

How America  
Became a  
Fast-Food Nation, p.26

CHEESECAKE ICE CREAM + PEACH-GLAZED SKEWERS + ITALIAN CEVICHE

# VegNews

VeganNEWSFOODPLANETTRAVELBUZZ

the  
**SUMMER  
FUN ISSUE!**

**20+** HEALTHY  
RECIPES!

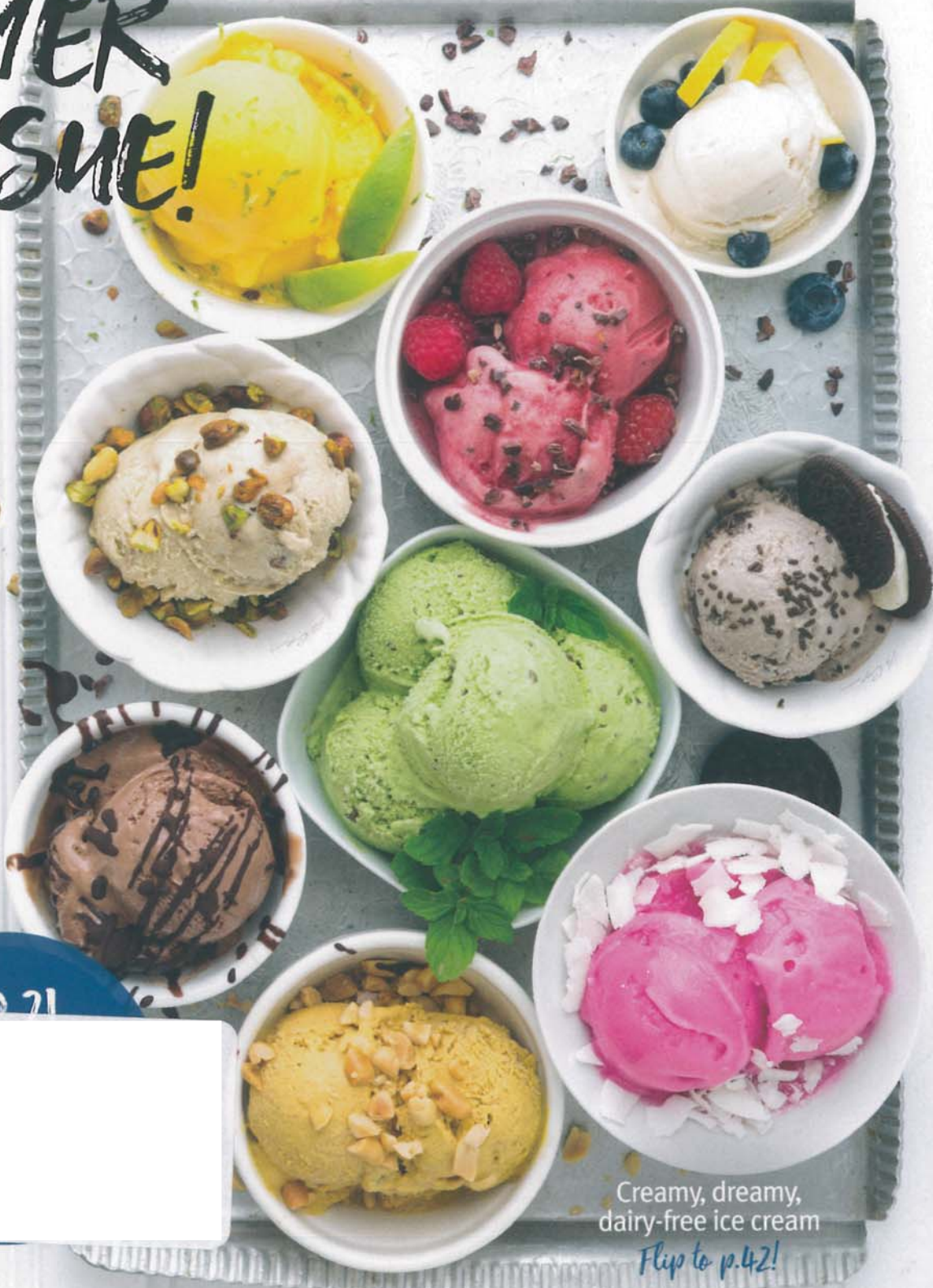
**BEST BBQ SNACKS**

**DIY BACKYARD  
TIKI BASH**

**DESTINATION: CUBA**

**NIKKI REED'S  
VEGAN FAVES**

*plus*  
**6 SPECTACULAR  
WEDDINGS**



Creamy, dreamy,  
dairy-free ice cream  
*Flip to p.42!*







These days, you can buy veggie burgers made with everything from soy and brown rice to chickpeas and quinoa, but here's a twist we weren't expecting: burgers made with artichokes. That's why we were intrigued to discover the new 'choke patties from **Five Star Foodies**—one bite, and they immediately became our new go-to burger for outdoor grilling. In flavors such as Tandoori Spice and French Herb, this innovative line is made by a mom-and-pop brand in Ohio founded by former vegan-restaurant owner, Valerie Williams. Our advice: be sure to wash the burgers down with one of Five Star's signature cold-pressed ciders!

