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Author: Kirly-Sue
Category: Cooking
Print ISBN: ISBN 978-1-78665-954-5
Publisher: Stanborough Press
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Author Bio

Kirly-Sue (aka Susanne Kirlew) is a vegan social media influencer, food writer, radio & TV presenter and published author. Kirly-Sue writes about vegan food and lifestyle and was named as one of the Top 100 in the Lift Effects Star Awards.

She is an Instagram & YouTube influencer with a total of 35,000 followers across her social media.

Kirly-Sue's expertise has afforded her the opportunity to work with companies in the UK & the USA. This includes being an international keynote speaker in the USA, Singapore, Dubai, Norway etc. and a TV presenter on a vegan cooking show in the USA. For 4 seasons.

Media appearances include:

- BBC Radio London on Vanessa Feltz Show
- BBC Radio London Jumoke Fashola Show.
- London Live TV
- Your Now Radio
- BBC Radio Liverpool
- BBC Radio West Midlands
- Phoenix Radio
- 3ABN TV (in the USA)
- STV – Riverside show
- Adventist Radio London

She has contributed commentary and by-lines to The Islington Gazette, Huffington Post, Pride Magazine, The Hackney Gazette, The Ham & High, The Communicator Magazine, The Messenger, and Black Hair Magazine. Kirly-Sue lives in London with her family



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Book Bio

Vegan cook & TV presenter Kirly-Sue has a new plant based cook book out entitled “*Cooking with Kids*”.

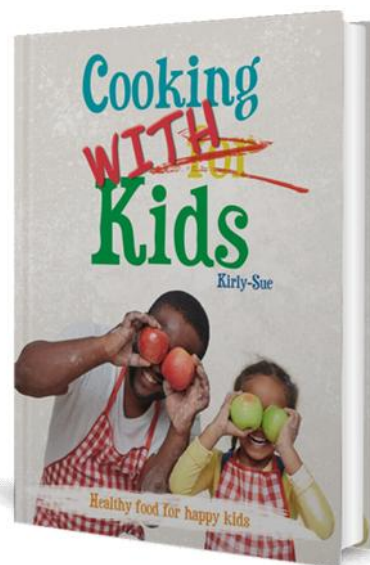
The tasty and easy to follow recipes are suitable for vegans, vegetarians, flexitarians and for those meat eaters who would like to try something new.

“*Cooking With Kids*” is a plant based cook book for parents and kids. From bibimbap to beany balls, and from plantain porridge to banana bread, there are soups, salads, breakfasts, dinners, smoothies and desserts galore in this charmingly illustrated healthy cookbook.

With stunning food photography and more than 75 individual recipes, “*Cooking With Kids*” reveals a glimpse into the inner workings of her TV shows and philosophies. There are updates of time-proven favourite recipes, inventive new ideas and contemporary twists on some multi-ethnic dishes from around the world.

Who knew that vegan cooking could be so much fun . . . ? Get Your Copy Now

TESTIMONIALS



"The colourful images and layouts are very appealing and will definitely inform a child about how to bake vegan dishes/treats"

Veronika S. London

"Kirly-Sue's book looks like fun for the whole family and very detailed, informative and colourful, can't wait to tryout some of the recipes."

Inspiring Vanessa - *presenter*

"I love this book, lots of easy recipes and my kids love it too."

Stacey B. Lincolnshire

"I am not a vegan, but I want my kids to know about vegan food so this was a really good book for them."

David G. Nottingham

"This was a great gift for my son who is an animal lover and doesn't want to eat meat or fish anymore."

Sylvia H. Cardiff

" I would like to say a massive THANK YOU to Kirly-Sue for your wonderful book "Cooking With Kids" !!!!! Excellent book for healthy cooking and varies too, I would highly recommend."

Vida V. Grantham

Target Audience



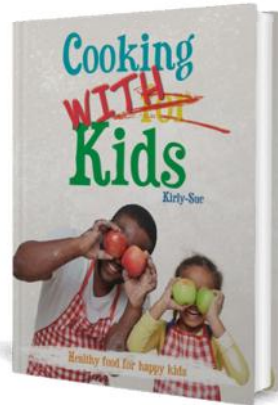
WHO SHOULD READ

- **Parents**
- **Children**
- **Vegans**
- **Vegetarians**
- **Flexitarians**
- **Meat avoiders**

BOOK BENEFITS

- Plant based cook book for parents and kids
- Tasty and easy to follow recipes
- Recipes are suitable for vegans, vegetarians, flexitarians
- More than 75 individual recipes stunning food photography
- Contemporary twists on some multi-ethnic dishes from around the world
- Recipes for those meat eaters who would like to try something new.

