



Spills the Tea



Welcome to the first ever edition of Sweet Vegan Spills the Tea!



Who?

(ABOUT JENNIFER JUNE)

I am a Certified vegan health nutritionist and a studying nutritherapy and natural health practitioner. I have been a vegetarian for 30 years, and vegan for 8.

Changing the way I eat has made a world of difference in my life. I am passionate about sharing tools, knowledge, and resources and I'm here to encourage, support and to 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 judgement, and without any agenda other than helping to empower you to reach your 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

Why?

(HOW THIS CAME ABOUT)

I have always loved and subscribed to magazines. I have a couple of subscriptions that I get pretty (perhaps unreasonably) excited about - like the mail delivery person just brought me a personal gift. I am always up for a challenge, and often recreate the recipes in them using plant based ingredients. But while I was flipping through a couple of issues a recently, I heard myself say, "I love these so much, I only wish they were vegan", which got me thinking... And when I start thinking... I. Just. Can't. Stop. So this happened. Yay!

A Christmas Story - Circa 1988

When I was a child, my mother would sew all four of us kids our Christmas outfits; dresses with pinafores, for my younger sister and I, as though it were the 40's. I mean, it was the 70's, which is probably technically the "olden days" by now, but still... we were the only children I knew who wore handmade clothing. Christmas.



*Victoria, B.C.
1988*

She would (and still does) decorate almost every single room and even the hallways of the house.

On Christmas eve, my mother's friends, family and other fellow artists/performers, filled our house over the course of an all-day open house. They would eat, drink, sing, play instruments, and serve as a wildly enthusiastic audience as my best friend Erica and I put on a talent show of holiday related drama, dancing, and comedy sketches.

Whoever was still present and standing relatively upright by nightfall, would spill into the street together and go door to door singing Christmas carols. Much later that night, we'd go to midnight mass for more singing, and when we came home, we were allowed to open one gift before bed. Usually a pair of pajamas, that my mother had sewn, naturally.

I carried on the tradition of Holiday exuberance ever since. I've since sewn my own three daughters Christmas dresses and pajamas. I've always thrown my own holiday open-houses and extended family brunches, had an open-door policy for everyone and anyone who wanted to join us for Chrismukkah. And our white elephant gift exchanges were notorious!

This year is definitely going to be difficult with pandemic related restrictions in place. It won't be the same without having my daughters home for fireside mimosas, while opening our stockings on Christmas morning, or having the whole family around the table for Christmas supper. Instead of (or maybe in addition to, let's be honest) mourning my potential losses, or feeling robbed of Christmas spirit, (and certainly subsequent Christmas burnout), I am entertaining the idea of spending the holidays in a restorative pose, or a restorative pause I should say. I'm trying on the idea of replacing some of the spiced cookies and Hot Toddies with spicey soups and hot teas, replacing the revolving door of family, neighbours and friendly visitors, with revolving naps, Epsom salt baths, and episodes of Downton Abbey. I'm not saying I won't miss the usual seasonal hustle and bustle, and I'm not saying that this is going to be the new tradition.

Im pretty sure It's not. I'm just saying that exceptionally, for this year, under these circumstances, I might give myself permission to let go of the thrill of rushing to get last minute food made, gifts wrapped, floors/hair/dog washed, and embrace the thrill of just.... not.

However you spend your holidays this year, whether it's surrounded by friends and family, or all by yourself, I wish you an abundance of joy in any form you find it. And even if you are hosting a grand festive event, may you still find some time for a restorative pose, and pause.

Jennifer June

SWEETVEGAN

CHRISTMAS

Supper

Recipes in full on pages 10-13

CHARCUTERIE BOARD

Every gathering has to have pre-meal snacks! Some of my favourite things to include on a charcuterie board are: an assortment of nuts, vegan cheese - at least one hard and one soft, antipasto, olives, pickled vegetables, grapes, radishes, celery sticks and other crudités, at least one spread (eggplant, hummus, tapenade, bruchetta etc.) and, of course, crackers and crostini to spread it on!



CRANBERRY SAUCE

I'll be honest with you. One of the fond childhood memories I have of helping to prepare Christmas dinner, is watching the cranberry sauce slide out of the can, and plop into its dish - lines and all. But homemade is so easy and so much tastier.



SPINACH POMEGRANATE SALAD

I originally created this salad for a Valentine's Day cookbook, but it looks so festive and the ingredients compliment a Christmas dinner beautifully.

GREEN BEAN CASSEROLE

A FAVOURITE!!! Of course, the original recipe we used when I was growing up, was made with canned cream of mushroom soup, so I had to create a vegan version. Now it's pretty easy to find but there's a recipe on sweetvegan.net. if you have trouble finding it. And it's still as delicious as I remember it as a kid.



SEITAN WELLINGTON

This may be the main dish, but it is, hands down, the easiest thing to make on the entire menu. Basically all you need is a seitan roast and a package of puff pastry dough!



