



The Youthful Vegan MAGAZINE
FROM PLANTS TO PLATES

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Issue 1 | September 2021



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A Little Note

Welcome to the first issue of the Youthful Vegan Magazine, 'From Plants to Plates.' We both get asked a wide variety of questions surrounding our plant-based lifestyle. Some are from friends who want to try going vegan for a month or have a plant-based friend in town and want to know where to go to eat. Some questions come from "meat eaters" who simply want to integrate more plant-based food into their diet. This magazine is another way to answer these questions as we thought it would be a good format to share some knowledge on how easy it is to sustain a healthy plant-based lifestyle in T&T and the Caribbean region! The Youthful Vegan is known for creating and sharing locally sourced, nourishing recipes that the entire family will enjoy and so of course this is what you can expect from the magazine. It will be a guide with tips on how to create more delicious plant-based meals, along with a mix of inspiring articles to encourage you along the path of a healthier, more balanced and eco-friendly life. Everyone is welcome and we hope you enjoy the content.

Jenness & Ariann



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ABOUT JEUNESSE POUCHET Founder of The Youthful Vegan

Jeunesse Pouchet founded The Youthful Vegan in 2013 after she learnt more about the unsanitary conditions and abuse associated with animal factory farming and the negative effects this industry has on our health and the environment.

Operating as a café for 4 years, The Youthful Vegan was the 1st Vegan establishment in Trinidad, which also catered and supplied stores with products and meals. Over those years, a movement began which promoted healthy eating, fostering a greater consciousness of what we put into our bodies. Jeunesse was able to interact with people that were not only supportive but also were a source of creativity and feedback. The response was astounding as many people wanted to participate in the vegan lifestyle, and thus reduce the amount of animal products and processed foods being consumed by our population.

In 2018, The Youthful Vegan shifted its focus to providing an exciting blog filled with plant-based recipes and lifestyle content. Jeunesse is particularly passionate about sustainability and eco-friendly living, which she speaks about on her platforms and her articles. She cites her children as a huge source of inspiration in creating and cooking nutritious and delicious meals. This year, The Youthful Vegan was very excited to be asked to begin contributing articles to the well-known conscious living site www.onegreenplanet.org. With your support, The Youthful Vegan will continue to promote good health, love and compassion.

Blog: www.theyouthfulvegan.com/blog
Instagram: www.instagram.com/youthful_vegan



ABOUT ARIANN MIEKA

Ariann Mieka, who transitioned from being a vegetarian to a vegan over 13 years ago, is a visual artist. She is passionate about capturing photographs, sharing stories and creating content that highlights her country Trinidad and Tobago. Her work has been exhibited in a wide variety of exhibitions, in Trinidad, Tobago and in London. For the past 10 years, she has produced calendars showcasing her work and they were well received at home and abroad. Ariann loves to be involved in creative projects and does publication layout, t-shirt design, illustration, jewelry and videos. She is in the process of producing books showcasing her photography and the stories of her country.

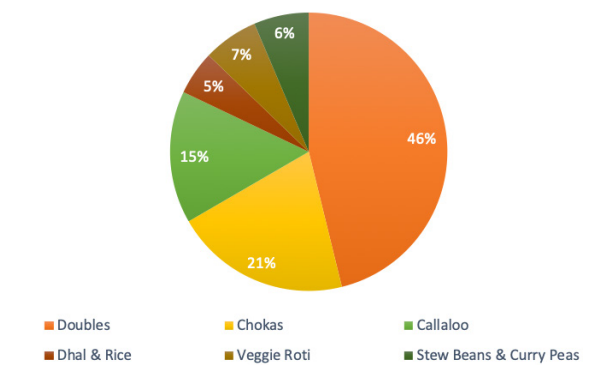
Website: www.ariannmieka.com
Instagram: www.instagram.com/mynorthsea

What is your Favourite Vegan local dish?