Book Excerpt



Aunty Verna's Granola

This recipe is named after my Aunty Verna, as she taught me to make this lovely and versatile breakfast. Serve with nut-free milk or use as a topping on non-dairy ice cream. I also use it as a snack. I often portions in small plastic containers and eat from them with a spoon when I'm not and about.

- 1 Preheat oven to 180°C (350°F; Gas Mark 4).
- 2 Mix together the oats, sugar and coconut.
- 3 In a separate container add nutmeg, cinnamon, pinch of salt, almond essence and rose water to the orange juice.
- 4 Add the orange juice mixture to the oats mixture.
- 5 Stir with clean hands until all of mixture is moist.
- 6 Place on baking sheets and spread out into one even layer.
- 7 Stir every 10-15 minutes.
- 8 During the final 10 minutes add the nuts and seeds.
- 9 Allow to cool, then store in airtight containers.

Shopping list

- Almond milk - 500-750g
- Soft butter (top grain) 100g
- Coconut - 1/2 cup (not shredded) and full grain
- Quenched brown sugar - 3 tbsp
- Orange - juice of 3 large
- Banana - 1/2 cup
- Cinnamon - 1/2 tsp
- Pinch of salt
- Almond essence - 1 tsp
- Rose water - 1 tsp
- Nutmeg - 1/2 tsp (or crushed)
- Sunflower seeds - 1/2 cup
- Walnut seeds - 1/2 cup
- Flax seeds (shelled) - 1/2 cup

Sweet Potato Burgers

I use sweet potato, and I just made this recipe that makes it into a great burger. I also added a little lemon juice to get a little zesty in the recipe. This can be served as a burger box with fries. It can also be served with a side of veggie.

- 1 Combine all ingredients together and mix well.
- 2 Use 2 tbsp of the mixture to form each burger (use a medium cookie cutter to help shape).
- 3 Place burgers on greased baking tray.
- 4 Bake for 25-30 minutes at 180°C (350°F; gas mark 4).
- 5 Turn burgers over halfway through cooking time.
- 6 Allow to cool and then serve.

Shopping list

- Sweet potato - 1 medium (approx. 1 cup)
- Soft potato - 1 cup
- Onion - 1/2 cup
- Garlic - 1/2 cup
- Spinach - 1 cup
- Almond milk - 1 cup
- Almond butter - 1/2 cup
- Almond oil - 1/2 cup
- Almond flour - 1/2 cup
- Almond meal - 1/2 cup
- Almond meal or any other - 1/2 cup

Baked Potato Stars & Squares

These can be made any size but I like to make them small, so they are easy to eat. I also like to make them in star and square shapes. I use a small cookie cutter to make the star shapes and you can use a knife to cut the square shapes.

- 1 Preheat oven to 180°C (350°F; Gas Mark 4).
- 2 Peel and slice potatoes into thick slices (about 1/2 inch to 1 inch thick).
- 3 Parboil potatoes with the crushed garlic on medium heat for 7-10 minutes.
- 4 Drain potatoes.
- 5 Spread the potato slices out on a flat surface.
- 6 Use a small cookie cutter to make the star shapes and you can use a knife to cut the square shapes.
- 7 Place the cut-out potatoes onto a greased baking sheet.
- 8 Bake for 15-20 minutes, or until golden brown and soft inside.
- 9 Sprinkle with salt and pepper to taste.

Shopping list

- Potatoes - 2 lb
- Oil - 1/2 cup
- Garlic - 3 cloves, crushed
- Salt and pepper to taste

Vegetable Peanut Butter & Banana Flapjacks

I created this recipe because I love flapjacks. However, when you try to buy them in the UK the majority are not vegan friendly, so I decided to make my own. The recipe is a variation from my cousin (Dorothy) who son of my house are dog when I was making them and suggested that I give them a topping. I had fun experimenting and changed my recipe to include it, so I now always make it with a topping.

