

■ Vitashine

VEGAN VITAMIN D3 SUPPLEMENT



Vitashine Vitamin D3 spray is the only vitamin D3 (Cholecalciferol) supplement known by The Vegan Society to be suitable for vegans.

The vitamin D3 used in Vitashine comes from an organic plant source called a Lichen. Lichens are a small unique plant species consisting of a symbiotic association of a fungus with an algae.

One spray of Vitashine provides 5 micrograms of vitamin D, which is 100% of the EU Recommended Daily Allowance.

Vitashine can be sprayed directly into the mouth or onto food. One bottle provides 150 sprays.

£9.98 per bottle. Order online from www.vitashine-d3.com (Phone number for enquiries only (no telephone ordering yet) 0115 9771054.)

■ Create a Goodlife

ORANGUTAN-FRIENDLY FROZEN FOOD



Delicious, affordable vegan frozen food now available at a supermarket near you! Launched in May at Bristol Vegfest, this completely vegan range of seven products from Create a Goodlife is available at independent stockists and supermarkets

nationwide. With the ethos that a good life starts from within, the delicious range of burgers, nut cutlets, sausages and nut roasts is made from vegetables, pulses and not a lot else. As well as being free from any animal-derived ingredients, the range is also free from palm oil. The company is an active supporter of the World Land Trust and donates money to conserve rainforests in Borneo, home of many wild orangutans which are under threat from deforestation to make way for commercial palm oil plantations.

Prices start at £1.75 for Spicy Bean Quarterpounders.

For more information visit: www.goodlife.co.uk or contact nia.williams@goodlife.co.uk

■ Shambhu's Kitchen

DELICIOUS CHEESECAKES

London-based caterers Shambhu's Kitchen have branched out into making delicious vegan cheesecakes for retail. These fantastic desserts come in individual-sized portions and are available in Mixed Berries, Lemon and Coconut and Mint Choc Chip flavours. They're also freezable - if you can get them to the freezer without devouring them first!

Currently available from selected wholefoods shops and from events attended by Shambhu's Kitchen. See www.shambhus.co.uk for a list of stockists and events or phone 020 8931 0030 for details.

If you would like to see vegan cheesecakes in your local wholefoods shop, ask them to get in touch with Shambhu's!



Price £2.99 - £3.49

■ Cupcake Britain

LUXURY CUPCAKES

Inspired by her own dietary requirements, Marina, the Founder of Cupcake Britain, began a journey to create a high-quality vegan cake that does not compromise on taste, texture and flavour. She baked her way through many trials and errors to produce a fresh cupcake baked using only plant-derived ingredients that is so good everyone can enjoy them.



The entire range of luxury cupcakes is vegan-friendly and made using the finest plant-based ingredients.

Cupcake Britain wants the whole nation to be able to enjoy a delicious, healthier cake, regardless of dietary requirements, and so they have transformed classic British desserts into cupcakes. You will find puddings such as Victoria Sponge, Carrot and Cinnamon Cake and even Treacle Pudding all made into delectable cupcakes.

Minimum order 1 dozen traditional size cupcakes or 24 miniature size cupcakes, both at £30.

Order from www.cupcakebritain.co.uk or 07729 417 756