

LAST BLAST OF SUMMER



LET'S SCREAM FOR ICE-CREAM
Enjoy the delicious taste of summer with a scoop of creamy dairy-free strawberry ice cream—equally indulgent without the Moo and Coo ©

RECIPE



CREAMY CORN AND LEEK SOUP TASTES A-MAIZE-ING!
This delicious, rich and fragrant corn and leek soup is thick, creamy and dairy-free. Serve chilled on a warm day or piping hot on a chilly night.

RECIPE

MORNING PROTEIN BOOST

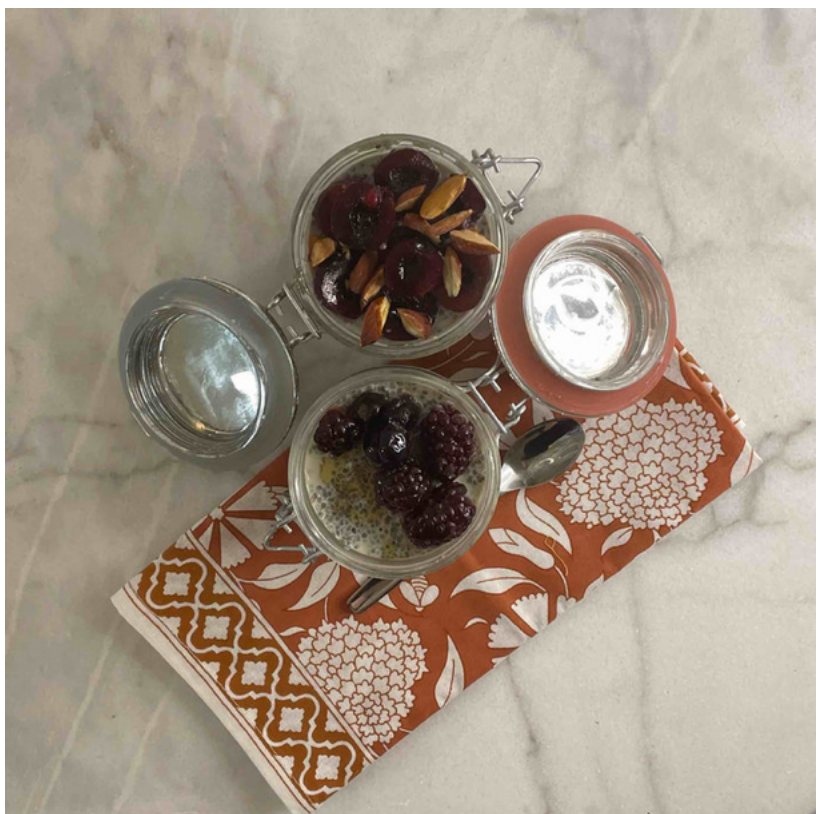


When combined with a liquid, ground or whole chia seeds become viscous with a thick, sticky egg white consistency.

CHIA SEEDS MAKE AN IDEAL REPLACEMENT FOR EGGS:
1 Tbsp Chia seed + 3 Tbsp Liquid = 1 Egg [click to learn more](#)

RECOMMEND BUYING
ANTHONY'S GOODS ORGANIC CHIA SEEDS

BUY



CHERRY BERRY CHIA PUDDING
Quick and easy to prepare the night before, this will quickly become a breakfast staple. Chia seeds are a good source of healthy omega-3 fatty acids, and when combined with vitamin and mineral-rich plant-based milk and antioxidant-dense fruit, make this a healthy and delicious breakfast choice.

RECIPE

MY-GO-TO KITCHEN HELPERS



KITCHENAID MULTI-USE SHEARS SET OF 2
Versatile Scissors with Nutcracker, Bottle Opener, Ergonomic Handles with Protective Blade Covers

BUY



FOOD HUGGERS
Replace wasteful plastic wrap and baggies with modern, reusable, and dishwasher safe Food Huggers and bags.

BUY



SCOTCH BRITE ADVANCED EXTREME SCRUB
Scotch-Brite Advanced Extreme Scrub, Ideal for Grills and Grates, 12 Pads

BUY

INFORMATIVE AND INSPIRATIONAL

Why humanity's fate depends on regenerative food
Oliver English | TEDxPacific Avenue



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

Chef Anne Callaghan

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