



# Our Hen House

CHANGE THE WORLD FOR ANIMALS

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## Interviews with Victoria Moran and Jenné Claiborne

By OUR HEN HOUSE

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*Following is a transcript of interviews with **VICTORIA MORAN** and **JENNE CLAIBORNE** conducted by **JASMIN SINGER** and **MARIANN SULLIVAN** of [Our Hen House](#), for the [Our Hen House podcast](#). The interviews aired on Episode 231.*

ALESSANDRA: I honestly don't even think that this next guest needs an introduction, but I'm gonna give her one anyway. Victoria Moran is the tireless activist and author behind soon-to-be 16 books as well as the Main Street Vegan Academy, a New York-based vegan lifestyle coach certification program. Victoria always has such insight and positivity to bring to Our Hen House and I'm thrilled to once again bring her work and words to you.

JASMIN: Welcome to Our Hen House.

VICTORIA: Thank you so much.

JASMIN: We are so excited to have you and happy Mother's Day.

VICTORIA: Happy Mother's Day to you as you mother all these animal rights activists around the world.

JASMIN: Ah, well that was well said, but Victoria, you actually are quite an amazing mama hen. And you are the author of course of *Main Street Vegan*, but you also have raised a fantastic vegan daughter. You raised Adair vegan?

VICTORIA: I did, yeah. When she was an infant I got rid of the dairy products and the eggs and have never looked back, and she's doing great. She's a stunt performer and a wildlife rehabilitator, so we've got the whole health and vitality and the animal rights aspect of being vegan.

MARIANN: Yeah, she puts it all together.

VICTORIA: It's all together.

JASMIN: How long have you been vegan?

VICTORIA: 30 years.

JASMIN: Unbelievable. So the climate has certainly changed in the last 30 years. What was it like becoming vegan 30 years ago?

VICTORIA: Well, it was weird. We lived in a suburb of Chicago, Wheaton, Illinois. And I found just not long ago going through old photo albums that the local paper did a story about us, "the vegan family." And that wouldn't happen today.

MARIANN: Well, people didn't think you could survive.

VICTORIA: No. It was quite spectacular. And I do remember, we had a home birth as well, and I always talked about it, we're gonna have a home birth and we're gonna do this vegan thing. And they sent a social worker just to make sure that everything was going to be good, check on the strange people.

MARIANN: What motivated you? Did you know other people who were vegan? Did you come up with this idea on your own?

VICTORIA: No, I knew Jay and Freya Dinshah of the American Vegan Society. I'd actually discovered them many years earlier when I first went vegetarian, and I wanted to be vegan but I was a practicing compulsive overeater. And it's just very hard, especially it was very hard in 1983, to go into the 7-Eleven to do an eating binge and read all those labels! So it was a struggle for me for several years, but Jay and Freya Dinshah -- and I just encourage everybody to look up the American Vegan Society, join the American Vegan Society, 'cause they started that in 1960, the first season of *Mad Men*. And so they really never let me go and they just held my hand till I was able to make the transition.

JASMIN: And you really have made the transition and now you've gone on to make so many people get the light turned on about veganism, about animal rights and about so many other issues of self-care and social justice. And I know that Mariann was actually a fan of yours and your books long before she was even involved in animal rights.

MARIANN: Yeah, absolutely. I'm still star struck having Victoria here because your books inspired me. *Fit from Within* was the first of your books that I read and it just completely inspired me and they continue to do so. I remember I bought that book and I read it and I bought it for my sister.

JASMIN: Well, that is saying something.

MARIANN: Yeah, because I thought it was so good.

JASMIN: Yeah. You only give your sister the things that you think absolutely are life changing.

MARIANN: But I remember that book talked about vegetarian or vegan eating but didn't really focus on it. But in *Main Street Vegan* you've really definitely focused on it. What brought that about?

