**

**Serves 1**

1 small handful of rocket leaves
1 tomato, sliced
Dijon mustard to spread on bread
Bread or roll – wholemeal or rye

1. Assemble sandwich and eat.
Red Lentil Dahl

Serves 4-6

Dahl – a spicy lentil sauce used all over the Indian subcontinent – is a fantastic accompaniment to curries, as well as being a great source of protein. This recipe is quick, easy and very tasty.

1 cup red lentils
3 cups water (add more during cooking time if you prefer more runny dahl)
1cm/½ inch cube fresh ginger, grated
1 tsp cumin seeds
2 cloves garlic, crushed
Juice of ¼ a lemon
Pinch salt

1. Wash lentils well in a sieve. Place in a pan with water.
2. Bring to boil then add ginger.
3. Meanwhile dry roast cumin seeds in non-stick frying pan.
4. Add garlic to cumin seeds and allow to brown, stirring to make sure neither burns.
5. Add to dahl.
6. Cook for 10-15 minutes, or until lentils soft.
7. Add lemon juice and a large pinch of salt to taste.

DESSERT – Bulghur Pudding

Serves 4

Bulghur is cracked wheat. It’s often used in a delicious salad called Tabbouleh, but here it’s given a sweet twist!

225g/8oz bulghur wheat
240-480mls/8-17fl oz boiling water
4 whole cardamom pods
½ tsp cinnamon
Zest of 1 lemon
1 handful raisins
1 handful chopped unsulphured apricots
1-2 tbsp agave, maple or date syrup

1. If using fine bulghur, soak it in a bowl with boiling water. Cover and leave for 10 minutes, or until the bulghur is cooked. Add other ingredients except orange flower water.
2. If using coarse, put it in a saucepan with 2 cups boiling water and cook until soft, adding ingredients as above.
3. When the bulghur is cooked, add orange flower water and syrup. Mix in well and serve in bowls.

SNACK – Banana

1 per person

LUNCH – Black-Eyed Bean Paté & Salad Sandwich

Serves 4-6

1 tin black-eyed beans, drained, or equivalent home-cooked (approximately 240-250g/8-9oz)
Piece fresh ginger, grated (approx 1-2 tsp, according to taste)
1 tbsp fresh lemon juice (or more to taste)
1-2 tsp Aminos (see note, Monday snack)
2 tsp rapeseed or sesame oil (optional)
Salad – grated carrot, salad leaves, tomato, alfalfa sprouts, watercress or a combination.

1. Blend everything together – only use 1 tsp grated ginger to start with.
2. Add more lemon juice/ginger according to taste.
3. Spread thickly on each side of bread.
4. Add salad of choice.

DINNER – Veggie Chilli with Brown Rice or Baked Potatoes

Serves 4

TVP or textured vegetable protein is a meat substitute made from soya beans. You can buy it in the form of mince or chunks in any supermarket or health food shop.

100g/4oz savoury dried TVP mince (dark brown)
2 tsp low-salt vegan bouillon powder or 1 low-salt vegan stock cube
2 tsp oil
1 medium-large onion
Half a red pepper, de-seeded and chopped into bite-sized pieces
1 courgette, sliced lengthways and chopped to form half moon shapes
100g/4oz mushrooms
2-3 cloves garlic, crushed
1 tsp cumin powder
1 tsp paprika
½-1 tsp chilli powder, according to taste
2 tsp peanut butter
2 tins chopped tomatoes
1 tbsp tomato puree
100g/3.5oz cooked kidney beans
100g/3.5oz sweetcorn
**SNACK – Roasted Veggie & Green Leaves Sandwich with a Dab of Low-Fat Hummus (Home-Made)** Serves 4

4 wholemeal tortilla wraps
Large bunch of green leaves (eg rocket)
Low-fat hummus (for recipe see Monday snack)

For Roasted Vegetables:
1-2 squirts low-cal oil spray
1 tsp vegetarian Worcester sauce
2 tsp paprika
1 tsp chilli powder
2 tsp bouquet garni
Black pepper

Roasted Vegetable Options
1 red onion
6 cloves of garlic, with the skin left on
2 medium-large aubergines, chopped into large chunks
2 large carrots, peeled and thickly sliced
2 large courgettes, thickly sliced
3 large peppers (1 each of red, yellow and orange)
10 large mushrooms, halved

1. Preheat the oven to 450ºF/230ºC/Gas Mark 8.
2. Lightly spray a large roasting tin.
3. Prepare the vegetables for roasting then scatter them around the roasting tin. Sprinkle with chilli, paprika, bouquet garni, black pepper and Worcester sauce and mix in well.
4. Place on the top shelf of the oven and cook for 45 minutes. (Remove half way through to mix the veg around and return to the oven.)
5. Spread the tortilla wraps with hummus and add the green leaves and roasted veg.

