

The Multi-Award-Winning **VEGAN** Lifestyle Magazine

# Vegan

life

JANUARY 2019 | ISSUE 46 | £4.99

**GO  
VEGAN  
IN 2019**

There's never been  
a better time

Have a  
*healthy*  
new year

The advice and  
recipes you need  
this January

**BEAT THE  
WINTER BLUES**

Plan your dream  
vegan holiday

Beetroot and  
Quinoa Burger p58

**ALSO INSIDE**

**INTERVIEW**  
The Little London Vegan

**UNDERCOVER**  
We expose the fur trade

**NUTRITION**  
A guide for new vegans

*Veganise your  
favourite meals*

£4.99



**NOW INCLUDES ECOLIVING** Can we ever beat plastic pollution?

## Lose Yourself

Lost in Scent  
Soy Wax Candles



In the depths of winter, there's nothing quite like a scented candle to alleviate the January blues. New home fragrance company, Lost In Scent, seeks to capture the spirit of adventure for you to enjoy in the comfort of your own home. Made using a blend of oils, each scent is inspired by travels and memories, so lighting one might throw you back to brighter times. Every candle is hand-poured by the company's founders, Darrell and Andy, using 100 per cent paraben-free and vegan-friendly soy wax. **£22, [lostinscent.com](http://lostinscent.com)**

## Grab a Mug

Cuppanut  
Coconut Infused Teas

Made with natural ingredients from the very best sources, Cuppanut Coconut Infused Teas make for a tranquil hot cuppa. The brand was created by singer Gareth Gates during his recovery from a vocal cord operation, and currently comes in three naturally-sweet flavours: Coconut, Coconut and Cranberry, and Coconut, Ginger and Turmeric. Every biodegradable pyramid is filled with real coconut and contains no caffeine or artificial ingredients, just pure, raw goodness. **£4.50, [cuppanut.com](http://cuppanut.com)**



# Vegan Spotlight

Our favourites this month

## Eat Good, Do Good

ChicP  
Houmous

Founded by Hannah McCollum, ChicP was set up to revamp unhealthy houmous options, whilst trying to prevent food waste. Hannah's pioneering houmous is vegan-friendly and uniquely made from surplus fruits and vegetables. The range includes alternative colourful dips packed with punchy flavours, including Beetroot,

Horseradish and Sage; Herby, Carrot, Ginger and Turmeric, and Banana and Chocolate.

**£3, [chicp.co.uk](http://chicp.co.uk)**



## Clean Body, Clean Conscience

Dr. Bronner's  
Liquid Soap

Certified by The Vegan Society, Dr. Bronner's liquid soap can be used in 18 different ways — it's perfect for cleaning make-up brushes, as a body or hand wash, and as a shampoo... the list goes on. The soap contains no synthetic foaming agents, thickeners, preservatives, dyes or whiteners, and all ingredients are certified Fairtrade, organic, vegetable-based and never tested on animals. Even the bottle is eco-friendly — each container is completely biodegradable and made from 100 per cent post-consumer recycled cylinder bottles and paper labels. From **£2.15, [drbronner.co.uk](http://drbronner.co.uk)**