

*Sweet  
Vegan*

*Spills the Tea*

*Happy*  
Valentine's Day





# How's the view?

*Hello my sweet friends.*

Last issue of this magazine, autumn of 2023, I wrote about injury, recovery and epiphany.

Not the wise men at the supper club shindig epiphany, or the reluctant baptism of the original JC (not me) epiphany, or even the famed wedding at Cana where he manifested his glory by changing the water into wine epiphany.

But an epiphany nonetheless.

My realization that the journey I had embarked on, recovering from a broken ankle, would simultaneously be a journey of recovering a sense of self, purpose and community. Recovering Sweet Vegan - That epiphany.

I wrote of the long and winding path and where I hope it will lead me. I have been moving, with a few bumps in the road, along that path ever since. At first on crutches and in a cast, then one crutch, then a cane, and now a little wobbly, not very quickly, but almost consistently, on my own two feet.

I am still injured, still recovering, and still epiphanizing I think, if that's a thing, but still moving forward.

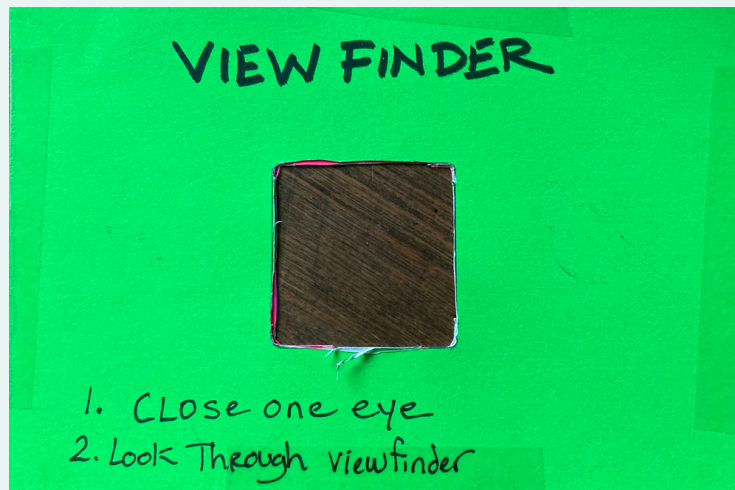
However...

I have to interrupt myself to say that I just realized that I have never ever even once attempted to make a traditional Epiphany cake, otherwise known as a Three Kings cake or Gallettes de Rois. Time to fix that.

Where was I? Ah yes, the Epiphany. Well, quite frankly, it's taking too long to come to fruition. The recovery. The Extreme Makeover; Jennifer June Chapman edition - minus the tummy tuck, dental implants and chemical face peel.

I was sitting at my desk yesterday, feeling discouraged and, thinking about where I am trying to go, and wondering just how long it's going to take to get there.

I kept whispering to myself, what am I doing? What am I doing? What. Am. I Doing? when I looked up at the magnetic blackboard on my wall and saw this:



My mother had made it and sent it to me in a care package just after the accident. I never did ask her what it was for or why exactly she sent it. I imagined it was a reminder to look beyond my bruised and swollen foot and the limitations that came with it.

But yesterday I stood up and held it to my face. I closed one eye and looked through the viewfinder. Directly at the ledge above my desk, and saw this:



Jennifer June xox



## BODY

# Spicing Up Your Sex Life



I should start by saying, in case it needs to be said, that there is no normal or average frequency for people to have sex whether it is with themselves, or others.

It is something that many people are preoccupied with, and google often, but impossible to credibly quantify. It also doesn't mean anything.

A couple can be having sex twice a day and still not be in a healthy happy relationship, and a couple can be blissfully happy without having sex at all.

And as fun and feel-good as it can be, as the late Jermaine Stewart once sang, we don't have to take our clothes off, to have a good time 🎵🎵

There are plenty of happy healthy people, couples, thripples etc. who don't or literally cannot have sex for a number of reasons.

And there are other just as meaningful ways for couples to express and share intimacy with each other, such as:

- speaking to each other with tenderness and compassion
- verbal affection, affirmations and compliments
- holding hands
- Snuggling
- massaging each other
- working on projects together
- creating rituals or traditions together etc.

