



Q & A with Liv B, author of

Liv B's Vegan on a Budget: 12 Inspired and Effortless Plant-based Recipes

How would you sum up *Liv B's Vegan on a Budget* in one sentence?

A book for people who want to make delicious and satisfying vegan recipes without spending a ton of money or time in the kitchen.

What do you most want people to learn / take away from this book?

I hope people learn how easy it can be to make delicious plant-based food no matter your budget. So many people think vegan recipes are complicated and use special ingredients, but I hope they discover how many amazing recipes can be made using everyday ingredients found at their local supermarket.

How is your book different from every other vegan book on the market?

My book focuses on using everyday ingredients and simple methods to create delicious, beautiful recipes that are cost-effective but don't feel like a compromise on taste and effort.

Why is veganism important in this age of fast-food and convenience?

Veganism is important at any time because it has so many benefits to the body and planet. Vegan food can be just as fast and convenient as non-vegan food and has a ton of nutritional value.

When did you transition to a plant-based diet and why?

I started transitioning to a plant-based diet when I was 18 years old, due to some digestive issues I was having. Once I got those figured out, I went completely vegan and have stayed vegan since then for ethical reasons.

What advice would you give someone who wants to transition to a plant-based diet but isn't sure where to start?

I always tell people to find a few simple plant-based recipes that they think look really good, and learn how to make those. Then, slowly try more recipes and try substituting non-vegan ingredients for plant-based ones. It's surprisingly easy to transition, and getting started is usually the hardest part! I always advise people to start slow.

How does your own healthy philosophy tie into this book / eating plant-based?

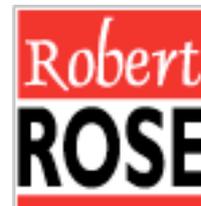
My healthy philosophy is about balance. I take so much pleasure in eating food that tastes amazing, but I also know that eating foods that are good for you is a key component to living a strong and healthy life. I love that this book provides recipes that taste great and also make you feel great as well. With the occasional decadent treat of course! That's where the balance comes in.

What do you think the challenges of a vegan diet are?

Challenges are usually faced when eating away from your own home. While many restaurants are adapting to offer plant-based meal options, events like potlucks, family gatherings and parties are often harder. I usually just bring something plant-based to eat, as well as share with other people!

What's your favorite type of food to cook?

Pasta



Do you have a favorite ingredient to cook with?

I love spinach. I add it to everything- smoothies, pastas, stir fries, curries!

Who or what inspires your recipes?

I'm often inspired by non-vegan recipes! Old family recipes, things my parents made us as kids, or even recipes from Pinterest, I love the challenge of "vegan-izing" these recipes so us plant-based folk can enjoy them too.

What's your go-to dish for impressing guests?

My go-to dish is maple curry pasta! It can easily be made gluten-free if needed, and everyone I have ever served it to has absolutely loved it (and usually asks for the recipe!)

What's your favorite vegan comfort food?

Warm gooey chocolate chip cookies.

Do you feel there is a stigma attached being a vegan?

I think there is a stigma of vegans being angry, extremist, and "hippies". But that is definitely changing very quickly for the better.

How do you think the perception of veganism has changed / is changing?

Since there are more and more studies showing why veganism or a plant-based diet is good for health and the environment, a lot of people are changing their opinions on it. There are so many people who have surprised me by being very open to trying plant-based foods, and even going vegan themselves.

Do you think the environmental impacts of non-plant-based diets are now a contributing factor to more and more people turning plant-based?

I think so. A lot of people realize that research shows adopting a plant-based diet can limit the negative environmental impact we have on the planet. People generally speaking want to do good for the planet, and if the plant-based food tastes good (which is the case now, given how many options there are out there) they don't mind doing it!

And just for fun...

What's your biggest kitchen blunder to date, and how did you remedy it (or did you)?

Adding 2 tbsp of baking soda into a recipe instead of 2 tsp. Safe to say there was no way to remedy it at the time and it was a mistake I never made again!

My last meal would be...

Vegan pad thai!

My earliest food memory is...

Eating ice cream with my dad after long days at the beach.

My guilty food pleasure is...

Chocolate chip cookies! Although I don't really feel guilty when I eat them. Balance is key!