

How To Be Vegan

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I wrote a COOKBOOK!! [Simply Delicious Vegan](#)[V is for Vegan](#) | [Kids Book Read Aloud](#) [How To Be Vegan](#)

But choosing to go vegan is not only about animal welfare, it ' s about our planet ' s, too. A 2021 report by The Climate Healers found that animal agriculture is responsible for at least 87% of ...

[How to have a vegan BBQ \(and not miss meat one bit\)](#)

Many have questions about how to eat a meatless sports diet, but vegan athletes' busy lifestyle can create nutritional challenges.

[Building a Better Vegan or Vegetarian Sports Diet](#)

But online vegan marketplace [Vejii](#) does seem to tick the boxes: It plans on both dominating and growing the plant-based product space and is using artificial intelligence (AI) to enhance and ...

[How technology is making it easier to be a vegan](#)

Vegan bacon has been all over TikTok for months, and there's one woman you can thank for that: Chef Tabitha Brown. Brown shared a video on how to make vegan bacon, and it exploded online — one TikTok ...

'Anything can be baconized': Here's exactly how to make that vegan bacon that's all over TikTok

There ' s been a lot of talk in recent years about vegan and plant-based diets and how they can benefit our overall health as well as the planet ' s. But while swapping cheeseburgers for Impossible ...

[Is Vegan Collagen As Good As The Real Deal?](#)

New Jersey VegFest will stick a fork in that pandemic pause, bringing New Jersey's largest homegrown vegan food festival this weekend to Atlantic City. The event will feature more than 100 vendors ...

[Vegan Food Festival Returns To Atlantic City: See The Vendors](#)

When Sabrina Vixama transitioned to a vegan diet four years ago, dining out became a challenge. " It was so exciting to find a place with vegan options in 2017, " she says. She wanted to share her ...

[Patties, pastitsio, pastel ó n: vegan food ' s vibrant next chapter](#)

British potato supplier [Branston](#) is starting work on its new factory that will transform potatoes into vegan protein for alternative meat.

[This UK Company Just Figured Out How to Make Vegan Meat Out of Potatoes](#)

Major QSR brands and iconic restaurants alike are moving into the consumer-packaged goods (CPG) space, while many chains add plant-based options.

[Today In Food: Domino ' s Hits 18K Stores, Serendipity Talks CPG And QSRs Go Vegan](#)

For much of the 1980s and '90s, the Summer Olympics were synonymous with Carl Lewis, the American track and field star whose awards bounty includes nine gold medals and one silver. In addition to ...

[Olympic great Carl Lewis says that without sports and a vegan diet, 'I wouldn't be here right now'](#)

Joanne Molinaro, a vegan food blogger known as The Korean Vegan, has responded to a string of racist messages following her response to someone telling her to " get Korea to stop eating dogs. " The ...

[The Korean Vegan calls out racist comment about Korea eating dogs, faces backlash from more vegans](#)

I feel like for a long time last year, it was my coping mechanism for the world falling apart: " Just keep baking, everything will be fine. " " The Sweets Geek was born in the summer, featuring [Walunis](#) ' ...

[The Sweets Geek bakery appeals to gluten-free, vegan diners in Willoughby](#)

[Brian Ricciardi](#) is a hard guy to nail down. He ' s always on the move these days between his two restaurants in Winston-Salem and Greensboro. And he likes it that way. Ricciardi is one of the original ...

[Former Mozzarella Fellas owner, Brian Ricciardi, aims to be the vegan king of the Triad](#)

A vegan diet can be tough to follow when nearly every item on the shelf contains some form of animal product. Thankfully, there are more plant-based and dairy-free options on offer these days than ...

[Popular Sweets That Just Happen to Also Be Vegan](#)

Owner [Lucas Bradbury](#) took time between trips to Austin and Dallas, where he's opening more locations, to chat about the nation's first vegan chicken fast food concept. So far, San Antonio has five ...

[Owner of rapidly growing vegan chicken chain is 'so proud' to be based in San Antonio](#)

LONDON, June 2, 2021 /PRNewswire/ -- The Body Shop today announced that by the end of 2023 its entire product formulations portfolio* will be certified by The Vegan Society and carry its Vegan ...

[The Body Shop Announces Commitment to be 100% Vegan Certified by 2023 and rolls out refill scheme](#)

The research observed that vegan protein shakes led to a lower rise in blood insulin compared to whey, while potato protein prevented any rise in insulin. This may explain the better blood glucose ...

[Potato and rice protein shakes may be a viable vegan alternative to whey protein shakes, research suggests](#)

The research observed that vegan protein shakes led to a lower rise in blood insulin compared to whey, while potato protein prevented any rise in insulin. This may explain the better blood glucose ...

[Vegan protein shakes may be viable alternatives to milk-based whey protein shakes](#)

The research observed that vegan protein shakes led to a lower rise in blood insulin compared to whey, while potato protein prevented any rise in insulin. This may explain the better blood glucose ...