

## **Meat-free Alternative Ingredients and Vegan Recipes**

### **Best Vegan Meat Alternatives**

<https://proveg.org/5-pros/pro-taste/the-10-best-vegan-meat-alternatives/>

I found the Guardian article below about meat free sausages from 2022 & discovered 2 things - Linda Mc Cartneys foods are still worth trying and that the other most popular choice Taste and Glory range - has closed and seems to have become part of Richmond's Sausages hence the following link ....

<https://www.theguardian.com/food/2022/jan/06/the-best-and-worst-supermarket-vegan-sausages-tested-by-original-flavas-mcanuff-brothers>

Review of Richmond Meat Free Sausages which highlights some of the issues to consider in choosing processed alternatives to meat.

<https://veganverity.com/richmond-meat-free-sausages-review/>

### **Best Egg substitutions**

<https://www.bbcgoodfood.com/health/special-diets/best-egg-substitutions>

### **Plant-based milks**

[https://www.bbc.co.uk/food/articles/plant\\_based\\_milk](https://www.bbc.co.uk/food/articles/plant_based_milk)

### **Meat & Dairy Alternatives**

<https://zoe.com/learn/podcast-meat-and-dairy-alternatives>

A forum suggesting good vegan supermarket ingredients

[https://www.reddit.com/r/veganuk/comments/1gkyaos/vegan\\_tesco\\_recommendations/](https://www.reddit.com/r/veganuk/comments/1gkyaos/vegan_tesco_recommendations/)

### **BBC Vegan Recipes**

<https://www.bbcgoodfood.com/recipes/collection/vegan-dinner-recipes>

### **Jamie Oliver's Vegan Recipes.**

<https://www.jamieoliver.com/recipes/special-diets/vegan/>

Why a vegan diet is good & suggestions on how to sustain a healthy vegan diet

<https://powfood.co.uk/blogs/recipes/why-going-vegan-this-january-is-better-for-you-and-the-planet?>

A review of Pow Foods - a B Corp supplier of healthy, premium, ready meals

(flexitarian) –<https://www.hellomagazine.com/cuisine/503411/pow-food-dinner-party-review/> NB They include fish in the meal reviewed.

Food box delivery - the Mindful Chef's range ( a B Corp Co) includes some good vegan meal options

<https://www.mindfulchef.com/choose-recipes>