Reading through the responses of the poll on the Youthful Vegan Instagram page had my mouth watering. The detail with which some of you answered was inspiring. We tallied up some of the top responses and surprise surprise, doubles had the

number one spot! This is a favorite meal among most of the population, with people regularly debating over which vendor sells the best doubles and which toppings are essential! (Team cucumber vs team sweet sauce vs team can we have both?). Even though doubles may be one that comes to mind right away, there are many other local dishes



that are vegan. Some of the ones mentioned in the responses were Eggplant Lasagna, Veggie Pelau, Curry Corn and Curry Pigeon Peas (both listed as being served with dumplings), Corn Soup, Plantain Pie, Aloe pie, Saheena (served with channa and coconut chutney). Without a doubt I have so many options of what to make this weekend but first, who has the best link to a yummy coconut chutney to eat with some chokas and fry aloo? ■

Three Delicious Flavours, Endless Possibilities

- NO PRESERVATIVES
- RICH IN ANTI-OXIDANTS
- NO CHOLESTEROL
- EXPELLER PRESSED



cga





Profile of a Vegan with Deena

How long have you been vegan?
DEENA: Roughly 7 years.

Is your whole family vegan?
D: No, but after a few years of being vegan, my sister and her husband switched as well.

Do you have a lot of vegan friends?
D: All my close friends are not vegan. However, I must say, they are always excited to try vegan meals and are very accommodating whenever we hang out. For example, last year, I hosted a potluck Thanksgiving dinner and asked all my friends to create vegan dishes. It was such a great experience and memory. I would definitely recommend trying a vegan potluck for all my vegans who are in a similar situation.

Why did you become vegan? Tell us a little bit about your journey?
D: Ever since I can remember, I have always loved animals but was never taught that eating them was wrong. Consuming animals and having animal products were just the norm, so I never thought twice about how my meals came to be. Then, when I was a kid, I was gifted the book "Ten Kids, No Pets" by Ann M. Martin. There is a chapter that discusses choosing a live turkey for the family's Thanksgiving meal. Shortly after, my dad carried me to a poultry shop to pick up

fresh meat, and I saw a duck get slaughtered; immediately after, I stopped eating turkey and duck.

However, if I had to pinpoint where my vegan journey started, I would say during exam season, whether it was for CXC or CAPE, I would fast for the school semester. This fast entailed abstaining from meat. When I started university, I switched up my fasting and played around with different diets, from only eating seafood to chicken. Eventually, I learnt about veganism and tried cutting out all animal products during the semesters. One moment that made me explore changing my diet was when my close aunt became very ill. I knew my genetics were prone to certain diseases, so I told myself that I needed to change my diet. I researched the meat industries, watched documentaries, followed a few YouTube vegans, and I decided that I no longer needed meat in my life. This was my "flip of the switch" moment that made me want to change my diet, and eventually, my lifestyle.

What is an example of a day's menu for you?
D: This is always a tricky question to answer because it varies drastically. I basically eat what's in the fridge, so if that means pasta for breakfast, lunch and dinner, that's what will happen.



However, ideally:
Breakfast would be a smoothie/ protein shake if I need to leave home early; otherwise, I will make crêpes or enjoy a bowl of cereals (Pops are my go-to). Lunch would be pasta/veggies and beans (baked beans or lentils are my favourites). Dinner would be a lentil soup or pasta. I am not really a snacker between meals, but my go-to is hummus and carrots + celery sticks.

Some have the notion that it's hard/ tricky to be vegan. What would you say to that?
D: It is only hard/ tricky if you are hard on yourself and listen to the "vegan police". Mistakes, cravings, and misread labels are inevitable. The transition will be hard at first, and this is only natural because you are questioning and challenging everything you have been conditioned to all your life. No one expects perfection from you. Just try your best, start small and find a path that feels comfortable for you. Once this is a journey you are passionate about and are doing it for the right reasons, just

trust the process, it will get easier. This is your journey, not anyone else's.

What are some of your favourite spots to eat out/ get take out from?
D: Sombat's Thai Cuisine, Sami Gyro fries... drowning in chadon beni sauce and ketchup, Corn Soup from basically anywhere, and most recently Young Ho Lee's Chinese Restaurant's fried mushrooms. These are my top go-to picks when I want to eat out. For a full list of vegan finds I have enjoyed in Trinbago, you can always visit my Instagram page @dboujvegan.

