



SAVOUR

an adventure to a food paradise

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Formation of Art

This semester, i had Computer Graphics as one of my subject. We were given a task to use Adobe Photoshop to create a photo montage. This task was given by our lecturer, Stephenie, who taught us how to use Adobe Photoshop to create an artwork. She was not like other lecturers who set a fix theme for our assignment, instead she gave us a free topic to think of for our photo montage, as long as it contains at least 5 elements. I struggled finding a topic i wanted to do in the first place. After endlessly browsing through Pinterest to come out with ideas, i ended up sticking to "Save The Earth" kind of theme. I really loved the concept, but i was not satisfied with my art work. Therefore, i tried another piece of work. It is basically an eagle flying in the big blue sky with clouds swirling around it. I just kind of put in anything that looked nice for this piece. Steph

said i will fail my Photoshop if i submit this, so i started to think of another one. After a few more drafts, my friend suggested me with some of her ideas which she got from the Photoshop official instagram account. I started to have a quite satisfying process, at least that was what i thought. I really liked how it gives out a mysterious feel. It was even better after Steph gave me her final advice of taking out the little girl and doing some slight changes. After countless days of non sleeping, and stressing out, i finally got to finish my photo montage which i am rather proud of. It is definately not be the most wonderful art piece in the world but it is the most beautiful art in my heart. It does not have such an impactful meaning as my first draft, nevertheless it contains my sweat and tears and i am greatful that it turned out well.



Dreamer

Never let it be said that to dream is a waste of one's time, for dreams are our realities in waiting. In dreams, we plant our seeds for our future.

Vegetarian

The practice of not eating meat or fish,
especially for moral, religious, or health
reasons.



Types

of vegetarians

There are different types of vegetarian:
Lacto-ovo-vegetarians eat both dairy products and eggs; this is the most common type of vegetarian diet.
Lacto-vegetarians eat dairy products but avoid eggs.
Ovo-vegetarian. Eats eggs but not dairy products.
Vegans do not eat dairy products, eggs, or any other products which are derived from animals.

Number

of vegetarians around the world

In the U.S., four percent of men and seven percent of the women are defined as vegetarians. In India, where there are religious reasons guiding a cruelty-free diet, 31 percent of the population is considered vegetarian. In England, vegetarianism got a huge boost from the mad cow scare. According to a 2006 Mintel survey (3),

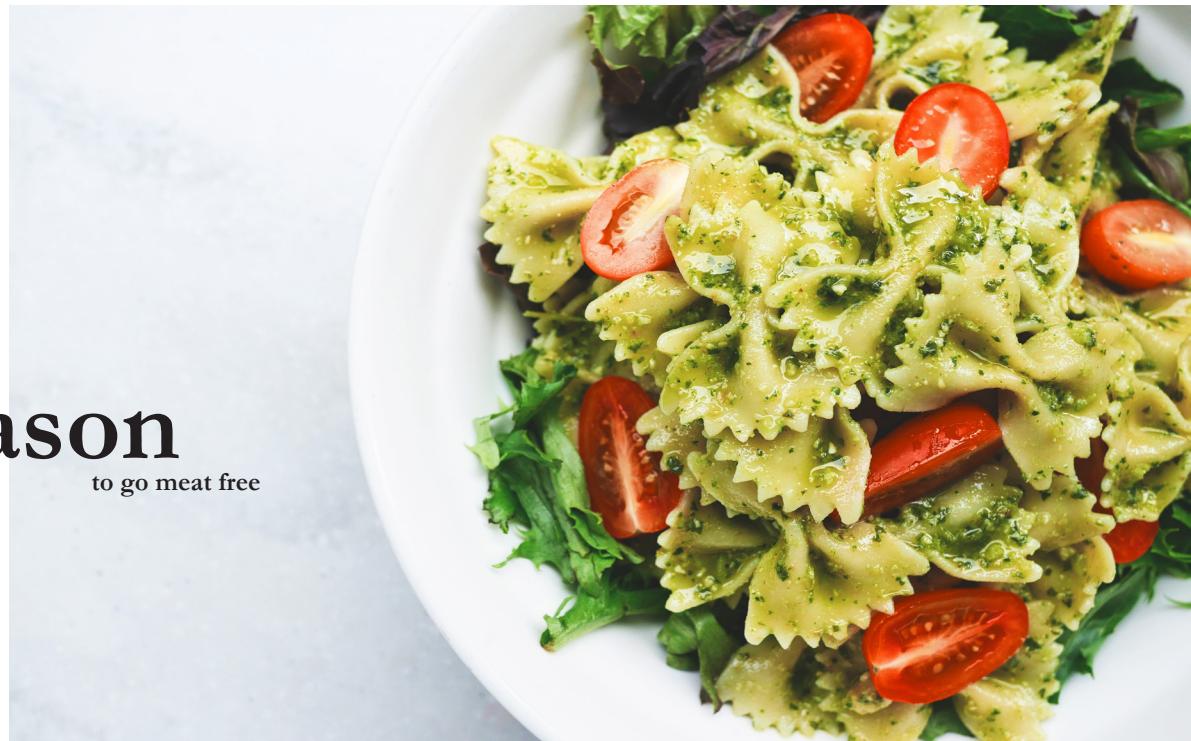
6 percent of the population, or 3.6 million people, are vegetarians, and 10 percent eat no red meat. This likely makes the UK the European country with the largest proportion of its population that is vegetarian. In Europe, vegetarians are an estimated ten percent of the population. Worldwide, vegetarians total 375 million.



