

Zesty Citrus Celebration

Ingredients

- 1 cup fresh or frozen pineapple
- 1 thumb-size fresh ginger root
- 1 tsp ground turmeric powder or 1 thumb-size fresh turmeric root
- 1 lime, peel removed
- 1 orange, peel removed
- 3 cups hot water*
- $\frac{1}{4}$ tsp cayenne pepper (optional)



Directions

Place all ingredients into a high-power blender and blend until fully combined. Enjoy!
Refrigerate for 24 hrs or freeze in small batches to drink in the future.

*If you boiled the water in a kettle, let the water cool slightly before adding to the blender

Frosted Blueberry Bliss Smoothie



Ingredients

- 1½ cups ripe frozen banana (~1½ bananas)
- ½ cup frozen blueberries
- 1 tbsp almond butter
- ¾ cup milk of choice
- 1 tbsp ground flaxseed
- 1 tbsp chia seeds

Directions

1. Add frozen banana, blueberries, almond butter, ground flaxseed, chia seeds and milk to a high-speed blender and blend on high until creamy and smooth.
2. Garnish with additional chia seeds and/or almond butter and enjoy!

HEALTH PROMOTION

19 Wing Comox



Glowing Green Smoothie

Ingredients

- 7 cups chopped spinach, *about a medium bunch*
- 6 cups chopped romaine, *about 1 small head*
- 2 cups cold filtered water
- 1 ½ cups chopped celery, *about 2 medium stalks*
- 1 medium apple, *cored & coarsely chopped*
- 1 medium pear, *cored & coarsely chopped*
- 1 medium banana, *peeled & cut in thirds*
- 2 tbsps freshly squeezed lemon juice

Optional: 1 cup ice, ½ cup minced fresh cilantro and ½ cup minced fresh parsley

Directions

1. Combine the spinach, romaine and water in a blender and begin processing on low. Gradually move to higher speeds and blend until smooth.
2. Next, add the celery, apple, and pear, and the cilantro and parsley (if using). Lastly, add the banana, lemon juice and ice (if using), and blend until smooth. Serve at once or refrigerate, covered, for up to 2½- 3 days.

March 2024

Modified recipe inspired by: My Solluna



Vibrant Carrot Juice

Ingredients

- 2 cups chopped carrots
- 1 cup chopped mango, *fresh or frozen*
- 1 cup chopped pineapple, *fresh or canned*
- 1 tsp fresh grated ginger
- 1 cup water, *or pineapple juice from the can*



Directions

1. Place all ingredients in a blender and blend until smooth.
2. For a smooth juice-like consistency, pour the mixture through a nut milk bag to strain out fibres. For a thicker consistency with more fibre, add a splash more water or pineapple juice to the blender and continue blending.
3. If your fruit was not cold to begin with, refrigerate the juice until chilled before serving, or serve over ice.

Avocado Berry Burst Smoothie



Ingredients

- ½ avocado, *ripe, pitted and peeled*
- 1 large ripe banana
- 1 cup frozen blueberries
- 2 tbsp hemp seeds
- ½-1 cup milk of choice

Directions

1. Add all ingredients into a high-speed blender.
2. Process until completely smooth. Add more milk or water to thin if desired.
3. Pour into glasses and enjoy!

May 2024

Modified recipe inspired by: [Eat With Clarity](#)



Strawberry Honey Basil Fizz Mocktail



Ingredients

For the honey simple syrup

- ½ cup honey
- ½ cup water

For the mocktail

- 1-2 strawberries, *sliced or roughly chopped*
- 2-3 leaves fresh basil, *torn*
- ¾ ounce lime juice, *freshly squeezed*
- 1 ounce honey simple syrup
- 2-3 ounces plain sparkling water

Directions

1. Make the honey simple syrup. In a small saucepan, combine the honey and the water. Bring to a boil. Once boiling, remove from heat and stir until honey has dissolved. Cool completely.
2. To make the mocktail, add the sliced strawberries and torn basil leaves to a glass. Using a muddler or the end of a wooden spoon, muddle the strawberries and basil together until juicy and fragrant. Add crushed ice to the glass. Add the lime juice and simple syrup. Top with the sparkling water, and stir to combine. Garnish with a slice of lime or strawberry, and a basil leaf, if desired. Enjoy!

June 2024

Modified recipe inspired by: Spices in my DNA



Pretty in Pink Peach Smoothie



Ingredients

For the smoothie:

- 1 heaping cup frozen peach slices
- 1 cup frozen raspberries or strawberries
- 1-2 strawberries, *sliced or roughly chopped*
- ½ cup vanilla Greek yogurt
- 1 cup unsweetened milk of choice
- 1 tsp pure vanilla extract

To garnish:

- Granola and fresh raspberries/peach slices

Directions

Add all ingredients to a high-powered blender: frozen peaches, frozen raspberries, yogurt, milk and vanilla extract. Feel free to add any optional add-ins to your smoothie if you'd like. Blend until smooth, adding more milk to thin, if necessary. Taste and add honey to sweeten as necessary, then blend again; this is optional but some might prefer a sweeter smoothie. Pour into a glass and enjoy!

Serves 1. Feel free to double the recipe to serve 2.

July 2024

Modified recipe inspired by: [Ambitious Kitchen](#)