What is a common misconception that people have about being vegan?
D: The biggest misconception I get is that vegan meals are bland salads and veggies. I respond by reminding them that some popular Trinbago

dishes are vegan, like corn soup, doubles and veggie roti. Assuring them that any meal, like tofu and salads, can be mouthwatering with the right seasoning and love.

Another misconception and statement I hear is, "How come you put on weight, aren't vegans supposed to be skinny?" Let me tell you, I LOVE FRIES... apart from fries, I am fortunate to live in a world with many meat and dairy alternatives, aka

vegan junk, so let's just say that I am definitely not starving.

Any tips for someone trying to go vegan?
D: The beauty of veganism is experimenting. Play around with different diets, brands and products. You can try veganizing your favourite non-vegan meal or try a simple swap. For example, try swapping out your honey-based lip balm with a vegan alternative or using a dairy alternative in your morning coffee or cereal. Remember, this is your journey; take your time and slowly transition into it. ■

Just try your best, start small and find a path that feels comfortable for you."



Chocolate Beetroot Pancakes

RECIPE

INGREDIENTS

- 2 Small Beets, diced (raw or steamed)
- 2 Cups Oat Flour (ground oats)
- 2 Tbl. Coconut Sugar (optional)
- ¼ Cup Cocoa Powder
- 2 Tbl. Baking Powder
- 2 Cups Coconut Milk (or non-dairy milk of choice)
- 2 tsp. Vanilla Extract
- 2 Tbl. Apple Cider Vinegar

METHOD:

1. Measure and mix together coconut milk, vanilla and apple cider. Set aside (this helps to curdle the milk).
2. Using a high-speed blender or food processor, add beets and milk mixture and blend until smooth or small remnants of the beets are left. Pour into a mixing bowl, then add all the dry ingredients and stir to combine.
3. Place the pancake batter in the fridge for approximately 15 minutes.
4. Heat a griddle or non-stick pan on medium heat. Remove batter from the fridge and scoop (¼ cup) batter onto the heated griddle.
5. When the batter begins to bubble and crisp up on the edges, gently flip and cook for another minute.
6. Remove from heat and stack them up with my Chocolate Date spread or your favourite syrup or pancake fixings.

Chickpea 'Tuna' Salad

INGREDIENTS

- 3 Cans Chickpeas drained and rinsed
- 6 Tbl. Vegan Mayo- I used @followyourheart Veganaise
- ¼ Cup Red Onions diced
- 1 Celery stalk diced (optional)
- 1 Tbl. Olives sliced (optional)
- 3 tsp. minced Garlic or 3 finely chopped Garlic Cloves
- 3 tsp. Lime Juice
- 2 tsp. Paprika
- 3 tsp. Parsley Flakes
- 1 tsp. Garlic Powder
- Salt to taste
- 1 tsp. Cayenne Pepper (optional)



METHOD:

1. Place all ingredients in a food processor and pulse until combined. Or you can mash the chickpeas and mayo together, using a potato masher, then fold in the rest of ingredients.

Note: This Chickpea Salad can also be used in tortilla wraps, lettuce cups, or salads. Store leftovers in an airtight container for up to 3 days.

For The 'Tuna' Melt

Yield 1 Serving

- 2 Slices Sourdough Bread- I used @pechepatisserie
- 2 Slices Vegan Provolone Cheese - I used @followyourheart
- ¼ - ½ Cup Arugula
- 6 Cucumber slices
- 6 Small scoops of Chickpea 'Tuna' Salad

1. Lightly spread vegan butter on each slice of bread, top one slice with vegan provolone cheese and pop both in the oven until toasty and the cheese has melted.
2. Top with chickpea salad, arugula and cucumbers. Serve open faced or closed. You can also add your favourite salad or sandwich dressing.

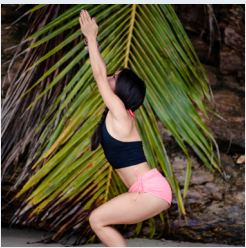


Leliana, Lila Vati Devi is an online yoga teacher, from
Trinidad and Tobago.



