

# TeenVGN minimag

issue 14

CAMP EDITION

CUT OUT  
NUTRITION INFO  
TO SHARE WITH  
FRIENDS

VGN SURVIVAL  
ATHENS  
GREECE

TeenVGN Presents

ORIGINAL  
VGN SUMMER CAMP

for 11-17 year olds



HOW TO:  
QUESADILLA  
RECIPE

CAMP 2016  
RECAP

#VGN SUMMERCAMP 2017 ANNOUNCEMENT!

There's  
NO PLACE like  
#vgnsummercamp




## #VGNSUMMERCAMP 2016...

... WAS AMAZING!! JUST WHEN WE THOUGHT IT COULDN'T GET ANY BETTER THAN 2015, IT DID! 72 YOUNG PEOPLE, INTERESTED IN LEARNING MORE ABOUT A VEGAN LIFESTYLE AND HOW TO BECOME MORE ACTIVE FOR THE ANIMALS, ALL IN ONE PLACE FOR 5 WHOLE NIGHTS! WE HAD GAMES, FESTIVAL DAYS, CAMPAIGNS WORKSHOPS, CRAFTS, SURVIVAL SKILLS, MOVIE NIGHT, SPECIAL GUEST SPEAKERS, FINLEY FOX AND LOTS OF VEGAN FOOD!!

HOLDING OUR TITLE AS HOSTS OF THE UK'S FIRST AND ONLY VEGAN SUMMER CAMP FOR TEENAGERS, WE ARE SO PROUD OF WHAT HAS BEEN ACHIEVED BECAUSE OF THE DRIVE AND COMPASSIONATE HEARTS OF THESE YOUNG PEOPLE. HERE'S TO BIGGER AND BETTER THINGS, AND THE HOPE FOR A KINDER FUTURE! CHECK OUT WHAT SOME OF OUR CAMPERS THOUGHT OF CAMP THIS YEAR:

"LITERALLY THE BEST EXPERIENCE OF MY LIFE!!!"

"LOTS OF PEOPLE, BUT THEY WERE ALL LOVELY AND IT'S SO NICE TO BE SURROUNDED BY VEGANS WHO JUST GET IT!"

"IT WAS SO FUN AND INSPIRING TO BE AROUND OTHER VEGANS BECAUSE SOMETIMES I FEEL QUITE ALONE AND I LOVED EXPANDING MY KNOWLEDGE OF VEGANISM."

"A WONDERFUL EXPERIENCE WITH A WARM, LOVING ATMOSPHERE AND LOVELY ENVIRONMENT, PERFECT FOR MAKING FRIENDS AND LEARNING NEW THINGS."



WE'D LIKE TO SAY A HUGE THANK YOU TO:

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AND OUR SUPPORTERS - ASPARAGASM & TEN ACRE



#### INGREDIENTS:

1 TABLESPOON VEGETABLE OIL  
2 WRAPS  
1/2 CUP OF YOUR FAVOURITE VEGETABLES, CHOPPED SMALL  
1 CUP SPINACH  
1/2 CUP MIXED BEANS (E.G. KIDNEY, WHITE, FAVA)  
CAN OF REFRIED BEANS  
1/2 CUP TOMATO PASSATTA  
DRIED CHILLI FLAKES TO YOUR TASTE  
GRATED MELTY VEGAN CHEESE

## Quesadillas by Anna of TeenVGN

#### INSTRUCTIONS:

- 1) STIR FRY YOUR VEGETABLES IN THE OIL UNTIL SLIGHTLY SOFT.
- 2) ADD THE BEANS, REFRIED BEANS, TOMATO PASSATTA AND CHILLI FLAKES.
- 3) STIR + COMBINE TOGETHER UNTIL A PASTE FORMS AROUND THE VEGETABLES, HOLDING THE MIXTURE TOGETHER.
- 4) HEAT A LITTLE OIL IN ANOTHER FRYING PAN ON LOWEST HEAT.
- 5) PLACE ONE WRAP FLAT IN THE FRYING PAN AND SCOOP THE MIXTURE ON TOP.
- 6) SPREAD THE MIXTURE EVENLY ON THE WRAP, LEAVING A 1/2 INCH GAP AROUND THE EDGE (LIKE A PIZZA!)
- 7) GRATE A GENEROUS SERVING OF CHEESE ON TOP OF THIS (AGAIN LIKE A PIZZA!)
- 8) PLACE THE SECOND WRAP ON TOP, MAKING IT LIKE A SANDWICH.
- 9) PRESS DOWN ON THE TOP WRAP WITH THE SPATULA TO HELP THE MIXTURE + CHEESE STICK TO IT.
- 10) NOW, SLIDE THE SPATULA UNDERNEATH THE BOTTOM WRAP AND CAREFULLY FLIP THE WHOLE THING OVER.
- 11) LEAVE FOR ABOUT 3 MINUTES TO BROWN SLIGHTLY.
- 12) SLIDE ON TO A PLATE AND CUT INTO QUARTERS, SERVE 2 QUARTERS EACH.
- 13) TOP WITH GUACAMOLE, SOUR CREAM, SALSA AND ANYTHING ELSE YOU LIKE!