- 1 Preheat oven to 180°C (350°F; Gas Mark 4).
- 2 Grease and line a 20cm square tin with baking parchment.
- 3 Heat the butter, peanut butter and maple syrup in a small pan until melted.
- 4 Add the mashed banana, apple and 100ml hot water, and mix to combine.
- 5 Tip the oats, the raisins and the seeds into a large bowl.
- 6 Pour in the combined banana and apple and stir until everything is coated by the wet mixture.
- 7 Tip into the cake tin and level the surface.
- 8 Combine topping ingredients together in a blender and sprinkle evenly on top.
- 9 Bake for 55 mins until golden.
- 10 Leave to cool in the tin.
- 11 Cut into 12 pieces to serve (or store in an airtight container in the fridge).

Shopping list

- Vegetable butter - 50g
- Almond oil - 1/2 cup
- Almond meal - 1/2 cup
- Almond flour - 1/2 cup
- Almond meal or any other - 1/2 cup
- Almond meal - 1/2 cup
- Almond meal - 1/2 cup
- Almond meal - 1/2 cup
- Almond meal - 1/2 cup

Dairy-free Strawberry & Banana Ice Cream

Ice cream is a global treat that is enjoyed by both young and old. It is fun to make and it's a great way to use up your fruit. You can use any fruit you like in this recipe, including strawberries, blueberries, raspberries, and more.

- 1 Freeze strawberries and bananas for at least two hours or overnight.
- 2 Soak dates in enough water to cover them, until soft - once soft, drain off the water.
- 3 Put the frozen strawberries and bananas into a food processor.
- 4 Add the vanilla extract and dates.
- 5 Blend until smooth and creamy.

Shopping list

- Strawberries - 1 punnet, washed and frozen
- Bananas - 1/2 bunch, washed and frozen
- Vanilla extract - 1/2 tsp (or more)
- Dates - 1/2 cup (or more)

Super Hero Smoothie

1 kale leaf (frozen)
2 apples
1 banana (frozen)
1/2 cup of lemon
1/2 cup of water

Princess Pink Smoothie

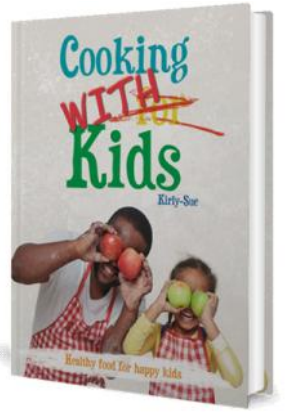
1 apple
1/2 cup of frozen strawberries
1/2 cup of maple syrup
1 glass
1 cup water

Man-Apple-Berry Smoothie

1 medium apple
1/2 cup of frozen strawberries
1/2 cup of water

Place the ingredients in a blender. Blend until smooth.

Book Excerpt



Vegan cooking for children is easier than you think! In this book you will find simple and easy-to-follow recipes, using ingredients that are easy to find and are probably in your kitchen cupboard already. Making fresh, delicious vegan meals for and with your child has many benefits. I have two nieces and one nephew. I remember when my eldest niece was about 7 years old and she was staying with me for the day during the school holidays. She seemed a little bored, so I asked her if she would like to do some cooking with me in the kitchen. Before I could even finish the sentence she rushed to the bathroom to wash her hands, ran back in record time and said, 'I'm ready now.' Bless her; she was so eager, and it's quite a nice thing to do that can be quite bonding too.

My nephew loves cooking and is very good in the kitchen; he has also been interested in plants since he was about 8 years old. He now grows his own vegetables and tropical fruits in his greenhouse. He is a keen gardener like my dad. My youngest niece baked cookies with me once when she was smaller, and we decorated them with some lettering that said, 'God Is Love'. She was helping me to make them for the children at my local church. I always make cookies for them when it is my turn to take the children's class.

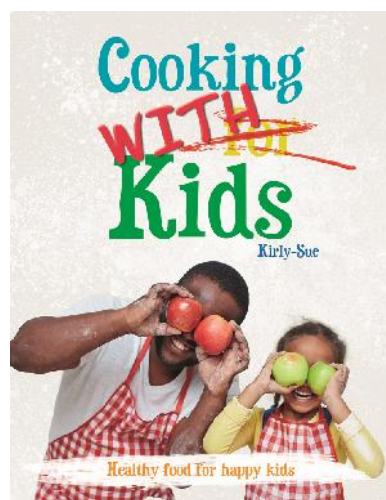
I have always done some kind of cooking or baking with my nieces and nephew, so I have learnt first-hand about the different kinds of things children like to eat, and also the things they like to cook and bake. Many parents want to give their children vegan meals (some regularly and some occasionally). I have been a vegan for many years, and many of the viewers of my TV show and YouTube channel are parents. I get many questions about suitable dishes to serve to children, and also recipes that children can make with a little help from a parent or guardian.

