

HEALTH PROMOTION

19 Wing Comox

Sparkling Cranberry Kombucha Mocktail

Servings: 4

Ingredients

- 1 inch slice fresh ginger, sliced
- 1 large sprig of rosemary
- ½ cup 100% cranberry juice
- 2 12oz bottles of Kombucha
- Fresh cranberries for garnish

Instructions

In a pitcher or quart-sized Mason jar, muddle sliced ginger and rosemary together. Add cranberry juice and Kombucha, stir gently to combine. Pour into 4 ice filled glasses (using a strainer if necessary), garnish with extra ginger and rosemary. Serve and Enjoy!



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Valentine's Day Smoothie

Servings: 2

Ingredients

- 1 ½ cup of milk of choice
- 1 ripe banana
- ½ cup frozen pomegranate seeds
- 1 cup frozen berries

Instructions

Add milk, frozen fruits, and banana to a blender. Blend until smoothie reaches your desired consistency. If it is too thin, add more fruit; if it is too thick, add more milk. Serve and Enjoy!



February 2020

Photo and recipe from: [PaleoLeap](#)



Cheerful Chocolate Smoothie

Servings: 2

Ingredients

- 2 cups milk of choice
- ¼ avocado
- 2 tbsp unsweetened cocoa powder
- 1 tsp vanilla extract
- 4 to 6 pitted Medjool dates
- 4 to 6 ice cubes

Instructions

In a high-speed blender, combine the milk, avocado, cocoa powder, and vanilla; blend on high speed until smooth. Add pitted dates and ice. Blend again until smooth. Serve and Enjoy!



Creamy Almond Milk

Ingredients

1 cup raw almonds, soaked overnight

4 cups cold water

Optional:

1 tsp vanilla extract

1 tbsp maple syrup, honey or 1-2 soaked dates

pinch of sea salt

Instructions

Soak almonds overnight, then drain and rinse almonds. Blend almonds with water and additional add-ins. Strain almond meal through a nut-milk bag or cheesecloth. Sweeten to desired taste.

Serve and enjoy!



Citrus Rhubarb Cordial

Ingredients

1¼ cups water
2 cups rhubarb, chopped
zest and juice 1 orange
zest and juice 1 lemon
1 slice fresh root ginger, peeled
maple syrup to taste
sparkling water

Instructions

In a large saucepan add water, the zest and juice of the orange and lemon, along with the rhubarb and ginger. Cook mixture over medium heat until rhubarb is falling apart. Sweeten to taste with maple syrup. Pour mixture through sieve; store in refrigerator. Add approx. 2 tbsp of cordial per ½ cup sparkling water, or to taste.



August 2020

Modified recipe from: bbcgoodfood.com

Refreshing Cucumber Lemonade

Ingredients

- 1 large cucumber, cut into thick slices
- 2 cups water
- ½ cup liquid honey
- juice of 7 lemons
- 3-4 cups water (sparkling or still)
- lemon wedges (optional)

Instructions

Add cucumber slices, water, honey and lemon juice to your blender. Blend until very smooth. Pour mixture into a large pitcher through a strainer to catch any pulp remains. Add sparkling water, along with some lemon and cucumber slices, and ice. Stir gently to combine. Serve with a few slices of lemon and enjoy!



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Pumpkin Spice Latte

Ingredients

8 oz brewed coffee
½ cup milk of choice
3 tbsp pumpkin puree
½ tsp pumpkin pie spice
½ tsp vanilla
maple syrup to taste
sprinkle of cinnamon

Instructions

In a saucepan, mix together milk and pumpkin puree. Cook on medium heat until warm. Remove from heat, stir in vanilla, spices and maple syrup. Mix/froth using a milk frother, or blender. Pour coffee into a large mug, add the foamy milk mixture on top. Sprinkle with cinnamon, serve and enjoy!



Tip: Make your own pumpkin spice and save in a jar for quick access. Mix 2 tbsp cinnamon, 2 tsp ginger, 1 tsp cloves, 1 tsp nutmeg.

October 2020

Modified recipe from: eatingbirdfood.com



Delicious Hot Chocolate

Ingredients

1½ cups milk of choice
4 tbsp cacao or cocoa powder
1 tbsp maple syrup
½ tsp cinnamon
¼ tsp vanilla
optional: ¼ tsp nutmeg

Instructions

In a small saucepan, over low heat, add milk, cocoa powder, maple syrup, cinnamon and vanilla. Whisk constantly until a thick chocolate mixture forms.

Pour into your favourite mug,
serve and enjoy!



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Ingredients

- ¼ cup milk of choice (coconut tastes delicious)
- 1/4 tsp sugar (to taste)
- 6 to 7 mint leaves
- 1 tsp lemon/lime juice
- ice cubes
- sparkling water
- pomegranate arils

Instructions

Fill a glass with lemon juice, sugar and mint leaves. Muddle it until the leaves are broken down. Fill the glass halfway with ice, then add milk. Top with sparkling water, extra mint leaves, and pomegranate arils to your liking. Serve and enjoy!

Festive Mojito



December 2020

Modified recipe from: cookingcarnival.com