VICTORIA: Well, my very first book, *Compassion: The Ultimate Ethic*, was actually my college thesis. And I believe it was the first book about vegan philosophy and practice to ever be published by a publishing house. The Vegan Society in England had books, the American Vegan Society, but to actually come from a publisher, it was *Compassion*. And so I did that, and then I did *The Love-Powered Diet*, which is a weight loss book 'cause I got over, a day at a time, the compulsive eating thing, and that was veganism and the inner change that led to the weight loss. And then I did one called *Get the Fat Out*, which was

when the low-fat thing was coming up in the '90s. These diet trends kinda come and then they go. And then I thought, I've said everything I can say about veganism and food, so I got more into kinda spirituality and that, still being vegan in my own life. But *Main Street Vegan*, I was inspired to write. I went to a PETA fundraiser. I watched video clips, the same kind of clips I'd been seeing for 40 years. But sometimes your heart is more open than other times, and I sat in the subway just saying to God, "Why can't I go give somebody \$100,000 to make things better?" And God said, "Okay, you can write a book."

JASMIN: Oh, well that's an incredible story. But *Main Street Vegan* is on our list of when we tell people what resources they absolutely need to not only have for themselves if they're longtime vegans like we are, but also for people in our lives who might be just kind of veg-curious, we like to say. So tell our viewers about *Main Street Vegan*.

VICTORIA: It's 40 little chapters 'cause people don't have a lot of patience. And there's a recipe at the end of each chapter. I'd not put recipes in a book before, but it was sort of all this inspiration that came to do the book, that people are gonna want a recipe that kind of explains a little bit about the chapter. And I believe it covers absolutely every question that anybody would ask. VegNews called it the Vegan Bible 'cause he said it covers everything, and that was very gratifying.

JASMIN: Was it always called *Main Street Vegan*?

VICTORIA: Ah. My inspiration in the subway was, I'm supposed to write this book and call it *Main Street Vegan*. And so I was sort of taking notes, yes, yes, this is what I'll do. And the publisher, the day after they bought it, said, "Oh, by the way, we don't like 'Main Street,' it sounds like the Tea Party." And that was such a shock to me because I knew it was supposed to be called that but there was nothing I could do except go on and try to find another title. And I had a miracle, which happens, I believe, sometimes, not as often as I wish it did in this work for animals. My husband and I are walking up Broadway, and we saw somebody so famous that you can recognize him from the back and that was Michael Moore. And I gave my card to the woman who was with him because I knew he'd liked *Fit from Within* actually, the book that you read. He'd written a review of it in Oprah's magazine. And 10 seconds later I hear, "Victoria!" And Michael Moore is following me up the street and said, "We need to talk. We need to talk about food." So we're talking about food, and I said, "This book I'm writing is supposed to be called *Main Street Vegan*, they hate the title." He said, "It's a perfect title. Let me talk to them." So it was a three-way call with my editor, Michael Moore, and me that got this title.

MARIANN: Wow, good for Michael.

JASMIN: That's so great.

MARIANN: He knows a good title when he hears one.

VICTORIA: It's true!

MARIANN: One of the things I like about the title is that this is something that *should* be on Main Street, that it's everybody's possibility and everybody's potential diet. It's not an elitist diet.

VICTORIA: It's not, and I think it's so important to recognize that all of our fellow humans have arteries that don't need to be clogged up and also have a heart that can open to the animals. Whatever we agree or disagree with somebody about on another issue, those two things are facts, and I want to reach everybody. If they don't want the message, okay. But I don't want them to say, "Well, I never heard."

JASMIN: Well, another part of your story that I think is so funny about the title is that it was "Main Street" that they originally didn't like, not "Vegan."

VICTORIA: Isn't that wonderful?

JASMIN: It's so great. We know somebody actually who wrote a cookbook, and she originally pitched the cookbook as something something "plant based." And she heard back from her editors and they said, "We want 'vegan' in it. 'Vegan' is what people are talking about." And you've been vegan for 30 years and you have an adult daughter who is a very passionate animal advocate and a vegan. And I'm just wondering if you could tell us your take on the word "vegan" and the rise of veganism in the media.

VICTORIA: I think that everybody who's not vegan is very happy with the word, but there are a lot of people who eat this way or who almost eat this way who don't want to use the word. And so there's the "plant based" and the "plant strong" and all these other kinds of things. And I just want to say, "You know? If you're vegan, you can be vegan!" because people understand it. And to me, a term like "plant based" doesn't really mean anything. My daughter, when she first heard it, said, "Well, that sounds like somebody who eats a lot of salad and smokes a lot of pot. What does this mean, 'plant based'?" So I think that since people finally get it, we just need to be shouting it from the house tops. And when you see things like at my local supermarket in Harlem a display of dates with big green stickers that say "Vegan!" It's a fruit! It's always been vegan. But now it's a marketing ploy. We've gotta go with that.

