

*Carbon Council Presents*



# LETTUCE TALK

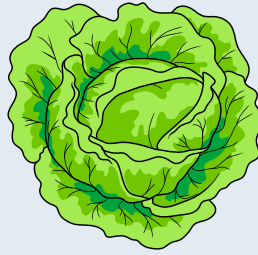
A PLANT-BASED CHRISTMAS



**PLANT BASED**

DECEMBER 2023

# LETTUCE TALK

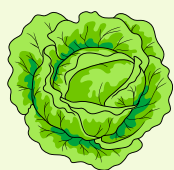


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Because everyone needs a pick me up and whats better than learning how to make the most amazing plant based hot chocolate?

# WELCOME TO LETTUCE TALK



Lettuce Talk has returned once again to give you all the best places to purchase your plant-based Christmas dinner.

With climate change on the rise and scientists working quickly to find solutions, why not do the easiest change to reduce your carbon footprint and eat plant-based?

Christmas is the season for giving, so let's give back to the planet and the animals through eating a plant-based Christmas meal.

Let's extend this season's kindness and mercy to the farm animals we have never met, because they too feel love and also deserve to spend the holidays with their families.



From No beef wellingtons to plant-based turkeys and no pigs in blankets, there is abundance of Vegan Christmas food at your super market. This issue of Lettuce talk is a guide showing all the best places to get these scrumptious mains, sides and desserts to create the perfect plant-based Christmas, as well as a little recipe to try at the end. Enjoy!

xoxo Carbon Council

MAIN MEAL

# Plant-based TURKEY

## SHOPS

**M&S**  
£10

**WAITROSE**  
£16

**SAINSBURYS**  
£7.25

**ASDA**  
£6

**TESCO**  
£5

**ALDI**  
£4.99

MAIN

# No Beef WELLINGTON



## SHOPS

**M&S**

£ 15

**SAINSBURYS**

£ 6.75

**ASDA**

£ 5.55

**TESCO**

£ 5

**ALDI**

£ 4.99

# NO PIGS IN BLANKETS



## PLACES

**M&S**  
£ 5.40

**ASDA**  
£ 3

**WAITROSE**  
£ 3.40

**MORISSONS**  
£ 3.35

**SAINSBURYS**  
£ 4.50

**ALDI**  
£ 2.99

# Plant-based GRAVY



## SHOPS

M&S  
£1.25

SAINSBURYS  
£1

MAIN MEAL

# Plant-based MINCE PIES



## SHOPS

M&S

£ 4.50

SAINSBURYS

£ 3

ASDA

£ 2

TESCO

£ 2

ALDI

£ 1.35

TREAT

08



# Plant-based **CHRISTMAS PUDDING**



## SHOPS

**M&S**  
£ 4.50

**SAINSBURYS**  
£ 2

**TESCO**  
£ 4

**WAITROSE**  
£ 2

# DESSERTS



**Chocolate Tort**

**M&S - £15**

**ASDA - £4**

**Millionaires Tort**

**Waitrose - £16**



**Cookie pot**

**Aldi - £4.99**

**Chocolate Truffles**

**Aldi - £4.25**



DRINK

# PLANT-BASED HOT CHOCOLATE

## Ingredients:

1&1/2 cups of plant-based milk of your choice

1/2 cup of cocoa powder

1/2 cup of coconut milk

2 Tbsp of maple syrup or 4 Tbsp of sugar

Dash of salt

## Directions:

Put the plant-based milks into a mug with the cocoa powder and microwave or heat on a stove for about 2 mins. Then stir and add the other ingredients. Once all the ingredients have been added, microwave or heat for another 2-3 mins. After that, give it a final stir and add the toppings of your choice like plant-based marshmallows



SERVING

1



TIME

5 MINS