

Fiery Jungle Curry Steve-O's Sober Side Vegan Chocolate Cheesecake

Exposé:
Behind the
Allergy Explosion

VegNews

VeganNEWS PLANETTRAVELBUZZ

SHINE!

Create brilliant & lifelong health in 2011

DITCH YOUR DOCTOR
Staying healthy minus meds
p.36

Wellness Rock Star →
Crazy Sexy Diet's
Kris Carr

7 Must-make
Soups

Perfect Winter
Ski Chalets

+

Your Best Workout Ever!



\$5.99 US
\$6.99 Canada
February 2011



Veg picks



SaintlySweets

Portland-based **Saint Cupcake** might well have made converts of us here at the VNHQ. First, delicious vegan cupcakes in general make us pretty happy, and we love them even more when they get delivered to our doorstep in adorable step-by-step kits. Saint Cupcake offers vegan chocolate, vanilla, and carrot cake cupcake flavors that pair with either chocolate or vanilla icing and sprinkles. By taking a DIY attitude to the decoration, you need never again suffer the heartache of frosting squashed in transit.

❖❖❖ saintcupcake.com