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Discovering Vegan Supplements For Better Health

Personal well-being and health has long been an essential issue to a number of individuals worldwide. Lots of health-conscious individuals all over the world will almost always be looking for the most effective vegan supplements that can help them shed weight and stay healthy. There will also be other people who explore proper dieting and different kinds of exercise routines, looking for the perfect mixture that can aid them in keeping fit and staying young. Generally, most of these activities that people get into while taking supplements can do. The matter, however, is the particular kinds of supplements that people end up using, as a few of these supplements aren't as effective and will not make the most out of anybody's investment.

Vegan supplements are fantastic for lots of people who're looking for effective supplements to add to their daily diet and exercise. There are a variety of vegan supplements that could change lives in a person's goal of getting healthier and feeling younger. Vegan items are much better in countless ways.

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One primary reason why individuals choose them over other products is they use a lot of plant based ingredients that tend to be natural and effective compared to the synthesized ingredients found in most of the supplements offered today. The greater ingredients within vegan supplements are just as effective, if not more, and will not cause one of the conditions that synthesized and chemical ingredients could possibly cause with long term use. Two brands that are presently quite popular among vegan supplement supporters are VEGA and Lorna Vanderhaeghe.

VEGA's Whole Food Health Optimizer is a great vegan product, and is also a highly effective meal replacement. The VEGA Whole Food Health Optimizer could also be used as a dietary supplement that maximizes your body's functions. This supplement contains different proteins, in addition to essential fatty acids, quality carbohydrates, and a lot of fiber, all important nourishment that people can usually benefit from daily.

VEGA also provides a version of the Whole Food Health Optimizer in berry flavor. This supplement contains similar ingredients to the earlier mentioned item, but is offered in a more attractive berry flavor.

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Lorna Vanderhaeghe also offers several different vegan supplements and other products that can offer positive benefits to many folks who want to live healthier lives. AdrenaSmart is one of their more popular products, and provides a great daily boost of energy and endurance. Additionally it is best for combating injuries and arthritis, because it effectively reduces inflammations.

ThyroSmart is yet another popular Lorna Vanderhaeghe product. This supplement enhances thyroid health, promotes fat loss and hormonal balance, and gives energy. ThyroSmart is beneficial against plenty of common problems, and even helps those people who are responsive to temperature changes.

There are several other great vegan supplements and health products on the market. Just remember to seek out products that are made with plant based ingredients and reap the advantages of cultivating an all-natural and healthy life.

Gary A. is a medical expert who has studied vitamins Canada. For more information, go to NutrawaysCanada.com now.

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Is A Vegan Diet Healthy For Teens

A well-planned vegan diet can be a healthy dietary choice for anyone and at any stage of development. A vegan teen is no less healthy than a meat-eating teen. It's about making healthy food choices and teaching your teen how to make them.

Teens, who are expressing to their parents a desire to adopt a plant-based diet are for the most part quite proactive in educating themselves about veganism. In fact, it was probably during the course of learning about veganism that they independently made the decision to adopt such a lifestyle.

Whether it's out of concern for the environment, animal rights or health reasons more and more teens are announcing to their parents that they want to become vegans. If you are the parent of one of these teens there is no need to go into a fit. In fact, this decision could not have come at a better time. Sure you're concerned that making such a dietary change may negatively impact your teens' growth and development.

However, this couldn't be any further from the truth. A vegan teen is also a very health conscious teen. Therefore, a



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vegan teen will take greater care to adopt a well-planned diet over their meat-eating counterparts who are more likely to snack on pizza, hot dogs and sugary snacks instead of fruits and vegetables.

That said, the best way to respond to a teen who decides to become vegan is to be supportive. Educating yourself about this dietary choice may even help you become more health conscious about your own eating habits. We learn as much, if not more, from our children as they learn from us so why not let this be another opportunity to learn and bond with your teen.

Sure, as a parent you will still have some concerns such as whether your vegan teen will get the appropriate amount of vitamins and nutrients. Well whole grains, beans, lentils, tofu, nuts and veggie meats are all excellent sources of protein. Additionally, beans, cashews, raisins, spinach, tempeh and tomato juice are packed with iron. You might also be concerned about your teen getting vitamin B-12. No need to worry about that either because he or she can easily do so by eating fortified cereals, fortified soy milk or taking multivitamins. If that's not enough, numerous studies have shown that eliminating dairy products and meat, while eating

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nuts and whole grains will improve cardiovascular health. As you can see, this dietary transition is not the end of the world. Johnny will still be Johnny and Susie will still be the same Susie, just with improved cardiovascular health and lowered risk of contracting several other deadly diseases.