JASMIN: Yeah. So it's a good thing.

VICTORIA: It's a very good thing.

JASMIN: Mm-hm. I know that in your book you talk a lot about kind of debunking myths and how to respond to certain things. What about people who say that it's incredibly elite to be vegan? How would you respond to that?

VICTORIA: I don't even understand it because one of the reasons that people used to do this in the old days was to save money. And there are some people, some Mennonites and some Quakers who take it up as part of their peace testimony, their simplicity testimony, to be in solidarity with people who don't have all kinds of choices about food. They choose to eat simply, get rid of the animal products, eat more whole foods. So when people say it's elitist, I just think that's a strange, funky argument that I don't relate to.

MARIANN: I think it's because they think that all vegans eat are these manufactured vegan foods that are substitutes for meat, which I think there's nothing wrong with, but that's not really the basis of most people's vegan diets.

VICTORIA: Even some of the local organic food... I know I was blogging for a while and it was summertime. My husband really likes tomatoes and I was talking a lot about heirloom

tomatoes, and people were writing comments saying, "Heirloom tomatoes are expensive and you shouldn't be writing about them!" It's like, it's not a yacht, it's a tomato! Because we all pick and choose. There are certain things that I don't do so I can afford a nice tomato.

JASMIN: I can afford a nice tomato! Well, tell us about Main Street Vegan Academy.

VICTORIA: Ah, that's so exciting to me.

JASMIN: Exciting to us as well.

VICTORIA: My baby. Well, as soon as I got the book title, it was just like all these other ideas started to pop. And the one that has really done the most so far is Main Street Vegan Academy, which is a training program for vegan lifestyle coaches and educators. So it's not a place for people to come to learn how to be vegan. It's a place where vegans come to learn how to get the message out into the world. We have fabulous instructors, including the two of you.

JASMIN: We're honored to be part of it. It's always so -- you get great students.

VICTORIA: They're fascinating people. It's really amazing to me how they find -- my favorite way that people have found it, there is a movie called *Scott Pilgrim vs. the World*, it's kind of a cult movie for teenage boys.

MARIANN: I'm now relieved that I hadn't heard of it, 'cause I was like, "uh-oh."

VICTORIA: Well, there's a line in it that says, "And where do the vegans get their superpowers?" And the character says, "They go to the Vegan Academy." And this woman googled "vegan academy."

JASMIN: No way!

VICTORIA: Isn't that great?

JASMIN: That's so great.

MARIANN: That's hilarious.

VICTORIA: And so they learn the basics of vegan nutrition. We have Dr. Ostfeld, who I know has appeared on your podcast about health and heart disease, and animal rights but also about how to make it a business. So people have gone out into the world, they're now coaching. They're writing books. Two of them have books from actual publishers. One is becoming a spokesperson for a major company. One woman has a vegan ice cream store. One has a vegan cowboy boot company.

MARIANN: Come on!

VICTORIA: Kick Butt Boots.

JASMIN: I am in.

VICTORIA: Yeah, she's from Dallas, and you gotta have cowboy boots in Dallas. And if you're vegan, they've gotta be vegan.

JASMIN: They're actually vegan rescued cow... boy boots... That wasn't funny at all.

VICTORIA: I love that, that's good.

MARIANN: Oh, sorry.

JASMIN: TM, trademark.

MARIANN: I didn't laugh at your joke.

JASMIN: No, you didn't laugh at my joke, but Victoria did. And it's Mother's Day. I have no idea what that has to do with anything.

MARIANN: I'm sorry.

JASMIN: She's a mother. I feel validated. Anyway, go on.

MARIANN: I'm wondering, when your students come, my experience has been that even the students who come to your academy still don't know a lot about what's going on with animals. Do you feel that that's true, that even people who are there, it's so hidden?

