



If you want to look and feel good, the answer isn't nip 'n' tuck, but to tuck in! Packed with vitamin-rich fruits, veg, pulses, whole grains, nuts and seeds, a veggie diet can help you look fresh, feel fruity and reduce your risk of heart disease, cancer, stroke, diabetes and obesity (for more info see page 7). A healthy lifestyle is key to a heavenly body and these ravishing recipes show you how eating tasty food is the best way to look tasty.

...and every other bit of you, too, with these gorgeous anti-aging dishes

## Avocado & Walnut Toast w

2 slices of toast, made with good whole grain  
vegan mayonnaise  
slices or chunks of ripe avocado  
fresh lime juice

1. Spread toast with mayonnaise.
2. Arrange avocado on it in a thick layer.
3. Sprinkle lightly with lime juice and salt.
4. Tuck some halves of cherry tomato and...
5. Add more salt and pepper to taste, top...

## Pastitsio (serves 4)

A vegan variation on a traditional Greek lentil ragout, or sauce, plus a bechamel with a big green salad.

160g wholemeal macaroni or penne

### Tomato & Lentil Ragout

2 tins chopped tomatoes  
1 large onion, chopped  
1 tbsp vegetable oil  
2 cloves garlic, crushed  
3 courgettes, cut lengthways, then sliced into half moons  
1 large red pepper, sliced into square chunks  
1 tin brown or green lentils, drained or 100g dried, cooked  
2 bay leaves  
1 tsp oregano  
2 level tsp cinnamon  
salt and black pepper

1. Start the ragout: fry the onions until tran...
2. Add red pepper, courgette and garlic ar...
3. Add tomatoes, herbs and spices.
4. Cook for 5 minutes.
5. Meanwhile, put medium pan of water o...
6. Preheat the oven to 190°C/375°F/Gas M...
7. Add lentils to ragout, stirring in gently, th...
8. Now make the bechamel sauce: melt m...
9. When it's gently bubbling, add flour and... well. (The smooth paste which forms is...
10. Keep stirring the roux so the flour cook...
11. Add the soya milk in about 3-4 stages, don't form. (If they do, don't panic – us...
12. Add rest of ingredients.
13. Simmer on a very low heat for about 10...
14. While white sauce is simmering, boil the...
15. Drain pasta and put half of it in a layer...
16. Add half the ragout, then repeat layers...
17. Remove onion and bay leaf from becha... and pour over casserole.
18. Bake in a hot oven for 20-25 minutes.



**with Cherry Tomatoes** (serves 1)  
 on bread salt and freshly ground black pepper  
 a few ripe cherry tomatoes, halved  
 a few roasted walnut pieces  
 fresh coriander leaves

ong avocado and top with a few walnut pieces.  
 with coriander leaves.



dish. It's made in two parts: a tomato &  
 (classic white) sauce. Very good served

**Bechamel Sauce**

30g vegan margarine  
 3 tsp wholemeal flour  
 225ml soya milk  
 1 small onion stuck with a few cloves  
 1 bay leaf  
 pinch dried thyme  
 pinch grated nutmeg  
 salt and black pepper  
 1 tbsp yeast flakes

nslucent.  
 nd cook until soft.

n to boil for the macaroni.  
 Mark 5.  
 en reduce heat and allow to simmer gently.  
 margarine in pan over low heat.  
 d stir with wooden spoon to incorporate  
 (called a roux.)  
 s, but without burning the fat.  
 stirring well after each batch so lumps  
 e a balloon whisk to beat lumps out!)  
 0 minutes, stirring to avoid sticking.  
 pasta according to the packet instructions.  
 at the bottom of a casserole dish.  
 with the rest of the pasta and ragout.  
 mel sauce, adjust seasoning if necessary

**Summer Compote** (serves 6)

1kg mixed summer fruits  
 (eg strawberries/raspberries/  
 blackberries/blackcurrants/  
 redcurrants) frozen fruits can be used  
 2 tbs brown sugar or 2-3 tbsp natural  
 sweetener (eg agave syrup/  
 maple syrup/date syrup)  
 4 tbsp water (halve if using syrup)  
 5cm stick cinnamon

1. Remove stems/stalks and wash fruit.
2. Place water, sugar/syrup in large saucepan, bring to boil and melt sugar/dissolve syrup.
3. Add fruit, turning very gently so they don't break up.
4. Add cinnamon stick.
5. Simmer for 5-10 minutes until lightly cooked.
6. Allow to cool, remove cinnamon stick and turn into a serving dish.
7. Refrigerate until needed.
8. Serve with soya cream, soya yoghurt or cashew cream (recipe below).

**Cashew Cream**

180g cashew pieces, unsalted  
 125ml fruit juice (apple works well)

1. Grind cashews into a fine powder.
2. Blend nut powder with fruit juice, adding more liquid if necessary.
3. Store in a screwtop jar in fridge until needed.

Photography: Chava Eichner

