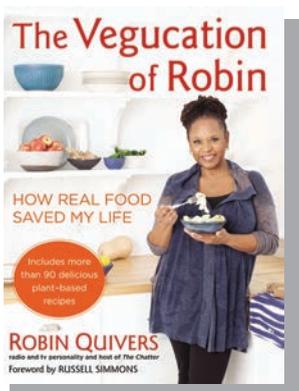




SIRIUS VEGAN



Fans of Sirius XM radio's *The Howard Stern Show* are familiar with cohost Robin Quivers and her health struggles as well as her attempts to address them. In her new book, *The Vegucation of Robin: How Real Food Saved My Life*—which includes nearly 100 of her favorite recipes—she documents her journey to wellness via a clean [read: whole food] vegan diet. Serious as the subject of health may be, Quivers discusses it with levity and her signature laughter. —ALEXA JOY SHERMAN

Q What are your preferred indulgences these days?

A There's a chocolate mousse recipe with tofu in the book that's absolutely delicious. There are also fruit-based desserts, like poached pears, and lovely things you can make with sweet potatoes. Most of what people consider confections are *incredibly* sweet. When you start eating clean, your taste buds become more alive, and if you try any of that stuff again, you're like, "I'm not really tasting anything but sugar."

Q What's the 15 Foundation—the nonprofit you run—all about?

A We work with a number of charitable organizations that improve academics, nutrition, and arts education in schools. For instance, they take children to farms and show them how to harvest and cook vegetables. People are being diagnosed with chronic illnesses at younger and younger ages, and that's all because of poor eating from the very beginning of life. These organizations help change kids' minds about what to eat, and why: to provide the body with nutrients and minerals and vitamins and enzymes so it can keep itself together.

Q What would you say to someone who thinks it's too late to make a healthy change?

A Your body is always ready to respond in a favorable way when it gets the right stuff—that's the beauty of the human body. Frankly, it's when you're older that you really notice the effects of your choices. So I'm willing for people to learn later. There is no too late. I'm a perfect example of that! 🍋

TARA DONNE