VICTORIA: Yes. Well, we do something every morning at the beginning after breakfast and before class called Veg Trivia and I just kinda get a sense of what everybody knows. And what I find is they know a lot about food, there is a lot of food information out there. And they know a lot about nutrition. They know something about animal issues, not in detail, but they're pretty good on that. Where I find that the people who come are falling short is the history of this movement. They don't know where we came from. So many people who have even taken up the banner for this think it started with PETA in the '70s, not knowing that there is a long -- I mean, some people would say, "Veganism, yeah, that goes back to Eden." But what's happened between then and now? Quite a bit. So that's one of the ones, and we did lose our wonderful instructor, Rynn Berry, who used to teach that class, so I've started teaching it. And I just keep learning more and more. There have been people throughout history who have had this sense that we don't need to kill to eat, and sharing that message, so we need to know about them.

JASMIN: It's so amazing. It's such an important resource. And just tell us very briefly about, you have a new book, yet another one, I hope? I want another one.

VICTORIA: Oh! Thank you. I'm working on number 12.

JASMIN: Jeez!

VICTORIA: Yeah.

JASMIN: I'm working on number one. I don't even know how I'm gonna get this.

VICTORIA: Well, they're all difficult. Talk about birthing. Writing is birthing, and it's not easy, but I'm very excited. It's called *The Good Karma Diet*, and my own subtitle which might change is "Eat Nice, Be Happy" because people do weird things with food to be happy. "Okay, I feel bad, I'm gonna eat a monster cookie... Oh, I feel bad about my body, I'm gonna go on some terrible diet." Why not get rid of the middleman and just live and eat in a way that makes us happy? So that's the good kind of diet.

JASMIN: I love it, I'm so excited about it. I'm so excited about you.

MARIANN: Food is so many people's enemy.

JASMIN: Yeah, why?

MARIANN: We need to make it a friend.

JASMIN: It doesn't need to be our enemy. Victoria, thank you so much for everything you do to change the world for animals. And I hope you'll stick with us for our next segment. We have Jenné Claiborne coming up and we could use your help.

VICTORIA: Ooh, that sounds yummy.

JASMIN: Yeah, great. Well, we are so excited that Victoria joined us and we're just so grateful to you for all you're doing. And you can actually learn more about Main Street Vegan Academy at [mainstreetvegan.net](http://mainstreetvegan.net). And Victoria, I'm so glad you're gonna stick around for Jenné Claiborne.

Jenné is a holistic health counselor and the founder of the Nourishing Vegan. And she also blogs at [sweetpotatosoul.com](http://sweetpotatosoul.com).

ALESSANDRA: I've got another food and beauty interview to bring you, this time featuring personal chef, health coach, and blogger Jenné Claiborne of the Nourishing Vegan. Jenné just released a digital cookbook entitled *The Five Ingredient Vegan*, which offers quick, easy, and oh-so-delicious recipes that anyone can make. Jenné will share some of her kitchen knowhow in this next interview.

JASMIN: Welcome to Our Hen House, Jenné.

JENNE: Thank you.

JASMIN: We are so excited to have you. You have so many important words of wisdom to offer to us today. And as we were just talking about, Mariann is lovely but doesn't always spend time in the kitchen.

JENNE: And that's okay.

JASMIN: And that's okay unless you're her wife, in which case you want her to spend more time in the kitchen. So I'm hoping by the end of today's segment, we --

MARIANN: Well, if I didn't have to work so hard, I would spend more time in the kitchen.

JASMIN: All right. Well, one thing that Jenné --

MARIANN: If I found out more simple things to cook I might spend more time in the kitchen.

JASMIN: And that's what Jenné's gonna be talking to us about today.

JENNE: That's right.

JASMIN: So Jenné, let's start with what you might make if you didn't have a whole lot of time or if you just have a busy life, which I know you do, and you want to have a delicious healthy dinner, let's say.

MARIANN: Well that's the key. You want to keep it healthy too.

JENNE: Exactly, and delicious.

JASMIN: Right, I'm all about delicious.