[fivestarsfoods.com](http://fivestarsfoods.com)



We've all eaten a **Clif Bar**. Heck, we've all eaten a lot of Clif Bars in our time, and we suspect we'll be eating plenty of the company's new Nut Butter Filled energy bars, too. Imagine creamy peanut or hazelnut butter oozing from the classic Clif Bar in flavors such as Chocolate Hazelnut Butter, Peanut Butter, Coconut Almond Butter, and Chocolate Peanut Butter. This dessert-like treat will make you feel like a vegan athlete even if you're just chilling at home.

[clifbar.com](http://clifbar.com)



One taste of the Vegan Lobster Mac and Cheese from **Sophie's Kitchen**, and we realized this unexpected dairy- and seafood-free twist on a luxury dish has been missing from our lives. A cheddar-mozzarella cheese sauce smothers brown rice noodles and ribbons of konjac lobster, and is finished off with garlic, parsley, sea salt, and a touch of nutmeg. Fancy enough for date night and easy enough for an evening of Netflix binge-watching, this stunner of a vegan meal is our summer must-have.

[sophieskitchen.net](http://sophieskitchen.net)

*Sophie's Kitchen also makes vegan calamari, shrimp, and crab cakes.*

# VegPicks

Searching for today's hottest vegan products? Look no further. Count on the VegNews staff to taste and test all products we recommend to our readers.

illustrations by RUBY ROTH



**Daiya**—producers of vegan cheeses, pizzas, cheesecakes, and Greek yogurt—has crafted a new line of creamy dressings that has us wondering if there's any product the company can't make delicious. The Creamy Caesar and Homestyle Ranch add a tart pep to our salads, but it's the Blue Cheese that's been dominating our noon-time meals. Tangy and smooth with that unmistakable sharp flavor, this is what our coconut bacon-topped wedge salads, Buffalo chicken sliders, and vegetable crudité's have been needing all along.

[daiyafoods.com](http://daiyafoods.com)



Who needs Nutella when there's the new rich, chocolaty Organic Hazelnut Spread by plant-based **Nutiva**? This creamy topping is perfect for slathering on everything from crackers and cookies to toast and pancakes. And here's more good news: Nutiva sources its palm oil only from small organic and fair-trade-certified farms, ensuring no ecosystem is harmed. Now, excuse us as we go dip our spoons into this luscious spread.

[nutiva.com](http://nutiva.com)



Never throw away anything. That's what we've learned after just one bite of **Forager Project's** organic Vegetable Chips, created by founder Stephen Williamson upon discovering that the organic vegetable pulp remnants in his juice press could be transformed into a tortilla chip-esque snack. We don't know how they do it, but we do know that the Greens, Beets, and Roots flavors are so good we almost forgot that they're made from leftovers.

[foragerproject.com](http://foragerproject.com)

*Guacamole and French onion dip, meet your new best friend.*



Just when we thought we had seen every kind of dairy-free milk available (soy! rice! coconut! macadamia! banana!) we discovered **Veggemo**—a new vegetable-based milk from Canada made from cassava root, pea protein, and potatoes. What will they think of next? Delectably creamy, Veggemo's Original Unsweetened is our new go-to for mac and cheese, while Vanilla does wonders for overnight oats and morning cereal.

[veggemo.com](http://veggemo.com)

*The VegNews staff can't get enough of Vegetarian Plus' Sweet Teriyaki jerky!*



**Vegetarian Plus'** new protein-packed soy jerky has us snacking away on Spicy Sriracha, Black Pepper, Sweet Teriyaki, and Five Spice at all times of the day. With the perfect balance of sweet, salt, tang, and spice while also being softer and more moist than traditional jerky, this new snack is the first thing we'll be packing for afternoon baseball games this summer.

[vegetarian-plus.com](http://vegetarian-plus.com)



Cookies 'n' cream used to be the best ice cream flavor imaginable. Then **So Delicious** created a cashew milk-based Chocolate Cookies N' Cream that is so out-of-this-world good that we wonder why no one ever combined chocolate ice cream and cream-filled sandwich cookies before. We love devouring it with a spoon, but it's also pretty darn great added to a homemade banana split or blended into a milkshake.

[sodeliciousdairyfree.com](http://sodeliciousdairyfree.com)



By marrying vegan heavyweights Daiya cheese and Follow Your Heart's VeganEgg with red peppers and spinach in a flaky crust stuffed full of its signature meatless sausage, **Gardein's** Vegan Scramble Breakfast Pockets have done the unthinkable. By that, we mean we're setting the alarm early just to make sure we get one of these game-changing mini-meals in our mouths before work. Quick, convenient, and delectably filling, Gardein's latest venture into the breakfast world has us dreaming of early mornings, which almost never happens.

[gardein.com](http://gardein.com)