

Teen VG N

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issue 15

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inflatable
FUNDRAISER!

Meet our new team!

>Bloggers,
tweeters &
our new intern!

VGN Survival Guide

>Take a trip with
us to experience
Veganism in Ireland,
the city of Dublin.

Winter Warmers

>A festive recipe
to keep the cold away.

NOW HIRING!

>Think you've got
what it takes to be a
#VGNSummerCamp
Group Leader?

Interview with MMA Fighter, Abel "Killa" Trujillo.

JACO

WE NEED YOU!!



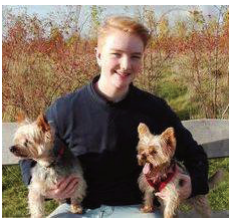
IT'S THAT TIME AGAIN!

WE'RE LOOKING FOR ENTHUSIASTIC, HARD WORKING INDIVIDUALS TO JOIN OUR TEAM TO
HELP GIVE OUR CAMPERS THE SUMMER OF A LIFETIME AT VGN SUMMER CAMP 2017!

THINK YOU'VE GOT WHAT IT TAKES TO BE A SUMMER CAMP LEADER?

VISIT WWW.TEENVGN.COM/CAMP-LEADERS FOR MORE INFO!

MEET THE NEW TEENVGN TEAM!



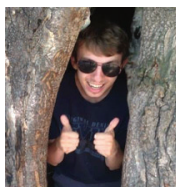
Asher joined our team as TeenVGN Intern in November 2016. He applied for the role after following TeenVGN and our work, being a member on the website, hanging-out at TeenZones and attending our first two VGN Summer Camps and graduating earlier this year.

Asher is kind, reliable, intuitive and has so much potential that we thought he'd make the perfect Intern!

He is very involved in the LGBTQ+ community, loves walking the dogs, playing guitar and penny-boarding.

You'll find him running our [@VGNSummerCamp](#) twitter account and at [events around the UK](#) in 2017 volunteering for TeenVGN.

OUR BLOGGERS & TWEETERS!

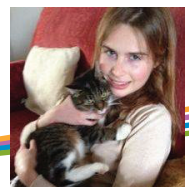


< Candice

< Dan

Abi >

Hazel >



Gingerbread Cookies

by The Little Blog of Vegan

Cookie ingredients

- 170g of coconut flour
- 150g of gluten-free plain flour
- 1 tablespoon of ground ginger
- 1/4 teaspoon of ground nutmeg
- 1 teaspoon of cinnamon
- 1/4 cup of maple syrup
- 1/2 teaspoon of bicarbonate of soda
- 3/4 cups of dairy-free margarine (I used soya)
- 1/2 cup of dairy-free milk, I used soya milk (Plus more if needed)

Directions

Step 1- Pre-heat your oven to 180 degrees and line a large baking tray with grease proof paper.

Step 2- Mix together all of the ingredients into a large mixing bowl and mix with a wooden spoon. Keep adding in soya milk, a little at a time until the dough starts to form.

Step 3- Flour your surface, and knead the dough into a ball. Continue to add dairy-free milk until dough comes together.

Step 4- With a rolling pin, roll out the dough until around 1cm thick, and cut out your desired shapes, I went for cute gingerbread men!

Step 5- Once you have all the cookies on the tray, lightly brush some dairy-free milk over each cookie then place into the middle of the oven. Bake for around 12-15 minutes. We want a light brown colour, so watch them after 10 minutes so they don't burn!

Step 6- After 12-15 minutes, carefully remove the tray from the oven and place your cookies onto a cooling rack. While the cookies cool, make your icing.

Step 7- In a mixing bowl, combine the icing sugar, cinnamon, soya milk and vanilla extract until thick. Pipe your icing onto the cooled cookies and enjoy!

Product Review

Dr Organic Hand & Nail Cream

"Dr Organic hand and nail cream is the best hand lotion I have ever used full stop. I'll admit, I'm not that keen on hand lotions, they always leave my hands feeling greasy, clammy and like they need a good wash. However, I had my nails done 'professionally' a few months ago and the varnish they used completely destroyed my nails which was when I decided to try out this cream. I covered my nails in the cream overnight and woke up the following day and my nails were back to being completely smooth and shiny. I'm not even joking. I also get very dry and itchy hands throughout the winter when it's cold outside and this stuff clears it up like a treat! It seems great for all ages, as I recently gave my grandma a little pampering session and manicure/pedicure and she's desperate to buy some too!"
- Kylie (TeenVGN Co-Founder)





Pippin's Problem Page

"Hi Pippin, I'm planning on trying out Veganuary this year and I wondered if you could give me some tips on alternatives to cow's milk, meat, butter etc that I could try out? Thanks, James"

Hi James, thanks for getting in touch. I actually saw a great infographic the other day from my friends at Mercy For Animals.. Take a look and I think it will help you throughout Veganuary. Good luck with your pledge and if you need any extra help, feel free to message the TeenVGN Team on social media - @TeenVGN :)

Pip x

easy vegan swaps

cow's milk	→	soy or almond milk
honey	→	agave or maple syrup
ground beef	→	lentils or mushrooms
Parmesan cheese	→	nutritional yeast
eggs (baking)	→	applesauce
heavy cream	→	coconut cream
mayo	→	avocado
butter	→	coconut oil
pulled pork	→	jackfruit



VGN Survival in Dublin, Ireland.