SCALLOPED POTATOES

I'm not even sure it's Christmas dinner if there aren't any potatoes. Whether you mash them and serve them with gravy, roast them with the rosemary and thyme, or layer them with onions and this thick "cheesy" sauce, there has got to be potatoes on the table at Christmas.

YULE LOG

I wanted to make one of these for years but was convinced that it would be far too complicated. When I finally rolled up my sleeves and made one I was amazed by how simple it actually was. This baby tastes amazing - AMAZING - but let's be honest, when it comes to yule logs, it's all about how cute they are.



NAUGHTY BUT NICE COCKTAIL / MOCKTAIL

The flavours showcased here are two of my faves, cranberry and ginger, and it's as tasty with alcohol as it is without.

THE EASIEST CHRISTMAS DECORATING I'VE EVER DONE:

In the spirit of my resolution to start using, buying and gifting mostly repurposed, second-hand and hand made goods, I decided to try a few new holiday decorating ideas this year.

ORNAMENTAL BRANCHES

I was hoping to make it for a wooded walk in the Eastern Townships to forage for evergreen branches, but didn't get a chance.

So... for this year's centrepiece I used fallen branches from the park, and the alley behind the house!

I hung mini ornaments on the branches and scattered fairy lights on the table and voila!



VINTAGE ORNAMENT WINDOW



This was so much fun. I took an old window frame that we had in the basement, and then used fishing wire to hang ornaments from each square. That's it!

GETTING OUTSIDE IN THE WINTER

Though the urge to hibernate feels especially strong, when the days are short, and the air is nippy, it's much better for your mental and physical health if you bundle up and get outside even just for 10-20 minutes.

Getting that daylight time in every day will charge your immune system, raise your serotonin, get you your dose of Vitamin D, and help keep your circadian rhythms in check.



I live in Montréal Québec, in Canada, so I feel you when you say the cold is less than inspiring. I also have Raynaud's, a condition that makes my extremities extremely sensitive to the cold. It can be really painful at times, and has made getting out in the winter pretty challenging in the past. So here's my advice to you. Wear mittens instead of gloves because they will keep your fingers warmer. Wear a hat when you go outside to help your whole body retain heat. Invest in heated socks and gloves if you can. They're not cheap but they're not as expensive as they used to be. There are air activated hand and toe warmers you can get also. Layer up! You might feel freezing when you first step out, but if you're doing something active, you might want to take off a sweater or two. And most importantly... keep moving!

CURRENT EVENTS



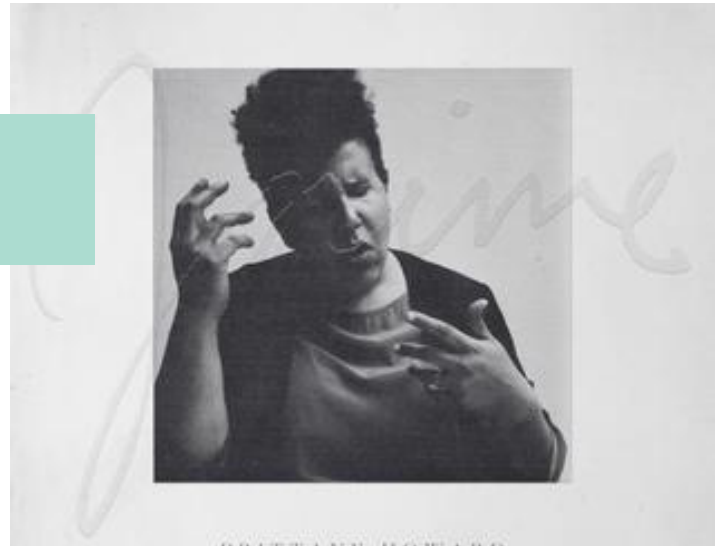
CURRENTLY READING

Pam Grossman's *Waking the Witch*

An exploration of the world's fascination with witches from podcast host and practicing witch Pam Grossman (The Witch Wave), who delves deeply into why witches have intrigued us for centuries and why they're more relevant now than ever.

CURRENTLY LISTENING TO

Brittany Howard's debut solo album, *Jaime*. The song being played mercilessly on repeat at the moment is *Baby*.



CURRENTLY WORKING ON

*I am so excited to announce the launch of my new nutrition and health focused podcast, **Sweet Vegan Spills the Tea!** Keep your eyes and ears open, subscribe to updates on my website, follow me on social media, or all of the above to stay in the loop, because it's coming at you January 2021!*



Recipes



Ingredients:

1 cup water
1 cup maple syrup or sugar
12-oz bag fresh or frozen cranberries
(3 cups) 2 apples, peeled, cored and quartered
1 Stick of cinnamon
1/2 teaspoon freshly grated lemon zest

Instructions:

Bring water and syrup or sugar and cinnamon stick to a boil, stirring until syrup is dissolved. Add cranberries and simmer, stirring occasionally, until berries just pop, 10 to 12 minutes. Stir in zest, then cool.