ENJOY!

## Product Review

These handy sized cartons are perfect for popping in your bag when you're out and about. They come in three flavours, all of which are absolutely delicious (especially the French Vanilla), and you're guaranteed to NEVER have that curdled milk problem like with some other plant milks. These are currently available on the US Amazon and on the UK Amazon for a very limited time.

Are we allowed to give 6\* /5\* for this? Because we are absolutely obsessed!



# Pippin's Problem Page



Dear Pippin Dog,  
Is it enough to eat Malt/Soy Yogurt and drink Soya or Almond milk for your vitamin B12?  
- (VGN Pledge Member)

Hello and welcome to the vegan world <3  
It depends on how much of these products you are eating. If you are drinking plant milk fortified with B12 every day, then I would think this is sufficient. You can try to incorporate things like Marmite and fortified Nutritional Yeast into your diet too!

The Vegan Society have lots of information on B12 here:  
<https://www.vegansociety.com/resources/nutrition-and-health/vitamins-minerals-and-nutrients/vitamin-b12-your-key-facts>

Hope this helps.  
- Pippin

## vgnsurvivalguide athens, greece

I want to start with arguably the most popular, well-known veggie restaurant in Athens, Avocado. You can get there from the Syntagma Square metro stop & is a great location to start exploring the Plaka. Avocado's diverse menu options include entrees, soups, salads and more. Avocado has a lot of vegan options and the vegetarian items can be made vegan.

Right next door to Avocado is GR-Eatings (formally known as Four Seasons Bio Shop), a veggie friendly grocery/health store. They have a wide variety of items ranging from cosmetics, toiletries, prepackaged foods, tofu, dairy-free milk & yogurts and produce.

A "giant" falafel is one of the best meals I've had in Europe at Falafellas. So much flavor! (& so affordable!) The portion size is rather large, but needed after walking around all day. Don't let the line deter you from going. They are popular because they are delicious. Like Avocado, you can take the Syntagma Square metro stop to get to Falafellas.

Another vegan treat in a very convenient location is Ice Queen Gelato, near the Acropolis and the Acropolis Museum. The vegan choices are primarily fruit flavors but Ice Queen is introducing more flavors & a vegan waffle & vegan nutella! They also have soy milk for coffee.

If you find yourself in a traditional Greek restaurant, I'm always a fan of fava, gigantes, falafel & yemista.

I hope you enjoyed this little vegan writeup of Athens and find it useful! (See photos of the food here!)

Follow more of my vegan travel & lifestyle adventures on [cityloveee.com](http://cityloveee.com)!

Christina



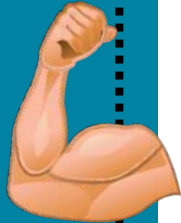
# Where do you get your...?

Here are some mini comparisons to share with your intrigued friends:

## PROTEIN



Beef – 6.4 grams per 100 calories  
Broccoli – 11.1 grams per 100 calories



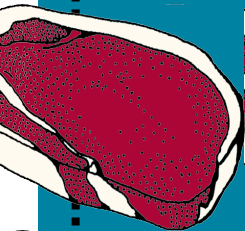
## CALCIUM



Milk – 245mg per 100 calories  
Watercress – 800mg per 100 calories



## IRON



Pork Chop – 0.4mg per 100 calories  
Spinach – 15.5mg per 100 calories



Want to know more? Stay tuned.  
Coming soon! Our brand new  
nutrition booklet for teens!

Sources – [veganstreet.com](http://veganstreet.com), [livelovefruit.com](http://livelovefruit.com), [vrg.org](http://vrg.org)



# 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 December 3rd 2016





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## SOCIAL MEDIA NEWS:

#VGNSUMMERCAMP NOW HAS IT'S OWN  
TWITTER PAGE!  
A PAGE FOR CAMPERS BY CAMPERS!

GIVE THEM A FOLLOW TODAY  
@VGNSUMMERCAMP



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## IN THE NEXT ISSUE

- #VGNSUMMERCAMP 2017
  - VGN SURVIVAL GUIDE CONTINUES
  - CELEBS 4 TEENVGN
  - NEW MERCHANDISE
  - A VERY VEGAN CHRISTMAS
  - WINTER RECIPE
  - PIPPIN'S PROBLEM PAGE
- (SUBMIT YOUR QUESTIONS TO [HELLO@TEENVGN.COM](mailto:HELLO@TEENVGN.COM))