Vegfest UK Competition Free Vegan Recipes for Vegetarian + Vegan Diets

May 16, 2013

Award Winning Vegfest UK Vegan Festival

Bristol UK (RPRN) 05/16/13 — Organisers of Europe's biggest Vegetarian and vegan festivals have started a campaign to find the UK's best loved healthy, sustainable, vegan recipes for vegan diets suitable for everyone and build the ultimate database of vegan dishes. The competition will be launched in National Vegetarian Week and at Vegfest UK Bristol

Vegfest UK director Tim Barford says "We started up UK Vegfests 10 years ago to show people how easy and delicious it is to be vegan. Numbers of vegans are climbing dramatically, doubling in the last 2 years alone. People always leave Vegfest inspired and motivated to live a healthier , more ethical more sustainable life but we've realised we need to offer some back up if people are to stay meat free and vegan. Vegan recipes seem to be the most practical support we could offer. With the meat alternatives it's easy, you just use veggie mince instead of horse meat mince for your lasagne. With recipes for successful vegan cakes there's a little more chemistry involved. It's actually easier but you have to get the ratios right."

"The BBC Good Food website used to be an excellent resource for vegans but it seems to have been revamped and many excellent vegan recipes have been lost. It's great that Vegfest plans to fill the void" says Vegan cook and recipe book author, Tony Bishop-Weston (The Ultimate Book of Vegan Cooking £11.99)

"We wanted to have lots of recipes from ordinary people so we can be sure; 1) they work in a domestic kitchen 2) They are easy and practical 3) They are delicious – top chefs don't always eat their own food! A national competition seemed the best way to make that happen!"

"The plan is to build Europe's biggest database of healthy vegan recipes" says Tim

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Categories so far are main courses, raw food dishes, and vegan desserts and cakes. Everyone is encouraged to enter, chefs, cooks, amateur cooks, manufacturers, schools and independent health food stores.

Winners will be announced at Vegfest UK London Oct 5th as part of the Vegfest UK vegan awards ceremony presented by BBC Radio 2 's Janey Lee Grace and comedian Dave Spikey (Phoenix Nights ITV Channel4). Closing date is 15th September, Judges Cookbook Author Tony Bishop-Weston, Nutritionist Yvonne Bishop-Weston, Tim Barford Director of Vegfest UK and Jenny Liddle Trustee of Vegan Society, judges decision is final.

So whatever your favourite vegan recipe, luscious vegan pizza, irresistible vegan chocolate cake or melt in the mouth vegan cookies please send them to Vegfest UK

Prizes such as free tickets to the Vegfest UK Expo at Kensington Olympia Exhibition Halls in London will be on offer to the best entries.

Editors Notes

Entries can be by post to Foods for Life Health & Nutrition Consultancy, Dock Lane, Beaulieu SO42 7YU, by fax to 08712884643, online via www.Vegfest.co.uk , www.optimumnutritionists.com, and www.Plantarian.org via Facebook @vegfestuk or via participating independent Health Food Stores

Vegfest UK festivals and expo provide an opportunity to discover how delicious, easy, healthy and sustainable a plant based vegan lifestyle can be. With food, free taster samples, talks, chefs demos, film, kids entertainment, comedy and live music

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