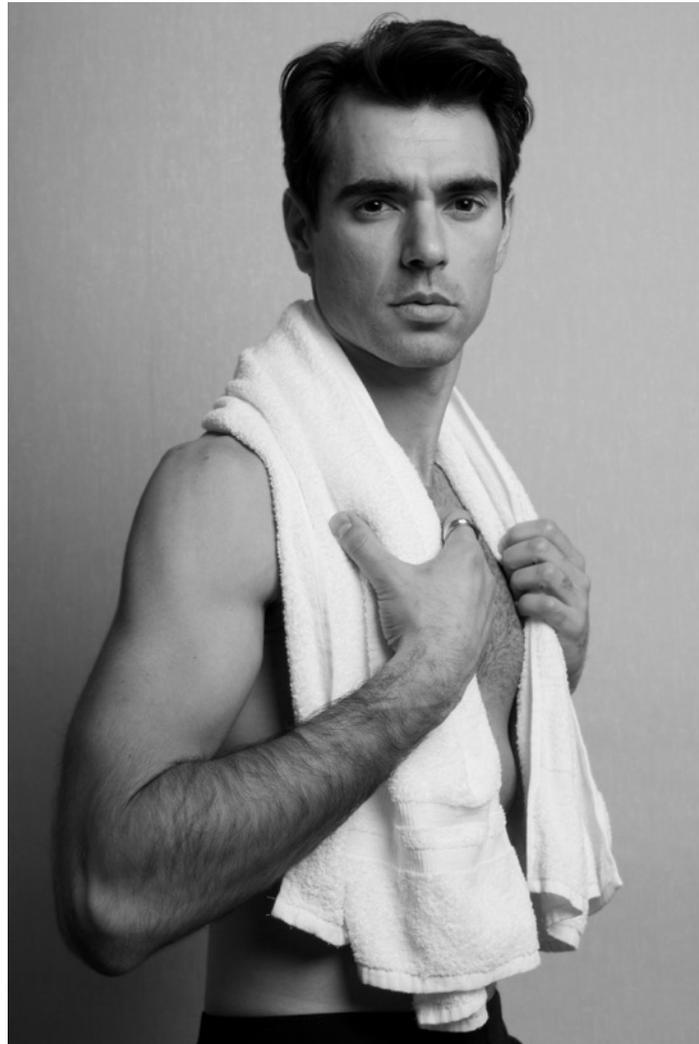




The **Vegan** Beauty

Model of the Week



Sebastien Federici
based in Vauvenargues, France

You Might Wanna Try To Include More Black Into Your Diet

Artikel about the Health Benefits of Black Beans

Among all groups of food commonly eaten worldwide, no group has a more health-supportive mix of protein-plus-fiber than legumes. Included here, of course, is the amazing protein-plus-fiber content of black beans. From a single, one-cup serving of black beans you get nearly 15 grams of fiber and 15 grams of protein . You won't find this outstanding protein-fiber combination in fruit, vegetables, grains, meats, dairy products, nuts and seeds. The almost magical protein-fiber combination in legumes—including black beans—explains important aspects of their health benefits for the digestive tract, the blood sugar regulatory system, and the cardiovascular system. Each area of systems benefit has a strong research basis.



read more: <http://whfoods.org/genpage.php?tname=foodspice&dbid=2>

The „where do you get your protein from“ **Answer**

After you are serving your non-vegan model friend the fresh made vegan rice dish with black beans, it is still hard to believe for the non-vegan community, that plant proteins are actually the most valuable ones of all.

While your friend tells you how many eggs she or he is eating every morning to get the „protein“ in, you always can argument with simple facts:



Despite the **powerful egg industry**'s best efforts to put a “healthy” **spin** on egg consumption, eggs contain high levels of **cholesterol** and may contain **carcinogenic retroviruses, heterocyclic amines, toxic pollutants,** and **Salmonella**. Consuming **just one egg per day** may significantly **shorten our lifespans**, increase the levels of the cancer-promoting growth hormone **IGF-1**, and increase our risk of **heart disease, kidney stones, stroke, type 2 diabetes, gestational diabetes,** and some types of **cancer**.

read more: http://www.womenshealth.de/food/gesunde-rezepte/wp-content/uploads/2012/05/sh_omelette_paysanne_800x462_148210892-530x306.jpg

The „Fatfree Vegan Kitchen“

As the famous Dr. McDougall always emphasizes, that „**the fat you eat, is the fat you wear**“ we decided to post the delicious Vegan Rice Dish from Blogger Susan Voisin. Her focus is on whole foods without added oil.

Ingredients

- 1 medium onion, chopped
- 1 green or yellow pepper, stemmed, seeded and chopped
- 1/2 - 1 jalapeno chile, stemmed, seeded and finely diced (add more or less to taste)
- 2 cloves garlic, minced
- 4 cups cooked brown rice
- 1 1/2 cup diced tomatoes (fresh or canned fire-roasted, liquid reserved)
- 1 1/2 cup black beans (or 1 15-ounce can), rinsed well
- 1 teaspoon ground cumin
- 1 teaspoon ancho chili powder (or other pure, mild chili powder)
- 1/2 teaspoon chipotle chili powder (or more, to taste)
- 1/2 teaspoon smoked paprika
- salt and freshly ground black pepper to taste



Instructions

Heat a deep, non-stick skillet over medium high heat. Add the onion and cook, stirring, until it begins to brown. Add the pepper, jalapeno, and garlic, and cook for another 2 minutes, taking care not to burn the garlic. Add the remaining ingredients, stir, and cook, stirring frequently, for about 15 minutes. If it becomes too dry, add a little vegetable broth or reserved tomato juice. Check the flavor, and add salt and additional seasonings to taste.

link to the „fatfree vegan kitchen“: <http://blog.fatfreevegan.com/2012/03/burritos-with-spanish-rice-and-black-beans.html>

Overwhelmed with vegan Beauties Charisma!

Our Inspiration for the week is model and nutritionist Bonnee Fahlstrom, who shows her clients on a daily basis, what a plant-based diet can do to your overall Health and Beauty

Check out her Instagram Page [@bonnee_fahlstrom](#), where she posts her healthy and positive food habits!