The name Lila Vati Devi, was given to her by her
Guru Swami Brahmayidyananda Saraswati
which means the Divine Play of the God.

She offers one on one, group
classes and packages for
adults & kids. In her classes,
she teaches pranayama
(breathing practices), Asanas
(physical postures, stretches
and movements), Yoga Nidra
(guided relaxation) & meditation.



Through the practice of yoga it is possible to detach from the outside noise,
and tune into the silent space of awareness within. In this space, so much
healing and transformation can happen. Hari om,
Namaste.

Find out more on instagram: @lilavatiidevi



Shop Local featuring ARCTT

In Trinidad and Tobago, we are lucky to have lush forests and mountains, as well as fertile soil to grow our food. Sustaining a plant-based lifestyle is easy to do in T&T as we are able to grow a large variety of nutritious and colorful fruits and vegetables right here. The country is overflowing with an abundance of goodness to nourish us.

Keeping that in mind, we should try our best to purchase locally grown fruits and vegetables, and we should also try to protect the environment. One way to do this is to avoid purchasing heavily packaged food items. We can instead purchase from stores or companies that do not pre-package their fresh vegetables and fruit,

I also bring along my own reusable bags, and avoid using single use plastic carry bags for my vegetables and fruits."

or provide them in minimal and/or eco-friendly packaging. Staying mindful of the unnecessary waste found in packaging, shoppers can opt for products (e.g. pasta) that are found in boxes which are biodegradable as opposed to those found in plastic packs. The same applies when choosing items such as drinks or sauces, which can be found in glass bottles or jars instead of plastic containers.

I also bring along my own reusable bags, and avoid using single use plastic carry bags for my vegetables and fruits. In my opinion, there is no need for our cucumbers, onions, tomatoes etc. to be placed in a plastic bag or wrapped in



plastic. It may not always be possible to do this, but we can try our best to find other solutions.

I want to highlight a company that I choose to purchase from, that practices these ethics of utilizing zero waste packaging, along with stocking many other eco-friendly products. ARC TT (The Alliance of Rural Communities), supports many of our local farmers and businesses, providing customers with an assortment of fresh produce and goodies such as fresh coconut milk, nut milks, pastelles, desserts, to all-natural cosmetics and toiletries. They source and purchase their produce and goods directly from local farmers who are not using chemicals on their land or plants.

Their order form, which can be found on their Instagram page, is simple to fill out and you can either collect or have it delivered. Call 868-493-4358 for more information.

Their mission is to 'To make the periphery the centre - in other words, to ensure the rural areas and farmers are given the value, connections & resources they deserve since it is these people and their resources that provide all the items needed for survival in the urban areas'.

These are the types of businesses we should be supporting, ones that are being proactive about curbing our environmental impact and helping to further our local economy. ■



Chocolate, Peanut Butter & Avo Bowl made with some items from ARCTT



Mega Meatballs

INGREDIENTS

- 3 cans drained Black Beans
- 1 Tbl. Balsamic Vinegar
- 1 diced ripe medium sized Plantain
- 1½ Cups cooked Quinoa
- ½ Cup chopped Onion
- 3 Tbl. minced Garlic
- 1 Tbl. Parsley Flakes
- 1 Tbl. Paprika
- ½ tsp. Cayenne (omit if too spicy)
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 1 Tbl. Salt
- 2 tsp. Black Pepper
- 1 Cup minced Pimentos
- 2 Tbl. Coconut Oil (or oil of choice)

METHOD:

1. Heat oil in a sauté pan. Add onions, pimentos, minced garlic, parsley, onion powder, garlic powder, paprika, cayenne, salt, black pepper

and plantain. Cook on medium heat until plantain is tender.

2. In a food processor add 2 cans of drained black beans, balsamic vinegar and the cooked onion mixture. Puree until smooth. Transfer to mixing bowl and fold in the other can of black beans and cooked quinoa. Refrigerate overnight or for 4 hours.

