

Interview with Viviane of @whatveganslike

This month we caught up with the wonderful Viviane of the Instagram account @whatveganslike

Viviane lives in Munich, Germany and shares her beautiful vegan recipes and lifestyle with her 1000+ followers. We were inspired by Viviane's pictures of the beautiful food she cooks and especially her nice cream!

So, we asked her if she would mind answering a few of our questions for you lovely lot to read. Thankfully she said yes, so read on to find out more about veganism in Munich and the secret to nice cream...

We always start off with, when did you begin your plant-based journey?

I have been vegetarian for a long time but started my vegan journey five years ago in 2015. I had just moved to Spain, which was kind of challenging but I'm obsessed with fruit so this was a plus 😊

We wanted to know what inspired this lifestyle choice?

I'm vegan for the animals and for my health. Even though I was vegetarian for many years I didn't think I would ever go fully vegan. It wasn't until I was experiencing some health issues in 2015 that I began to fully dive into the topic of a plant-based diet and learn about the amazing health benefits it provides. I also educated myself and just did not want to contribute any longer to the harm the dairy industry is causing. That was when I went vegan and never looked back.

We agree, education is key and research is always a must before you embark on any change in your diet.

We are always intrigued to know what life is like around the world for fellow vegans so we asked.

Living in Munich, can you tell us a little bit about what it is like for people who follow a plant-based diet?

Munich is absolutely great for vegans! When I moved here two years ago I thought it would be tough due to the meat eating



culture in Bavaria. It is really easy to find delicious vegan food. Lots of restaurants offer vegan options and there are some fantastic fully plant-based restaurants too. There are a bunch of cafes with incredible vegan cakes, a fully vegan Japanese restaurant with the best sushi I've ever eaten so far. You can even get vegan food at Oktoberfest!

What would be your advice for anyone who is considering becoming vegan, or who is new to this lifestyle?

Two things- eat something you really enjoy and be kind to yourself. It might be kind of overwhelming to start off with, if you encounter recipes including lots of unknown ingredients. You can start by eating a vegan breakfast by replacing dairy with plant-based

alternatives. Then from there take it step by step.

Great advice!

Your Instagram account is full of wonderful and bright recipes that we just can't help drooling over! Can you tell us a little more about where you get your inspiration for new recipes?

Instagram is full of amazing vegan food so it's hard not to get inspired 😊

Most of the time I get inspired during the process of preparing food. Sometimes I start with the intention of making my regular banana bread and end up making chocolate cupcakes with a coconut cream frosting. I just love to get creative with ingredients and colours- sometimes it turns out fantastic and sometimes it doesn't work at all.

We just love your nice cream recipes they are absolutely divine! Would you mind sharing one of your recipes with our followers so they can have the pleasure of nice cream?

Thankfully Viviane agreed to share one of her recipes with us and we are so grateful! *Nice cream is a game changer. Who wouldn't love a big bowl of ice cream which tastes heavenly and is healthy? What I love about nice cream is that you can just get creative and it can be adjusted to everyone's tastes. You love nuts? Perfect just add some peanut butter. You want vacation vibes? Perfect, add some coconut water. You see there are so many options! One of my favourites is a pineapple coconut version:*

Recipe

- ♥ 2 cups frozen banana (make sure to use ripe, spotty bananas, peel and freeze overnight)
- ♥ 1.5 cups frozen pineapple
- ♥ ½ cup coconut water/milk

Instructions

Blend everything in a high speed blender. If you feel like your blender is not going to make it add more coconut. Top off with your favourite fruit, nuts, peanut butter, etc. Enjoy!

We are sure that everyone is as excited about the nice cream recipe as we are! Give us a moment while we reach for the bananas to put them in the freezer.....
Ok, last question.

What is your favourite plant-based meal/recipe?

Lentil Bolognese is an evergreen in my house. It's just so delicious and everybody loves it! I've posted my favourite recipe on my account. Go check it out, it's the perfect comfort food!

Before we head over to Viviane's Instagram page @whatveganslike to try her lentil Bolognese we wanted to say a massive thank you, that she has taken the time to share her journey with us.

We really enjoyed learning about vegan life in Munich, what inspired her to become vegan and her two invaluable pieces of advice.

We agree that research is key especially where nutrition is involved. We are, as are vegans all over the world, still learning every day about plant-based foods and the horrors that the dairy/meat industry impose. Veganism is most definitely a journey and as Viviane rightly said, be kind to yourself.

It is a good idea to start off small by changing little things, like using plant-based milk in tea or coffee. Change your butter to a dairy free alternative. Or why not give baking a try using alternatives such as banana and oil for your wet ingredients.

Whether you are already on a vegan journey or considering embarking on one there are lots of wonderful people out there who are willing to help and advise.

Recipes can be found on Viviane's Instagram page @whatveganslike as well as on our website www.soyoi.co.uk/recipes

Don't forget our little cookbook is available on Amazon both in kindle and paperback format.

If you have any questions about this article or were inspired to make nice cream please share with us at info@soyoi.co.uk or tag us on Instagram @soy_oi_

We're sure that Munich will be on everyone's list to visit soon!!