

305 **Vegan**

MAY ISSUE





it takes you longer to eat this
pizza than to realize it is
dairy-free



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Amazing selection of pictures from the most adorable creatures. About the photographer: Mario Testino OBE is a Peruvian fashion and portrait photographer. His work has featured internationally in magazines such as Vogue, V Magazine, Vanity Fair and GQ.

8 **Top 4 Vegan Cosmetics**
Who wants animal tested makeup? We are pretty sure you are smart enough to not want it so we put together a list of our favorite to-go makeup! We have moved away from studying human disease in humans. We all drank the Kool-Aid on that one, me included. The problem is that [animal testing] hasn't worked, and it's time we stopped dancing around the problem. We need to refocus and adapt new methodologies for use in humans to understand disease biology in humans. —Dr. Elias Zerhouni

11-12 **Top 10 Yoga Studios**
We got your back. We did a little fieldtrip around Miami and visited the best yoga studios in town. Definitely worth trying out! Having attended and taught many yoga classes over the years, I've often pondered the question of what differentiates a good yoga class from a great yoga class. Sometimes the difference is obvious, such as when a teacher has technical expertise versus when a teacher doesn't. But often the quality of the class is not about such noticeable things.





Going Vegan in a Non-vegan World.

We have put together a list of the most popular restaurants in Miami that are not vegan but you can always find vegan options. Never hesitate to ask for a plate you ask to be modified.



NOBU

Nobu Miami Beach is the Miami outpost of Chef Nobu Matsuhisa's new Japanese cuisine empire. Nobu draws upon his classical training at sushi bars in Tokyo and his life abroad in Peru, Argentina, and around the world to create a whole new trend in Japanese cuisine, bringing a burst of excitement to the already famed scene of Miami Beach.

Nestled in the Eden Roc Hotel, Nobu adds an extra level of class and sophistication to the iconic hotel. Nobu's signature dishes such as Yellowtail with Jalapeño and Black Cod Miso are served to throngs of fans, proving that in the end, it is all about the food.

OFFERED VEGAN DISHES

- Baby Spinach with Dry Miso OR Ohitashi Style
- Field Greens and Paper Thin Vegetables
- Miso Soup with Tofu and Wakame
- Vegetable sushi
- Spicy vegetable Taco
- Edamame or spicy edamame
- Shishito
- Nobu Cesar Salad



CIPRIANI

Designed by Florentine architect Michele Bonan, Cipriani Downtown Miami features a chic blue and white nautical aesthetic inspired by the restaurant's waterfront setting, together with striped Venetian flooring, Murano chandeliers and floor-to-ceiling windows.

The restaurant's over 8,000 square foot space includes two levels, offers outdoor waterfront seating for a total accommodation of over 400 guests and perfect spaces for the most exclusive private events.

OFFERED VEGAN DISHES

- Mixed green salad
- Avocado & cherry tomatoes salad
- Minestrone soup
- Potato Gnocchi al pomodoro
- Spaghetti al oleo or pomodoro

STELLA MCCARTNEY

A Change Agent

By: Imran Amed

In a nondescript building tucked away on a quiet street in West London, Stella McCartney and her team are comparing the properties of a real leather shoe to the various non-leather swatches being considered neck, with faded blue jeans and non-leather boots. Pinned up against the wall are boards labeled: Heels, Mules, and cutouts. A large white table is scattered with moulds, lasts and uppers – as well as scissors, ID cards, empty glasses and a partially-eaten package of organic dark chocolate.

Women of differing ages, ethnicities and body types come in and out of the room with a constant flow of new ideas and creative references while McCartney acts as a kind of real-time editor, deciding what colours, materials and shapes feel right for the upcoming season. An assistant is frantically taking notes to capture McCartney's feedback while

snapping digital photos of the things that catch her eye. That non-leather thing was doing a bit of a leather thing, McCartney declares obscurely, at one point, caressing one of the samples and then draping it on top of her foot. With our pull-ons, there's always been a bit of a fit issue. So I what I found really exciting about Autumn was that they fitted.

