

SWEET VEGAN SPILLS THE TEA - MAY 2022 | ISSUE NO.6



Spills the Tea

Magazine



HELLO
Spring



Just be.

A few of weeks ago, I tested positive for COVID-19. How's that for an opening line?

I'm definitely on the mend now, but honestly, she hasn't been gentle.

Coughing, sore throat, runny nose, sneezing, sinus congestion, chills, fever, aches and pains, fatigue and weakness, and a heightened and oversensitive sense of smell.

I had originally planned to be publishing my spring magazine at the beginning of May so *naturally*, on the first day of feeling viral (and not the good kind of viral) I thought "Oh great! I'll be sick in bed, so I can finish writing my articles for my magazine!".

And once I realized how unrealistic that was I thought,

"Ok cool, I get it, slow down. I'll do bed yoga and run a diffuser and doze in and out of guided meditations and just think empowering thoughts of my body, building antibodies, healing, and recovering.

My very dear and inspiring friend Erica and I were talking this morning about the way some of us put so much pressure on ourselves to be productive, that we grow to even expect ourselves to be active at rest.

This isn't to say that we don't advocate for and even attempt rest. After all, it's one of the most important things you can do if you want to be productive!

This is to say, that even at rest, we must be doing it intentionally – or actively resting.

It's not enough to relax, or heal, we need a strategy, a do-nothing-action-plan if you will.

{continued on next page...}

Just be, cont...

Laying on the couch staring at the wall won't heal you! Only having a ritual bath, going for a walk, getting a pedicure, listening to a motivating podcast, and doing mindfulness exercises while writing a gratitude list will heal you! Right? Wrong.

In this case, my romantic vision of generating health and wellness for myself almost immediately vanished.

I ran the diffuser and turned it off almost immediately because the smell was overpowering and nausea-inducing.

I played a guided meditation and within seconds got irritated with the guide because "please stop talking. Please, please be quiet. "

The empowering thoughts were more like *cough*cough* "Ouch, Jesus, why, F&*!?, how many times can I blow my nose in one day? * cough* COUGH*, Did I just pee my pants?

And as for the bed-yoga... Ha.Ha.

I'm a Nutritional Therapy Practitioner, a Naturopathy student, and a mother. I knew exactly what I needed to do, but in my semi-lucid but desperate moments, I still scoured every one of my textbooks, and the internet looking for a magic cure. Spoiler alert. There isn't one.

But for anyone who is feeling under the weather, be it COVID, stress or simply fatigue, here are some things that definitely can help:

- Steamy showers
- Soothing Tea of simmered ginger and turmeric, lemon and cinnamon with a touch of maple syrup
- Ramen w/ buckwheat noodles, tofu, scallions and grated carrot
- Sleep
- Getting off of your own back, dropping the expectations, and letting yourself just be.

Jennifer June

FOR YOUR HEALTH



Many people associate blood sugar levels with energy levels, which makes great sense, but most of us have no idea to what extent many aspects of our health are affected by it. This includes the health of your heart, immune system, and mental, emotional, and hormone health!

Overly high, low or inconsistent blood sugar levels can contribute to:

High blood pressure
Atherosclerosis
Heart disease
Kidney disease
Anxiety
Polycystic ovary syndrome
Gum disease
Neuropathy
And other health problems

Elevated blood sugar is also a symptom of some things, such as insulin resistance, while low blood pressure can be a sign of taking too much insulin or diabetes medication, adrenal or pituitary gland disorders, kidney problems and other issues.

But more often than not, it is caused by poor diet and lifestyle choices.

Ways you can achieve and maintain healthful blood sugar levels include:

- Eat plenty of fibre
- Limit foods with a high glycemic index
- Eat minimally processed foods
- Limit consumption of saturated fats
- Eliminate or reduce refined flours from your diet
- Eliminate or reduce refined sugars from your diet
- Eat frequent smaller meals
- Exercise regularly
- Hydrate
- Use stress management tools
- Get adequate sleep
- Avoid intermittent fasting

FOR THE ENVIRONMENT

Seed Bombs



Making Seed Bombs is a fun way to do three of my many favourite things; give back to the planet, get my hands dirty, and feed my rebellious side.

