

WHOLESOME RECIPES • GOOD FOOD

FESTIVE FEASTS

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TRIBAL WELLNESS

HAPPY HEALTHY CELEBRATIONS

Enjoy your special occasion or holiday with wholefoods, that will please your tastebuds and nourish your body.



HAPPY HOLIDAYS

ENJOYING THE HOLIDAYS A WHOLESOME &
HEALTHY WAY!

Since the beginning of the Tribal Wellness Movement, we now have over 8000+ families from all around the world wanting to live their best life. We want to thank you and congratulate you for being one of those special people looking for more for your health and vitality!

The team at Tribal Wellness wish you and your family an amazing time during the holidays filled with magic moments and the people you love.

We love indulging, but also know that it can be done in a wholesome way that still tickles everyone's tastebuds, but doesn't come at a cost to your health.

We hope you and your loved ones enjoy these recipes as much as our team do and wish you all a happy, healthy and safe holiday :)



INGREDIENTS

1¾ cups of freshly ground almonds (250g)
 ¾ cup of coconut sugar (100g)
 1 tablespoon of ground chia seeds
 2 tablespoons of cold water
 2 tablespoons of maple syrup

INSTRUCTIONS

1. Start by grinding the almonds into a flour if you are using whole almonds.
2. Place the ground chia seeds and the water into a small bowl. Whisk together with a fork and set aside to thicken for about 10 minutes.
3. Place the coconut sugar, ground almonds, cinnamon and vanilla powder into a food processor or big bowl. If you are using a food processor, then mix it shortly. If you are using a hand mixer, just quickly mix everything.
4. Add the chia-mix and maple syrup and combine everything for about 30 seconds until a sticky dough forms. If the dough is crumbly, and not sticky, add a teaspoon of cold water.
5. Pre-heat the oven to 160°C
6. Roll the dough out between two pieces of baking paper. Make sure not to roll it out too thin - it should be around 5 mm thick. Using star shaped cutters, cut out about 30 stars.
7. Place the cinnamon stars on a baking tray lined with baking paper and bake for 8-10 minutes until golden brown. Let the cookies cool for a few minutes until transferring them to a cooling rack.

Healthy Almond and Cinnamon Christmas Stars

3 teaspoons of ground cinnamon
 a pinch of vanilla powder
 a pinch of powered xylitol for decoration



INGREDIENTS

3 Dates
2 Cups unsweetened vanilla almond milk
1/2 cup coconut milk
1/2 tsp freshly grated nutmeg
1/2 vanilla bean

Vegan Nog

1/4 tsp cinnamon
Pinch of salt
Cinnamon sticks

METHOD

1. Soak the dates in water to soften them up. Drain.
2. Split the vanilla bean in half lengthwise. Scrape out the seeds.
3. Blend all ingredients in a nutra bullet or high speed blender.
4. Serve with a cinnamon stick.



INGREDIENTS

1 cup all-purpose flour
1 1/2 teaspoons baking powder
1 pinch salt
1 teaspoon cinnamon powder
1/2 teaspoon ginger powder
1/8 teaspoon nutmeg powder
2/3 cup plant-based milk - I used
unsweetened rice coconut milk*
1 tablespoon maple syrup
+ more for drizzling on top
baking spray

Vegan Gingerbread Pancakes

*If you use unsweetened milk,
you might want to add a bit
more maple syrup.

INSTRUCTIONS

Add the flour, baking powder, salt, cinnamon, ginger, and nutmeg powder in a mixing bowl, give it a quick whisk. Add the plant-based milk and maple syrup. Whisk until incorporated. Let it sit for a few minutes.

Spray a flat pan or griddle with oil and heat it up to low heat. Add a small ladle of pancake batter. Let it cook until the middle becomes bubbly and the corners set, then flip with a spatula. Let it cook on the other side until done. Repeat for all the pancakes. Now, let's stack the pancakes and drizzle with more maple syrup! Enjoy!