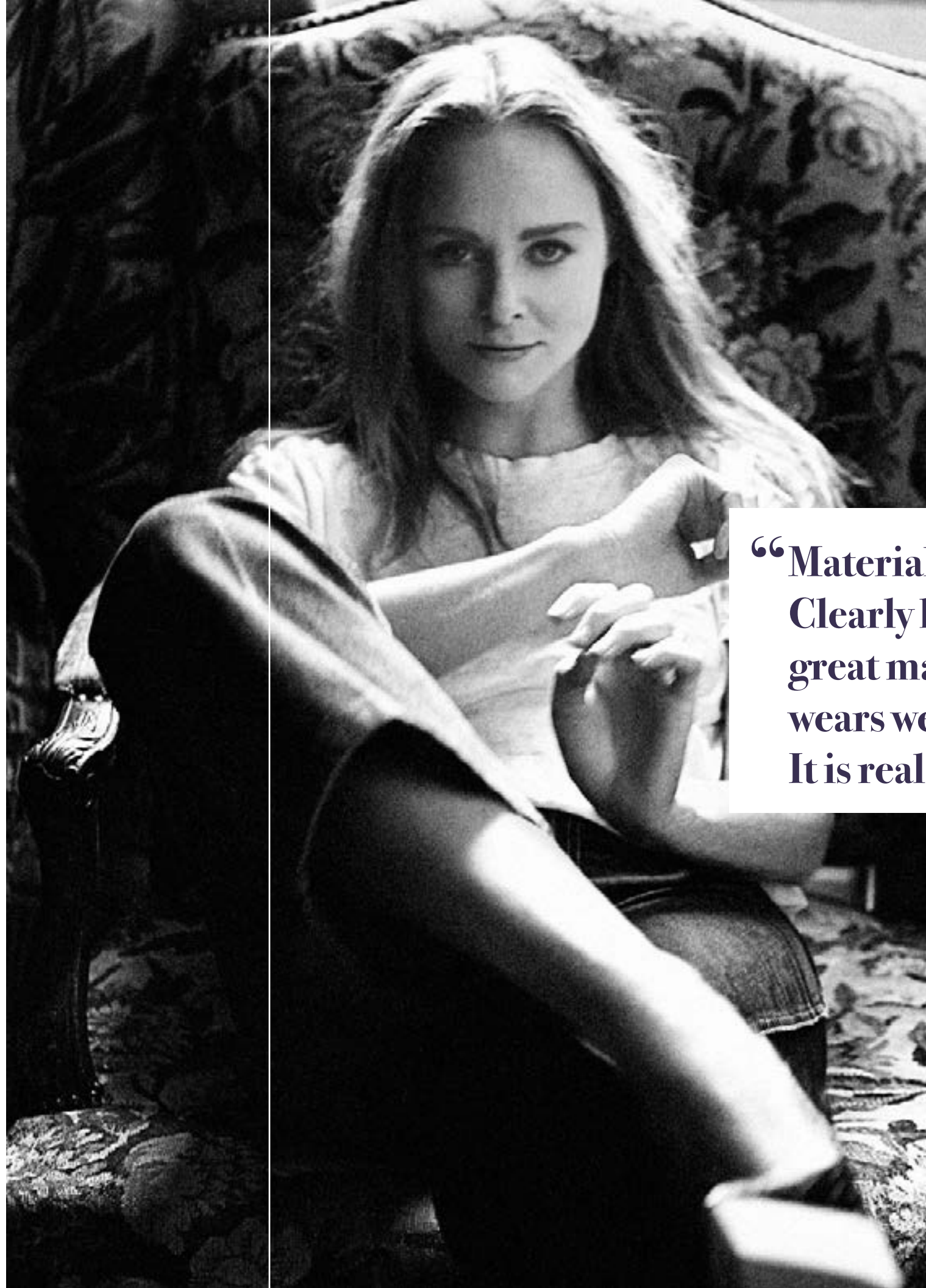
She is speaking in Stella McCartney code, but her team seems to understand exactly what she means. They go on to debate the shape of the toe, the size of the heel and whether this particular shoe shape would work best for day or evening. But soon, talk re-

turns to the materials. According to the brand's stated values, Stella McCartney does not use any animal products – no leather, no

fur, no skins, no feathers.

At this point, McCartney turns to me, a fly on the wall. We always have this conversation about our non-leathers. We are, of course, the most ethical and loving company in the fashion industry, She says half-joking, almost mocking herself, but at this stage I always have to apologise to my design-

“That non-leather thing was doing a bit of a good real leather thing.”



ers and creative team for the limitations [this creates].

It has the texture of a real leather, says one team member, examining a new fabric sample brought in by one of the junior designers. Even now, almost 15 years after the Stella McCartney brand was born, there are still limited non-leather materials suitable for making high-fashion accessories.

Material is hard, says McCartney, in her office, after the design meetings have concluded. Clearly leather is a great material. It wears well. It moves. You can wash it. It's real. One of the hardest things is to design something that is desirable and then to take that design and make it in a way that is not conventional. We're sourcing our own material, developing our own material – we're not using PVC.

