

SWEET VEGAN SPILLS THE TEA - DECEMBER 2021 | ISSUE NO.5



Spills the Tea
Magazine



HELLO
Winter



What if?

The fact that I'm writing this means that it has been a whole year since I started this magazine! I can't believe it. A year ago I asked myself "what if?" and instead of doing what I usually do, just imagining (fantasizing about) what it *could* be like, I followed up that question with another one.

What steps would I need to take to make that happen?

And the next thing you know, Sweet Vegan Spills the Tea magazine came to life! I'll be honest, this edition of the magazine was supposed to be published over a week ago, but I hit a few obstacles and got a little derailed. Last night I asked myself if there was any point in publishing it at all, at this late date. But then I decided that even if the recipes were late, and even if most of you who are celebrating the holidays have already planned your menus and done your grocery shopping, maybe... just maybe somebody would still enjoy this issue just the same. What if?

It's getting pretty chilly outside and, as so many all over the world are, we're facing another lockdown here in Montreal Quebec, so morale is a little low in these parts at the moment. Perhaps you have also recently been bombarded by obstacles or even been completely derailed. A lot of us are stuck at home again, and It's hard not to find ourselves discouraged and asking "what am I supposed to do now?" or even "what's the point" but maybe if we allow ourselves to take a little space and a little time, we can flip the question and turn it into "what if?".

And maybe, just maybe we can then ask ourselves if there are any steps we can take right now to help us get a little closer to making that thing happen when we can.

We might not be able to harvest or share the fruits of our labour for some time yet, but we can certainly start planting the seeds.

What if?

Jennifer June

Healthy Happy Holidays

From the delicious appetizers and mains to the decadent desserts and glamorous cocktails, the opportunities to indulge and the temptation to overindulge are many over the holidays.

This isn't the part where I tell you to abstain from any of these things. I would NEVER.

And not only because half this magazine is recipes for all of the above either.

But also because food is literally medicine, a gorgeous and essential part of life, and a deeply spiritual part of many traditions, celebrations, and cultures.

That having been said, when we aren't mindful of what we put into our bodies, and how much of it, we can really do a number on our gut microbiome.

When our gut microbes are out of balance, we can find ourselves feeling gassy, bloated, constipated, and experiencing diarrhea, heartburn, increased inflammation, insomnia or poor sleep, irritated skin, autoimmune flareups, weight gain, and food sensitivities.

Some tips to help you keep your gut bugs happy and healthy over the holidays:

- **Practice good sleep hygiene.** Poor sleep quality and inadequate sleep can influence food cravings for high-fat foods, and foods high in sodium and sugar.
- **Drink alcohol in moderation.** Consumption of alcohol is linked to microbiome disruption and increased intestinal permeability.
- **Eat a diverse variety of fruits and vegetables** Even if you're filling your plate with Tofurky, stuffing, and scalloped potatoes, make sure you are still eating plenty of fibre-filled and nutrient-rich fruits and veggies that support the micro-organisms in our gut. Filling up on veg first will help satiate you, making you less likely to overeat the low-nutrient high-calorie foods and desserts that comprise your gut balance.

Healthy Happy Holidays cont...

If you do end up having a few extra glasses of wine, maybe eating more sweets than you intended to, or an extra helping or two of food that you maybe didn't need, don't give yourself a hard time about it.

While your body probably won't thank you for it, even after a feast of rich foods, you can do a little damage control by giving your gut bugs a little love to reduce digestive upset and restore the balance. Here are a few tips to help you do that:

- **Eat probiotic foods** like sauerkraut, Kefir, kimchi, miso and tempeh, to help support your gut bugs and encourage the population of beneficial bacterias.
- **Hydrate** - Staying hydrated is important for the mucosal lining of the intestines, as well as keeping a healthy balance of good bacteria in the gut.
- **Get active** - Physical exercise is great for your gut microbiome! It doesn't have to be a 2-hour CrossFit challenge. A brisk walk or 30-40 minutes of cross country skiing, snowshoeing, yoga or strength training will do the trick and help you feel more energized!
- **Apple Cider Vinegar** - If you find yourself feeling gassy after a rich meal, try drinking 1-2 Tablespoons of apple cider vinegar diluted with a little bit of water. It takes about 20 minutes to kick in but it can often do wonders to calm that gurgling tummy down.
- **Digestive teas** - There are many herbs that promote gut health and digestive ease. Many pre-blended digestive teas are available in grocery stores and health-food stores, but you can also make your own by buying loose herbs.