I remember my friend Val telling me years ago that she and her partner were going to spend the day planting food and flowers on public property, and I was deeply moved by how such a kind and gentle act could have such a powerful and meaningful message.

I didn't know at the time that members of guerilla gardening movements all over the world have been doing this since at least the 1970s.

I've been to demonstrations and protests, signed petitions, spoke up at city hall meetings etc... and all can feel very powerful, but there's something so special about the feeling you get when you go back to the vacant lots and random patches of public property and witness the fruits (or flowers) of the seed bombs that you planted there.

What you'll need:

- Clay
- Seeds (preferably native to the environment you are planting in)
- Compost or potting mix
- Water

Method:

- Combine 1 part compost with 5 parts clay
- Add a couple of drops of water at a time until malleable
- Rub together until it has a dough-like texture
- Add 1 part seeds and continue to knead until well combined.
- Divide your dough into pieces and roll (about the size of a golf ball)
- Plant your seed bombs moist or dried

Note: If you plant them dried, it's preferable to do it when you know it is going to rain

FOR THE ANIMALS

Did you know?

That vegetarianism goes back to at least 580 BCE?

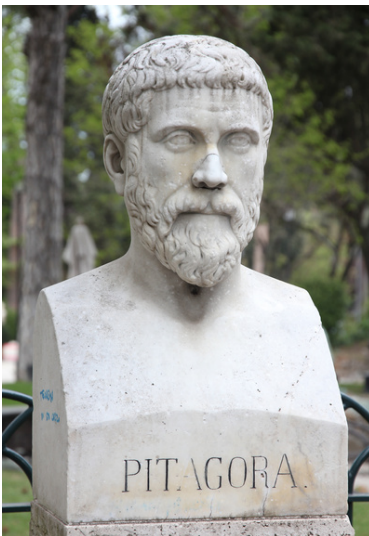
It is said that one of the most famous and controversial ancient Greek philosophers, Pythagoras, was the first documented vegetarian. He was known for his contributions to mathematics, and he was the first to admit women to his intellectual circle on equal terms *and* to argue that the world was a sphere.

He also taught that all animals should be treated as kindred, and abstained from consuming meat, both in adversity against animal cruelty, and because he saw the health advantages of a meat-free diet.

Pythagoras viewed vegetarianism as a key factor in peaceful human co-existence, putting forward the view that slaughtering animals brutalised the human soul.

There were other notable Ancient Greek thinkers that came after Pythagoras who also favoured a vegetarian diet, including Theophrastus, pupil of Aristotle and successor to him as head of the Lyceum at Athens argued that killing animals for food was wasteful and morally wrong. Hypothesizing as to the origin of flesh eating, he argued that war must have forced humans to eat meat by ruining the crops that they otherwise would have eaten.

Socrates asserted that the ideal city was a vegetarian city on the grounds that meat was a luxury leading to decadence and war. Thus, to Plato, abstention from flesh is warranted out of a desire for peace and an avoidance of indulgent, excessive living.



"As long as Man continues to be the ruthless destroyer of lower living beings, he will never know health or peace. For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love."

— Pythagoras

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SPRING

Featuring:

SPRING ROLLS



Recipes in full on pages 12-13

FRESH SPRING ROLLS

This is a brilliantly quick, versatile, easy and refreshing meal on a hot day. I didn't write the quantity of the ingredients (most of which are optional) because it's entirely up to you and your tastes, and, of course, the number of people you are serving. I added mango and edible flowers to these ones, for a tropical twist. They're also delicious with marinated tofu or (vegan) faux shrimp, and a peanut dipping sauce.



VEGAN QUICHE

I have eaten SO MUCH quiche in the last few weeks, trying to get you the perfect version. Here's the thing, the recipe I am including is one where I used "JUST EGG" because I found the consistency and taste the closest to egg quiche however, you can easily replace it with the vegan egg mix from my [eggless breakfast bites](#) and/or [mung bean omelette](#) recipes on the website. Full transparency, I'm still working on the mung bean filling version, it still tastes very dhal like, and has a denser consistency. I'd love to hear from any of you who try these, to know how yours turned out!

Recipes in full on pages 14-17

LIMONCELLO CUPCAKES

I made these Limoncello Cupcakes with the Limoncello cream liquor that my youngest daughter brought me back from her recent trip to Italy.