Try not to feel too nervous about experimenting with some of the ingredients or adding a few more herbs and spices, if required. Just relax and try again if you don't get it right the first time around. No one gets it right all the time; I have made many cooking and baking mistakes, and I have learnt that it takes practice, prayer and a little confidence.

Interview

- 1 Tell me about your book
- 2 What made you decide to become a vegan
- 3 What is the inspiration behind your book
- 4 What are some of your personal favourite recipes
- 5 Which countries have you been to that are the most
- 6 Tell me about your TV series entitled Kirly-Sue's Global Kitchen
- 7 Tell me about your TV background
- 8 How did you get to have a TV series in the USA for 4 years
- 9 Which is your favourite celebrity chefs / cooks
- 10 Is this your first book that you have had published
- 11 How did you get a book publishing deal
- 12 Do you have another cookbook coming put in the future?
- 13 Where can people go to buy your book?
- 14 Where can people find you on social media?
- 15 How long have you been a vegan
- 16 "What makes your brand special?"
- 17 How did you come up with the name Kirly-Sue?
- 18 What are the vegan challenges you would like to address
- 19 What are the common vegan myths?
- 20 What's the most common reason for people decide to go vegan

STORY IDEAS FOR REPORTERS:



1. Becoming Vegan : What are the steps to follow when becoming a vegan?

2. Vegan failure: I have tried and failed to become vegan. What can I do to succeed?

3. Veganuary Recipes: To encourage people to go vegan for the month of January as a way to promote and educate about a vegan lifestyle.

5. Veganuary Popularity: Since the event began in 2014 participation has more than doubled each year – why do you think that is

6. Top Tips for Vegans Eating Out: How to have the best vegan dining experience

7. Vegan Myths: Vegan truths and vegan myths debunked

8. What's veganism anyway? : Veganism is a way of living that seeks to abstain, as much as possible, from the use of animal products. Vegans don't eat animal-derived foods such as meats, milk, and dairy

9. Each vegan spares 30 animal lives a year – discuss : Animals in the food industry are abused, mutilated, cramped and slaughtered. The industries use horrific practices in order to generate a maximum profit. 99% of farmed animals spend their whole lives confined in factory farms. Around the world, over 150 million farmed animals are killed each day.

10. Is veganism is great for the environment?

Factory farming is significantly responsible for deforestation, greenhouse gas emissions, pollution and water shortages.

- Livestock and their byproducts are accountable for 51% of all greenhouse gas emissions, worldwide.
- 2,500 gallons of water are needed to produce 1 pound of beef.
- Animal agriculture is responsible for up to 91% of the Amazon rainforest destruction.

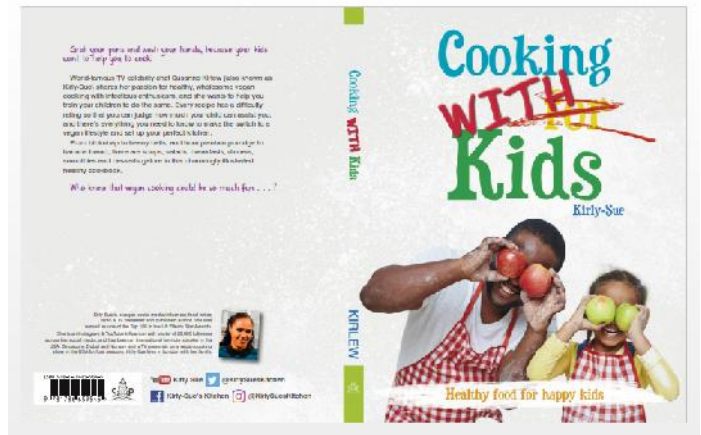
11. How do vegans get protein: A plant-based diet can easily provide complete protein! There are so many affordable options for plant-based protein. Beans, chickpeas, lentils, tofu, tempeh, soya chunks, and seitan are only a few options for vegan protein!

12. Can vegan food be tasty?: Vegan food is delicious and very diverse. There is a vegan version of just about anything you can think of. As demand soars, more and more companies are launching new vegan products, such as vegan meats and dairy-free milks and cheeses.

DOWNLOADABLE PHOTOS

I appreciate requests for photographs for press use.
Send an email (info "@ KirlySuesKitchen.co.uk) and let us know where you post your article so we can link to it.

-Thank you.



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