Here are a few of our favourite food flavour-boosters that also support gut health and healthy digestion:

Herbs for a Healthy Happy Gut



- **Ginger**- nausea reduction, saliva stimulation and bile production, stomach-soothing, gas & bloating reduction, and great treatment to prevent and ease the symptoms of motion sickness, morning sickness, and hangovers.
- **Calendula** – Promotes healing of damaged gut wall and mucosal lining. Improves digestion and absorption, reduces inflammation in the gut wall, detoxifies the body from pathogens.
- **Cardamom**- Balances excess mucus, gas, and bloating in the stomach and small intestine.
- **Chamomile**- Relieves upset stomachs, cramps, indigestion, abdominal gas, and other symptoms of IBS,
- **Basil** – Reduces gas and stomach cramping
- **Bay leaves** – Decreases toxicity and soothes symptoms of irritable bowel
- **Cinnamon** – eases nausea and stomach upsets
- **Turmeric** – aids with digestion, absorption, and metabolism, helps regulate intestinal flora, soothes the gut, has anti-inflammatory and antioxidant properties.
- **Chamomile** - Calms the eases symptoms of indigestion, reduces heartburn and acidity, promotes the healing of mucosal lining and stomach ulcers, and – as a bitter – stimulates digestive juice production.
- **Fennel** – soothes stomach pain, aids digestion, and absorption. Promotes the breakdown and digestion of fatty foods, helps to stabilize blood sugar, relieves heartburn, indigestion, nausea, upset stomach, and diarrhea.
- **Peppermint** – antispasmodic, helps relieve pain and stomachaches, colic, indigestion, constipation, and IBS, eases gassiness and bloating, enhances appetite, and aids digestion. Helps to protect the gut lining.
- **Marshmallow Root** – helps to coat and soothe the mucous membranes of the digestive tract, helps to treat symptoms of heartburn, IBS, and constipation due to lack of hydration, reduces inflammation, contributes to the healing of ulcerative colitis, gastritis, and peptic ulcers.
- **Plantain** (the herb, not the fruit) – soothes irritation and inflammation of the stomach and bowels, calms diarrhea and symptoms of gastritis, colitis, and other stomach disorders, aids in the repair of damaged mucosal tissue.
- **Slippery Elm**- Increases the mucilage content in your digestive tract, stimulates nerve endings to boost mucus secretion, helps neutralize excessive acidity in the gut, and soothes symptoms of ulcers and IBS.
- **Liquorice** – helps repair your gut lining and heal your gut by replenishing mucus.
- **Aloe Vera**- Soothing and protective of the stomach lining, supports the immune system, improves water balance within the intestines, nurtures and promotes the growth of “good” gut bacteria, and soothes symptoms of IBS.

WINTER

Featuring:

VEGAN FETA SPINACH WREATH



Recipes in full on pages 14-17

FETA SPINACH WREATH

This recipe makes a really fun appetizer, and it's versatile and open to your own additions or variations. I stuffed this one with pine nuts, cranberries kalamata olives, and spinach, but mushrooms and/or sundried tomatoes would make very tasty additions. The most important tip I can give you, after the many attempts it took me to get it right, is to squeeze the excess moisture out of the tofu, and spinach before stuffing them into your pastry.



FRENCH BEET SALAD

My mother used to make this every single Christmas. I don't know where she got the recipe or why it was specifically a holiday dish, but I've carried on the tradition ever since. I also eat it year-round, in salads and bowls but don't tell my mom.

Recipes in full on pages 14-17

GREEN BEAN BUNDLES

I love green beans and what better way to package them, than in strips of vegan bacon or smokey eggplant?