3. Preheat oven to 350°F. Scoop mixture onto oiled baking tray to form meatballs and spray with oil. Bake for approximately 20 minutes until golden brown. Cool and serve with our multi-purpose Marinara (recipe to the right). **Note: Meatballs will firm up as they cool.**

4. You can also freeze these meat balls baked or pre baked, or make them into burger patties. These cannot be cooked on a Bbq pit grill because they will stick. Best used on a pan, flat cast iron grill, or in the oven. **Mega Meatball recipe inspired by Claudette Agostini.**

Multi-Purpose Marinara Sauce

INGREDIENTS

- 3 Cups ripe chopped Tomatoes
- 1 ripe medium Plantain
- 2 Tbl. Soy Sauce
- ½ tsp. Salt
- 1 Tbl. minced Garlic
- 1 Tbl. Parsley Flakes
- ¼ Cup diced Onion
- ½ tsp. Turmeric
- 1 Tbl. Paprika
- 1 Tbl. Coconut Oil

METHOD: Add all ingredients to a food processor and blend until pureed. Add coconut oil to a pot on medium heat and add tomato mixture. Lower heat and let it simmer for approximately 15 minutes until thickened and the raw taste of the plantain is gone.



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Eco-Minded Supplies recognizes the need for easy accessibility to eco-friendly products in T&T and regionally. We provide the conscious consumer with sustainable swaps that can support a low waste lifestyle.

Some of our products include:

- Natural coconut bowls
- Reusable Stasher silicone bags
- Bamboo toothbrushes
- Shampoo bars
- Reusable facial rounds
- Reusable straws

Baked Spiced Chickpeas

INGREDIENTS

- 1 can Chickpeas
- ½ tsp. Salt
- ⅓ tsp. Smoked Paprika
- 1 tsp. Nutritional Yeast (optional)
- ¼ tsp. Turmeric
- ½ tsp. minced Garlic
- 1-2 tsp. Olive oil
- 1 tsp Lemon Juice (optional)
- ½ tsp. Chili Powder (optional)



METHOD:

1. Preheat oven to 350°F.
2. Toss all of the ingredients in a bowl, evenly coating the chickpeas with your spices.
3. Add to a baking pan and bake for approximately 15- 20 minutes. It depends on how crunchy you want them to be.

Kale & Lemon Salad with Baked Spiced Chickpeas

INGREDIENTS

- 2 Cups Kale roughly chopped
- ½ Lemon
- 2 Cucumbers medium diced
- Salt to taste

For the Parmesan Cheeze:

- ¼ Cup Nutritional Yeast
- 1-2 tsp. minced Garlic
- 2 Tbl. Cashews
- Salt to taste

METHOD:

1. Add the kale, squeezed lemon juice and salt to a bowl and massage the kale using your hands to tenderize it. Then toss in the cucumbers.
2. For the parmesan, add all ingredients to a food processor and pulse until the cashews are tiny bits.
3. Sprinkle on top of the salad and serve.

RECIPE

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The Coffee Corner

My Coffee station is my own little sanctuary, filling my home with the comforting aromas of fresh brewed Coffee and love!"

It's the first issue of the magazine, so let's start off this series with a cuppa something sweet and special.

I'm serving you with a popular Italian coffee dessert called an Affogato. This decadent treat consists of a scoop (or two) of ice cream, covered in fresh brewed espresso. This is what coffee dreams are made of: creamy, sweet, rich, and aromatic flavours that awaken your taste buds.

If you haven't tried this before, it's time to get the scoop on this brew. Have a shot at the recipe below. I love serving my Affogato with a cookie or a piece of chocolate. I hope you have fun dunking, sipping and scooping. Try it out and let me know what you think.

HERE'S WHAT YOU NEED:

- 1 espresso or coffee cup
- Double shot of espresso
- 1-2 scoops of Chocolate ice cream (We used Doux Doux Darling Chocolate ice cream)
- 1 Cookie

Method:

Once your espresso is brewed, add a scoop or two of Doux Doux Darling ice cream into your espresso cup. Pour the freshly brewed espresso over the ice cream and top with your favourite cookie. Enjoy! ■

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Energy Bites

INGREDIENTS

- 2 Cups Pitted Prunes
- ½ Cup Slivered Almonds
- ½ Cup Dried/ Desiccated Coconut
- ¼ Cup Pumpkin Seeds
- ¼ -½ Cup Almond Butter (unsweetened)

METHOD:

1. Add all of the ingredients to a food processor and pulse until fine pieces remain and the mixture is sticky.
2. Then scoop and form into bite sized balls.