*That having been said...*

## BODY

# Matters of the Heart

No matter your gender, or how often or rarely you have sex, for those of us who do have sex or want to have sex, to have a healthy drive and to have the **best possible sex** for us, whether we are having it with a partner or ourselves, we need to be in the **best possible health**, for a few reasons.

We look better, and we feel more comfortable in our own skin, we're more confident, and more enthusiastic about being seen naked... especially with the lights on. We're also more energetic, we have more stamina and quite frankly more sex appeal.

Often when folks talk about sexual dysfunction, they are referring to men not being able to achieve or maintain an erection. With older men, it's often assumed that it's a normal part of ageing. In younger men, it is written off as fatigue, stress, a hangover, or performance anxiety etc.

Not that these potential contributors should be dismissed, they can certainly be compromising, but they aren't always to blame and it's sad because a lot of men, assuming the problem is just in their heads, or to be expected because of their age, don't seek medical attention for it.

Or... they take a pill, like Viagra...

A pill can certainly be helpful in the moment but is only treating the symptom, and masking the root of a potentially dangerous or even fatal problem. ,

Erectile dysfunction in men is commonly a symptom of vascular compromise, like clogged arteries or heart disease. An erection is simply blood rushing to the tissue inside the penis.

Same with women actually, healthy pelvic blood flow is necessary for vaginal lubrication and genital engorgement and arousal.

Which is to say that for strong healthy erections, adequate lubrication and optimal arousal, you need strong healthy blood flow. A healthy heart.

So if it's not sexy enough for you just to know that maintenance of good cardiovascular health can save your life, keep in mind that it is also essential for sexual function and enjoyment, Including experiencing firmer sustaining erections, better lubrication and more enjoyable sex.



## BODY

*Spicing Up Your Sex Life cont...*

# Aphrodisiacs

are thought to work in several ways.

Some foods that are considered aphrodisiacs stimulate feelings of sexual desire either by the experience and sensation of eating them or even just by their appearance. But some commonly known aphrodisiacs really do contain nutrients that support the production of sex hormones.

This would include foods like chocolate, avocado, bananas, watermelon, figs, asparagus, almonds, celery, pumpkin seeds, pomegranate and chillies, just to name a few.



Did you know that some say that the forbidden fruit of the Bible was not an apple, but a pomegranate? The word aphrodisiac originates with the Greek goddess of love, Aphrodite, who according to Greek mythology, planted the very first pomegranate tree.

It is thought that it is because they have so many seeds that pomegranates are often associated with fertility and abundance.

In 2011, a small study by Queen Margaret University in Edinburgh found that drinking pomegranate juice daily lowered cortisol levels, which can correspond with increased testosterone in both men and women. Elevated testosterone can lead to heightened moods and increased sexual desire.

It should probably be noted that the study was funded in part by a brand called Pomegreat, so I'm not sure how credible it was.

Herbs and spices that are known to have aphrodisiac properties are often relaxing, grounding, invigorating, blood or Qi moving, and Shen-nourishing. Heart, warming and loosening blocks within the perceived self and emotional body promote deep presence and intimacy and an openness to fully connect with ourselves, and with others.

Additionally, aphrodisiac herbs can nourish and calm the nervous system, and also support hormone balance and promote blood flow and vitality to the pelvic area.

## BODY

*Aphrodisiacs cont...*

- **BASIL** is used to support circulation, stimulate sexual desire, and boost fertility
- **CINNAMON** is used to reduce blood sugar levels which can be the cause of decreased libido
- **SAFFRON** has fewer side effects than viagra, but gel containing 1% saffron, applied topically to men, half an hour before sexual intercourse leads to significant improvement of enjoyment and function. It has been suggested that this is because it enhances nitric oxide production in the arteries, and nitric oxide increases blood flow. This is all very wonderful and exciting but keep in mind that while this is a helpful temporary solution to the problem, it's probably also a good idea to find and treat the root cause of why one's blood isn't flowing as it should be.
- **NUTMEG** has a stimulating fragrance, sweetens the breath, and increases body heat
- **CARDAMOM** is aromatic, it is high in cineole which can increase blood flow
- **GARLIC** contains high levels of allicin, a compound that can improve blood flow
- **DAMIANA** has a calming effect on the nervous system and sexual organs and helps the production of testosterone, as well as increasing sensitivity in the genitals
- **HAWTHORN** supports heart function and blood flow, promoting female engorgement and the achievement and maintenance of penile erections
- **GINSENG** supports blood flow in the brain and sexual organs.
- **HORNY GOAT** promotes neural activity, increases sensitivity in sexual organs, and increases the production of sperm
- **GINKGO** is used to promote circulation which increases cerebral and genital blood flow; dopamine, adrenaline and neurotransmitters may be heightened to allow for greater pleasure and arousal.
- **ROSE** promotes not only the healthy, normal flow of blood and balance of hormones, but also a healthy expression, processing, release of, and connection to our emotions. Rose helps to ease distress and bring balance to the heart
- **FENUGREEK** significantly boosts blood testosterone and improves sexual desire and function. Fenugreek can also as much as double the frequency of morning penile erections.