JENNE: Exactly. Now I'm not willing to sacrifice on taste or health. And it's wonderful 'cause you can have both. So what I like to eat is these Buddha bowls, or grain-rice-vegetable bowls. The Buddha bowl is really lovely because it usually has some sort of fermented vegetable, so I'm using kimchi, and then some healthy fat like tahini. It also has grains, legumes. I like to have the sweet potato 'cause I'm Sweet Potato Soul, and then a non-starchy green vegetable. And that's basically it, and all the flavor comes from the kimchi and the tahini. You can add whatever other spices that you want on top of that too.

JASMIN: So were you saying before that this is actually a bunch of food that you don't necessarily have to prepare right before you eat? Can you explain?

JENNE: Oh yes. Exactly. That's what makes it so much easier. So at the beginning of the week I make a large portion of grains. I make quinoa and brown or black rice. This is actually black rice, it's a little healthier. But yeah, I make a bunch of grains and legumes, so lentils, beans, or I always keep canned beans in case I don't feel like cooking them. And then yeah, it's just so much easier to just pull it out and put together a meal. Those are already cooked. And then you can steam some broccoli, that takes five minutes.

JASMIN: Yeah. Something that I'm being reminded of is that when we speak at the Main Street Vegan Academy, Victoria, you make a lot of the food for your students, which is a nice perk, and I know that I see this incredible amazing spread and I think, how do you have time to do it and do that? Are some of these tips that Jenné is talking about things that resonate with you?

VICTORIA: Yeah, and it's gonna get a whole lot easier 'cause I'm gonna get this *Five Ingredient Vegan* book.

JENNE: Sure!

JASMIN: So what is the *Five Ingredient Vegan*?

JENNE: Oh. Well, so it's an eBook that I'm putting together and it's actually five of my favorite ingredients, also things that people aren't necessarily very comfortable with preparing, tempeh, chia seeds, sweet potatoes -- I just had to throw that in -- collard greens, and tahini, 'cause oftentimes people will buy tahini and they'll use it for one recipe and then it's in their fridge for two years before they throw it out. That's not necessary. All these foods are very versatile also. So there are these five top main ingredients and then five recipes for each of the ingredients with just five ingredients in them.

JASMIN: Just five.

JENNE: Yeah, so five/five basically.

JASMIN: Did you ever get a cookbook and you're looking through it and you have no idea how to pronounce half the -- then halfway through the recipe list it says, "Turn to page 25 to make that."

JENNE: I know! That's common.

JASMIN: And I never, ever do that. So your new eBook is talking about that you can actually eat well this way. So these are all things that you made in advance then?

JENNE: Yes!

JASMIN: So you're just, Sunday night...

MARIANN: How far in advance can you make the grains and the legumes, or how long will they last?

JENNE: These last about five, six days.

JASMIN: Can you show us what the bowl would look like?

JENNE: Of course.

JASMIN: Okay.

JENNE: So I have my favorite bowl from home here. And so I'm gonna, I usually put my grain in first, it's kind of at the bottom.

JASMIN: I hear the darker the grain, the healthier it is.

JENNE: Yeah, exactly, so that's why I went with the black rice. Also red rice, brown rice, all good. But there's a lot of phytonutrients in the color, so black is good. I'm doing lentils today just because yesterday I had chickpeas and I like to vary it up, so some lentils. And lentils are so easy to cook. You don't have to soak them overnight. They take about 30 minutes to cook.

JASMIN: Well, and you just mentioned that you had chickpeas yesterday. It really blows my mind how many beans there are out there.

JENNE: I know, right?!

MARIANN: There's millions.

JENNE: So many!

JASMIN: And we were talking earlier about eating on a budget, and beans and other dried foods are a great way to do that.

JENNE: Exactly. They're so inexpensive, they're so versatile.

MARIANN: Well, they swell up, so you get more than you pay for.

JENNE: Yeah! Oh for sure, right? A pound of dried beans is like a week's worth for two people.

JASMIN: Okay, so we have our grains and our beans.

JENNE: Yes. And it is very important in my -- well, if you want to eat healthy it's very important to have your non-starchy green vegetables. And I know you all know about that, so I'm doing broccoli today 'cause yesterday I made a similar thing and I actually used Swiss chard. The broccoli takes five minutes to steam.

JASMIN: Do you ever use frozen or do you only use fresh?

JENNE: I usually just use fresh. For the other greens, like at Whole Foods they've got a greens frozen mix and it's got collards and kale and mustard. So I buy that. I always keep that in the freezer just in case.