CAULIFLOWER & CHEEZE SAUCE

A comfort dish that is classic enough to make an excellent side for almost any main dish, but rich enough to accompany star dishes of the holidays. The hints of nutmeg give it a little festive flavour.

Recipes in full on pages 14-17

FRENCH ONION HASSELBACKS

Hasselback potatoes were allegedly first made in a Swedish tavern, and French onion soup is one of my favourite pub foods, so the way I see it, this is a perfect pairing!



VEGAN TOURTIÈRE

I have tried to recreate a traditional tourtière more than a handful of times, some better than others, but never to my satisfaction.

But THIS time I think I finally nailed this bad boy, and I'm SO INTO IT, but you be the judge!

Recipes in full on pages 14-17

GINGERBREAD CHEEZECAKE

I'm not sure what else needs to be said, I mean... it's all in the name, isn't it?

If you love gingerbread as much as I do, and you're a fan of cheesecake... it's all here! This spiced creamy deliciousness is most perfect topped and eaten with gingerbread cookies and coconut topping or other plant-based whipped cream.



POINSETTIA COCKTAIL/MOCKTAIL

Cranberry Orange, always a favourite flavour combination, and especially over the holiday season. This drink is light, refreshing and bubbly. The tartness of the cranberry keeps it from being overly sweet, even in the mocktail.

CREATING SACRED SPACE

My favourite oracle cards are from Maia Toll's Illustrated Herbiary. Lately, I keep pulling the same card - Raspberry - Create Space - And I keep starting to do that, and getting derailed, and pulling the card again, and starting to do that again, and so on and so on. It's as though I have a much-needed gentle but persistent guide who is sitting there patiently and everready to keep reminding me until I follow through.



Create Space **RASPBERRY**

Rubus species

Raspberry is Rose's younger sister: sweet and wild, but also steady-handed. She loves the earth and its smallest creatures, so her ebullient branches twist and crawl, creating nests for birds and sanctuaries for snails. She'll rock wee babes and scurry about with toddlers, rarely giving in to the gravitas that permeates most members of her family. Laughter floats through her leaves as she flexes and twists. *You too can be like this!* she says, demonstrating pliability earned by drinking deeply of mineral-rich soil. Sit with her and she'll share with you the secret of weaving space and creating strong containers for the emptiness that new life needs in order to thrive. When Raspberry appears, look to how you are (or aren't!) nurturing space within.

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Creating and taking space can be difficult, and sometimes creating an actual physical space of your very own is a great step toward taking emotional, social, professional, or creative space in life - whether that means speaking up, speaking out, showing up for yourself, applying for a promotion, starting a business, setting boundaries with friends, family or collaborators, or just singing out loud, at the top of your lungs.

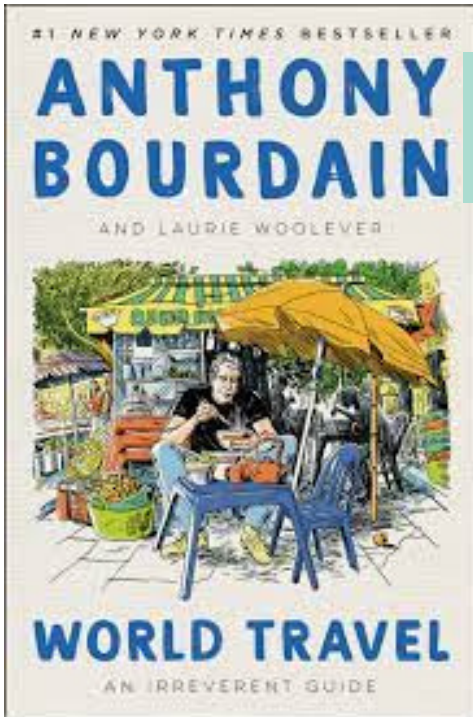
Creating and taking up space is to show up for yourself. And showing up for yourself is one of the greatest acts of self-care there is.

This space can look however you like and be as big as you have room for in your house. Mine is a room in the basement, where half the space is dedicated to making art, and the other half to ritual and reflection. For you, it might be the same, or it might be -

- A chair by the window for reading and reflection
- A corner in the bedroom where your meditation or prayer pillow is
- A bench in the garden where you take in nature and watch the plants and flowers grow
- A kitchen table where you journal and drink tea before the rest of your family is awake or after they go to bed

However it looks, and wherever it is, make it yours and make it sacred. Create and take up space.

