

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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MAY BRINGS SPRING 'ZUCCHINI' FLOWERS



ALL THE OOE + GOO WITHOUT THE MOO + COO®

Swop out dairy and eggs with plant-based options

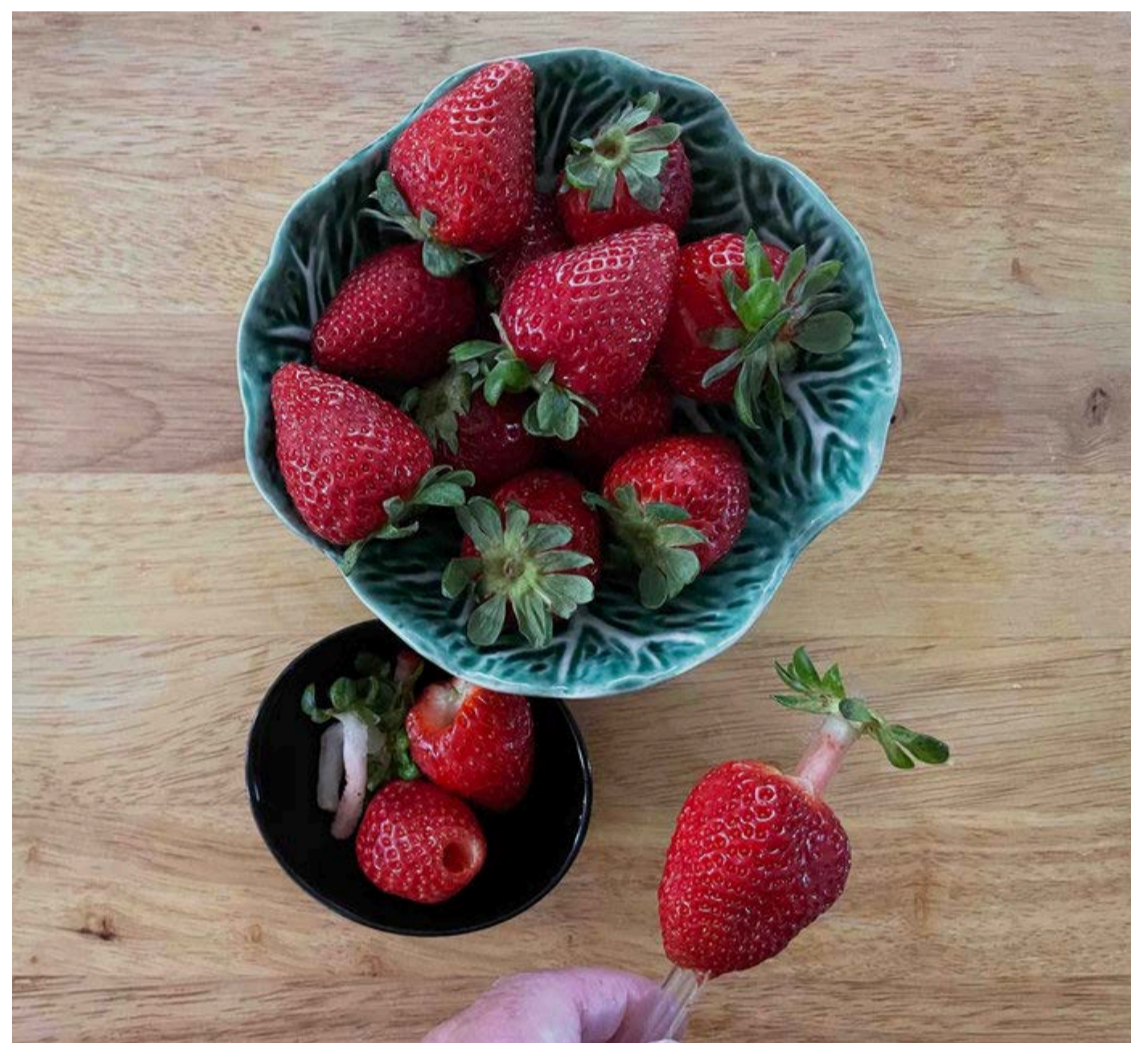


**ZUCCHINI SOUP
SWOP OUT DAIRY WITH UNSWEETENED COCONUT MILK**

Whether you call it zucchini, courgette, summer squash, or marrow, this nutrient-rich vegetable has a fresh, mild flavor, and is incredibly versatile. Made with just a few ingredients, this naturally creamy satisfying soup is gluten-free, and dairy-free. Simple yet delicious, it makes a healthy meal option for any day of the week.