MARIANN: Yeah. We do too because then you always have it.

JENNE: Exactly. Then you really don't have any excuse to not be eating your greens if you can just pull out a frozen. So that's good too. And then sweet potato is nice because it's healthy, you've got more protein in this. You know, everybody wants to know about the protein.

JASMIN: Right? 'Cause clearly we're protein-deprived.

JENNE: I know, right?

JASMIN: We're all wasting away over here on our own stage.

JENNE: I know, right?

JASMIN: Please help me. Give me my protein! Victoria's been vegan for 30 years.

JENNE: I know, and look at her.

JASMIN: Yeah.

JENNE: I know, right? Great example.

MARIANN: No energy whatsoever.

JASMIN: But you like sweet potatoes because you call yourself Sweet Potato Soul, right?

JENNE: That's right. So I started that blog like four years ago just as a hobby, and because I love sweet potatoes. They are my favorite food.

MARIANN: They are a fine food.

JENNE: Yeah. I've already had two today. And that was just for like a snack.

JASMIN: Wow!

MARIANN: They're so filling too.

JENNE: They're so filling! And you'll see, I'm putting them in the cookies that we're gonna make also.

JASMIN: We're gonna do a future segment about how we eat when we're traveling 'cause we travel so often. But one of our secrets is that when we're at just a random La Quinta Inn or something, which is usually where we stay, we'll go to the grocery store and buy a sweet potato and some salsa and just, usually you get the microwave in the room, so microwave and put some salsa on it.

MARIANN: Yeah, and you just take it like that.

JENNE: That's a great idea.

MARIANN: And even if it's a vegan desert, even if you're in a place that has absolutely nothing, you can definitely always get a sweet potato and salsa.

JENNE: Isn't that true? I love that.

JASMIN: Okay, so you have your sweet potato.

JENNE: Yeah, so this is our base. This is basically --

JASMIN: That's beautiful, Jenné.

JENNE: Isn't it pretty?

JASMIN: I mean, even that alone.

MARIANN: Once you put it together it looks so good.

JASMIN: Victoria, you've said that you think that a dish should look like a Christmas tree, right?

JENNE: Ooh, I like that!

VICTORIA: Yeah, I always say that, mostly green with splashes of other bright colors to get those phytonutrients.

JENNE: Yes! Exactly.

JASMIN: It's beginning to look a lot like Christmas.

JENNE: Right?

VICTORIA: Good one.

JENNE: We're gonna add some more color though. Let's add some kimchi.

MARIANN: Food of the gods.

JENNE: Right?

MARIANN: I love me some kimchi.

JENNE: I love it. And I love my fermented vegetables because they're so healthy and you get the probiotics that help support your digestion and your immune system, and they taste so good. So I do my kimchi right on top, but then I'm crazy about my healthy fats, so tahini.

JASMIN: So talk about healthy fats a little bit. What constitutes as a healthy fat versus an unhealthy fat?

JENNE: Well, the way I like to think of it is, well, typically I like to eat whole foods, so a whole fat, a fat that comes from a whole food source and not necessarily an extracted oil. Not that I avoid oils completely, but in thinking about healthy fats, I'm thinking nuts, seeds... tahini is just ground up sesame seeds basically.

JASMIN: Obsessed.

JENNE: So those are healthy fats. Avocado. Obsessed!

MARIANN: Yeah. We have an issue with tahini.

JASMIN: We do.

JENNE: Do you? Do you like go through it so fast?

MARIANN: Yeah.

JASMIN: We have an intimate relationship with tahini, let's just say. We love it. But okay, so you're gonna put some tahini on that.

JENNE: Yeah.

JASMIN: Now I have to say, Mariann and I spent some time on the West Coast in Portland, and people there eat bowls quite often and it's very frequently at restaurants on menus, and not so much on the East Coast.

MARIANN: We don't have a lot of bowls here.

JENNE: I know! I noticed that in LA. You go to Café Gratitude, you get a bowl like this.

JASMIN: That is beautiful, Jenné.

JENNE: Isn't that pretty?

MARIANN: It's gorgeous.

VICTORIA: It's gorgeous.