**LUNCH – Middle-Eastern Spicy Soup** Serves 4-6

This aromatic and delicious soup is just a treat – as well as being easy and cheap! It’s great the next day, too.

1 onion, chopped
3 large sticks celery, chopped
2 litres low-salt vegetable stock
1 large bay leaf
2 tsp fresh ginger, grated
1 tsp cinnamon
1 tsp turmeric
4 tomatoes, chopped or 1 small tin plum tomatoes, chopped and drained
210g/7.5oz red lentils, washed and drained in a sieve
1 tin chickpeas or cooked equivalent (about 240g/8.5oz) – if tinned, use low-salt variety, drained and rinsed.
2 tbsp chopped fresh coriander
2 tbsp lemon juice

1. In a large saucepan, simmer onions and celery in about 1 cup of stock until soft.
2. Add all ingredients except the lemon juice and coriander.
3. Bring to the boil and simmer for 30-45 minutes, or until lentils are soft.
4. Using a slotted spoon, remove a few spoons of chunky beans and veg. Blend well, then return to soup.
5. Stir in well and bring soup to a simmer again.
6. Add lemon juice and coriander.
7. Serve in bowls.

**DINNER – Ginger Soba Noodles with Lentil Salad** Serves 4-5

225/8oz soba (buckwheat) noodles – available from health or Oriental stores
3 tbsp rice vinegar or 2 tbsp cider vinegar

1. Put brown rice on to cook – about 25-30 minutes.
2. Soak dried TVP mince in hot stock (drain just before using).
3. Meanwhile, sauté onion and red pepper until softened.
4. Add courgette, garlic and mushrooms and sauté, stirring occasionally.
5. When mushrooms are beginning to turn a golden colour, add peanut butter and mix in well.
6. Add spices and drained TVP mince and sauté well to make sure all ingredients are mixed together.
7. Add tomato purée and chopped tomatoes.
8. Bring to boil and then simmer for 15-20 minutes.

**DESSERT – Chocolate Mousse** Serves 4-6

Blueberries or raspberries make a good addition and look beautiful scattered on top.

1 pack firm silken tofu (389g), crumbled
4-8 tbsp of date, agave or maple syrup – add smaller quantity to start with then gradually add more if necessary
130g/4.5oz cocoa powder – Green & Blacks or something of similar quality is best (not drinking chocolate)
2 tsp vanilla extract

1. Blend tofu until creamy.
2. Add rest of ingredients and blend until thoroughly mixed – no white bits.
3. Chill before serving.

**BREAKFAST – Baked Giant Mushroom on Toast** Serves 1

1-2 giant mushrooms per person
1-2 slices wholemeal bread
Aminos (see note, Monday snack)

1. Preheat oven to 180°C/350°F/Gas Mark 4.
2. Place flat or overlapping in a large casserole dish.
3. Add a small amount of water to casserole dish.
4. Brush mushrooms with aminos.
5. Bake for at least 30 minutes – or until mushrooms soft.
6. Add a small drizzle of aminos to each mushroom.
7. Just before the mushrooms are ready, make the toast.
8. Serve mushrooms on toast – add a grinding of fresh black pepper if desired.
BREAKFAST – Grilled Tempeh Rashers & Grilled Tomato with Toast Serves 1
Tempeh is made from fermented soya beans and makes a healthy and tasty meat substitute. You can buy it either frozen or chilled and once cooked you can use it for anything from a sandwich to a stir fry.

2 tempeh rashers – available from health stores
1 tomato
1-2 slices wholemeal bread
Black pepper

1. Grill tempeh rashers and tomato for a few minutes. Turn rashers once whilst grilling.
2. Meanwhile, make toast.
3. Serve with a sprinkling of black pepper if desired.

