

Glorious Green Smoothie

Ingredients

- 1 cup frozen pineapple
- ½ cup frozen mango or 1 frozen banana
- ½ medium ripe avocado
- 1 inch knob ginger, peeled and grated
- 2 cups spinach
- 1 cup milk of choice
- optional: 1 tbsp hemp or chia seeds,
½ cup Greek yogurt*

Instructions

Add all ingredients into a blender. Blend until smooth, add more milk if necessary and blend again. Serve and enjoy!



Peanut Butter Banana Twist Smoothie

Ingredients

1-2 cups ice
1 frozen banana
1 cup milk of choice
¼ cup Greek yogurt
1 tbsp cocoa powder
1-2 tbsp peanut butter
*optional: 1 tsp chia seeds or
shredded coconut*

Instructions

Add ingredients into a high powered blender. Blend until smooth, add more milk if necessary and blend again.

Serve and enjoy!



Pineapple Cooler

Ingredients

2 cups water *or* ½ cup water + 1½ cups of ice

1 medium pineapple, cored and rind removed, cubed for the blender

1 tsp almond extract

optional: juice of ½ lemon

Instructions

For a smooth drink, put everything in to a high powered blender, with 2 cups water (no ice). Blend until smooth.

For a slushie option, put the pineapple, ½ cup water, almond extract, and lemon juice into blender, blend until smooth. Add 1½ cups of ice, pulse until slushie consistency is to your liking.

Serve and enjoy!



April 2021

Recipe by: SuperHealthyKids.com

Strawberry Blast Smoothie

Ingredients

1 cup frozen strawberries
1 fresh or frozen banana
¼ cup rolled oats
1 tbsp hemp hearts
1 tbsp chia seeds
1 handful fresh spinach
¼ cup milk of choice
splash of orange juice for flavour
*optional: 1 tbsp peanut butter,
fresh granola topping*

Instructions

Combine all ingredients into blender, blend until smooth. Add fresh granola or cereal of choice on top. Serve and enjoy!



Spring in Your Step Water

Ingredients

1 cucumber

1 lemon

8 cups of water

optional: tbsp of honey

2 cups ice

pinch of mint

Instructions

Cut cucumber and lemon into thin slices. Place at the bottom of a pitcher and slightly mash with a wooden spoon. Add water and stir together. For best results place in fridge for 1 hour.

Serve and enjoy!



Strawberry Watermelon Slush

Ingredients

2 cups fresh strawberries
2 cups cubed seedless watermelon
2 cups ice
1/3 cup lemon juice
sweeten to taste

Instructions

Blend together strawberries, watermelon, and lemon juice. Add ice and blend until consistency of a slushy. Sweeten to taste. Serve and enjoy!



July 2021

Recipe by: 19 Wing Health Promotion

Summer Strawberry Limeade

Ingredients

- ½ cup lime juice
- ½ lb fresh strawberries
- 20-30 mint leaves
- 2 cups cold water
- ¼ cup sugar
- ⅓ cup water

Instructions

In a pitcher, combine lime juice, strawberries, mint, and 2 cups of water.

To make simple syrup, in a saucepan, combine sugar and water, cooking over medium heat until sugar is dissolved.

Sweeten strawberry lime mixture by stirring in preferred amount of simple syrup to taste. Let sit for 2 hours in refrigerator. Serve and enjoy!



August 2021

Recipe inspired by: Fifteenspatulas.com

Blackberry Burst Smoothie

Ingredients

1 cup apple juice or water
1 cup blackberries
1 ripe banana
1 avocado, peeled and pitted
1 handful of spinach
2 tbsp chia seeds
optional: protein powder
1 tsp hemp hearts
½ cup oatmeal

Instructions

Add juice or water and other ingredients into a blender. Pulse until well combined and smooth. If too thick, add more juice or water. Serve and enjoy!



Homemade Apple Cider

Ingredients

10-12 medium apples (assorted), quartered
2 oranges, quartered (peeled if you prefer it less tart)
4 cinnamon sticks
1 tbsp whole cloves
16 cups water, more or less if desired
sweetener to taste (e.g., brown sugar or maple syrup)
*optional: 1 tsp whole allspice, 1 tsp nutmeg,
and/or 1 inch fresh ginger*



Instructions

Combine apples, oranges, cinnamon, cloves & extra seasonings into a large stockpot. Cover with water, leaving an inch or two of space at the top of the pot. Heat over high heat until simmering. Reduce heat to medium-low, cover and simmer for 2 hours, or until apples are soft. Using a potato masher or spoon, mash apples and oranges against pot walls. Cover and simmer for 1 hour. Using a strainer or cheesecloth, strain out all the solids, pressing them to release any juices. Stir in your desired amount of sweetener. Serve and enjoy!

October 2021

Recipe inspired by: [Gimme Some Oven](#)

Blood Orange Mocktail

Servings: 6

Ingredients

3 cups blood orange juice, freshly squeezed
3 tbsp honey
1½ tsp vanilla
1½ cup sparkling water, lime if desired
blood orange slices for garnish



Instructions

Squeeze the blood orange juice into a large mason jar or pitcher with a lid or cocktail shaker. Add the honey and vanilla extract to unchilled juice. Shake. Refrigerate until cool, or add ice to cool down. Mix in the sparkling water of choice. Top with an orange slice. Serve and enjoy!

Warm Winter Cider

Servings: 9

Ingredients

3 cups water

4 Chai tea bags (10 g)

8 cups apple cider ([see recipe here](#))
or apple juice

2 cups unsweetened cranberry juice

½ cup orange juice

4 sticks of cinnamon

3 cloves

*optional: 1 tsp of ground cinnamon or fresh
cranberries (for garnish)*



Instructions

Bring water to a boil in a medium saucepan. Remove from heat. Add tea bags.

Cover and let steep for 5 minutes. Discard tea bags. In a large pot, combine apple cider, cranberry juice, orange juice, cinnamon sticks, cloves, and steeped tea. Bring to boil then reduce heat; cover and let simmer for 20 minutes.

Discard cinnamon sticks and cloves. Garnish with cinnamon or cranberries.

Serve warm and enjoy!