



My Vegan Year: The Young Person's Seasonal Guide to Going Plant-Based

Niki Webster

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In *My Vegan Year*, Niki Webster provides young adults with all of the information that they need to make healthy vegan food in season, and proffers tempting recipes for everything from breakfast to party snacks.

Veganism is now a mainstream option rather than a fringe choice, and choosing local and seasonal foods can even be cheaper and tastier. With a seasonal food chart and recipes arranged into four major sections by season, this book includes tips on growing tomatoes and making preserves, as well as foraging tips specific to the UK.

This is a cookbook geared towards those new to veganism. It explains how veganism is environmentally conscious, covers dietary needs, contains advice on maintaining health in winter, and suggests vegan “swaps” for those missing cheese or wondering what can replace a meaty centerpiece. In addition, Webster helps teenagers think through the ethical sourcing of non-food items like clothing and cosmetics.

From flatbread pizzas to lettuce cups, and from homemade veggie chips and hummus to virgin cocktails, the recipes, though ambitious, never appear to be less than achievable. There are even some surprising components, such as chickpeas in a cherry peanut butter blondie recipe. A store cupboard stock list, including spices, is ideal for taking along to a supermarket.

The book’s layout is appealing. Its fonts and icons fit the hip, colorful vibe, with bright food shapes lining most pages. Ingredients lists and serving information are in sidebars. There is a definite focus on graphics: every finished dish gets a photograph, and the food images are detailed and sumptuous. In a nod to Instagram, most look down onto a plate from above.

My Vegan Year is a teenager’s perfect introduction to veganism, packed with recipes for delicious and eye-catching dishes.

REBECCA FOSTER (January / February 2022)

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