## SPIRIT

# Create healthy habits by Romantisizing Your Life

I talked about this in the most recent Sweet Vegan Living YouTube video, Beating the Winter Blues, and I'll be talking about it in next week's video, Creating Healthy Habits by Romanticizing Your Life, also because it is a method that a few of my nutrition and naturopathy patients have been working on with great success.

We have been taking what they understand in theory, ie eating healthier = being healthier, and applying it in a way that not only gives them immediate gratification but instantly illustrates how it feels to live in a way that aligns with their personal values.

Of course, many of the habit and behaviour changes that you make will take time to blossom into life-changing results. Your cholesterol takes time to lower, as does your average blood sugar levels, and your weight, if this is what originally motivated you to make changes. But you can live what it feels like to be that person who eats fresh fruit and whole grain toast for breakfast, instead of an egg mc muffin and hashbrowns, today.

The key is finding intentional, mindful and inviting ways to do this, instead of choking it down, tracking it, and checking it off as a chore.

The beauty of this is that not only is it a helpful tool for creating and maintaining a variety of habits that range in difficulty from folding and putting away your laundry to quitting smoking, but it also makes those changes more sustainable because they are enjoyable. it sets the stage for joy.

Naturally, we don't always have the time or occasion to romanticize washing our faces and packing our lunch boxes, but I strongly encourage you to try, whenever you can.

By mindfully taking the time to create the scene for whatever it is you are doing, from meal prep to making the bed, you give yourself the opportunity to be present, and truly experience the moments instead of rushing through them on automatic function.

## SPIRIT

*Romantisizing Your Life cont...***Try this**

If your goal is to **read more**, create a space in your home that makes reading feel seductive, like a little nook with comfy pillows and throw blankets.

If you want to **get to bed earlier**, tidy your bedroom, put away your laundry and make the space feel like a cosy and welcome place to practice good sleep hygiene, like going to bed on time without screens or devices. Maybe read some more, listen to a meditation or kick the dog out and have sex.

If you want to **eat healthier**, buy ingredients that you find beautiful, inspiring, and exciting, and eat your food on and out of dishes that look fun and appealing to you.

If you want to **do yoga, meditate or pray** more often, designate a corner of your home, and decorate it in a way that you feel honours your practice.

**Attempting to drink less alcohol?**

Try filling your fridge (or wine rack) with fun beverages that come in attractive bottles, like Kombucha, San Pellegrino, Sparkling pear juice, Basil Lemonade, etc.

**Want to exercise more?**

Find a thrift store and buy a cozy dog-walking sweater

Organize a workout section in your closet for all your gear

Hang your jump rope on a vintage hook with a framed photo of an athlete that you admire over it.

paint a small mural or hang a collage above your treadmill/stationary bike/rowing machine with images that symbolize the reasons why you want to get on it



HAPPY

# Valentine's

DAY

Featuring:

**ROSE WATER  
SHORTBREAD**



Recipes in full on pages 14, 15 & 16

## HEART BEET RAVIOLI

Stuffed with Pistachio Pesto  
Ricotta



## POTATO BEET SOUP

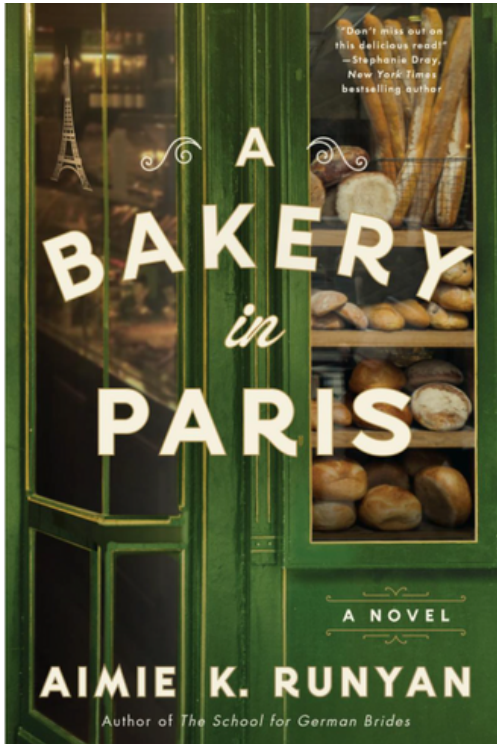
A super simple but impressive-looking soup, full of warm earthy root veg and light uplifting herbs.





## HIBISCUS & ROSE LATTE

# CURRENT EVENTS



## CURRENTLY READING

### ***A Bakery in Paris - Aimie K Runyan***

From the author of *The School for German Brides*, this historical novel set in nineteenth-century and post-World War II Paris follows two fierce women of the same family, generations apart, who find that their futures lie in the four walls of a simple bakery in a tiny corner of Montmartre.

## CURRENTLY LISTENING TO

***Odetta Sings the Blues*** is an album by American folk singer Odetta, released in 1968. It is a reissue of the 1962 Riverside release *Odetta and the Blues*.

My earliest memories of listening to records as a child are of this album and Louis Armstrong singing *Cheesecake*



# DON'T MISS THIS!

## PODCAST EPISODE



*Sweet Vegan Spills the Tea* podcast SE03E01

### **Sexual Healing**

*We're getting personal, talking about sexual health, from libido and aphrodisiacs to strong sustainable erections and premature ejaculation.*

Signs that your body is trying to tell you something you shouldn't ignore, and some tips and tricks to spice up your sex life.

*Available wherever you get your podcasts, and on Youtube!*

YOUTUBE



## LATEST YOUTUBE EPISODE



### **Beating the Winter Blues & Making Nut Butter Noodles with Tempeh** **Sweet Vegan Living Youtube Channel**

Subscribe to [@sweetveganliving](https://www.youtube.com/@sweetveganliving) on Youtube and enable notifications for weekly Vegan Living recipes, and slow living and nutrition tips.



# Recipes



**Potato Beet Soup**

**Ingredients:**

- 3 cups light-coloured vegetable broth
- 3 cups thick plant-based milk (I used cashew)
- 2 tbsp apple cider vinegar
- 4 cups chopped russet potato, peeled
- 2 stalks celery, chopped
- 5 garlic cloves
- 1 tbsp sea salt
- 2 tbsp nutritional yeast
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp thyme
- 1 tsp dill
- 1/2 tsp tarragon
- 1 medium-small onion, sliced
- 1 small beet, raw, peeled and quartered
- Salt + black pepper, to taste

**Method:**

- Combine the broth, milk, vinegar, potatoes, celery, garlic, sea salt, thyme, dill, tarragon, nutritional yeast, onion powder, garlic powder, onion, and bay leaves into a large pot and bring to a boil. Once this has come to a boil and the potatoes are tender, remove from heat. Let cool for about 20 minutes.
- Once cooled, add the mixture to a high-speed blender. Then add in one piece of raw beet. Blend until smooth. Continue this step, adding more beet, until desired color is reached.
- Garnish with fresh dill and freshly cracked black pepper.
- Enjoy!



**Heart Beet Ravioli**

**Ingredients:**

**Pasta:**

- 500 g of 00 pasta flour
- 1 small beet, peeled and quartered
- salt
- 200 ml warm water

**Filling:**

- 1 cup raw cashews soaked overnight in room temp water, or 30 minutes in just boiled water
- 1/3 cup fresh basil leaves
- 2 cloves garlic
- Salt & pepper
- 1/2 cup raw pistachios
- 2 Tbs Olive Oil

**Method:**

**Filling:**

- Grind the Pistachios and cashews, in a food processor or nutribullet until they form a fine paste. Add the olive oil, nutritional yeast, garlic, and basil and whiz again just for a few seconds. Set aside.