An unbalanced diet whether vegetarian or non- can be unhealthy. However, a vegan or vegetarian diet can effectively provide your teens' body with all the nutrients needed and it is relatively easy to plan a balanced vegan diet.

Amirah Bellamy is a Vegan Transitional Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans and Healthy Eating eBook or to INSTANTLY grab her FREE Vegetarian Starter Kit go to www.AmirahBFit.com

Vegan Traveler Meal Planning

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Tips

Being away from home can make business travel and vacation challenging and stressful for anyone who's trying to eat healthy. This is particularly so for new vegans who are still trying to adjust to a diet without animal products but may have fewer alternatives than usual. However, given the fact that business travel is often necessary for our jobs, and most people enjoy going somewhere new for vacation, at least occasionally, how does the vegan or aspiring vegan deal with eating away from home?

Below are some tips for business and vacation situations:

1. Business travel—Eat as much healthy (whole-grain, low-fat and minimal refined sugar) vegan foods you can at those meals where you have the most control over the venue. For me that's breakfast, because lunch and dinner are often spent with colleagues or clients, and you're less likely to have a say over the venue or the menu.

Breakfast buffets at hotels are quite vegan-friendly, and they are probably the healthiest places to eat away from home. For example:

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- a. Most salad bars have a wide variety of fresh vegetables and fruits. Just remember to stick with oil and vinegar dressing.
- b. Asian dishes (tofu, vegetable stir fry, rice/noodles, vegetable curry, porridge)
- c. Whole-grain cereal (hot or cold) prepared with soy milk. Note that oatmeal is usually prepared with dairy milk if you don't specify otherwise.
- d. Whole-grain breads (check to see whether they contain butter or eggs first)

If you have any doubts whether something is prepared with animal products, just check with the wait staff. And take a few pieces of whole fruit (banana, apple, etc) from the salad bar to eat as snacks later in the day.

If you are unfortunate enough to have to spend all of your meals with non-vegan co-workers during a business trip, be sure to let them know your vegan diet preferences, and suggest restaurants that are likely to have foods you will want to eat, too. The longer the trip, the earlier you should tell them, as you may find it hard to return to your vegan diet if you fall off the vegan wagon.

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2. Leisure travel—Being a vegan, culinary travel takes on a whole new twist. It used to be that going somewhere foreign, you'd probably eat out 3 meals a day. And, if you're staying in a conventional hotel, often you have no choice. Rather than being at the mercy of the restaurants or room service, I highly recommend finding a room equipped with kitchenette, so you'll have the ability to cook some of your meals if you cannot find vegan-friendly restaurants.

A refrigerator in your hotel room is also essential for you to store and eat fresh fruits/vegetables. Ask the concierge at the hotel for directions to a nearby market to buy fresh fruits and vegetables, and try to carve out room for them among the mini-bar items. Again, the longer your trip, the more important it is to follow this advice.

If you don't like the idea of cooking for yourself while on vacation, by all means do your research ahead of time so you are prepared to have a vacation that is both enjoyable and healthy. For example, London has a great variety of vegan restaurants, as well as 100s of Indian restaurants that are typically vegan-friendly. Whereas other countries, such as Spain, are more meat-centric (you may have guessed when every restaurant in Madrid is ornamented with cow's shank in the

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window and/or hanging from the ceiling). Still, this shouldn't necessarily stop you if you're determined to see Picasso's Guernica.

3. What about times when you're not traveling far from home, but just have no time to cook healthy? It's difficult enough for one person, let alone two, to grocery shop, cook, and align their schedules perfectly to eat together on weekdays. Therefore, be sure have a list of vegan restaurants that are convenient to wherever you and whoever you're dining with may be. Decide how far you are willing to go out of your way to eat healthy, and plan ahead.

It would be great to eat at home all the time, especially when becoming vegan, but as busy people we often don't have control over the timing or even the location of travel. That's why it helps to get used to cooking and eating healthy at every opportunity. Then, when you're away from home, maintain consistency in your diet. You won't feel like eating just anything, but will be more motivated to make an effort to seek out and plan healthy meals.

Originally from Washington, DC, metro area, I have lived and worked in Tokyo, Japan, for about 20 years. I was schooled in

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Journalism. but work in the Technology field. My hobbies are cooking, running, and photography. I also began learning saxophone a few years ago, but don't practice nearly enough...