JASMIN: Okay, I want to try a bite of it and then I want dessert because I happen to know that there's cookies in the studio right now, let's just say.

JENNE: Oh, you know.

JASMIN: I'm gonna try sweet potato in honor of you, Jenné.

JENNE: Oh, good. Good, good.

JASMIN: Mm.

JENNE: Oh, and I didn't bring it but fennel seeds I also love to sprinkle. So the five ingredient book, that's the base. You can make these five ingredient dishes and they're

delicious, but you can also add other things to them. It's really, the five ingredient book is to help people spend less time in the kitchen and get in the kitchen in the first place, but also give them confidence to make these meals and then add their own flavor on top of that, and it still doesn't have to take a lot of time.

JASMIN: Well, that's so exciting.

MARIANN: Everybody likes to bring a little creativity to it.

JASMIN: Yeah, totally agree.

MARIANN: But I don't know how you would improve on this. It's pretty damn good.

JENNE: Thank you.

JASMIN: Well, I'm going to make sure that nobody takes this 'cause I want to eat this. But let's... so I'm a big dessert person. Do you like dessert?

VICTORIA: Sure, of course. Who doesn't?

JASMIN: Well, this happened earlier. I saw the -- kind of by the magic of TV we have these cookies that you're going to make already made, and I saw them and I said, "Where's the ingredients? Did you forget them?" And you said, "No they're right here."

JENNE: They're right here!

JASMIN: So tell me what's happening here.

JENNE: It's so simple! Okay, so I came up with these cookies, I don't know how. I just love tahini, so I'm like, why not throw them in a dessert?

JASMIN: So these are tahini cookies, Jenné?

JENNE: Yeah, they're tahini and sweet potato, but you know.

JASMIN: Okay, your two favorite things.

MARIANN: They really are Jenné cookies, aren't they?

JENNE: Yeah, they really are, and I make them all the time. So what I do is I mix my liquids first just like you would do for a more traditional cookie I guess. So I'm gonna do some of my tahini. If for any reason you run out of tahini, which happens occasionally for me...

JASMIN: Especially when we're in town because we bought it all.

JENNE: You just eat like crazy. You can also use a nut butter, so almond butter or sunflower butter is one that I use at home a lot.

JASMIN: Sunflower butter!

JENNE: But tahini is the best. It is the best. And then you add some maple syrup. You need a liquid sweetener.

JASMIN: I love maple syrup.

JENNE: So do I. It's my -- you know, I like coconut nectar as well but it's a little too sticky for this.

MARIANN: I don't think I've ever had coconut nectar.

JENNE: Oh, you have to get some.

MARIANN: Oh my.

JENNE: It's so good.

MARIANN: That's exciting.

JASMIN: Something to look forward to.

JENNE: Oh yeah, pick it up.

VICTORIA: Is it really low glycemic and all they say about it?

JENNE: Yeah, that's what they say. As far as I know it is low glycemic. It's got a different flavor than the maple syrup which is what I do appreciate in these cookies, that maple syrup classic flavor.

JASMIN: And a little bit of vanilla I guess you have because vanilla is something that we put into everything, like smoothies, everything.

JENNE: Ooh, I like that. I love vanilla. Have you ever done vanilla with pineapple?

JASMIN: No.

JENNE: Put that in a smoothie, I'm telling you.

JASMIN: My life just got this new depth of meaning.

JENNE: My old boss at Peace Food Café introduced me to that and I'm like, oh.

JASMIN: I love Peace Food.

JENNE: It's such an interesting flavor, mm. Oh yeah, I love Peace Food. So you're just gonna stir up your wet ingredients, stir, stir, stir. And then you can just add --

JASMIN: Sweet potato.

JENNE: Your sweet potato, you know. We add some cinnamon.

MARIANN: Is that raw sweet potato?

JENNE: That's raw. It's raw grated. Yup. And then our oats.

MARIANN: That's what those are.

JASMIN: Now, oats are a fantastic and really multifaceted food.

JENNE: They are, aren't they?

JASMIN: Again, we put them in smoothies.

JENNE: Oh, I love it! You have like meet your meal smoothies, huh?

JASMIN: No kidding.