RECIPE

CHEF TIP



**NO KNIFE
KID-FRIENDLY HACK
TO HULL OUT
STRAWBERRIES**

Reuse plastic or metal straws to quickly remove the hull from strawberries.

1. Wash berries.
2. Insert the straw in the narrow end, and push.
3. The stem and hull come out on the end of the straw.

Quick, fun, & easy!

**90-YEAR-OLD PLANT-BASED PIONEER ANN ESSELSTYN
SETS DEAD HANG WORLD RECORD**



Ann Esselstyn, 90, just set a Guinness World Record with a nearly three-minute dead hang, proving strength and plant-based living can go hand in hand. When most 90-year-olds exercise, they opt for light walks, gardening, or maybe a little swimming. But Ann Esselstyn isn't most 90-year-olds.

In February 2026, the nonagenarian set out to break the world record for the oldest person to hold a dead hang, a move that involves supporting your body weight while hanging from a bar.

by *Charlotte Pointing*, April 9, 2026 - [READ ARTICLE VEG NEWS](#)

[CHECK OUT ANN'S RECORD ON ESSELSTYN'S FAMILY 'PLANTSTRONG' WEBSITE](#)

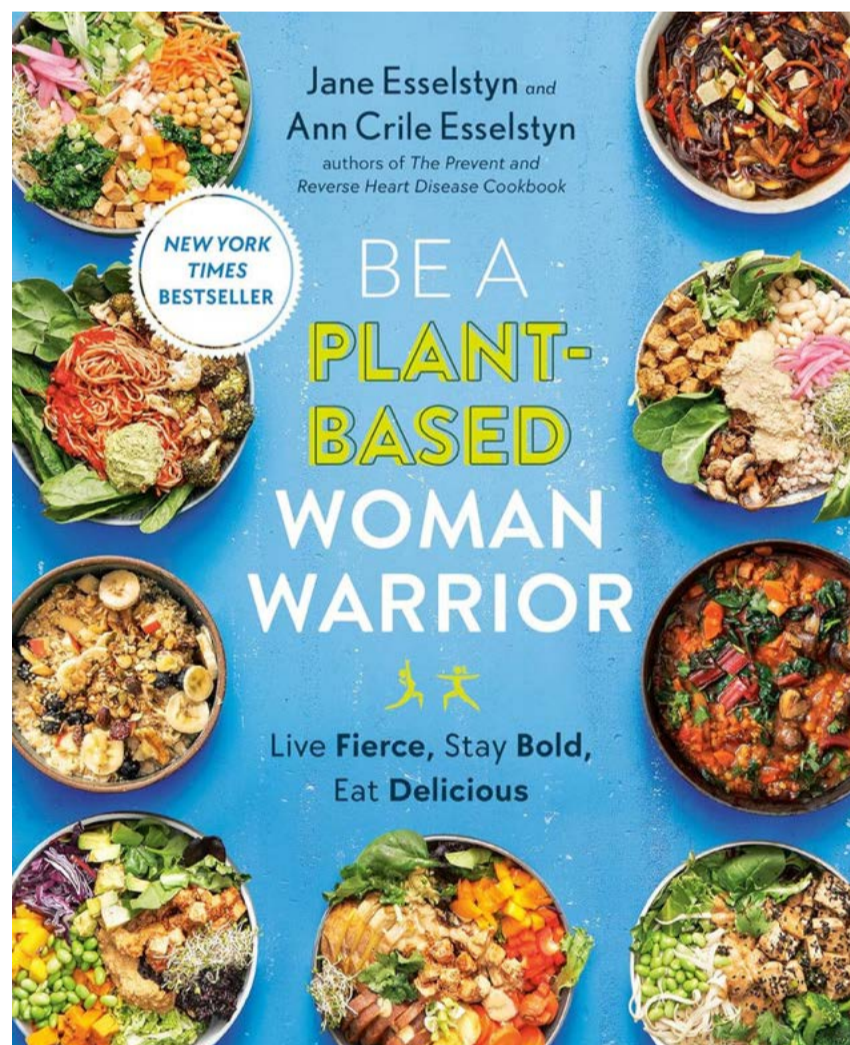


**BE A PLANT-BASED WOMAN WARRIOR:
LIVE FIERCE, STAY BOLD, EAT DELICIOUS**

BY ANN & JANE ESSELSTYN

The original “Julia Child of plant-based cooking” teams up with her daughter to offer a multigenerational celebration of the power of a plant-based lifestyle—with 125 recipes.

