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Kia ora

Below are links you may find helpful and due to high demand there are some recipes for inspiration below as well 😊.

Please feel free to contact me with any further questions, if I can help in any way or if you would like to request me to speak for free to other groups in the future.

Stay inspired and eat well,

Emily Rushton

Ora Taiao: New Zealand's Climate and health council – Website

<http://www.orataiao.org.nz/>

Facebook page

<https://www.facebook.com/OraTaiao>

Go Vegan Website for free pamphlets and support on plant-based diets <http://govegan.org.nz/>

The best fish guide

<http://www.forestandbird.org.nz/best-fish-guide-13-14>

Presentation

<http://www.slideshare.net/>

[EmilyRushton2/climate-change-and-health-is-food-a-major-player](http://www.slideshare.net/EmilyRushton2/climate-change-and-health-is-food-a-major-player)

Great, easy to read and **free book** on **how to cope and motivate others** when trying to engage on ethical initiatives. Up-to-date, from research and NZ author.

<https://www.psych.auckland.ac.nz/en/about/our-staff/academic-staff/niki-harre/psychologyforabetterworld.html>

A guide to going plant-based

<http://my.personalmedicare.com/how-to-become-a-vegan-12-tips-from-the-experts/>

[com/how-to-become-a-vegan-12-tips-from-the-experts/](http://my.personalmedicare.com/how-to-become-a-vegan-12-tips-from-the-experts/)

Climate Diet Aotearoa New Zealand facebook page

[https://www.facebook.com/](https://www.facebook.com/climatedietnz)

[climatedietnz](https://www.facebook.com/climatedietnz)

Recipe's

2 Ingredient Vegan & Sugar-Free Ice Cream

<http://www.movenourishbelieve.com/recipes/2-ingredient-vegan-sugar-free-ice-cream/>

[com/recipes/2-ingredient-vegan-sugar-free-ice-cream/](http://www.movenourishbelieve.com/recipes/2-ingredient-vegan-sugar-free-ice-cream/)

Homemade Seitan – The vegetarian wheat-meat

<http://www.vrg.org/recipes/vjseitan.htm>

Mayo

[http://cleangreensimple.com/](http://cleangreensimple.com/2011/04/vegan-mayonnaise/)

[2011/04/vegan-mayonnaise/](http://cleangreensimple.com/2011/04/vegan-mayonnaise/)

Crazy cake

[http://www.](http://www.sweetlittlebluebird.com/2013/03/tried-true-tuesday-crazy-cake-no-eggs.html)

[sweetlittlebluebird.com/2013/03/tried-true-tuesday-crazy-cake-no-eggs.html](http://www.sweetlittlebluebird.com/2013/03/tried-true-tuesday-crazy-cake-no-eggs.html)

Coconut and peanut aubergine curry

[http://www.olivemagazine.com/](http://www.olivemagazine.com/recipes/coconut-and-peanut-aubergine-curry/10070.html)

[recipes/coconut-and-peanut-aubergine-curry/10070.html](http://www.olivemagazine.com/recipes/coconut-and-peanut-aubergine-curry/10070.html)

Roasted Vegetable Lasagne

[http://inourishgently.com/roasted-](http://inourishgently.com/roasted-vegetable-lasagna/)

[vegetable-lasagna/](http://inourishgently.com/roasted-vegetable-lasagna/)

Raw cheese

[http://www.1millionwomen.com.](http://www.1millionwomen.com.au/2014/03/27/make-your-own-vegan-cheese/)

[au/2014/03/27/make-your-own-vegan-cheese/](http://www.1millionwomen.com.au/2014/03/27/make-your-own-vegan-cheese/)

Strawberry Whip external/Strawberry-Whip-481083	http://www.yummly.com/recipe/
Cranberry Cashew Choc Balls 2013/12/cranberry-cashew-choc-balls/	http://healthystories.com.au/
7 Ingredient Cheesecakes (My Omnivore Family's fav) ingredient-vegan-cheesecakes/	http://minimalistbaker.com/7-
Whipped cream or mousse recipes/non-dairy-whipped-cream-and-chocolate-mousse/	http://www.vegetarian.org.nz/
Parmesan cheese make-vegan-parmesan-cheese/	http://minimalistbaker.com/how-to-
Chocolate mousse pots recipes/chocolate-recipes/vegan-chocolate-pots/##27jZECFXybf5YrKS.97	http://www.jamieoliver.com/
Aquafaba amazingness (Chickpea water) new/blog/13-amazing-things-you-can-do-aquafaba	https://www.vegansociety.com/whats-
Cauli-power Fettuccine 'Alfredo' power-fettuccine-alfredo-vegan/	http://ohsheglows.com/2014/01/20/cauli-
Impromptu Vegan Mushroom Gravy 2008/11/mushroom-lentil-and-wild-rice-timbales.html#gravy	http://blog.fatfreevegan.com/
Simple Tofu Quiche quiche/	http://minimalistbaker.com/simple-tofu-