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A Guide to making vegan dishes

Opposite to popular belief, there are plenty of vegetarian dishes that are delicious and uncomplicated to put together. Vegetarianism is a wonderful strategy to follow healthier foods selections. Vegetarian dishes do not will need to become mundane and dull mainly because there are several techniques to prepare them. When preparing just one, the following guide will support you produce legitimate and fantastic sampling vegan dish.

Pay Interest towards the Label

You can not make veggie quality recipes with out understanding what form of ingredients completes all of them. You'll find vegan goods that may perhaps include gelatin along with animal

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oil, so make positive that each element around the tag continues to be totally checked. Vegan eating habits can be in opposition to dairy items, so make positive that the foods you've purchased are purely for vegans.

Stick to the identical Cooking Pattern

Preparing vegan dishes doesn't need an entirely unique approach. The only difference may be the absence of meat. In any other case, it is possible to prepare a veggie dish just like you'd a meat recipe. Like a vegetarian, you require to be careful with your alternatives and make sure that you simply get the identical sort of nutrients that make up a balanced diet. You also will need to get the job done your magic inside your dish so it tastes as excellent as any meat recipe.

Easy may be Scrumptious

Just due to the fact your vegan dishes didn't require a sophisticated skill in cooking does not mean they are no very good. You just need to serve range just about every now and then to keep your family interested. A beneficial strategy to spice up steamed greens is to saut? them initial with fundamental seasoning prior to placing them in to the steamer.

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Retain Hunger at Bay with Healthy Snacks

Although a vegan dish is not complex to put together, it might take an although to total it. To retain stomachs from growling, let your household feast on a healthy snack just before mealtime. Nuts, dried fruits, and crackers are a few of the best selections for snacks, particularly for kids.

Competition BBQ Secrets

and

Comfort foods

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Why Choose Vegetarian And Vegan Shoes

Vegetarian or vegan shoes are made using materials that are not derived from any animal products. This will include leather and even the glue that is often used to fix shoes together and is made from animal bones.

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People wear vegan and vegetarian shoes for a number of reasons. For some it is part of a lifestyle choice which is combined with a preference for not eating meat either due for ethical or animal welfare reasons. For others it is more about the environmental impacts that are associated with the rearing of animals whose skins are used to make the leather and the tanning of the leather which uses a cocktail of damaging chemicals. For some people the choice of vegan shoes is about the choice to live a more healthy and chemical free life.

If you choose to wear vegan and vegetarian shoes you can be sure that animal will have suffered in any way in order to produce your shoes.

But aren't synthetic alternatives to leather damaging to the environment?

Yes many synthetic alternatives to leather have a significant environmental impact which includes the use non renewable resources (oil) to make them, the pollution caused by their manufacture and their inability to bio degrade at the end of their useful life. Whilst these alternatives may be acceptable for those who don't wear leather shoes purely because of animal welfare, it is difficult to say whether the different aspects of their environmental impact adds up to more or less than

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that of leather. If you want to ensure that you are choosing the most eco friendly vegan shoes you should look for the completely natural alternatives to leather. Specialist manufactures of ethical shoes like Po-Zu Ecological Footwear make natural and bio degradable vegan shoes in a variety of materials including cork, natural latex, coconut husk and organic hemp.

So are vegan and vegetarian shoes as long lasting as leather shoes?

It depends on the type and style of shoe and the material that it is made from. It will also depend on how you look after the shoes. Hemp is incredibly strong and a good alternative to leather for casual shoes. It is also breathable and can be dyed many different colours. If the shoes are manufactured well and looked after they should last well.

Do vegan and vegetarian shoes look as good as leather shoes? This is all about individual taste. Many people like the look of leather and there are some leather alternatives that look almost identical to leather. However these are usually synthetic and so not great for the environment. Other alternatives to leather include wool, hemp and cork can be made into beautiful, stylish and fashionable shoes. There are

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plenty of styles available so you should be able to find some that you like the look of.

Vegan and vegetarian shoes are a great way to minimise your impact on the environment aprovided that you choose natural alternatives. You should shop around for great styles that are good to look at, hard wearing and long lasting.

This article was written by Ceri Heathcote.

Ceri is a fashion writer with a particular interest in ethical and eco fashion. She enjoys writing about a variety of topics from vegan shoes and natural footwear to sustainable accessories.

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Raising Kids Vegan – Is It Healthy

Despite what friends, family, corporate media, and many others may say there are numerous studies that have proven that you

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can raise healthy children on a vegan diet. In fact, the American Dietetic Association along with the Children's National Medical Center in DC and countless other well-respected professionals and organizations have asserted that a well-planned vegetarian diet is appropriate for people at all ages, including children.

