

Fresh Squeezed Vegetable Juice

Servings: 1

Ingredients

- 1cm knob of ginger
- 3 medium parsnips, peeled
- 3 apples
- 1 lime

Instructions

Juice the ginger, parsnips and apples with a juicer into a glass. For the most effective juicing, start with the more fibrous and difficult to juice items and finish with the higher yield items. Taste and adjust with squeezes of lime as desired. Serve and enjoy!



January 2023

Recipe inspired by: Riverford Organic Farmers



Kale Banana Smoothie

Servings: 1

Ingredients

- 2 cups kale, stems removed
- 2 cups water
- 2 cups chopped pineapple, frozen if desired
- 1 banana, frozen
- juice of ½ lime
- 2 tbsp chia seeds
- Optional: Greek yogurt, nut butter, hemp hearts

Instructions

Blend kale and water in blender until smooth. Add remaining ingredients and blend again. Serve and enjoy!



February 2023

Recipe inspired by: taste & tell



Mushroom Soup in a Mug

Ingredients

- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 5 cups white button mushrooms, sliced
- 2½ cups Cremini mushrooms, sliced
- 2 large Portobello mushrooms, sliced
- 2 tbsp soy sauce
- 1 14-oz can coconut milk, unsweetened full fat
- salt and pepper to taste
- fresh basil, optional for serving



Instructions

Add olive oil to a pot with the onion, garlic, dried oregano and basil; sauté until softened. Add sliced mushrooms and soy sauce; cover. Cook on medium-high covered for 10 mins allowing mushrooms to release liquid. After 10 mins, remove lid and cook for another 10 mins uncovered to allow some of the water to cook off. Add the coconut milk and cook for a final 10 mins, stirring occasionally, allowing flavours to blend. Add salt and pepper to taste.
Garnish with fresh herbs. Serve and enjoy!

March 2023

Recipe inspired by: [Loving it Vegan](#)



Refreshing Rhubarb Mocktail

Ingredients

- 3 cups fresh rhubarb, diced
- 1 small handful basil leaves
- 3 tbsp honey
- ¼ cup water
- sparkling water
- ice cubes

Instructions

Dice the rhubarb into small pieces. Add rhubarb, honey, water and basil to a small saucepan. Bring to boil then reduce heat, simmer on low for 12 mins or until rhubarb has broken down and mixture has reduced to a "soupy" texture. Set aside to cool. Strain the mixture through a fine mesh sieve over a glass bowl; discard mixture left in the sieve. Add approximately 1 tbsp of cooled rhubarb syrup mixture to a glass, fill with ice, and top with sparkling water. Serve and enjoy!



April 2023

Recipe inspired by: [Through the Fibro Fog](#)



Green Goodness Smoothie

Ingredients

- 1 handful of spinach
- 1 ripe banana
- 1/4 cup frozen fruit (suggestions: kiwi, pineapple, mango)
- 1/4 cup Greek yogurt
- 1 tsp chia seeds
- 2 dates, pitted
- 1 cup water
- 1 cup ice cubes
- Optional: 1 tsp hemp hearts, 2 tsp ground flax seed

Instructions

Place all ingredients into a high-powered blender. Blend until smooth. Optional: garnish with a slice of banana and a sprig of spinach. Serve and enjoy!



May 2023

Recipe by: 19 Wing Health Promotion



Strawberry Basil Mocktail

Ingredients

- 3 medium strawberries
- 4-6 basil leaves
- 1 tsp sweetener of choice (e.g., honey)
- 1 tbsp lime juice
- 1 cup sparkling water

Optional: lime wedge, strawberry wedge, and/or basil sprig to garnish

Instructions

Muddle together strawberries, basil, lime juice, and sweetener for approximately 1 min. Move to a glass and top with sparkling water. Garnish as desired. Serve and enjoy!