Tasty Tip: These energy bites are fully customizable; you can switch the prunes for raisins or dates, or add in some of your favourite spices like cinnamon, cardamom or nutmeg.

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Peek Into My Pantry

Keeping our pantries stocked with some key ingredients will make it easier to prepare healthy meals on a daily basis. I pack my pantry with an assortment of grains, nuts, dried fruit, and peas for creating wholesome and balanced meals. In this issue, we look at 6 of my pantry essentials, their health benefits and how they can be used.

Walnuts:

High in antioxidants, reduces inflammation, and promotes healthy brain function, gut and weight control. Walnuts can be used in many desserts, savoury dishes and for snacking.

Tasty Tip: You can make healthy plant based minced “meat” by processing walnuts with mushrooms or other vegetables and seasonings.



Cashews:

High in vitamins and minerals such as potassium, cashews can also help to reduce blood pressure and cholesterol levels. They are creamy in texture and have a milder taste than most nuts making them ideal for use in both desserts and savoury dishes.



Tasty Tip: Cashews can be used to make a variety of plant based “cheeses”, “milks”, and smoothie bowls. [Visit my blog for delicious recipes using cashews.](#)

Oats:

Rich In antioxidants and fiber, oats can lower cholesterol levels and support healthy blood sugar levels. They are very filling and can be used for making gluten free desserts and smoothie bowls.

Tasty Tip: Turn your oats into oat flour by pulsing them in a food processor until grounded. Oat flour can be used as a replacement to wheat flour in a variety of desserts, pancakes, breads and for thickening sauces.



Quinoa:

This grain is high in fiber and amino acids as well as protein, making it a great addition to a plant based diet.

Tasty Tip: Add cooked quinoa to your veggie burger patties for added protein and texture.

Pasta:

Cholesterol free and low in sodium, pasta also contains carbohydrates that help to support energy levels. You can use pasta as a base in a variety of dishes, adding nutritious sauces and vegetables.

Tasty Tip: Serve your pasta with homemade sauces made from fresh vegetables and herbs. Visit my blog for nutritious pasta sauce recipes. [Click here for link.](#)

Basmati Rice:

High in amino acids and folic acid but low in sodium and cholesterol. Basmati rice can assist with balancing energy levels and is a tasty addition to many meals.

Tasty Tip: Serve your basmati rice with curries made from wholesome ingredients such as herbs, spices, nuts and vegetables. ■



Fitness Chat with Jenna Camacho

Let's talk pre and post-workout nutrition!

I receive so many questions from clients: Are pre/post-workout meals really important? What should I eat before and after I train? Does the time I have my pre and post-workout meals matter? And the list goes on.

I am here to clear up any misconception you may have about fuelling your body before and after you train.

In my professional experience, your pre and post-workout meals are your most important meals of the day. Optimum nutrition before and after you exercise helps maximize your performance in your workout plus boost your recovery, and minimize the damage to your muscles post-workout.

Fuelling your body before you train will give you the energy to put into your workout and result in increased strength, performance and ideally give the best results. Post-workout fuelling helps you to recover and replenish your depleted muscle glycogen stores (the stored form of carbohydrates in your muscles).

So now that we know the benefits of pre and post fuelling, what exactly should we eat and what are some of the questions we should ask ourselves?

*How long is my work out?
What is the intensity of my session?
What are my goals?*

In general, the higher the intensity and longer the duration of your workout the more fuel (carbohydrates) you will need for performance. A



JENNA CAMACHO | JCAM FITNESS

less intense, shorter workout would require less fuel than a longer, more intense one. I tell my clients to listen to their bodies and to find what works for them since there is no one-size-fits-all approach.

