

Veggie

Food * Wellness * Living

APRIL 2016

36 Dishes for SPRING

Healthy & Homemade

Recipes to make you glow!

Mary Berry's Saturday lunch

Spinach & goat's cheese pizza

Spelt spaghetti with courgettes

TASTY MORROCAN SALAD

FROCK ON!

This season's hottest ethical style buys

Pearl Lowe:

"For me, nature is everything"

SAVOUR THE

Good life!

* Windowsill micro salads * Homemade mustards you'll love
* Gooseberry & Elderflower Cake * Cruelty-free beauty miracles

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