The Esselstyn family is three generations plant-based strong. Encouraged to create recipes without dairy and meat when her husband's research pointed to the impact of diet on reversing disease, Ann Esselstyn began feeding her family creative, plant-based meals more than thirty years ago. She and her daughter, Jane Esselstyn, are bolts of energy from the same strike of lightning and have become fierce, big-spirited advocates for a plant-based lifestyle, reaching hundreds of thousands of fans through their previous books and their popular YouTube channel



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**THE FAMILY BUSINESS - ANN'S SON RIP ESSELSTYN
NEW YORK TIMES BESTSELLING BOOK**



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**THE ENGINE 2 SEVEN-DAY RESCUE
DIET: EAT PLANTS, LOSE WEIGHT,
SAVE YOUR HEALTH**

by Rip Esselstyn

The runaway New York Times bestselling diet that sparked a health revolution is now simpler and easier to follow than ever!

The Engine 2 Diet has sold hundreds of thousands of copies and inspired a plant-based food revolution. Featuring endorsement from top medical experts and a food line in Whole Foods Market, Engine 2 is the most trusted name in plant-based eating. Now, Esselstyn is presenting a powerful, accelerated new Engine 2 program that promises staggering results in record time. In just one week on The Engine 2 Seven-Day Rescue Diet, readers can expect to: Lose weight, Lower total cholesterol, Lower triglycerides, and Lower blood pressure.

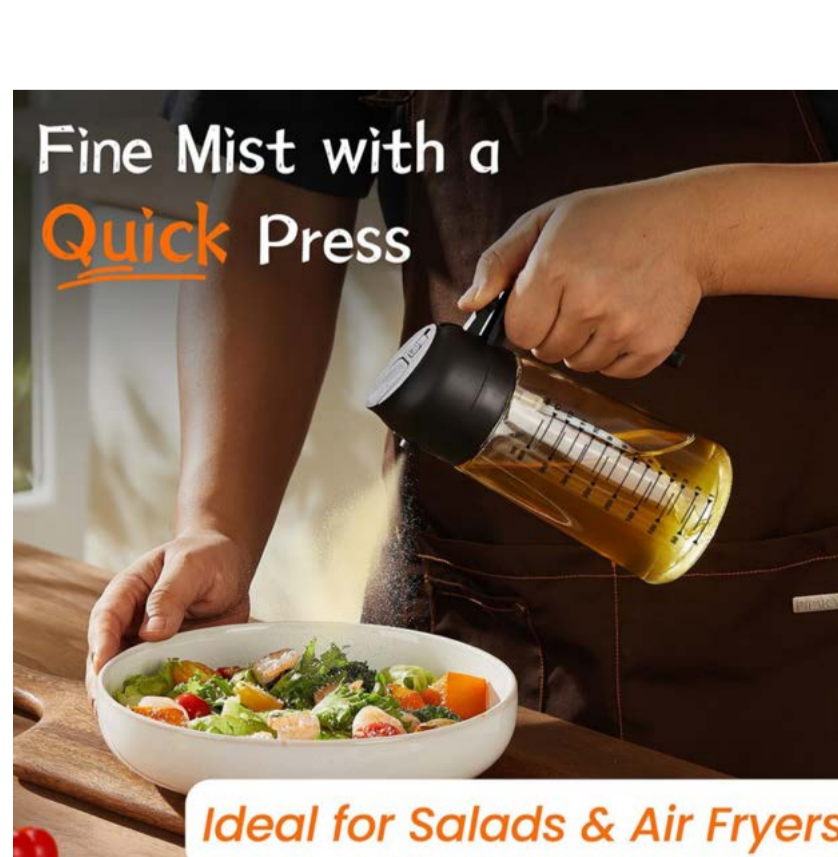
**CHECK OUT THESE GREAT TOOLS
AND RESOURCES**



**ZULAY KITCHEN METAL 2-IN-1
LEMON-LIME SQUEEZER**

Sturdy Max Extraction Hand Juicer Lemon-Lime Squeezer Gets Every Last Drop!
Easy to Clean, rust resistant, manual citrus juicer with seed filter / Yellow-Green

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**TRENDFPLAIN GLASS OIL SPRAYER
& DISPENSER**

TrendPlain 16oz/470ml Glass bottle
2 in 1 Oil Sprayer and Dispenser for Cooking, Air Fryer, BBQ – Clear glass with Black Lid

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