CURRENT EVENTS



CURRENTLY READING

Anthony Bourdain and Laurie Woolever World Travel: An Irreverent Guide

I've always been a huge fan of Anthony Bourdain's. His ambition and his drive were matched by his gifts for storytelling and making magic with one of my favorite things in the whole wide world, food.

While he is no longer with us to take us along on his adventures, he will continue to inspire me for years to come I'm sure.

I've only just begun this book, but I'm so excited to dig into it over the holidays. As of December 26th, between these pages is where I'll be.

CURRENTLY LISTENING TO

Emma Peters (Remixed)

The song Magnolias For Ever - over and over and over and over again. If honey warming in the sun had a sound, I think this is what it would sound like..



DON'T MISS THIS!



PODCAST

A Vegan Survival Guide for Holidays

Are you a non-vegan who finds shopping for your vegan loved ones a little daunting?

Are you a vegan who is dreading navigating friend and family get-togethers because your "diet" becomes always becomes the topic of relentless debate?

Heading out to a friend or family member's place for a meal, worried that there won't be any plant-based dishes?

Hosts are usually happy to accommodate or make an extra side dish to ensure that all of their guests are well fed and having fun.

Not everyone understands exactly what vegan means though, so it's important to be really specific about what you can and cannot eat.

For some hot vegan tips on having a peaceful plant-based and relatively debate-free holiday, keep your eyes and ears open for Season one Episode ten of the Sweet Vegan Spills the Tea podcast: A Vegan Survival Guide for Holidays.

NEW NUTRITHERAPY / HOLISTIC NUTRITION WEB SITE

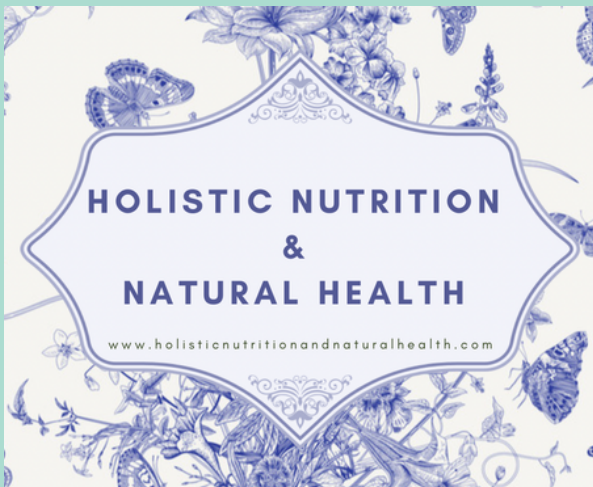
That's right! In addition to plant-based nutrition and vegan lifestyle coaching, I am also a Holistic Nutritionist / Nutritherapy Practitioner.

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



Spinach Feta Wreath

Ingredients:

- 250g spinach
- 250g silken tofu
- 250g vegan feta cheese
- 2 tbsp extra virgin olive oil, plus extra for brushing
- 50g pine nuts, toasted
- 1/8 tsp ground nutmeg
- 2 garlic cloves, crushed
- the zest of a large lemon
- A few fronds of dill, chopped (or a tsp dried)
- 2 Tbs chopped fresh parsley, chopped
- 1/8 cup dried cranberries
- 1/8 cup chopped and pitted kalamata olives
- 1 Puff Pastry sheet
- vegan butter, vegan egg, plant-based milk, or olive oil, for brushing

Method:

- Put the spinach in a colander, then pour over a kettle of boiling water and leave to wilt. Once cool, wring out the excess moisture using a clean tea towel, then chop the spinach and put it in a large bowl. Stir in the tofu, feta oil, pine nuts, olives, nutmeg, garlic, lemon zest, chopped herbs, and cranberries until well combined, season generously, and set aside.
- On a well-floured surface, roll the pastry out into a 60 x 20cm rectangle. Spoon the spinach mixture along the length of the pastry, leaving a gap along all sides. Fold in the two short ends to stop any of the filling from coming out, then roll the pastry away from you to enclose the filling and create a long roll. Join the two ends together to create a wreath shape. Transfer the wreath to a baking tray lined with baking parchment and chill for 20 mins. Can be made up to this point a day in advance and kept covered in the fridge.
- Heat oven to 390F. Using a sharp knife, cut slashes across the top of the wreath. Mix a little almond milk with some olive oil (this will help the pastry colour) and brush all over the wreath. Bake for 40-45 mins until golden brown. Leave to cool for a few minutes before serving.



French Beet Salad

Ingredients:

- 4 large Beets (cooked)
- 1 Tbsp Red wine vinegar
- 2 Tsp Olive oil
- 1 Tbs chopped parsley (fresh or dried)
- Salt and freshly ground pepper to taste

Method:

- I cooked my beets on pressure in the instant pot for 26 minutes (whole) but if you don't have an instant pot or pressure cooker you can do as follows:
- Place water in a 3-quart saucepan, and bring to a boil. Add beets, and simmer until beets are tender when pierced with a fork, about 45 minutes. Cool, peel, and cut beets into bite-size pieces. Place in a serving bowl.
- Drizzle oil and vinegar over the beets, season with salt and pepper and toss gently
- Garnish with chopped parsley



GREEN BEAN BUNDLES

Ingredients:

- 1 1/4 lbs green beans look for thinner green beans or use french green beans
- 6 slices vegan bacon, or eggplant bacon
- 1 teaspoon garlic salt or 1/2 teaspoon garlic powder and 1/2 teaspoon salt
- 1/8 cup plant-based butter, melted (or olive oil)
- 1 tablespoon brown sugar (optional)
- freshly ground pepper
- olive oil

Method

- Trim the ends of the green beans. Bring a pot of salted water to a boil.
- Place the green beans in the pot and cook for 2-3 minutes until just tender. Drain and put the green beans in a bowl of ice water to stop the cooking process.
- Pat the green beans dry. In a small bowl mix together the garlic salt, butter, brown sugar and a few cracks of pepper. Pour the butter mixture over the green beans and toss to coat.
- Divide green beans into 6 equal stacks, and wrap each stack with a piece of veggie bacon or an eggplant strip, and secure with a toothpick. Place the green bean bundles on a sheet pan.
- lightly brush the veggie bacon/eggplant with a bit of olive oil.

Bake for 10-15 minutes or until bacon is a little bit crispy.



FRENCH ONION HASSELBACKS

Ingredients:

- 6 medium russet potatoes, scrubbed
- 2 cups French Onion Soup

Soup

- 1/2 cup unsalted butter
- 4 onions, sliced (I used a mix of Yellow and Red but if you don't have red you can use yellow. I don't recommend white for this as they are quite sweet)
- 2 garlic cloves, chopped
- 2 bay leaves
- 2 fresh thyme sprigs
- Kosher salt and freshly ground black pepper
- 1/2 cup red wine (optional)
- 3 heaping tablespoons all-purpose flour
- 2 quarts low-no sodium vegetable broth
- 1 Tbs Bragg aminos (optional)
- 1 tsp Vegemite or Marmite (optional)
- 1Tbsp Tamari

Method:

- Slice the potato into thin slices, leaving 1/4 inch at the bottom unsliced; the spoon handles will prevent you from slicing the potato all the way through. Repeat with the remaining potatoes.
- Put the potatoes in a baking dish and ladle the onion soup over the potatoes, making sure to get in between all the slices. Bake until tender and crisp, 55 to 60 minutes.

Soup

- In a large pot over medium heat, bring 1/2 cup of the vegetable broth to a simmer.
- Add the onions, garlic, bay leaves, thyme, and salt and pepper and cook until the onions are very soft,, about 25 minutes.
- Add the wine, bring to a boil, reduce the heat and simmer until the wine has evaporated and the onions are dry, about 5 minutes.
- Discard the bay leaves and thyme sprigs. Dust the onions with the flour and give them a stir. Turn the heat down to medium-low so the flour doesn't burn, and cook for 10 minutes to cook out the raw flour taste. Now add the rest of the vegetable broth, bring the soup back to a simmer, and cook for 10 minutes. Season, to taste, with salt and pepper.



