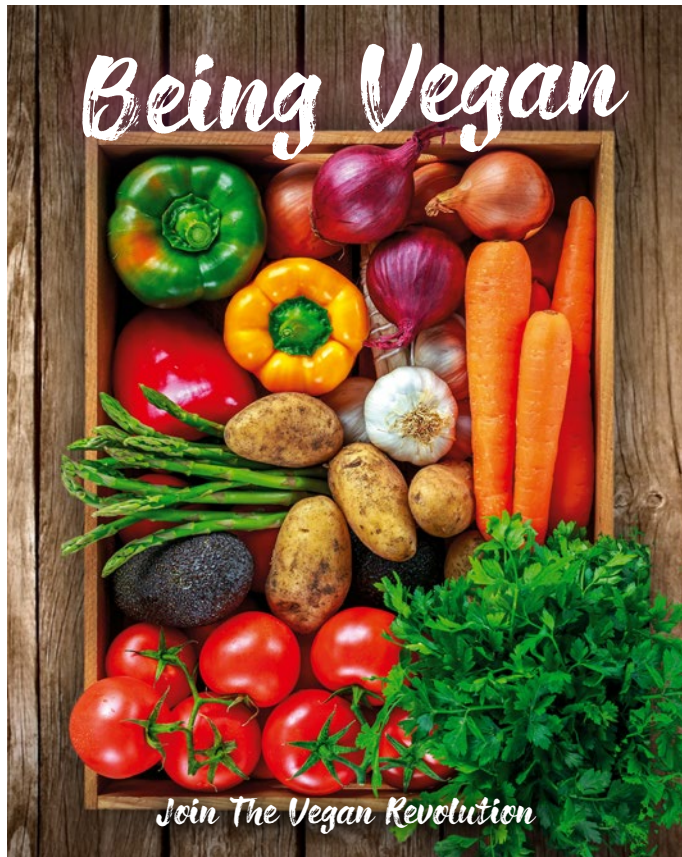


BEING VEGAN
VARIOUS



Being Vegan

OVER 50 DELICIOUS RECIPES

There are many reasons why people decide to go vegan. We typically associate this lifestyle with the issue of animal welfare, or the pursuit of a healthier diet. More recently, however, veganism has gained huge popularity among those with environmental concerns, too.

Changing our diets is one of the most significant things that we as individuals can do to reduce our impact on the planet. With more and more people choosing to go vegan, it's never been easier to make the change to ethical and **plant-based living**.

Being Vegan is the ultimate guide for anyone who is embracing this way of life, whether you are a newbie or a veteran vegan, or perhaps just a curious flexitarian. This special edition is packed with **over 30 delicious recipes** for every occasion, including a show-stopping dinner party menu sure to impress even the most staunch non-vegans. You'll also find a selection of features that we hope you'll find useful on your vegan journey, covering health, beauty, fashion, lifestyle, sustainability and more.

KEY SELLING POINTS:

- The number of Vegans around the world is growing rapidly and Veganism is going mainstream in 2021 according to leading trend forecasters
- Health climate and animal welfare is driving huge numbers of people to go Vegan and alter their diets toward plant based foods
- A number of high profile celebrities and top sports stars including Lewis Hamilton and Novak Djokovic have adopted plant based diets for health and fitness reasons
- Every January there is a Veganuary campaign with millions of followers.
- This book shows how to cook Vegan at home with 50 tasty recipes.

BIBLIOGRAPHIC INFORMATION:

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