McCartney's business was launched in 2001 in a 50/50 joint-venture with

“Material is hard. Clearly leather is a great material, it wears well. It moves. It is real.”

Kering, the French luxury conglomerate formerly known as PPR and, before that, Gucci Group. Kering does not break out Stella McCartney's revenues and profits, but recent growth in the brand's UK business is an interesting proxy for the company's overall momentum. Between 2010 and 2013, top line revenues at Stella McCartney Ltd, which includes two directly-operated stores, grew by more than 60 percent to £28.4 million (about \$44 million), with profits of £3.4 million (about \$5 million), according to filings at Companies House in London.

But this represents only a fraction of the total Stella McCartney business, operated through several other companies incorporating 30 directly-operated stores, 20 franchised stores and 600 wholesale accounts in more than 70 countries around the world. Market sources estimate annual



DO IT
FOR THEM



BEST OF THE BEST in miami.



SALADS

LOVE LIFE CAFE:

They have the best salads in the world in this café. Everything they do is vegan organic and with lots of love. The favorite salad is Nick's Kale Salad, but the Love Life Salad gives it a run for its money! Even if you don't feel like ordering anything from the menu, they'll create something for your wants and needs!

DESSERTS

BUNNIE CAKES:

Cupcakes are good. Cruelty-free cupcakes are even better. This adorable little sweets shop located in Wynwood has legions of loyal fans who flock for their guava, red velvet, chocolate chip and other mouthwatering cupcake choices. Now they do rewards program: for every dollar you spend, you get one point. When you reach 20 points you get any cupcake you want for free!



BREAKFAST

CHOICES CAFE:

Choices Cafe has expanded to five locations in Miami, and then plan on expanding even more. They have the best pancakes (you pick the toppings you want in each of them). Their tofu omelet is also delish!



4 VEGAN beauty essentials.

by Kaitlyn Mekertich

The glitz and glamour of cosmetics is not as easy breezy as you may think. While numerous cosmetics companies have stopped testing on animals or have remained cruelty-free, many other companies have not yet adopted this policy.



flawless face:

To achieve the look of a glowing goddess, 100% Pure's Fruit Pigmented Tinted Moisturizer is the way to go. This company prides itself on being 100-percent natural, 100-percent vegan, and 100-percent gluten-free. Pigments of peach, cocoa bean, cucumber juice, and cinnamon are some of the few wholesome ingredients packed inside the bottles. After just one small

pump and effortless application, your skin will look smoother and brighter than ever before. But what do you do when you run into the age-old beauty quandary and need to go powder your nose? Ecco Bella has the ultimate Flower Color Face Powder to keep handy in your purse at your convenience. The talc-free powder comes in four shades to match to your skin tone perfectly, and will never fail to absorb any unwanted oil.

chic cheek:

Want to play up your pretty cheekbones? Look no further than Tarte Cosmetics' Maracuja Blush and the Glow Brightening Luminizer and Cheek Tint. The two-in-one product allows you to enhance the look of your complexion and create a dewy glow and also make your cheekbones pop. This product can also be applied to bare skin when you are on the go for a low-key, low-maintenance look.



enchanting eyes:

For a super-pigmented blast of color on your lids, Urban Decay has created the perfect line of eye shadows. With the colors ranging from deep mocha to mermaid blue shimmer, your lids will always align with your whims. To add some definition to your eyes, Urban Decay also makes a great eye pencil that stays put for as long as you need it to. The 24/7 Glide-On Pencil comes in 15 vegan colors to please all personalities and suit all occasions.



luscious lips:



Lip Tar by Obsessive

Cosmetics is the lovechild of the classic matte lipstick and modern lip gloss, and beauty editors can't get enough of it. The greatest part about this product is that it is extremely concentrated; a little really does go a long way. The second greatest thing? It feels weightless on your lips. But before you complete your fresh, polished face with

some long-lasting lip color, hydrate your pout with Stark Skincare's Grapefruit Cleanse + Hydrate Balm.

As you can see, there are still plenty of fabulous cosmetic companies out there that aim to please their customer's beauty wishes while still caring for animals with the utmost compassion. Now go and give yourself a fabulous makeover.