SNACK – Tomato Salsa Dip & Vegetable Sticks/Rice Cakes Serves 4
1 shallot, finely chopped
2 garlic cloves, crushed
1 handful of fresh coriander, finely chopped
500g/1 lb ripe tomatoes, chopped fine
1/2 tsp dried basil
1 tsp crushed garlic
1 tsp nutritional yeast flakes
Pinch ground allspice

1. Blend all ingredients together until smooth. Heat gently but don’t boil. Add a little more water if necessary.

LUNCH – Baked Butternut Squash with Saucy Rice & Salad Serves 4
1 large butternut squash cut into 4 and de-seeded
2 shallots, chopped fine
2 tbsp vegetable stock
2 tbsp red wine
1 cup cooked brown rice or other wholegrain
Handful of raisins
Good pinch of cinnamon
Handful of chopped fresh parsley

1. Pre-heat oven to 180°C/350°F/Gas Mark 4.
2. Bake squash for 60 minutes or until soft.
3. Make sauce and put aside.
4. Cook shallots in stock and red wine in a heavy-bottomed pan until soft and liquid reduced to almost nothing.
5. Meanwhile, make green salad and put aside.
6. Add rice, sauce and rest of ingredients to the cooked shallots and heat through.
7. Pour this mixture over the baked squash and serve with the salad.

Sauce
1/2 jar roasted red peppers (in brine not oil), drained
1 tsp dried basil
1 tsp crushed garlic
1 tsp nutritional yeast flakes
Pinch ground allspice

1. Blend all ingredients together until smooth. Heat gently but don’t boil.

DESSERT – Pears in Red Wine Serves 4
4 firm pears
2 tbsp agave syrup – available from health stores
300ml/10fl oz red wine
Stick of cinnamon
Pinch of cloves

1. Peel the pears, leaving them whole and keeping the stalks.
2. Put wine, syrup, cinnamon and cloves in a saucepan. Bring to the boil, add pears and simmer gently for 30-40 minutes or until pears are cooked right through.
3. When ready, remove them from a pan with a slotted spoon and place them in individual dishes.
4. Remove cinnamon stick.
5. Vigorously boil liquid in pan until it’s reduced by half.
6. Pour syrup over pears and chill.

1. Mix in everything well and chill before serving.

1 green chilli, de-seeded and chopped fine
Black pepper
1-2 tbsp lime juice
Garlicky Roast Potatoes  

Serves 4

1 onion, sliced  
6 large garlic cloves, roughly chopped  
180ml/6fl oz/scant 1/2 cup vegetable stock  
500g/1lb 2oz small-medium potatoes, peeled and halved

1. Preheat oven to 230°C/450°F/Gas Mark 8.  
2. Put onion, garlic and vegetable stock into a shallow casserole dish large enough to hold potatoes in one layer.  
3. Place potatoes on top of onion slices.  
4. Bake for 45-60 minutes until potatoes are golden and there is no stock left, turning potatoes over after about 30 minutes.  
5. Meanwhile, make bean burgers – see recipe below.  
6. Serve burgers and potatoes at once.

Spicy Bean Burgers  

Makes 6-8 burgers

1 medium onion, finely chopped  
2 garlic cloves, crushed  
10ml/2 tsp olive oil  
1 medium carrot, grated medium  
1/2 tsp mild chilli powder  
1 tsp ground cumin  
400g tin drained pinto or kidney beans  
1 tbsp Dijon mustard  
1 tbsp soya sauce  
1 tbsp tomato purée  
75g/3oz rolled oats  
Oil spray

1. Fry onion and garlic in oil until softened.  
2. Add grated carrot and spices.  
3. In a bowl, mash beans thoroughly.  
4. Add cooked vegetable and spice mixture to beans.  
5. Add mustard, soya sauce, tomato purée and oats.  
6. Mix all ingredients in thoroughly.  
7. With wet hands, form mixture into burgers. Flatten each one with the back of a wooden spatula or spoon. (Use a cup as a cookie cutter if you want them evenly round).  
8. Using 1-2 squirts of oil spray, fry gently for a few minutes on either side – alternatively, bake in a medium oven for 20-30 minutes, turning once.

DESSERT – Fruit Kebabs with Chocolate Sauce

Serves 4

1 wooden skewer per person  
On each skewer: apple, banana, pear, mango, melon or any other combination of fresh, firm fruit.

1. Arrange on a large plate.  
2. Drizzle chocolate sauce artistically over kebabs.

Chocolate Sauce  

Serves 4-6

3 tbsp maple or 1 1/2 tbsp agave syrup  
2 tbsp cocoa powder (eg Green & Blacks)  
120ml/4fl oz water  
1 tsp cornflour or arrowroot  
1 tsp vanilla essence

1. Combine syrup, cocoa, water, cornflour/arrowroot and vanilla.  
2. Mix well and cook over medium heat until thickened, stirring constantly.