The fresh lemon flavour cuts through the softness of the buttery sugary taste of a cupcake, but only ever so delicately, and they're absolutely heavenly.



ELDERFLOWER HIBISCUS SOUR

Hi. I LOVE bitters, and I was gifted a bottle of Ms Better's Bitters Miraculous Foamer a few weeks ago and just had to try it! It is miraculous, but if you don't have any at your disposal, or if you're not a fan of bitters in your cocktail, you can use whipped and sweetened aquafaba in a pinch!

CURRENT EVENTS



CURRENTLY READING

A Million Things

Emily Spurr's *A Million Things* is Brilliantly written, I can honestly say that I have never read anything written in this style ever in my life. I don't even know how to describe it, except to say that, despite the subject matter being heartbreaking, it almost reads like poetry.

I would normally shy away from the suspense but I couldn't put it down.

I can't wait to read what she comes out with next.

CURRENTLY LISTENING TO

Peur des filles montmartre remix

it's a vibe



DON'T MISS THIS!



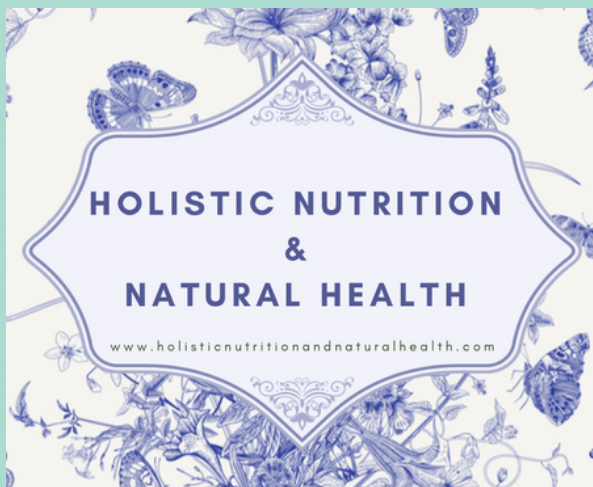
PODCAST

Life after Cheese

On Season One, Episode 13 of Sweet Vegan Spills the Tea - Life after Cheese -

we're talking about the salt/sugar/fat trap, breaking up with the foods we love to hate, plant-based alternatives to your favourite non-vegan comfort foods, and of course... cheese.

Available wherever you get your podcasts, and on Youtube!



NEW NUTRITHERAPY / HOLISTIC NUTRITION WEB SITE

That's right! In addition to plant-based nutrition and vegan lifestyle coaching, I am also a Holistic Nutritionist / Nutritherapy Practitioner.

Omnivores, vegetarians, pescatarians, flexitarians, and vegans (did I miss anyone?) are all welcome. I am not here with any agenda other than to help you reach your health and wellness goals, by helping you learn how to take charge of your nutritional health. To learn more, visit HolisticNutritionandNaturalHealth.com

For more information about plant-based nutrition and my nutrition coaching services, email me at sweetvegancoaching@gmail.com

To book your free 15-minute health & wellness call, visit:

[Holistic Health & Nutrition Consult Calender](#)

Recipes



Fresh Spring Rolls

Ingredients:

- A Bowl of Warm Water for softening the wrappers in
- Rice Paper Wrappers
- Vermicelli Rice Noodles
- Grated Carrots
- Sliced Cucumber
- Sliced Green Onions
- Sliced Bell Pepper
- Mango
- Fresh Basil, Mint, and/or Cilantro
- Edible Flowers

Method:

- Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, drain and set aside to cool.
- Fill a bowl, large enough to lay a wrapper flat in, with warm water.
- Dip one wrapper into the hot water for a couple of seconds to soften.
- Lay wrapper flat on a cutting board or counter.
- In a row, along one side of the wrapper, place a handful of vermicelli, basil, mint, cilantro, lettuce, and vegetables. Fold ends inward, then tightly roll the wrapper.
- Serve with [Peanut Sauce](#)
- Enjoy!