Vegan Tourtière

Ingredients:

Tourtière

- 1 1/2 Tbsp olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 Tbsp minced fresh ginger
- 1 cup cooked brown lentils
- 1 crumbled firm tofu
- 1/2 texturized vegetable protein
- 1 cup vegetable broth
- 1 tsp vegemite or marmite (optional)
- 1 Tbs Bragg liquid aminos (optional)
- 1 Tbs shoyu or tamari
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cloves
- Salt and pepper to taste
- 12 rolled-out shortcrust pastry, homemade or store-bought (see enclosed recipe)

Shortcrust Pastry

- 2 1/4 cup all-purpose flour
- 1/4 tsp salt
- 3/4 cup cold vegan butter, cubed
- 6 Tbsp ice water, approximately

Method:

Tourtière

- In a large saucepan, soften the onions and garlic in the oil. Add the TVP and vegetable broth and continue cooking for about 15 minutes
- Add the potatoes, tofu and lentils, marmite, Bragg, and tamari, and season with pepper. Add the remaining ingredients and cook, stirring frequently, for about 45 minutes or until the potatoes soften. Let cool. Adjust the seasoning. Cover and refrigerate until completely chilled.
- Preheat the oven to 375 F
- 3. Line a pie plate with pastry. Cover with the cooled tourtière mixture. Cover with a second crust. Brush with vegan egg replacer, melted vegan butter, or olive oil. Make an incision in the center. Press the edge to seal with a fork or your fingers. Bake for 50 minutes to 1 hour or until the crust is golden brown.

Shortcrust Pastry

- In a food processor, combine flour and salt. Add the butter and pulse for a few seconds at a time until the butter is the size of peas. Add the water and pulse again until the dough just begins to form. Add water as needed. Remove the dough from the food processor and form two discs.
- Cover in plastic wrap and refrigerate the dough for at least 30 minutes.
- Roll out the dough on a floured work surface or between two sheets of parchment paper in a 3 to 4-mm (1/8-inch) thick sheet. Use the dough to make a 2-crust pie or line two 23 to 25-cm (9 to 10-inch) pie plates.



POINSETTA COCKTAIL

Ingredients:

Cocktail

- 2oz cup vodka
- Champagne
- 4 oz cranberry juice
- Ice
- Orange zest

Mocktail - Replace Vodka with raspberry ginger ale and replace champagne with club soda or sparkling water

Method

- fill two glasses halfway with ice
- pour in 1 oz each of vodka and 2 oz each of cranberry juice
- top with champagne
- garnish with orange zest



Gingerbread Cheezecake

Ingredients:

Crust

- 36 thin gingersnap cookies
- ¼ tsp sea salt
- 5 tbsp vegan butter

Filling

- 1 ½ cups cashews *soaked
- 10.5 oz vegan cream cheese
- ½ cup maple syrup
- 1 15 oz can coconut cream
- 1 tbsp lemon juice
- 2 tsp vanilla extract
- 2 ½ tsp ground ginger
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground allspice
- 1 tsp orange zest
- Vegan whipped cream or coconut topping for serving

Method:

Crust

- Add the gingersnaps, and salt to your food processor and pulse to a crumb consistency. Add the vegan butter and blend again until the mixture sticks together to form a dough consistency.
- Line the base of a 7-9" springform cake pan with parchment paper and press the dough into the base of the pan, compacting it with a spatula. Set aside in the freezer to chill while you prepare the filling.

Filling

- For the filling, add all of the ingredients to your high-speed blender. Blend on high for a few minutes until the mixture is completely smooth and creamy.
- Transfer the filling into the base of the cake tin. Place the cake in the freezer to set for a minimum of 6 hours or overnight.
- Thaw in the refrigerator a few hours before serving with coconut topping or vegan whipped cream



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 Holidays

FROM JENNIFER JUNE
AND
THE SWEET VEGAN TEAM