June 2023

Recipe by: Mindful Mocktail



Creamy Blackberry Smoothie

Ingredients

- $\frac{3}{4}$ cup frozen blackberries
 - $\frac{1}{2}$ cup frozen pineapple
 - $\frac{1}{2}$ cup plain non-fat Greek yogurt
 - 1 cup unsweetened almond milk
- Optional: 1 tbsp honey (or to taste)

Instructions

Add all ingredients (except honey) to a blender or food processor and process until smooth. Add more almond milk if it is too thick. Taste and add honey, if desired. Blend until smooth. Serve and enjoy!



July 2023

Recipe inspired by: [Platings and Pairings](#)



Watermelon Mojito Mocktail

Ingredients

- 3 cups chopped watermelon
- juice of 2 limes
- 1½ tsp sugar
- 4 fresh mint leaves
- crushed ice
- splash of ginger-ale
- club soda to top

Instructions

In a blender, blend watermelon, lime juice and 1 tsp sugar. In the bottom of each glass, muddle 2 mint leaves with ¼ tsp sugar. Add in watermelon puree, filling about half full. Add ice, a splash of ginger ale and top with club soda. Stir to combine; garnish with mint sprig and watermelon slice. Serve and enjoy!



August 2023

Recipe inspired by: [The Merry Thought](#)



Minty Blueberry Lime Fizz Mocktail

Ingredients

- 10-15 blueberries
- 8 mint leaves
- juice of one lime
- 1 cup sparkling water or kombucha
- 1 tsp honey (or sweetener of choice)

Instructions

Muddle blueberries and mint leaves together to release flavour. Add juice of one lime and stir. Add in sweetener and stir, mixing well. Spoon mixture into an ice-filled glass; top with sparkling water or kombucha. Stir gently, serve and enjoy!



Cinnamon Ginger Beer Mocktail

Ingredients

For Drink

- 2 tbsp maple syrup
- ¼ cup orange juice, chilled
- 3 tbsp simple syrup, chilled
(optional)
- ¼ tsp orange bitters
- 1½ tbsp freshly squeezed lime juice
- ½ cup favourite ginger beer

For Rim & Garnish

- 2 tbsp water
- 2 tbsp sugar
- 1 tsp cinnamon
- 1 lime wheel
- 2 ice cubes

Instructions

Mix together white sugar & cinnamon. To garnish your glass, run lime wedge along the rim of your glass, then twirl the glass in the cinnamon sugar combo. Into your rimmed glass, pour all ingredient except carbonated drink; mix well. Then pour in ginger beer, stir gently. Garnish with lime wedge. Serve and enjoy!



October 2023

Modified recipe inspired by: [Savour the Flavour](#)



Spiced Lemon Ginger Refresher

Ingredients

- 1 large lemon (rinsed)
- 1 (2-inch) piece of fresh ginger (rinsed, peeling optional)
- 1 dash ground turmeric
- 1 pinch fresh black pepper (*optional*)
- 1 pinch cayenne pepper (*optional*)
- 2 cups boiling water



Directions

Boil about 2 cups of water. Slice a lemon in half and juice each half into serving mugs; place the juiced lemon halves in the mugs to infuse more flavour. Add sliced ginger and a dash of ground turmeric. Add optional black pepper and cayenne for more balance and heat. Top with boiling water and wait a few minutes for the flavours to infuse. Enjoy!

Best when fresh. Can be enjoyed up to 24 hours later if stored in the refrigerator and reheated. Not freezer friendly.

November 2023

Recipe inspired by: Minimalist Baker



Peppermint Hot Chocolate



Ingredients

1 cup unsweetened almond milk
4 oz dark chocolate
¼ tsp peppermint extract
pinch fine sea salt
Optional: ½-1 tbsp maple syrup (or to taste)

Directions

1. Add the almond milk and dark chocolate to a medium saucepan over medium heat, mixing constantly with a whisk until the chocolate has melted. Add peppermint, salt and sweetener over medium-high heat, continuously whisking to break up clumps.
2. Once the mixture is smooth and bubbling, remove your saucepan from the heat. Taste and add more sweetener or peppermint extract, to taste.
3. Pour the hot chocolate into a mug and top it with your favourite garnish such as crushed peppermint, cinnamon or shaved chocolate, if desired.

December 2023

Recipe inspired by: Life Made Sweeter

