

Fruit Blast Smoothie

Servings: 4

Ingredients

- 1 cup frozen strawberries
 - ½ cup frozen or fresh pineapple
 - 1 fresh or frozen banana
 - 2 cups orange juice
 - ½ cup plain Greek Yogurt
 - 1 cup fresh spinach
 - 1 tbsp chia seeds
 - 1 tsp hemp seeds
 - ½ cup oats
- water as required to blend*
optional: favourite cereal/granola



Instructions

Add ingredients into blender except for cereal/granola. Blend, adding water as needed, until smooth and creamy. If desired, top with your favourite cereal or granola for extra crunch. Serve and enjoy!

Pleasantly Purple Smoothie Bowl

Servings: 2

Ingredients

1 small beet, peeled and cubed
¼ cup blueberries - frozen or fresh
1 tsp grated fresh ginger

1 cup coconut milk (or milk of choice)

½ cup ice

water as needed

optional: 2 tbsp flax seeds

*additional toppings: fresh blueberries,
unsweetened coconut flakes, seeds or nuts*



Instructions

Add all the smoothie ingredients in a blender or mixer and pulse to form a smoothie. Pour into serving bowls and top with blueberries, coconut flakes, seeds, nuts or your topping of choice. Serve and enjoy!

Refreshing Flavour Infused Water

Servings: 6

Ingredients

8 cups water

2 cups fresh or frozen strawberries

15 to 20 basil leaves

1 lemon, sliced

Ice, as desired

Instructions

Add all ingredients into a pitcher. Stir together to combine. Let sit for 1-2 hours. Pour over ice into glasses and garnish with fruit.

Serve and enjoy!



Delicious Orange Creamsicle Smoothie

Servings: 1

Ingredients

3 Medjool dates

$\frac{2}{3}$ cup unsweetened orange juice

$\frac{1}{3}$ cup Greek or plain yogurt

$\frac{1}{3}$ cup light coconut milk (from a can or carton)

1 cup cauliflower (fresh or frozen)

1 tsp vanilla extract

$\frac{1}{8}$ tsp almond extract

optional: ground flaxseed, chia seeds, hemp hearts

Instructions

Soak dates for 5 mins; remove pits from dates. Place all ingredients into a blender. Blend until smooth.

Serve and enjoy!



Creamy Avocado Smoothie

Servings: 2 to 3

Ingredients

½ cup cubed fresh or frozen pineapple
2 cups packed fresh spinach, or 1 cup frozen
1 ripe avocado
1 frozen banana
¾ cup milk of choice
3 tbsp lime juice, plus ½ tsp zest
1 tsp maple syrup
8 ice cubes

Instructions

Place all ingredients into a blender.
Blend until smooth & creamy.
Serve and enjoy!



Citrus Summer Mocktail

Servings: 1

Ingredients

1 cup pineapple juice, fresh if possible
¼ cup orange juice, fresh if possible
1 tbsp fresh cilantro
1 cup crushed ice
1 tsp honey (to sweeten if necessary)

Instructions

Place crushed ice in a cocktail shaker, pour in pineapple and orange juice; add honey and cilantro. Shake well until thoroughly mixed (2-5 mins). Alternatively, blend up mixture in a blender. Serve with a pineapple and/or orange wedge and enjoy!



Radiant Fruit Punch

Servings: 10 cups

Ingredients

4 cups cranberry juice
1½ cups pineapple juice
1½ cups orange juice
¼ cup lime juice
2 cans of sparkling water, chilled
Sliced fruit of choice

Instructions

Stir together cranberry, pineapple, orange, and lime juice. Chill until you are ready to serve. Add sliced fruit and sparkling water. Add ice cubes to the glass, not the pitcher to avoid watering it down.

Serve and enjoy!



Cooling Cucumber Mint Lemonade

Servings: 1

Ingredients

1 tbsp fresh lemon juice

1 tbsp fresh lime juice

1 tbsp honey or agave syrup

¼ tsp finely chopped mint
water, as needed

¼ cup fresh cucumber juice (optional)

¼ cup chilled club soda or sparkling water
2 ice cubes

1 sprig of mint for garnish

4 thin slices of cucumber

Instructions

In a cocktail shaker, add chopped mint, sweetener of choice, lemon and lime juice, and 1 tbsp water; muddle until syrup is dissolved.