Your **pre-workout meal** should be easy to digest and contain carbohydrates for fuel. Try to eat at least an hour (1-3 hours according to the time of the day you train) prior to training; anything too close could cause digestive discomfort. Some vegan pre-workout meals can be:

- Rolled oats topped with a banana and handful of berries
- Rice cakes with any nut butter e.g. almond and topped with fruit
- A bowl of fruit for example an apple, banana, grapes

In my professional experience, your pre and post-workout meals are your most important meals of the day."



SMOOTHIE | WWW.THEYOUTHFULVEGAN.COM

Portion sizes cannot be standardized across the board as these would depend on your specific body goal and thus total caloric intake for the day. However, these examples are great vegan examples for anyone to try and enjoy.

Similarly, your post-workout meal should also be easy and fast-digesting and contain mainly

carbohydrates as well as protein. If your post-workout meal is immediately after training you should try to limit the amount of fats and fibre in this meal as these can slow down digestion and nutrition absorption. Try to consume your post-workout meal within 1-2 hours after your training. Some examples include:

- 1 scoop vegan plant-based protein powder blended with banana or any fruit
- Vegan wrap with hummus, quinoa and spinach leaves.

If you are mainly concerned about weight loss, you should keep in mind that your overall calorie intake for the day is the most important factor for body composition and fat loss. I would recommend consuming most of your calories around your workouts and taper off carbs for the rest of the day as the fuel is not needed. In this way you can get the best out of your workout without worrying about sabotaging your fitness goals.■



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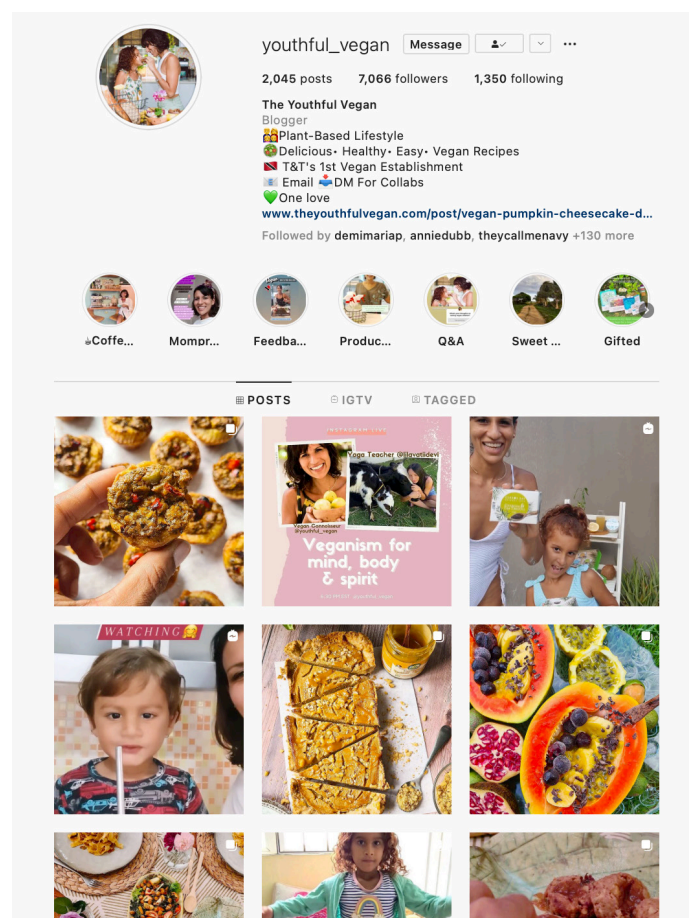
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*“The Gods created certain kinds of beings to replenish our bodies.
They are the trees and the plants and the seeds.”*
Plato

“When I transitioned to a vegan lifestyle, I was inspired and intrigued by the endless possibilities of cooking with whole foods (vegetables, fruits, greens, nuts, seeds, peas, beans and more). It became my goal to experiment and have fun veganizing some of my favourite foods. Through these creations, I was able to discover a whole new world of colorful, flavourful and healthy dishes.”

- THE YOUTHFUL VEGAN



We would love to hear from you!
Please email us with any thoughts,
comments or questions. We would
love to hear more about your
plant-based lifestyle.
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