

BEAUTY & THE FEAST

HOME-MADE SKINCARE AND COOKERY WORKSHOP

Combine a day of beauty and food at a Great Elm Physick workshop in Frome, Somerset, where for £65 organic beauty expert Liv O'Hanlon will teach you how to make natural beauty products from ingredients in your garden and kitchen. Afterwards, you'll have the chance to enjoy a lunch prepared by a vegetarian cook, while learning how to cook similar dishes. The next workshop is on 23 October, but if you can't make that date there are others too. For more information, visit www.great-elm.com.

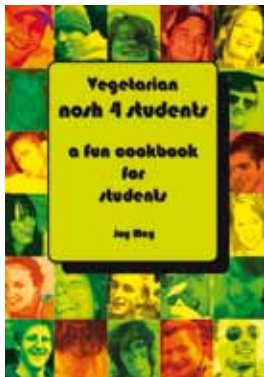


Book smarts

COMING SOON TO A BOOKSHELF NEAR YOU

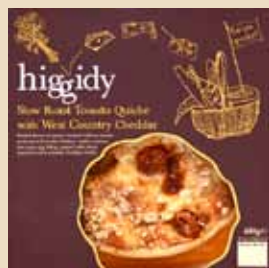
Student grub

Vegetarian Nosh 4 Students (Intrade, £6.99) would make a great gift for anyone just off to university right now – veggie or not. Approved by the Vegetarian Society, it is the sequel to *Nosh 4 Students* by Joy May, written when the author's own son was leaving home for college and is designed to provide quick, cheap and healthy recipe inspiration – no weighing involved!



QUICKIE QUICHE

Not just for summer picnics, Higiddy's recently launched Slow Roast Tomato Quiche with West Country Cheddar contains a sweet onion and tomato 'chutney' in a free-range egg filling, topped with a crunchy Cheddar crumb and can be served hot or cold. Available from Waitrose, Sainsbury's, Ocado, Budgens and Booths, priced £3.49.



Packing a Tunch

Look out for Tunch bars – a new all-natural vegan-friendly fruit- and nut-based snack costing just 99p each and available in a range of health food stores and online at www.tunchfoods.com. *Vegetarian Living's* favourite is the Pineapple & Coconut!



3 OF THE BEST

MEAT-FREE BURGERS

Whether you want something that closely resembles a beef burger or can't think of anything worse, there are loads of different options on offer that can be kept handy in the fridge or freezer to provide a quick meal for kids and adults alike.

Dalepak

The new Spicy Veggie Burger from Dalepak includes tasty protein-filled chickpeas, spring onion, chilli and mint, at £1.27 for a pack of four. www.dalepak.com



Goodlife

These burgers have a crispy crumb that always tends to be a hit with the kids, and includes potato and garden vegetables, at £1.75 for four. www.goodlife.co.uk



Linda McCartney

A tasty substitute for a basic beef burger with a nice taste of onion. Around £1.29 for four. www.lindamccartneyfoods.co.uk



Munch by mail

Graze is a new 'snack box by post' enterprise

where you can order your choice of healthy snacks, including nuts, olives and fruit mixes to graze on during the day. Priced at £2.99 per box, they make a good alternative to less healthy snacks and many customers have them delivered to their workplace.



Graze are offering all *Vegetarian Living* readers a FREE box with a second at half price. Turn to page 33 for more details.