That said, the notion that children raised vegan are not healthy is a fabrication to say the least. The fact is that children raised on a vegan diet eat more fruits and vegetables than non-vegan children. Moreover, when compared, vegetarian children get sick less often and have been found to be leaner, have a lower prevalence of obesity, lower BMI, and better lipid profiles. These findings have recently gained a lot of attention in lieu of the childhood obesity epidemic. Why?

Because they suggest that the meat, dairy and egg products consumed by non-vegetarian children have an associated risk of obesity while the nutrient, fiber rich diet of vegetarian children reduces their risk of becoming overweight.

The key to raising healthy kids on a vegan diet is good planning. Parents should ensure that their vegetarian child gets adequate amounts of Vitamin B-12, protein and minerals.

It is also advised that vegetarian children be given a varied

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diet including legumes, whole grains, tofu, nuts, seeds, and lots of fresh fruits, leafy green and other mineral-packed vegetables.

Vegan children grow to be well-adjusted, healthy, happy adults. You simply need to educate yourself on how to give them well-planned meals that provide them with all the vitamins, minerals and nutrients that they need to support their developing bodies. In today's information-based society that will not be a difficult task. Do some independent research, discuss it with your family physician and look to educate yourself about this natural dietary alternative until all your questions are answered and all of your concerns are put to rest. Rest assured though, the probability is very high that you will discover that raising your child vegetarian is one of the few viable healthy dietary options that still exists in this unhealthy world.

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Vegan Baking Substitute Ingredients – 3 Ingredients To Make Your Vegan Baking Delicious

If you're looking for a vegan baking substitute for your favorite recipes, you need to know about the 3 ingredients you can easily substitute to start baking as a vegan. It's just as easy as using animal products once you know the secrets, and it tastes even better. If you've been craving those chocolate chip cookies your grandma or mom used to make, read on...

Knowing what to use as a vegan baking substitute is a lot simpler than most people realize. There are only 3 main ingredients that need to be substituted, and I'm going to share with you the perfect vegan options.

As a nutritionist, I always consider health, too, so these substitute ideas are the healthiest choices out there for vegan baking, in addition to being delicious.

Here are the 3 ingredients you need to substitute in vegan

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baking:

Vegan Baking Substitute #1: What Should You Use Instead Of Butter?

Use virgin (unrefined) coconut oil. Unlike saturated animal fat, it does not increase cholesterol. When unrefined, coconut oil has Vitamin E, tocotrienols, and carotenes.

It also has antibacterial and antiviral properties, and helps in the absorption of other nutrients, particularly omega-3 fatty acids. It is a perfect vegan substitute for butter, especially in baking cookies when you want to cream the fat with the sugar.

Although unrefined coconut oil is my favorite, in muffins and cakes, where the buttery texture isn't crucial, you can use olive oil or untoasted sesame oil. These are a great substitute for vegan baking that has spices in it, like cinnamon and cloves, so that the oil's flavor doesn't come through.

Vegan Baking Substitute #2: What Should You Use Instead Of Eggs?

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The purpose of eggs in baking can be to a) add moisture or b) bind things together. Moisture is covered easily with fruit/vegetable puree, or nut/grain milk.

My favorite substitutes for binding are psyllium husks, ground flax seeds or mashed banana. Mix 1 teaspoon of psyllium or ground flax with a couple tablespoons of water, let it sit to gel, and this will replace 1 egg. Banana works well to bind muffins or pancakes, adds sweetness and lovely flavor, and helps brown your baking.

Vegan Baking Substitute #3: What Should You Use Instead Of Milk?

Milk is the simplest ingredient to replace, with a wide selection of nut and grain milks available now. The function of milk in baking is to add moisture, so just about any wet ingredient can substitute for it in vegan recipes.

Try rice milk, almond milk, apple juice or whatever you have on hand. Be sure that its flavor jives with the rest of the ingredients, though.

The easiest way to start having success with your baking experiments is by using these 3 simple vegan baking substitute

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tips in cookies. If you want to make the best vegan cookies, check out this amazing resource that shows you how to make healthy vegan cookies, available at <http://www.healthyveganrecipes.net/healthy-vegan-products/healthy-vegan-cookies>

Heather Nauta is a registered holistic nutritionist who teaches you how to live a healthy vegan/vegetarian lifestyle, including how to get proper nutrition, enough protein, vitamin b12 and other minerals, and how to make an amazing variety of simple, fast healthy recipes that taste incredible for you and your family.