375

Reason

to go meat free



You'll ward off disease. Vegetarian diets are more healthful than the average American diet, particularly in preventing, treating or reversing heart disease and reducing the risk of cancer. A low-fat vegetarian diet is the single most effective way to stop the progression of coronary artery disease or prevent it entirely. Cardiovascular disease kills 1 million Americans annually and is the leading cause of death in the United States.

But the mortality rate for cardiovascular disease is lower in vegetarians than in nonvegetarians, says Joel Fuhrman, MD, author of *Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss*. A vegetarian diet is inherently healthful because vegetarians consume less animal fat and cholesterol (vegans consume no animal fat or cholesterol)

and instead consume more fiber and more antioxidant-rich produce another great reason to listen to Mom and eat your veggies!

You'll live longer. If you switch from the standard American diet to a vegetarian diet, you can add about 13 healthy years to your life, says Michael F. Roizen, MD, author of *The RealAge Diet: Make Yourself Younger with What You Eat*. "People who consume saturated, four-legged fat have a shorter life span and more disability at the end of their lives. Animal products clog your arteries, zap your energy and slow down your immune system. Meat eaters also experience accelerated cognitive and sexual dysfunction at a younger age."

Want more proof of longevity? Residents of Okinawa, Japan, have the longest life expectancy

of any Japanese and likely the longest life expectancy of anyone in the world, according to a 30-year study of more than 600 Okinawan centenarians. Their secret: a low-calorie diet of unrefined complex carbohydrates, fiber-rich fruits and vegetables, and soy.

You'll build strong bones. When there isn't enough calcium in the bloodstream, our bodies will leach it from existing bone. The metabolic result is that our skeletons will become porous and lose strength over time. Most health care practitioners recommend that we increase our intake of calcium the way nature intended through foods. Foods also supply other nutrients such as phosphorus, magnesium and vitamin D that are necessary for the body to absorb and use calcium.

People who are mildly lactose-intolerant can often enjoy small amounts of dairy products such as yogurt, cheese and lactose-free milk. But if you avoid dairy altogether, you can still get a healthful dose of calcium from dry beans, tofu, soymilk and dark green vegetables such as broccoli, kale, collards and turnip greens.

You'll ease the symptoms of menopause. Many foods contain nutrients beneficial to perimenopausal and menopausal women. Certain foods are rich in phytoestrogens, the plant-based chemical compounds that mimic the behavior

of estrogen. Since phytoestrogens can increase and decrease estrogen and progesterone levels, maintaining a balance of them in your diet helps ensure a more comfortable passage through menopause. Soy is by far the most abundant natural source of phytoestrogens, but these compounds also can be found in hundreds of other foods such as apples, beets, cherries, dates, garlic, olives, plums, raspberries, squash and yams. Because menopause is also associated with weight gain and a slowed metabolism, a low-fat, high-fiber vegetarian diet can help ward off extra pounds.



Why haven't you gone vegetarian?



Vegan Crunchwrap

INGREDIENTS

Spicy Sofritas Tofu

- 3 tablespoons olive oil
- 16 ounces extra firm tofu (press out some liquid first)
- 2 tablespoons taco seasoning (add about 1 teaspoon salt if it's unsalted)
- 2 chipotle peppers, minced
- 1/3 to 1/2 cup salsa

Cashew Queso

- 1 cup cashews
- 1/2 cup water
- 1 can diced green chiles (or less, to taste)
- 1 teaspoon taco seasoning (add a pinch of salt if it's unsalted)

Crunchwraps

- huge burrito-sized flour tortillas
- something crunchy: tostadas, tortilla chips or, dare I say, Doritos / Hot Cheez-Its (!!)
- roasted vegetables
- black beans
- avocados
- fresh stuff: tomatoes, cabbage slaw, lettuce, cilantro
- salsa

INSTRUCTIONS

Sofritas Tofu: Heat oil over medium high heat in a large nonstick skillet. Add tofu and break apart into crumbles. Add taco seasoning, salt, chipotles, and salsa. Get it all going in the pan, nice and hot. Finish by letting everything sit without stirring for another 10+ minutes (adding oil to prevent sticking as needed) until you get some nice browned, almost-crunchy pieces.

Cashew Queso: Blend everything together aggressively until smooth!

Crunch Wrap Time: Lay a large tortilla on a flat surface. Layer: tofu, queso, crunchy stuff, and any other extras you want in there. Fold in the edges of the tortilla toward the center. Place in a hot oiled skillet, seam side down. Cook for a few minutes on each side until the exterior is firm, crunchy, and golden brown.

Cut and serve!

1



First, put all your “base” stuff on the tortilla.

In this case, we used sofritas tofu, beans, and cashew queso. But this would also be the time for rice, roasted cauliflower or sweet potato, any other meat or meat alternative, etc.

2



Next up: your crunch.

Tostadas are easy and convenient. Doritos and Hot Cheetos are much more trashy and arguably more exciting.

3



Now we do the fresh stuff – lettuce, tomato, jalapeno, marinated cabbage, cilantro, etc.

I like to finish this layer with something sticky or creamy to help the top tortilla hold (for example, avocado).

4



Next, cut another piece of tortilla in a smaller size.

Place the smaller tortilla on top to avoid spillage.

5



Get foldin. Basically you want to pull the edges in towards the center, one over the other.

6



Hit up the skillet. Add a little oil or butter for good measure. Go for that crispy golden brown. And now crack it open and eat it. And no one will fault you for adding extra cashew queso over the top or, let's be real, just straight up DUNKING it.



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