

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](#)



Watermelon Mint Mocktail



Ingredients

- 3 cups watermelon, *cubed and seeds removed*
- ¼ cup fresh lime juice
- ½ cup fresh mint leaves, *packed*
- 1 tbsp honey or maple syrup
- 2 cups club soda or sparkling water
- ice for glasses

Directions

1. To a blender, add the chopped watermelon, freshly squeezed lime juice, fresh mint leaves and your sweetener of choice. Blend on high until a juice forms and no large chunks remain. Blend on high until a juice forms and no large chunks remain.
2. Next, place a small strainer over a large measuring cup or bowl and pour the watermelon juice through the strainer. This will remove any large bits of pulp.
3. Place some ice in a glass and pour the watermelon juice over top until ¾ of the way full. Finish with club soda and add a lime wedge and fresh mint sprig for garnish.

Enjoy!

August 2024

Modified recipe inspired by: Love Chef Laura



Apple Ginger Fizz



Ingredients

- 3 oz still apple cider
- 1 oz freshly squeezed lime juice
- 6 mint leaves
- 1 tsp apple cider vinegar
- Pinch of powdered cinnamon
- 3 oz ginger ale

Directions

1. Place apple cider, lime juice, cinnamon, apple cider vinegar and a few ice cubes into a cocktail shaker. If you don't have a shaker anything with a tight lid will work, such as a mason jar.
2. Clap the mint together in your hands to release the scent, and add to the shaker. Shake for about 20-30 seconds until ingredients are combined.
3. Pour into an ice filled glass and top with ginger ale.
4. Stir gently, garnish with mint, dried citrus or a cinnamon stick, and serve. Enjoy!

September 2024

Modified recipe inspired by: Mindful Mocktail



Pumpkin Smoothie

Ingredients

1 cup Milk
1/2 cup Pumpkin Puree
1/2 cup Yogurt
1 tablespoon Maple Syrup (add more if needed)
1/4 teaspoon Cinnamon (or pumpkin pie spice)
add a splash of Vanilla
1 Banana (frozen)

Directions

Combine the milk, pumpkin puree yogurt, maple syrup, pie spice, vanilla and banana in a blender and blend until combined.

Pour into a tall glass and enjoy!

Add your favorite garnishes such as whipped cream, a pinch of nutmeg or sprinkles.



October 2024

Recipe by: Foodnetwork



Rosemary Orange Mocktail



Ingredients

- 1 rosemary sprig
- 1 oz lemon juice
- 3 oz orange juice
- 2 oz apple cider or apple juice (see note 1)
- ¼ teaspoon apple cider vinegar (optional - see note 2)
- ½ cup sparkling water

Directions

1. Add the rosemary and lemon juice to your shaker and muddle until the rosemary is crushed. Don't overdo it - a few gentle presses is fine.
2. Add the orange juice, apple juice, optional apple cider vinegar and a few cubes of ice. Replace the lid and shake well.
3. Add some ice to your glass and strain the mixture in. Top with your choice of mixer, stir and garnish.

White Sangria Mocktail



Ingredients

- 1 bottle non-alcoholic white wine (or white grape juice)
- 1 cup apple cider (or cloudy apple juice)
- ¼ cup lemon juice
- 1 sliced apple
- 1 sliced blood orange (or regular orange)
- 3 cinnamon sticks (plus more for optional garnish)
- 2 star anise (plus more for optional garnish)
- Some maple syrup to sweeten if needed (or your choice of sweetener).

Directions

1. Place the wine (or alternative), apple cider, lemon juice, fruit and spices into a pitcher and place in the fridge to infuse for at least one hour.
2. Just before you're ready to serve, taste the Sangria. If you prefer it a little sweeter, add a tablespoon of maple syrup or your choice of sweetener. Stir, then taste again. Repeat until it's just the way you like it.
3. Fill your glass with ice, add some extra fruit and spices, then serve.