

New on the Shelf

100%
Plant-Based!

Check out these just-released groceries and goods!

BY AUDREY MORGAN

Meatless Mexican Faves

Three former Kind Snacks executives from Mexico, including founder Daniel Lubetsky, are making microwavable vegan versions of classic dishes they grew up eating, like cauliflower tinga and “pea-cadillo.”

Find Somos entrées and sides online this winter and in stores later this year. *From \$3; eatsomos.com*



Books for Cooks

Take a peak at these new titles.



Unbelievably Vegan
Charity Morgan, a private chef for NFL players, shares game-day dishes plus recipes inspired by her Creole and Puerto Rican heritage. *\$30; clarksonpotter.com*



PlantYou
This debut cookbook from Carleigh Bodrug includes cauliflower wings and banana bread cookies. *\$30; hachettego.com*



One-Pot Vegan
Find easy weeknight recipes like sweet potato curry in this follow-up to Sabrina Fauda-Rôle's *One-Pot Vegetarian*. *\$20; amazon.com*



Cutting-Edge Alternative Milks

Almond milk and oat milk have been getting all the attention, but many other options are hitting the dairy aisle. Check out these three newcomers.



Barley
Molson Coors's new milk Golden Wing, made with barley, will be in stores early this year. *\$6*



Pistachio
This nut milk from Elmhurst is available nationwide. Like oat and dairy milk, it froths! *\$7*



Sesame
Hope and Sesame's milk is made with sesame seeds and has as much protein as dairy milk. *From \$5; at select Sprouts and Krogers*



Vegan Hershey's

Although many chocolate bars are naturally plant-based, we haven't seen a big-name vegan “milk” chocolate bar until now. Hershey's has started testing oat milk chocolate bars in select stores, and if sales are strong, the treats could become permanent.

And the best city for vegetarian shoppers is...

Laredo, TX! It has the lowest cost of groceries for vegetarians, according to a recent WalletHub survey of the 100 largest US cities. Fort Wayne, IN, and Corpus Christi, TX, follow.

