

What's September cooking?

Keep up to date with all
the latest vegan news, events,
products and happenings



Gain credibility with CNM Natural Chef training

Adria Wu is a food and wellness entrepreneur who believes in inspiring people to live happier lives through eating good food. As well as her media career as a natural chef on Channel 4's *Sunday Brunch*, Adria runs three successful London-based healthy-eating cafés under the brand Maple & Co. "Food has always been my passion", says Adria, "but my CNM Natural Chef training has really taught me how the power of natural, individualised foods can be harnessed to support and optimise health. My CNM training has given me a whole new level of credibility as a natural chef, in my media work, in my wellness talks for corporate clients, and as a restaurateur developing new recipes." Having studied at CNM to gain her own CNM Natural Chef Diploma, Adria now shares her passion by teaching student CNM Natural Chefs at the College of Naturopathic Medicine. Part-time training for CNM's next Vegan Natural Chef Diploma starts this October. Find out more by visiting www.naturopathy-uk.com



VEGAN FRENCH PÂTISSERIE OPENS IN LONDON

Café Forty One, a new vegan French patisserie, opened on July 9th at La Suite West Hotel near Hyde Park in London. Advertising itself as 'passionately vegan', the café hopes to offer exciting contemporary alternatives to French patisserie favourites. Speciality vegan chef Clarisse Flon, who spent a year providing wellness-oriented dishes to celebrity diners, has created the café's vegan breakfast, lunch, all day dessert and afternoon tea menus. Each one aims to defy stereotypes surrounding plant-based food. Among the dishes on offer are

homemade brioche French toast with creamy vegan yoghurt and roasted strawberries, mushroom bourguignon pie and melt-in-your-mouth millefeuilles. The café is part of La Suite West's ambition to develop the first fully vegan hotel in London.

Find more at lasuitewest.com



STYLISH HANDBAGS FROM VEGETAL

Susanna and Adam from Tofuture created Vegetal – a brand selling 100% vegan, affordable and modern bags – because they believe that animals shouldn't have to suffer in order for people to look stylish. From a vegan leather tote handbag to a make-up bag and a duffel bag, their range of products are suitable for just about any occasion. Vegetal's aim is to convince their consumers that they can remain fashion-conscious while adopting a more ethical and compassionate lifestyle. It's the small things, they believe, that can change the world for the better. Visit www.vegetal.co.uk