**Pasta:**

- Boil water and pour into a measuring cup immediately with the beet pieces, until the water is no longer hot, but just warm and a deep purple/red in colour.
- Place flour in a mound on a large wooden board and make a well in the centre of the flour
- Remove beet pieces, and pour half the water into the well and begin to work the flour into the water with your fingers.
- Add remaining water and continue to work with your hands until all of the water is fully absorbed
- push all the flour together to form a dough and knead with the palm of your hand until elastic (about 10-15 minutes) then set aside to rest for 15 minutes
- Following the instructions on your pasta roller (or rolling by hand) roll your dough into the finest sheets possible and cut into heart shapes with a cookie cutter.
- Spoon filling into the centre of half the hearts. wet the edges of the hearts and cover them with an empty pasta heart, pinching the edges together to keep the filling from falling out when cooking.
- Cook in a pot of gently boiling water for about 3 minutes and serve with olive oil, salt, & pepper, leftover pesto, or sauce of your choice
- Enjoy!



## Hibiscus Rose Latte

### Ingredients:

- 1 hibiscus tea bag or 1 tsp hibiscus tea in a strainer
- $\frac{3}{4}$  cup hot water
- $\frac{3}{4}$  cup plant-based barista milk heated until steaming,
- 1 tablespoon Agave or maple syrup
- $\frac{1}{2}$  teaspoon rose water
- Dried rose petals and hibiscus petals, for garnish \*optional

### Method

- Steep tea in hot water for 5 minutes. Remove tea bag/ tea strainer
- Add  $\frac{1}{2}$  cup milk, maple syrup or agave, and rose water.
- Using a milk frother, froth remaining  $\frac{1}{4}$  cup milk and pour on top of latte. Sprinkle with flower petals.
- Enjoy!

### Note:

**Use hibiscus tea, NOT pure dried hibiscus flowers, for this recipe. Their acidity will cause the milk to curdle.**



## Rosewater Shortbread

### Ingredients

- 1 cup (227 g) plant-based butter, room temperature
- 1/3 cup (133 g) granulated sugar
- 1/3 cup (133 g) confectioners sugar
- 2 1/3 cups (292 g) all-purpose flour
- 1/2 tsp vanilla extract
- 3/4 tsp rose water
- 1/4 tsp salt
- 3 tbsp dried rose petals
- 1 cup vegan white chocolate, melted
- 1 tbsp dried rose petals, slightly crushed
- 1 tbsp pistachios, finely chopped

### Method:

- Preheat oven to 350°F (180°C).
- Cream the butter and sugars together
- Add rose water and vanilla and combine well
- Sift flour and salt into the butter mixture
- Shape the dough into a flat disc and wrap it in parchment.
- Refrigerate for 20-30 minutes.
- Roll out the dough about 1/4 inch thick.
- Cut the cookies out with your cookie cutter.
- Roll out the scraps with the rest of the dough and repeat until no dough is left.
- Place the cookies onto parchment-lined baking sheets 1 inch apart.
- Bake for about 15 minutes or until the edges and bottoms of the cookies just start to turn golden brown.
- Cool completely on a rack.
- Melt chocolate chips in a double boiler
- Dip the cookies into the chocolate - I only dipped about 1/3 of the cookies - and place pastry board, plate or baking sheet.
- Quickly sprinkle the chocolate-covered area of each cookie with chopped pistachios and crushed rose petals before the chocolate hardens
- Store in an airtight container for up to one week.





# Work with me!

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

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, explore current symptoms and work on a customized plan to get to the root of the problem, or 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 schedule an assessment and review of your general diet and lifestyle with a Nutritherapist / Holistic Nutritionist, and receive personalized recommendations, protocols, and coaching to help you reach your health goals.,

[CLICK HERE](#)

**Payment plans are available.**

Receipts are automatically provided but please note that everyone's medical insurance policy is different. In some cases, your insurance provider may not allow claims for Nutrition or Naturopathy.

Please feel free to contact me for details at [jenniferjunechapman@gmail.com](mailto:jenniferjunechapman@gmail.com)



# Happy Valentine's Day

From Jennifer June  
and  
the Sweet Vegan team

[sweetvegan.net](http://sweetvegan.net) - [@sweetveganliving](https://www.instagram.com/sweetveganliving)