

Top 12 Vegan and Vegetarian Blogs for Parents in 2013



Made of Stars - <http://madeofstars1.com>

Made of Stars is an excellent blog dedicated to raising vegan children. Ally shares the joys of raising "four tiny vegans" with her husband, Mat. Ally gives readers a unique perspective since her background is in social work and family violence. It's not a surprise, considering her professional experiences, that Ally would be so passionate about

leading a compassionate vegan lifestyle. Ally shares wonderful tips on how to instill vegan values, e.g. compassion, in children, how to eat out as a vegan family and mouth-watering vegan recipes.



Veggieterials - <http://veggietorials.com>

If you are looking for a laid-back approach to veganism, then say Aloha to Veggieterials. Cobi, the blogger behind Veggieterials, provides top-notch "vegan-ish" recipes that are as beautiful as a Hawaiian sunset as they are delicious. Cobi doesn't consider herself vegan per se because she doesn't like labels. If you are interested in the politics of food, e.g. non-GMOs and equal access, then Veggieterials is the blog for you. Veggieterials is also for food aficionados who can sit and admire yummy veggie meals all day. If you are a mom stuck in a creative food rut, then you need to check out Cobi's veggieterials.



Chubby Vegan Mom

- <http://www.chubbyveganmom.com/>

If you didn't think that vegans had curves, then you haven't met The Chubby Vegan Mom. She reminds readers that all of life's problems can be helped with a cruelty-free and guilt-free vegan cupcake. The blog follows The Chubby Vegan Mom as she balances a family with

two little vegans, an editing job, veganism and Karma, a border collie mixed dog. If you are interested in mommy drama rants and vents, vegan breakfast recipes and healthy side dishes that your kids will gobble up, then The Chubby Vegan Mom might be for you. The Chubby Vegan Mom is "certified chubby," but all sizes are welcome.



Veggie Beauty

<http://veggiebeauty.com/category/vegan-recipes>

Kristy Cutsforth, Veggie Beauty, can teach moms about the inner and outer beauty of veganism. Unlike other bloggers, Kristy has devoted her personal and professional endeavors to helping animals. A natural artist, Kristy began a vegan, cruelty-free and woman-owned cosmetics line, Pumpkin and Poppy Vegan Cosmetics. Many of Kristy's products use natural and

high-quality ingredients. She creates stunning colors with her artistic vision and blending skills. Besides helping the beauty community, Veggie Beauty has a ton of meal recipes and educational resources that can help any mom.



Vegetarian Mamma

<http://vegetarianmamma.com/>

The Vegetarian Mama focuses on Cindy and her family. Cindy and her husband grew up as omnivores but they took the vegetarian leap together. The couple raised their children as vegetarians. Yet, their youngest son is allergic to gluten, dairy, soy and dairy, so the family eats more of a vegan diet. The Vegetarian Mama is an excellent resource for gluten-free information and gluten-free recipes. The Vegetarian Mama is dedicated to helping families with children with allergies.



Eco-Vegan Gal

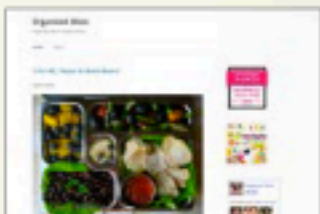
<http://ecovegangal.com/>

Whitney Lauritsen, The Eco-Vegan Gal, can teach any mom interested in veganism and how to make the healthiest and environmentally sound choices. A vegan since 2003, Whitney has racked up years of vegan recipes, restaurant and product reviews and green living tips.

Eco-Vegan Gal explores the in's and out's of an ethical, environmental and compassionate vegan lifestyle. For many practicing vegans, veganism is not just a diet, it is a way of life.



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Organized Bites - <http://www.organizedbites.com>

If you are looking for vegetarian bento made to order, then Organized Bites is for you. If you are trying to convince to try a vegetarian meal, then the presentation is key, especially for kids. Venia, the blogger behind Organized Bites, shares her vegetarian journey. She was attracted to the bento because of her innate enjoyment of crafting and decorating. If you

secretly ever desired to be the next Martha Stewart, then you will enjoy her vegetarian bento creations. Organized Bites teaches readers how to get creative with their vegetarian meals. Make your children feel nurtured, special and loved with inspiring bento vegetarian meals.



Post Punk Kitchen - <http://www.theppk.com>

Isa Chandra Moskowitz began the Post Punk Kitchen in 2003. The Post Punk Kitchen combines Isa's love of cooking shows, her passion for veganism and her commitment to social justice. Isa's a prominent force behind "baketivism" where bake sales and benefit dinners act as "vehicles for change." Change isn't always revolutionary and it doesn't

always affect the masses. Often, change begins at home. Moms can begin a wave of change right in their own kitchens for their own families. A mother's homemade cooking shapes her family's taste buds and, ultimately, shapes her family's future choices. Isa's cookbooks and recipes can help any mom unleash her inner vegan cooking rock star.

The Sweetest Vegan - <http://thesweetestvegan.com>

The Sweetest Vegan is your girl for vegan comfort food. Tasha Edwards began her vegan journey in 2009, but it wasn't a piece of cake. Tasha kept having "relapses." Fried chicken and desserts were the main culprits. Tasha soon realized that it wasn't the actual chicken that she missed, but it was the "fried-ness and the seasoning." Seasonings and a deep fryer later, Tasha conquered her fried chicken cravings. Practice and "The Joy of Vegan Baking" book helped her conquer her sweet tooth, and The Sweetest Vegan was born. Follow Tasha as she veganizes southern cooking that Paula Deen would enjoy and veganizes your favorite take-out menu options that rival McDonalds. The kids will definitely thank you when you learn Tasha's tips and tricks.



Brown Vegan - <http://brownvegan.com/>

If you are looking for a down-to-earth and friendly approach to veganism, then the Brown Vegan is for you. Follow Monique, the blogger behind Brown Vegan, as she raises her family of three "chipmunks," or boys, on a plant-based diet. Her blog approaches veganism from a family perspective as they learn and grow into veganism. Monique's veganism stems from ethical and environmental reasons, but she has also lost weight thanks to her vegan lifestyle. Brown Vegan also explores veganism from a multi-racial, blended and minimalist family's perspective.



Dagmar Bleasdale - <http://dagmarbleasdale.com>

Dagmar Bleasdale opens her home to readers. Her blog follows how she raises her family vegetarian, her love of thrifty home decorating, her Do-It-Yourself (DIY) creations, green living, parenting and her obsession with vintage; there is something for every mom in a "momsensical"

kind of approach. If you are looking to feel empowered as a woman and as a mother, then Dagmar Bleasdale's blog is a must-read.



The Vegan Dad - <http://thevegan dad.com/>

Ladies, by now you are aware that it takes a village to raise a child. Men should be part of that village too. If you want a "food education with no fillers," then you should read The Vegan Dad. Mike, the blogger behind The Vegan Dad, battled his heart disease with veganism. Mike thought he was destined to a life with heart disease because it ran in his family, and veganism revolutionized the quality of his life and health.

Today, Mike is creating his own vegan "revolucion." Mike's approach is based on scientific and medical facts. Sometimes moms need a dash of men's left-brain dominance, and Mike is the perfect vegan dad for that.

