



Your Pumpkin Pie Probably Has No Pumpkin In It At All



If Japan Is Eating Fried Maple Leaves, Why Aren't We?



7 Basic Pizza Myths You Probably Still Believe

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## Mayim's Vegan Table

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It's not always easy trying to please your kids at the dinner table. They have one idea of how and what they should be eating, and you another. With pizza, fish sticks, french fries and a variety of other "not so healthy," foods alluring their tummies, selling vegetable-based diets to kids isn't easy. A greater challenge? Raising your family vegan.

Emmy-nominated Mayim Bialik, star of the hit series *The Big Bang Theory*, is much more clever than the scientist she plays on screen. It takes a lot of ingenuity and creativity to juggle a busy work schedule and raise two young boys, all while maintaining a vegan lifestyle. Having an inherited knack for cooking, Mayim has concocted plant-based recipes that satisfy all the members of her family. She shares these recipes from her table to yours in her new book "Mayim's Vegan Table."

Mayim, a real-life scientist, changed her lifestyle largely due to environmental and ethical concerns. "I became vegetarian when I was nineteen largely because I love animals," she said. Later, while in college, Mayim eliminated dairy from her diet. In doing so she noticed improvements in her health, particularly with some sinus issues. The more plant-based her diet became, the healthier she felt. It was from there on that she decided to eat this way and thus how she has chosen to raise her family.

Collaborating with Dr. Jay Gordon, her sons' pediatrician, she presents meals crafted with nutrition in mind. The two had been talking about the lack of accurate information for families when it comes to vegan and vegetarian diets. Together they have melded science and art and present for you the information you need to provide your family with tantalizing plant-based recipes that are sure to please everyone at the table.

Sneak peak of the great recipes you will find in *Mayim's Vegan Table*.

### Favorite Restaurant?

Pure Food and Wine, NYC

### Favorite way to exercise?

Running and lifting weights.

### Beauty Products?

I like Votre Vu. It's plant-based. If I had to name one set of products I like, it's their stuff. It's natural and not tested on animals.

### Travel Destination?

One favorite is Israel, I go there a lot. I'd also like to go to the Galapagos Islands.

**Bucket List:** I'd like to run a marathon one day. I just started running a year ago and it's a goal I hope to meet.

*Image Rights Mayim Bialik, Assoc. producer Leigh Kosloski*

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