When you think of Dublin's typical cuisine, you most likely think of veg, spuds, some form of meat, soup and a loaf of fresh bread. But Irish veganism is something to endorse. There are numerous vegan restaurants in Dublin that cater for a wide diversity of restricted diets, if you know where to look. Here are some I recommend trying out:

Cornucopia Wholefood & Vegetarian is one of many in Dublin, with a selection of freshly made food and a implausible environment. The staff are welcoming and prices great, what more could you want?

If you're after 'the best falafel in Dublin' look no further! Umi falafel caters for vegans/vegetarians, and the contemporary vibe is great. Fresh, high quality food at inexpensive prices and helpful staff provides for a wonderful experience.

If you want an Indonesian influenced menu, Chameleon is perfect for you. This restaurant is definitely worth a visit if you're into a more intimate atmosphere. Exceedingly cooperative with dietary requirements, the food is incredible and the interior is rather exceptional.

If you ever find yourself in Dublin looking for some delicious vegan grub you know where to look! Enjoy! - Aimee Flaherty

THE ORIGINAL VGN
SUMMERCAMP

Fiona Oakes
FOUNDATION

TeenVGN & Fiona Oakes are
SO proud to announce:

THE FIONA OAKES FOUNDATION VGN SUMMERCAMP SCHOLARSHIP

We are offering two FREE spots
at VGN Summer Camp 2017 to
two compassionate young people!

MARGAM DISCOVERY CENTRE

Mon 21st - Sat 26th August 2017

For more information, please visit:

WWW.TEENVGN.COM/SCHOLARSHIP

Fiona and hope to be able to work with her for the future of veganism again soon!

The second project of 2016 was our VGN Youth for the Homeless project. We aim to show compassion in all areas of our lives, whether that be toward animals or humans, and this winter we did so by putting together gift bags for the homeless. We took ours to the city of Newport and had young people taking care packages to people all around the UK including Cardiff and London.

With our Food Bank project, our Camp Scholarship and Youth for the Homeless, we hope that we are being a light for our young people, showing that kindness doesn't cost a thing and that we can change the world one stranger, animal, friend at a time.

Changing peoples lives, one project at a time.

In 2016, TeenVGN got involved in two important and exciting projects. The first being the #VGNSummerCamp scholarship scheme. With the help of Fiona Oakes, we were able to give two young people the opportunity to come to camp for FREE! Those whose family is on low income or teens with parents who won't pay or do not support their lifestyle were able to apply for this scholarship.

With much success, TeenVGN granted two young people a free "ride" to attend VGN Summer Camp in 2017. We are so thankful and overwhelmed by the support from

THE VGN PROJECT
fuelled by compassion
vgnyouthforthehomeless

WHAAAA NEW MERCHANDISE!



FTA Black T-shirt
£15.00



Fueled By Compassion
Beanie - Grey or Green
£10.00



Fueled by Compassion
Black Sweater
£22.00



Herbivore Beanie -
Burgundy or Black
£10.00



Avocado Black Vest
£15.00



Avocado Green T-shirt
£15.00



Avocado Navy T-shirt
£15.00



Carrot Long Sleeve
Raglan
£18.00

more available at www.teenvgn.com



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- 1) Why you went vegan in 5 words? Be the Best Me Possible
- 2) Favourite song right now? Joy-Teddy: Pendergass
- 3) Fruits or veggies? Organic fruits are life, but it's a tie!
More fruits first half of the day, then more veggies second half.
- 4) Favourite vegan meal? Anything with falafel... Falafel pasta salad, falafel pita wrap, falafel bowl.
- 5) Gym training or ring training? Gym training over ring training all day! More exercises you can do!
- 6) Favourite source of protein? Favourite protein source is a plant based protein shake.
- 7) Best country for vegan options? I believe Sweden
- 8) Your biggest inspiration? Yogi Bhanan his teachings changed my life!
- 9) Almond or soy milk? Almond over soy!
- 10) What's your spirit animal? Lion
- 11) What's your favourite quote? "If you can't see God in all, you can't see God at all"
- 12) One thing you can't live without? I can't live without doing Sadhana and Kundalini Yoga

WWW.TEENVGN.COM



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PARTNERS



SPONSORS



THE ORIGINAL VGN SUMMERCAMP
for 11-17 year olds

MARGAM DISCOVERY CENTRE
Mon 21st - Sat 26th August 2017

WWW.TEENVGN.COM/CAMP

Early bird £269 (regular price £289)
Tickets on sale Sat 3rd December 2016

In the next issue:

- VGN Survival guide continues
- Pippin's Problem Page
(Submit your questions to hello@teenvgn.com)
- Celebrities for TeenVGN
- Spring/Summer time recipe
- Latest news and the future of TeenVGN