Homemade Vegan Sausage Secrets Revealed

Isa Chandra Moskowitz has made a liar out of me. Not long ago, I wrote that Moskowitz' "Veganomicon" was the last cookbook you needed to buy, and now she comes out with "Vegan Brunch". Blame it on her vegan Italian Feast Sausage recipe.

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You see, growing up in an Italian-American family, I was used to eating pasta with tomato-meat sauce for Sunday dinners and other special occasions. Meat usually included meatballs, spareribs, and sausages. Living on my own as an adult, special dinners had always consisted of meat of some sort, if not cheese, and more likely both! As a result, it seemed Sunday dinners would never be the same after becoming vegan. Now, 3 years later, I've discovered there are hundreds of other delectable and healthy meals worthy of Sunday and any other day. But when I'm feeling nostalgic, pasta with a "meaty" tomato sauce is the ultimate comfort food.

You may ask, why bother making your own vegan sausages, when there are already meatless sausages appearing on the shelves in major grocery stores? I think that's great news, and without a doubt, vegan sausages are preferable to meat sausages, but reading the ingredients and the nutritional data, I'm not sure all meatless sausages are actually healthy, or good for your diet. If you like to know what's in your food, like me, why not try making your own vegan sausages?

Although I won't divulge Moskowitz' recipe, Vegan Brunch's vegan sausage recipes (3 different varieties!) consist primarily of navy beans, wheat gluten, and seasonings. My

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taste buds may have changed since becoming vegan, but the vegan sausages tasted fantastic—as good as meat sausages—piled on top of my plate of pasta. Preparing these yourself, you realize it’s herbs and spices (not animal products) that make most dishes taste delicious, anyway. The wheat gluten makes them chewy on the inside, and fried, they become crispy on the outside just like meat sausage. But they’re so much healthier and humane. And, did I mention that vegan sausages are fun to make, too?

On second thought, perhaps it wasn’t the vegan sausage recipe, but the Pumpkin French Toast, or the Tempeh Bacon Revamped recipe that made me order Vegan Brunch the minute it hit the virtual bookstore shelves? As someone who became vegan late in life, it’s truly exciting to discover that many foods you thought were off limits are now literally back on the table!

If you’re someone who still believes vegan diet equates with “sacrifice” (I admit I felt that way, at first), I urge you to pick up “Veganonomicon” or “Vegan Brunch” and learn for yourself how good it feels to prepare and eat healthy and mouth-watering dishes.

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Originally from Washington, DC, metro area, I have lived and worked in Tokyo, Japan, for about 20 years. I was schooled in Journalism. but work in the Technology field. My hobbies are cooking, running, and photography. I also began learning saxophone a few years ago, but don't practice nearly enough...

Vegan Toothpaste? But I Thought All Toothpastes Were Vegan!

You may have been out shopping for a new tube of toothpaste lately, or may have been talking with some vegan friends, or you may see the words "vegan toothpaste" randomly during your internet travels. Did it provoke your thinking, well aren't all toothpastes vegan? When you make the decision to live a vegan lifestyle, a lot of people don't realize that there are many things in their lives that they may have to change, anything from their breakfast cereal, shampoo, or shoes! It is sad to see that there are so many objects in our everyday lives that are linked to the use of dead animals or the exploitation of living animals, toothpaste being one of these.

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So what makes toothpaste non-vegan friendly? Firstly, many toothpastes are tested on animals. Unless the packaging says specifically that the product is not tested on animals, it probably is. Animal testing is not only cruel, with millions of animals needlessly dying from this cause every year, but it is also unnecessary. Animals are different to humans and many chemicals that pass animal testing end up harming or even killing humans. The opposite can also be true, some chemicals which are toxic to animals are safe for human use. A good way to stop this cruel exploitation of animals is for consumers to stop buying animal-tested products. If products aren't being bought, the companies will either stop producing such products or change their products to meet the needs and wishes of the consumer.

Another factor which makes toothpastes un-vegan is the ingredients. The main non-vegan ingredient to look out for is glycerine, which is found in most toothpastes and is normally from animal origin (it can be derived from plant sources but unless it specifically says so, it is safe to assume that it isn't). The remaining ingredients are mostly synthetic or plant derived, which are quite vegan friendly, but many other vegans simply aren't happy with just that. Many people dislike the use of chemicals in toothpaste, including sodium laurel

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sulphate (a common ingredient, also known as SLS), SLS is a foaming agent which is used in such products as engine degreasers and concrete cleaners. SLS has been linked to the cause of mouth ulcers and has the potential to cause cancer. If you are concerned about the use of such an ingredient, there are a few low-foaming toothpastes available which do not contain sodium laurel sulphate.

