



MY MORNING ROUTINE

Moby Doesn't Care About Elvis but Would Have Dinner With Taylor Swift



Credit: Melissa Danis



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Welcome to *My Morning Routine*, where we talk with musicians, actors, politicians, and athletes about the foods they start and end their days with—and everything in between.

What does **Moby**—whose nickname comes from [his relation to Moby Dick](#) author Herman Melville—eat? (Seriously, think about Moby eating.) The musician and composer who's [been dubbed](#) "the King of Techno" is a devout vegan who used to own a teahouse. And now he's opening a vegan restaurant, [Little Pine](#), in Los Angeles. In other words, when he's not being thoughtful, opinionated, and astute about just about everything—music, politics, food, the environment—he's probably eating.

Last thing you ate?

I ate what I have pretty much every single morning: a smoothie with spinach, fresh turmeric, strawberries, blueberries, some sort of green powder, ginger, bananas, DHA oil, and sprouted almonds. If I live to be 600 years old, it's probably because of this smoothie.

Weirdest thing in your fridge right now?

It depends who you ask. I have a friend in New York who is an ad executive for Fox News, even though he's a Democrat. He has the most straightforward American diet—Pringles, ham sandwiches—and he would say everything in my fridge is strange. But I think it's really the giant bag of fresh turmeric root. I think it's beautiful, but it also looks like a giant frozen spider.

One food you're powerless around?

Chocolate. In my case, vegan chocolate.

Cook or be cooked for?

Who's cooking? I cook for myself almost everyday, and while it's hard for me to make something B+ or A-, I can make really functional B or B- food. If someone came into my kitchen and could make B+ or A-, I'd happily sit back. But most of my friends never cook, so the only thing they could make would be peanut butter and jelly sandwiches.

Ketchup or mayonnaise?

Ketchup. Even though I'm a WASP from Connecticut, I didn't grow up eating mayonnaise.

Kale or collard greens?

Kale because it's a more idiot-proof. If you steam or sauté collards too long, they get really slimy.

Tea or coffee?

I love both, but probably tea, because, as much as I love coffee, tea's more interesting—the history, the different varieties.

What's your tea of choice?

I love everything, as long as it's not flavored. I get annoyed when it's like banana daiquiri green tea or chocolate strawberry swirl black tea. It's like getting tea from the perfume counter at Macy's. Give me a simple cup of tea.

New York or L.A.?

I was born in New York, and I grew up there, and I thought I would live there forever, so I'll qualify this and say, at present, Los Angeles.

Mountains and lakes or beaches?

Mountains and lakes, hands down. Whenever I'm at the beach, it makes me feel like I'm eight years old in Connecticut, picking sand out of my hot dog and getting sunburned.

Dogs or cats?

I love them both, but, for emotional payoff, dogs.

The last book you loved?

I re-read one of my favorite books growing up: *Speaker for the Dead*. It's part two of the *Ender's Game* series. It's so smart, thoughtful, insightful, and I loved it. But the challenge now is that the author, Orson Scott Card, has become a crazy right-wing, Tea Party guy. The book is very thoughtful and open-minded, so it's been a challenge to myself: Can I appreciate this amazing work of fiction that was written 30 or 40 years ago knowing that the writer has evolved into someone I probably wouldn't want to be friends with? It's weird, because, with most things in my life, I don't know too much about the person who created it. I don't know who bottled my water or who made my light bulbs, so why does the author matter to me?

Albert Einstein or Dr. Seuss?

I'm going to go with Albert Einstein because, with Dr. Seuss, I love his work so much I wouldn't want to meet him. I don't want to meet any of my heroes, really. Because, what if he was a dick? Then you can't love his work anymore. Also, Albert Einstein was a vegetarian.

If you could jam with two people out of the following—Louis Armstrong, Bach, John Lennon, Jim Morrison, or Elvis Presley—who would it be?

I think of Bach as more of a composer. Louis Armstrong would be fun to hang with, but I don't know how to play jazz. Elvis I have no interest in. I'd go with John Lennon and Jim Morrison.

Would you rather have dinner with Taylor Swift or Rihanna?

I don't know anything about either one of them. I see Rihanna's face on billboard advertising coconut water, and I read an op-ed that Taylor Swift wrote. I'd probably say Taylor Swift because she seems more opinionated and engaged.

What piece of art do you wish you created?

I would go with "Heroes" by David Bowie. As a musician, one of the things that I'm humbled by—and there are many—is the fact that I will never write a song as good as that one.

What's the one thing you wish you could teach everyone?

The one thing that really truly baffles me is an odd paradox: Every human wants to live long and be happy and healthy, but constantly, throughout the day, people make choices that bring themselves harm. The way they drink, the way they work, the chemicals they're exposed to hurt them. So, I'd say: your primary criterion for evaluating anything you bring into your life, or your body, or home should be: Is this supporting life or hurting life?

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