Ingredients:

Baby Spinach
Avocado Slices
Green Apple slices
Cherry Tomatoes – Halved
Crumbled Vegan Feta
2 Tbs Pomegranate Seeds
3 Tbs Olive Oil
1 Tbs Vegan mayo or soft tofu
2 Tsp Apple cider vinegar
1 Tsp Orange juice
2 Tsp Spike or other Herbal Seasoning
Salt & Pepper to taste
Orange Zest and Pomegranate seeds to garnish

Instructions:

Combine oil, veganaise or tofu, vinegar, orange juice and pomegranate seeds in a blender. Whiz for a few seconds. This is your dressing. Combine remaining ingredients in whatever quantities you prefer. Dress, garnish, and enjoy!

Recipes



Vegan Green Bean casserole

Ingredients:

1 Cup Vegan Cream of Mushroom Soup
1/2 cup milk
1/8 teaspoon black pepper
500 Grams frozen French cut green beans, thawed
120 Grams FRENCH'S® French Fried Onions, divided in half

Method:

Pre-heat oven to 350°F. Combine Mushroom Soup, Soy Milk and Pepper in a 1 1/2 -quart baking dish; stir until blended. Stir in beans and 1/2 of the French Fried Onions. Bake for 30 minutes or until hot. Stir. Sprinkle with remaining 1/2 onions. Bake 5 minutes or until onions are golden.



Creamy Green bean casserole

Ingredients:

1 - 2 seitan roasts
1 pkg (sheet) vegan puff pastry
Olive oil
Fresh Rosemary

Instructions:

Lay your roast in the center of a sheet of thawed puff pastry. If you buy two small roasts lay them end to end. Wrap the sheet around the roasts like a blanket and fold the ends over, rope it with sprigs of rosemary, brushed olive oil on top and throw it in the oven for about 30-45 minutes depending on the size of your roast.

Recipes



Vegan Green Bean casserole

Ingredients:

For the creamy vegan sauce: 3
cups unsweetened plant-
based milk of your choice
6 tablespoons all-purpose
flour
4 cloves garlic
1 ½ teaspoons salt

For the scalloped potatoes:
2 small yellow onions, sliced
4 pounds yukon gold or
russet potatoes,
sliced into thin rounds ⅛"
thick max
1 recipe Melty Vegan Cheese
Sauce (recipe on
sweetvegan.net) or your
favourite melting vegan
cheese

Method:

Preheat your oven to 400F (200C).

Grease a 9" x 13" baking dish with vegan butter, oil,
or omit oil and use a non-stick pan

Creamy sauce

Add the non-dairy milk, all-purpose flour, garlic, and
salt to a blender, blend until completely smooth and
set aside.

Layer the potato and onions slices, alternately in 3
batches.

Pour the cream sauce over the potato and onions
cover with a lid or foil and bake for 45 minutes. The
liquid should be lightly bubbling around the edges.
Remove the foil and bake for another 20 to 30
minutes until the potatoes are tender. Spread the
Vegan Cheese Sauce or vegan cheese across the
surface of the potatoes then return to the oven for
another 5 - 10 minutes, until the cheese is melted.
Serve and enjoy!

Recipes



The mousse

Ingredients:

:1 pkg of medium-firm silken
tofu
-1 pkg of semi-sweet
chocolate chips

Instructions:

Melt chocolate chips in a
double boiler
and blend with tofu in the
blender, until smooth.
Place in the fridge for about
an hour or until firm and
mousse-like.



Naughty but Nice

2 Cocktails/Mocktails

4 ounces vodka
2 ounces orange juice
2 ounces ginger syrup
4 ounces cranberry juice
4 ounces club soda
ice

The Log

Ingredients:

1 1/2 cups unbleached white flour
1/3 cup cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
3/4 cup sugar
1/2 cup vegetable oil
1 cup cold water or brewed coffee
2 teaspoons vanilla extract
2 tablespoons apple cider vinegar

Instructions:

Sift together the flour, cocoa powder, baking soda,
sugar and salt.

In a large measuring jug, mix together all liquid
ingredients except for the vinegar.

Add the wet to the dry ingredients and stir until
smooth.

Add the vinegar and stir until even distributed
throughout the batter.

Pour onto un-greased edged cookie sheet (a flat
one won't hold in the batter and you'll have quite
the mess on your hands)

and bake 10-20 minutes. depending on your
oven. When cake is cooled, remove from pan and
lay out on a flat surface. This is easiest if you lay a
piece of wax paper between cake and counter top.
Smooth about 1/3-1/2 of the chocolate mousse
over the cake.

Slowly roll the cake into a log like you might if you
were making sushi rolls.

Don't worry if the cake cracks or crumble here and
there. We'll hide that after.

Coat the log in the remaining mousse and
decorate.



Happy Holidays!

FROM JENNIFER JUNE AND THE
SWEET VEGAN TEAM

Winter
• Cardano's Gingerbread
• The Sound of Christmas
• The Smell of Snow
• 1000 Piece Puzzles
• Mitten & Christmas Storage
• (Mendel)
• Care Package
• Cozy Blanket
• Your Favorite