RECIPES



BREAKFAST:

Cinnamon Peach Skillet Rolls with Peach Glaze

1 cup warm water
1 packet dry active yeast
4 Tbsp. sugar
2 cups all-purpose flour, plus more for flouring surfaces
2 cups whole-wheat flour
1 1/2 tsp. sea salt
1/2 cup olive oil
1 Tbsp. applesauce
1 tsp. ground flaxseed
1 tsp. vanilla Coconut oil, for greasing
1/2 cup vegan margarine, melted
1 cup brown sugar
1 Tbsp cinnamon
1 1/2 cups frozen peaches, defrosted
1/2 cup peach juice from the frozen peaches
2 cups powdered sugar

Directions:

Whisk together the water, yeast, and 2 tablespoonfuls of the sugar in a small bowl. Let sit for 5 minutes. In a large bowl, combine the flours, salt, olive oil, applesauce, flaxseed, and vanilla with an electric handheld mixer using bread hooks. Pour the yeast into the flour mixture and blend until smooth. Use a spatula to scrape the sides and incorporate all the dry ingredients. Cover and let rise in a warm spot for 1 hour. Grease a cast-iron skillet with coconut oil. Roll out the dough on a floured surface into a 10-inch-by-18-inch rectangle. Brush with the melted vegan margarine and sprinkle with the brown sugar and cinnamon. Place the peach slices in a single layer over the dough. Roll the dough into a tube and cut into 1 1/2-inch slices using a knife with a serrated blade or a cheese wire. Gently tuck the loose end under the roll. Place all the slices into the skillet so they are touching. Roll any leftover dough into little balls that you can tuck into any open spots between the rolls. Bake for 30 to 45 minutes, or until the rolls are golden brown.



LUNCH:

Rice, Bean, and Kale Bowl With Lemon-Dill Tahini

1 can black beans
1 cup tahini or hummus
1/2 cup lemon juice
1 Tbsp fresh dill
1 cup cooked brown rice
1 bunch kale, steamed
1 Tsp vegan Parmesan (optional)

Directions:

- Heat the black beans in a medium saucepan on medium heat.
- Mix the tahini, lemon juice, and dill together in small container until the consistency resembles dressing.
- Layer the cooked brown rice, black beans, and steamed kale in a bowl and top with the tahini dressing. Sprinkle with vegan Parmesan and enjoy! While the rolls are baking, whisk together the peach juice and powdered sugar until smooth.
- Let the rolls cool for 15 minutes, then drizzle with the peach glaze. Let cool for another 5 minutes. Serve warm.



DINNER:

Root-Vegetable Fritters Green Lentils Fig Chutney

For the Fritters:

3 cups peeled and cut into 1-inch square chunks
1/2 cup vegan cream
2 Tbsp. vegan margarine
Olive oil for frying
2 cups parsnips, peeled and coarsely grated
1 cup celery root, peeled and coarsely grated
Salt and pepper, to taste

For the Green Lentils:

3 cups water
1 cup green lentils
1 Tbsp. soy sauce
1 small red onion, finely chopped
3 sun-dried tomatoes, drained and chopped

For the Fig Chutney:

1 1/4 cups chopped ripe figs
1 small onion, finely chopped
3 Tbsp. sugar
2 1/2 Tbsp. vinegar (red wine or cider)
2 Tbsp. water
1 1/2 Tbsp. raisins
1/2 tsp. salt
1/2 tsp. ground coriander
1/2 tsp. ground ginger

Directions:

- In a large pot, boil the potato chunks in water until tender. Drain and return to the pot. Add the vegan cream and margarine and mash. Set aside to cool.
- Pour a generous splash of olive oil into a frying pan and gently fry the grated parsnips and celery root until lightly browned. Add to the potatoes, along with salt and pepper to taste, and mix well.
- With your hands, form eight round, flat fritters.
- Heat some more olive oil in a large frying pan. Fry the fritters until one side is golden and crispy. Using a spatula, gently lift and turn each fritter over. Fry the other side and gently place on a paper towel.
- Add the water and lentils to a large saucepan. Bring to a boil. Cover, reduce the heat, and simmer until tender, about 25 minutes. Drain and return to the saucepan.
- Add the remaining green lentil ingredients. Cook together for 10 minutes over medium heat. Set aside.
- Put all of the fig chutney ingredients in a medium-sized saucepan. Heat gently until the sugar dissolves, stirring frequently.
- Simmer over low heat until the mixture thickens and becomes darker, about 40 minutes.
- Spoon into a bowl and leave to cool.



