

Festive Flavours - The Vegetarian Society Christmas Recipe Collection

Submitted by: The Vegetarian Society

Tuesday, 27 September 2016

Christmas is the perfect time to enjoy great food – whether you are treating yourself or sharing with friends, family or neighbours. Add a sprinkling of inspiration to your Christmas kitchen with eight delicious dishes from the Festive Flavours collection. Set the scene with a pea and spinach soup, Christmas galette or a zingy fruit and nut salad with chilli and lime. Then fill your plates with an indulgent cheesy lattice pie, a classic nut roast or a chestnut and butter bean Wellington. There's even a smooth, rich Christmas gravy to make in advance. To round off your meal, delight in an individual fruity trifle with cashew cream. Festive Flavours - the Vegetarian Society's Christmas recipe collection is available free of charge online at vegsoc.org/christmas or by calling 0161 925 2000.

Lynne Elliot, Chief Executive of the Vegetarian Society, said: "We have created a host of brand new recipes for you this year. To make sure everyone can join in and try something tasty, these recipes cater for both vegetarians and vegans. Some are gluten-free and there's also a delicious dessert that is vegan and raw. You're sure to find something you'll love."

Visit vegsoc.org/christmas to find the recipes for these fabulous Festive Flavours. Plus there are tips on storing and freezing these dishes so you can be prepared. Or if you prefer to hang-up your apron and take the weight off your feet at Christmas then you'll be able to get the low down on the favourite ready-made veggie products available in the shops this Christmas.

The Vegetarian Society is a national charity that influences, inspires and supports people to embrace and maintain a vegetarian lifestyle. Being a vegetarian is a choice that is kinder to animals, to people and to our planet. Visit www.vegsoc.org for more information.

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Notes to editors

- For recipes, images or a front cover of the booklet please contact Su on su@vegsoc.org 0161 925 2000.
- Recipes and images also available via this dropbox folder https://www.dropbox.com/sh/995aqsy9gfizgv2/AADU4aNmHqC31RVmrI_WJtApa?dl=0
- A vegetarian does not eat any meat, poultry, game, fish, shellfish or crustacea, or slaughter by-products. Visit the website for lots more information www.vegsoc.org