JENNE: That sounds good. And by the way, these are quick cooking oats. The texture is better in these cookies when you use the quick cooking kind. And then some walnuts as well, and just you want to stir it up and get it all combined. This is very sticky, these are very sticky cookies, so...

JASMIN: So how long do you cook these for?

JENNE: Just about 10 minutes.

JASMIN: 10 minutes?! Wow.

JENNE: You don't have to wait that long. 350 degrees.

JASMIN: Well, okay, and by the magic of TV, in TV time, 10 minutes have passed, and these are the cookies!

JENNE: That's them.

JASMIN: These are gorgeous.

JENNE: Thank you.

JASMIN: Now you can see why I was questioning where all of these ingredients came from because it's just hard to believe that that turns into this.

JENNE: Right.

JASMIN: Now may I taste one?

JENNE: Oh, yes. Of course.

MARIANN: Would you like to try it?

VICTORIA: Oh, thank you.

JENNE: Oh. Now, this is like the five ingredient version, but you can also add chocolate chips. So good.

JASMIN: That's unbelievable.

JENNE: Yes!

MARIANN: Mm, these are really good.

JASMIN: So good.

JENNE: Awesome, love it.

JASMIN: This is incredible. Now, we're almost out of time, Jenné.

VICTORIA: These are sensational.

JENNE: Thank you.

MARIANN: Mm, these are just spectacular.

JASMIN: But I just want you to tell us as I stuff my face with this.

MARIANN: Another wonderful thing to do with tahini.

JENNE: I know!

MARIANN: I didn't know there was another thing.

JENNE: Yeah!

JASMIN: What do you think are some of the hardest challenges for people who move to this type of eating and what tips might you have for people?

JENNE: Mm. I think eat enough food. Some people, seems like they don't eat enough food 'cause people are so used to having the meat as a main, and then they take that out and they have still a little tiny bit of broccoli on the side and that's their meal. That's not gonna cut it. You have to eat more food. And like, this is a great example. Also, let's see, another great tip...

JASMIN: Yeah, I think it's true that people don't eat enough food because they think that the side, where the parsley is around the side, that that's going to make up the whole meal, like the garnish. But in fact, we could build our meals around plants.

JENNE: Precisely. Oh, and another thing that's very important is take advantage of spices. Now, you don't have to like spicy foods, but spices, curry powders and tahinis and kimchis and cumin and whatever. And just make sure your food, make your food taste yummy.

JASMIN: And you're a big fan of nutritional yeast. We're in the club.

JENNE: Oh. Of course.

JASMIN: Yeah? Nutritional yeast. Can you explain for any poor souls watching who don't know what that is, what nutritional yeast is?

JENNE: Of course! I actually just made a video about it. So nutritional yeast is an inactive yeast, and it doesn't, it has no sugar but it's actually grown on the surface of molasses. And it's got this delicious cheesy and nutty flavor. And we vegans, we use it to add that umami, that cheesiness to our meals.

JASMIN: We call it nooch.

JENNE: Nooch, right? And it's so good on popcorn.

MARIANN: It's just the worst named food in the world.

JENNE: Yeah, it's a little unfortunate.

MARIANN: Nutritional yeast.

JASMIN: Actually I think that's not true. I think "seitan" might be the worst name in the universe.

JENNE: Oh, they must be equal!

JASMIN: Yeah. Well, this is so incredible and there's so much you could do with five ingredients

JENNE: Isn't it true?

JASMIN: And I hope that you'll come back and do another five ingredients with us another time.

JENNE: I would love to.

JASMIN: And in the meantime we'll definitely stay on top of all you're doing and all you're doing. These are some fabulous women we have here on Our Hen House today.

MARIANN: They are, and they've brought us some fabulous food.

JASMIN: Well, we can't thank both of you enough truly for joining us today in Our Hen House. And we can't thank you enough for joining us today on Our Hen House. And that's it from us hens today. So thank you so much for joining us here at Our Hen House today. And remember, you could find our podcast on iTunes, Stitcher, and on the online Our Hen House magazine, which you could find at [ourhenhouse.org](http://ourhenhouse.org). And we look forward to seeing you with a brand new show next week. Now I'm gonna eat me some cookie. Thank you, Jenné, this is so good.