In saying all that, there are quite a few brands out there that do not use any animal-derived ingredients or do not test on animals, available from many major supermarkets, or if not, in health stores. Don't be satisfied with the label only, many toothpastes "natural" or "healthy" can still contain SLS or other harmful ingredients, so always read the ingredient list to be absolutely sure.

Better still, if you are in doubt about the contents of a toothpaste (or any product), don't hesitate to contact the producers directly – their contact information is generally located on the packaging. They should be able to tell you in detail about their products and more importantly the chemicals that they add into their products.

We hope this article has provided you with some thought

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inspiring ideas when you next go shopping for toothpaste.

Suzette Austin

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Easy Vegan Recipes For Vegetable Side Dishes on Saint Patrick's Day

Saint Patrick Day is just around the corner so why not take a healthful approach to what you serve with these easy vegan recipes for vegetable side dishes. Celebrating with holiday parties is fun and since there will be plenty of green beer to sip on make sure to include some fresh healthful food for your event.

It's easy and cool to offer shot glasses filled with celery or asparagus soup. Asparagus soup is one of the many easy vegan recipes that you can do the night before and then after work, simply take the soup out of the fridge, fill your shot glasses

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and serve on Saint Patrick Day.

How about green olive tapenade on a toasted sourdough baguette? For holiday parties on Saint Patrick Day this dip can be made a few days in advance and again, just pull it out of the fridge prior to guest arrival and serve either already topped on the baguette or as one of your vegetable side dishes. (Recipe for olive tapenade can be found on page 83 in Budget Bash.)

Other vegetable side dishes your friends would enjoy on Saint Patrick Day are a cucumber salad with balsamic vinaigrette, Waldorf salad, fennel and mint salad or a cucumber and seaweed salad.

Of course, keeping it vegan and real let's not forget a bowl of edamame either cold or warm with or without salt. All of these easy vegan recipes mentioned for your holiday parties won't take much time and some can be made well in advanced, refrigerated overnight and then quickly transferred into fun and simple serving dishes as vegetable side dishes.

Roasted Asparagus Soup Recipe

2 1/2 lbs. thin asparagus, trimmed & cut into 2" pieces□

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2 leeks, white & light green parts only, cleaned and finely chopped

2 T. Olive Oil

salt & pepper to taste

2 1/2 C. vegetable broth

Chives for garnish

Preheat oven to 425 degrees F. In a heavy roasting pan, combine asparagus, leeks, olive oil, salt and pepper. Mix to combine.

Roast, stirring occasionally, for 30 to 35 minutes or until leeks are golden brown & asparagus are tender.

Transfer the vegetables to a blender and add the broth. Process until completely pureed, taste to adjust seasonings.

Pour soup into shot glasses & garnish with chives if desired.

Waldorf Salad Recipe

3-4 Granny Smith Apples

2 Celery stalks, thinly sliced

4 oz. walnut pieces or pecans chopped

Mixed greens if desired

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French vinaigrette dressing

Cut a few slices of apple with the skin on for decoration and then peel and core the rest of the apple and cut into thin strips. Toss the apple slices in lemon juice to prevent apples from turning brown.

Add the chopped celery, apple slices, nuts and mixed greens and toss with French vinaigrette.

French Vinaigrette Dressing Recipe

2 tbs. Dijon mustard□

2 tbs champagne vinegar□

6 tbs. extra-virgin olive oil□

Salt and fresh ground pepper to taste

Mix ingredients in a cruet and serve with salad.

I hope you found these easy vegan recipes for vegetable side dishes fun to make for your holiday parties on Saint Patrick Day. Until next time, remember the Budget Bash mantra: make it simple, delicious, stylish, fun and economical to all!

Andrea Wyn is owner of A Wynning Event

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<http://www.awynningevent.com>, a Los Angeles wedding and special event management company. She is a marketing & special event planner with over 15 years of experience and for the past ten years, she has been the event planner for the Screen Actors Guild Awards(R). She has taken her knowledge and special event experience and written an easy-to-read book called Budget Bash <http://www.budgetbashbook.com> where you can find more ideas and helpful tips on event planning including menus, decor, budgets, timelines, florals and more.

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