TOP 10 YOGA STUDIOS IN MIAMI

By Clarissa Buch

It's official: Yogis have taken over Miami. They outnumber juice bars and frozen yogurt shops combined. From the über-luxurious — with classes costing \$30 to \$40 apiece and memberships going for \$2,000 to \$3,000 per year — to hole-in-the-wall rooms and free sessions in gardens, Miami is all about namaste. As it happens, Western science is starting to provide some concrete clues as to how yoga works to improve health, heal aches and pains, and keep sickness at bay. Once you understand them, you'll have even more motivation to step onto your mat, and you probably won't feel so tongue-tied the next time someone wants Western proof. Whether you practice on a mat

or in the air (flying yoga is a real thing), these studios will satisfy your craving. From one-day-only class options to session packs and monthly memberships, one of these yogi havens will make your plank less painful and your child pose last longer. Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes, never mind do a backbend. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. You'll also probably notice that aches and pains start to disappear. That's no coincidence. Tight

hips can strain the knee joint due to improper alignment of the thigh and shinbones. Tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain. And inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture.

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility.

If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Spinal disks—the shock absorbers between the vertebrae that can herniate and compress nerves—crave movement. That's the only way they get their nutrients. If you've got a well-balanced asana practice with plenty of backbends, forward bends, and twists, you'll help keep your disks supple.

10. Plank Yoga Studio

This Aventura studio offers semiprivate classes. That means each class size is limited, which allows instructors to be more hands-on with each student. Classes are open to all levels and cost \$30 per session. For \$250, you can get an unlimited membership.

9. I am Equilibrium

Considered a holistic gym, I Am Equilibrium in Doral is

not just a yoga studio — it's a place for guests to heal and inspire. Classes range from ab- and glute-intensive aerial sessions to candlelit sessions, breathing and stress exercises, and chakra classes. The studio also holds workshops and training sessions that focus on specific topics. A five-class package costs \$60. Unlimited classes for one month is \$99. It's an amazing place to get back into fitness if that is what you want.

8. 305 Yoga & Outreach

At locations in Miami Shores and Miami Lakes, yoga transcends the mat. Besides leading 60-, 75-, and 90-minute vinyasa sessions, 305 Yoga's founder, Terri Cooper has created Yoga Gangsters, a national nonprofit that uses yoga to serve youth in crisis. Her organization offers free yoga programs to thousands of children in schools, jails, and shelters. Joining this studio gives you the chance to help yourself as well as others. Sign up for a class online for \$18, or pay \$20 at the door. Class cards and memberships range from \$90 to \$300.

7. Love Life Wellness Center

This Wynwood studio offers more than just yoga classes — it's a center of wellness with a juice bar and café, health and lifestyle counseling, massage rooms, and a gear store. The place offers vinyasa at all levels, in addition to hot and restorative yoga and kids' classes. Drop in for \$20 or shell out \$160 a month for unlimited classes. Amazing energy!

6. Ayama Yoga Center

If you thought yoga was a fancy excuse to lie on the ground in weird positions for an hour, think again. At Ayama Yoga Center, located at NE 163rd Street and Biscayne Boulevard, you learn to fly. Instead of a traditional vinyasa session, hammocks add an aerial dimension. Whether you're a frequent flyer, a seasoned yogi who's never flown before, or new to yoga, Ayama's aerial class welcomes all ages and levels. There are also hatha, flow, and meditation classes. A single class costs \$22, and an unlimited monthly pass is \$240.

W5. Green Monkey Miami Beach

Green Monkey has outposts across South Florida, but its Miami Beach location offers a variety of class styles, including beachside or waterfront sessions. Right now the studio is offering the first month of unlimited yoga classes for \$69 — a steal compared to most studios. If you have not been here yet, I would suggest stopping by, it is really worth it! They say nature heals, and they were not wrong. Perfect mix of yoga with the beach environment.

4. Trio Yoga

Located in midtown, right between Wynwood and the Design District, Trio caters to your mind, body, and spirit. Besides traditional classes, like flow, hatha, and restorative yoga, the studio offers acroyoga — a partner class mixing acrobatics, yoga, and healing arts. Get a week of unlimited classes for \$65 or a month for \$190.

3. Miami Life Center

From offering an introduction to yoga experience to morning

sessions and more advanced classes, Miami Life Center runs different classes all day long at its South of Fifth location in Miami Beach. Parking is free on residential streets Monday through Friday before 6 p.m.

2. Class Pass App

Every yoga studio brings something different — from traditional on-the-mat classes to meditation and breathing exercises, semiprivate experiences, and even flying yoga. If you can't decide where to splurge, consider the Class Pass app. Users pay \$99 per month to attend a bevy of studios across the city. But there's a catch: A user can go to the same studio only three times. Still, with most of these studios charging a small fortune, it's worth it. Participating studios include 305 Yoga, Ayama Yoga, Green Monkey, Bikram Yoga, Miami Life Center, Trio Yoga, and more than 40 others scattered across Miami-Dade.



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