

EAT GREEN • LIVE WELL

# vegetarian times

## eat fresh, get lean

- 21 days to a healthy lunch habit
- 30-minute dinners, no messy pans!
- Breakfast favorites from veg B&Bs

# 36

EASY  
SUMMER  
RECIPES



BLACK BEAN &  
TOASTED CORN  
TACOS, p. 67



NEW WAYS  
TO **LOVE BEETS**

Detox your kitchen: 5 inexpensive upgrades

\$4.99US \$6.99CAN



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vegetariantimes.com

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# THIS JUST IN



surpr-ice cream!

[TASTE TEST]

Another drowsy summer day? A scoop of these novel frozen-dessert flavors will perk up your taste buds. —ANNA MONETTE ROBERTS

	COOL CONFECTION	WOW FACTOR	SHOPPING INFO
	Belizza Pomegranate Açai Fresh Fruit Sorbet	Tangy, sweet-and-sour zing	\$4.99, 16 oz.; belizza.com
	Bishop's Best Raw Vegan Orange Cardamom I Scream	Subtly spiced, creamy refreshment	\$8/8 oz.; vegangelato.com
	Laloo's Strawberry Darling Goat's Milk Ice Cream	Ribbons of oh-so-decadent balsamic glaze	\$6.99/16 oz.; laloos.com

## the new transparency

Keep safely hydrated on the go with the **Lifefactory** reusable bottle. BPA-, phthalate-, PVC-, and metal-taste-free, each bottle is crafted from glass, so it's easy to tell when it's time for a refill. And the generous mouth lets you add ice cubes, lemon slices, or tea bags to your hot or cold beverage of choice. Free of plastic and dishwasher-safe, the easy-grip sleeve is available in a variety of colors (shown here are Red, Orange, and Spring Green). \$21.99; lifefactory.com

## BIRD-FRIENDLY BREW



Choose coffee bearing the Bird Friendly seal and you can rest assured it's sourced from farms preserving birds' forest-like habitat, in adherence to criteria set by the Smithsonian Migratory Bird Center. The traditional practice of planting coffee shrubs in the shade of lofty trees not only helps sustain wildlife, but also reduces soil erosion and the need for chemical fertilizers and pesticides. Plus, shade-grown coffee tends to be a richer-tasting brew, since the cooling shade slows the ripening of coffee beans.

ICE CREAM: AMY NEUNSIINGER