Vegan Quiche

Ingredients:

- 1 pie crust of your choice, store-bought or [homemade](#)
- 1 12 ounce (355ml) bottle of [JUST EGG](#), or other [egg replacer](#)
- 1 [small red or white onion](#)
- 1 Tbsp Olive Oil
- 2 Tsp Fresh basil, chopped
- 1 cup fresh spinach, chopped
- 1 cup button mushrooms
- 1/4 cup sliced cherry or grape tomatoes
- A handful of vegan cheese (cheddar mozzarella, swiss etc) *optional,
- Salt and freshly ground pepper to taste

Method:

- Preheat oven to 350 F
- Heat oil in a non-stick or cast iron pan
- Sauté mushrooms and onion until onions are becoming translucent and mushrooms are starting to get tender.
- Fill your pie crust with the onions, mushrooms, tomatoes, basil and spinach.
- Sprinkle with 2/3 of the cheese, if using
- Pour JUST EGG over the veggies
- Season with salt and pepper and sprinkle on the remaining cheese
- Bake for 1 hour or until the filling is no longer liquidy.
- Allow the quiche to cool for at least 15 minutes before serving, so it has a chance to set.



LIMOCELLO CUPCAKES

Ingredients:

Cupcakes

- 1 cup of soy milk
- 1 teaspoon apple cider vinegar
- 2 ounces limoncello
- zest of 1 lemon
- 1 1/4 cups all-purpose flour
- 2 Tbsp cornstarch
- 3/4 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup non-hydrogenated margarine softened
- 3/4 cup granulated sugar

Frosting

1/3 Cup Earth Balance
1/2 Cup Icing Sugar
2 Tsp Limoncello
1 Tbsp lemon zest

Method

Cupcakes

- Preheat oven to 350 F
- Whisk the soy milk and vinegar together, and set aside
- Sift the flour, cornstarch, baking powder, baking soda and salt into a large bowl and combine
- In a separate mixing bowl, cream the margarine and sugar for about 2 minutes, and beat in the limoncello and lemon zest.
- Alternating between the soy milk and dry ingredients, combine all the ingredients into the bowl of margarine and sugar.
- Fill cupcake liners two-thirds of the way full and bake for 20-25 minutes, until a knife or toothpick inserted comes out clean.
- Allow cupcakes to cool completely before frosting

Frosting

Whisk all ingredients together until smooth.



ELDERFLOWER HIBISCUS SOUR

Ingredients:

- 2 ounces elderflower liqueur (I used St Germain)
- 1 Tbsp Lemon juice
- 1-ounce Hibiscus simple syrup
- 1/2 dropper of Mrs Better's Bitters miracle vegan foam or, aquafaba "egg" white sweetened with a bit of sugar
- Ice cubes

Hibiscus Simple Syrup

- 1 cup sugar
- 1/2 cup dried hibiscus petals, any colour
- 1 cup water

Method:

Syrup

- Combine water and sugar in a saucepan.
- Bring to a boil.
- Take off heat and add hibiscus petals, let steep for at least 15 minutes.
- Strain out petals.
- Store in an airtight container in the fridge for up to 1 week.

Cocktail

- Fill a cocktail shaker half full of ice cubes
- Add remaining ingredients
- Shake well
- Pour divided into two glasses



About Jennifer June

I am a Holistic Nutritionist / Nutritherapy Practitioner, Certified vegan health nutritionist and a studying Naturopath.

I have been a vegetarian for 33 years, and vegan for 11.

Changing the way I eat has made a world of difference in my life, and literally gave me a new lease on life. I am deeply passionate about sharing tools, knowledge, and resources and I'm here to encourage, support, and help others integrate comprehensive change in their lives.

I offer workshops and one on one custom coaching for anyone looking to embark on a healthier lifestyle. While I specialize in plant-based health and gut health, I do work with clients with all dietary habits, without judgment, and without any agenda other than helping to empower them to reach their personal health goals.

Whether you want to simply lean into healthier nutrition choices or to switch completely to an entirely plant-based diet; We will work together as a team to identify personal achievable goals and work towards sustainable, long-term changes to ensure your success and guide you on the path to a healthier you!

To decide if health coaching is right for you, I invite you to schedule a free initial consultation with me, during which we will discuss your health and lifestyle to determine how I can best support you in achieving your goals.

Please feel free to contact me for details at sweetvegancoaching@gmail.com



Happy Spring

FROM JENNIFER JUNE
AND
THE SWEET VEGAN TEAM