Add ice, then cucumber juice; shake well.

Strain into a glass prepared with cucumber slices and ice. Stir in sparkling water. Garnish with a sprig of mint and lemon wedge.

Serve and enjoy!



August 2022

Modified recipe inspired by: [Food&Wine](#)

Apple Pie Chia Smoothie

Servings: 2

Ingredients

1 apple cut into small pieces
1 cup milk of choice
2 tbsp chia seeds
1 tbsp maple syrup
½ tsp vanilla extract
½ tsp cinnamon
pinch of nutmeg and salt
Optional: fresh fruit to top

Instructions

Blend all ingredients together.
Add ice if desired. Top with
fresh fruit. serve and enjoy!



Pumpkin Eggnog

Servings: 8

Ingredients

- 5 cups milk of choice
- 1 (3.4 oz) package instant vanilla pudding mix
- ¼ cup pumpkin puree
- ¼ tsp vanilla extract
- ⅛ tsp pumpkin pie spice*
- ⅛ tsp cinnamon
- salt and sugar to taste
- Optional: freshly grated nutmeg

*Pumpkin Pie Spice

- 3 tbsp ground cinnamon
- 1 tbsp ground ginger
- 2 tsp ground nutmeg
- 1½ tsp ground allspice
- 1½ tsp ground cloves



Instructions

Pour 2 cups of milk, pudding mix, pumpkin puree, vanilla, and spices into a blender. Blend on high until smooth. Let stand for 5 minutes. Pour into a large pitcher, add remaining 3 cups of milk, stir until mixed. Refrigerate until thickened slightly, at least one hour. Add sugar and salt to taste. Stir well, pour into mugs and grate nutmeg overtop. Serve and enjoy!

October 2022

Modified recipe inspired by: Let's Dish



Chai Apple Cider

Servings: 4

Ingredients

- ½ tsp allspice or 4 whole corns
- ½ tsp cloves or 4 whole cloves
- 3 cardamom pods
- 2 tsp cinnamon
- ½ tsp dried ginger root
- ½ tsp vanilla or
½ vanilla bean pod (seedless)
- ½ small apple (Honeycrisp or McIntosh)
- 4 cups apple cider*
- 2 tbsp loose leaf black tea
- ½ cup milk of choice

*Apple Cider

- 4½ cups water
- 10 apples, washed, peeled, pitted, and cut into large chunks
- 1 large orange, peeled and broken into sections
- 2 cinnamon sticks
- 6 whole cloves
- 1 tsp freshly grated nutmeg
- optional: sweetener to taste



Instructions

Apple Cider

Add spices to a cheesecloth or tea bag. Add water, apples, orange slices, and spice mix to a crockpot. Bring mixture up to a boil, then turn down to a simmer and cook for 6 hours until apples are falling apart. Remove spice mix bag, and mash apples and oranges into pulp. Strain mixture and let cool.

Chai Apple Cider

Using a mortar and pestle, lightly crush allspice, cloves, cardamom pods, cinnamon and ginger. In a small saucepan, add cider, spices, vanilla and sliced apples. Bring mixture to a boil and remove from heat. Cover and let sit for 10 mins. Return to heat and boil, remove from heat once again. Add tea and milk. Cover and let steep for 4 mins. Stir well, then strain into teapot. Serve and enjoy!

November 2022

Modified recipes inspired by: The Spruce Eats



Spiced Cranberry Mocktail

Servings: 6

Ingredients

- 1 cup fresh or frozen cranberries
- ¼ cup honey
- ½ cup water
- 1 tbsp clove buds
- 4 cinnamon sticks
- 3 cups unsweetened cranberry juice
- 2 medium oranges, cut into 8 wedges
- 3 cups sparkling water

Optional garnish: cinnamon sticks and rosemary sprigs



Instructions

In a small saucepan, add cranberries, honey, water, cloves, and cinnamon sticks; cook over medium heat stirring until honey is melted and spices are fragrant (8-10 mins). Remove from heat and transfer to a large bowl. Add cranberry juice and orange wedges; refrigerate overnight. Once chilled, firmly squeeze each orange wedge into the bowl to capture juice before removing. Strain the mixture with a fine-mesh strainer and discard the solids. Fill each glass full of ice, then 1/3 full of cranberry mixture, and top with sparkling water. Serve and enjoy!