

## SIGN UP FOR PLANT SWOP'S MONTHLY NEWSLETTER

Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt.

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*Chef Anne Callaghan*

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## A TASTE OF SPRING APRIL SHOWERS BRING GARDEN FRESH SPRING PEAS



### ENGLISH PEA + LEEK SOUP

#### SWOP OUT DAIRY WITH UNSWEETENED COCONUT MILK

This rich and fragrant fresh green pea and leek soup is a refreshing taste of spring. Available spring through early summer, farm fresh English peas are optimum, but flash-frozen freshly harvested peas are great for the off-season. Blended with fresh mint and thyme, unsweetened coconut milk thickens and adds a silky-smooth texture. Serve chilled on a warm day or piping hot on a chilly night.

RECIPE

### ALL THE OOE + GOO WITHOUT THE MOO + COO®

Swop out dairy and eggs with plant-based options

#### SWOP OUT DAIRY WITH COCONUT MILK OR CREAM



Coconut milk or cream is milky-white and opaque. Extracted from coconut pulp, the high oil content accounts for its rich sweet, vanilla-caramel, creamy, and nutty flavor. Coconut milk or cream is an excellent choice for sweet and savory; baking, soups, sauces, and recipes calling for high-fat milk or cream.

SWOP

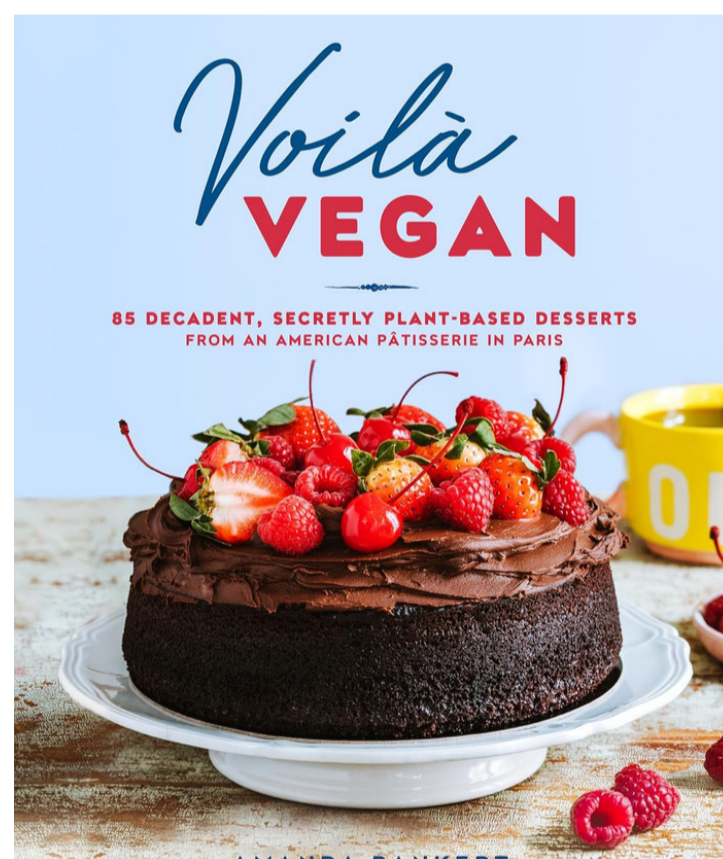
### CHECK OUT THESE GREAT TOOLS AND RESOURCES

#### VOILÀ VEGAN

BY AMANDA BANKERT

85 Decadent Plant-Based Desserts from an American Pâtisserie in Paris. Plant-based sweets adored by even the most discerning pastry lovers.

Since 2016, Amanda Bankert has been the surreptitious purveyor of vegan treats in the world's most donut-obsessed city: Paris. It started with donuts; Bankert, an American expat, brought the first artisanal versions of the stateside delicacy to France with her bakery, Boneshaker, in the 2nd arrondissement. Boneshaker then expanded from donuts, to brownies, to French desserts like macarons and profiteroles—all made without dairy or eggs—and the Parisians who devoured her wares didn't even notice.



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#### IDOO HYDROPONICS 12 POD GROWING SYSTEM KIT

Grow your own fresh herbs, lettuce and veggies all year long. The hydroponic growing system kit comes with 4.5 L water tank, LED grow light with full-spectrum, and a circulation system that keeps water fresh. 12 Pods, Indoor Herb Garden, with LED Grow Light, Built-in Fan, Auto-Timer, Adjustable Height Up to 11.3".

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#### 12 CULINARY HERBS SEEDS VARIETY PACK

Organo Republic

Gardening Kit: 12 Culinary Herbs Seeds Variety Pack NON-GMO Heirloom Seeds

VARIETY PACK 7,350+ seeds including: Basil Italian, Basil Lemon, Basil Purple, Basil Thai, Chervil, Chives, Cilantro, Dill, Italian Parsley, Lemon Balm, Oregano and Sage.

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#### 10 LETTUCE & SALAD GREENS VARIETY PACK

Organo Republic

Gardening Kit: 10 Lettuce & Salad Greens Seeds NON GMO Heirloom Seeds

VARIETY PACK 13,000+ seeds including: Arugula, Kale, Spinach, Iceberg Lettuce, Romaine Lettuce, Collards, Swiss Chard, Curled Mustard Mache and Radicchio.

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