INGREDIENTS

200g dark organic chocolate
1/4 tsp vanilla bean extract
2 tbsp pistachios (shelled and halved)
2 tbsp goji berries
1 tbsp desiccated coconut

Superfood Chocolate Bark

INSTRUCTIONS

1. Line a dish with baking parchment. I used an 8x8in dish but you can use a smaller or bigger one depending on how thick or thin you want your bark to be.
2. Sit a heat proof bowl in a pan of boiling water over a medium heat. Break the chocolate into small pieces, add to the bowl and stir continuously until it has all melted. Add the vanilla and mix well.
3. Pour the melted chocolate into the parchment lined dish. Top with the pistachios, goji berries and coconut.
4. Place in the fridge for 30 minutes or until the chocolate has set.
Store in the fridge for up to 1 week.



| INGREDIENTS |

- 1 Bunch Tuscan Kale chopped
- 1 Granny Smith Apple sliced
- 1 Avocado Cubed
- Slivered or Chopped Almonds
- Fresh Cracked Pepper
- Chia Seeds

| INSTRUCTIONS |

1. To make the dressing, combine yogurt and lemon juice in a bowl and mix well with a fork.
2. This step is optional, but recommended - take your kale and a little of the dressing, and massage dressing into kale for a few minutes with hands. This helps break down the toughness of the kale, and makes it much easier to digest.
3. To assemble salad, toss together massaged kale, apple, avocado, and almonds.
4. Serve in bowls, topping with chia seeds, fresh cracked pepper, and as much dressing as you like.
5. Enjoy!

Kale + Apple Salad w/ Creamy Coconut Yogurt Dressing

| DRESSING |

- 1/4 Cup Coconut Yogurt
- Juice from 1/2 Lemon



Cucumber Noodle, Watermelon, and Feta Salad

| INGREDIENTS |

1 large seedless English cucumber
3 cups cubed watermelon, 1/2-inch pieces
1/3 cup crumbled organic feta cheese
1/4 cup fresh mint leaves, thinly sliced
Juice of 1 lime

INSTRUCTIONS

1. Use a zoodle maker to create the cucumber noodles. Place noodles in a large bowl. Add the watermelon cubes, feta cheese, and mint. Squeeze fresh lime juice over the salad.

Serve immediately.



| INGREDIENTS |

- 1 small butternut squash
- 2 tablespoons coconut oil
- ¼ onion- ½ cup diced
- 2 cloves garlic- rough chopped
- ¼ cup golden raisins – or use regular, or dried currants or apricots
- 1 ½ cups cooked little lentils (not split)
- ½ teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon cinnamon

Stuffed Butternut with Lentils, Yogurt and Pomegranate

- ¼ teaspoon pepper
- ¼ cup water
- ¼- ½ cup chopped coriander or Italian Parsley (or ¼ cup mint)
- ⅓ cup Plain Yogurt
- ¼ cup Pomegranate seeds

| METHOD |

1. Preheat oven to 220 deg
2. Cut butternut down the middle lengthwise. Place open side down on lightly greased parchment-lined sheet pan. Roast 30 minutes, or until easily pierced with a fork, through the skin.
3. In a skillet heat oil over medium heat.
4. Add onion and garlic and sauté until tender fragrant and golden, about 5 minutes.
5. Add raisins, lentils, salt, spices and water and simmer until most of the liquid evaporates and flavours meld. Stir in herbs saving a few for the garnish.
6. When butternut is done, flip over and scoop out the seeds. With a fork, break up the tender flesh. Drizzle the squash with a little coconut oil (or butter) and sprinkle with salt and pepper, mixing this all into the squash, seasoning the flesh
7. Top the squash with the lentil filling, a dollop of plain yogurt, and some fresh pomegranate seeds. Scatter with fresh herbs.
8. Notes- in the photos I have the filling placed in the “hole” of the butternut, and while this looks pretty in the photo, I feel the squash needs to be broken up and “seasoned”, for the best flavor.



Ingredients:

500g Brussels sprouts, trimmed
1 large sweet potato
2 cloves garlic, smashed
1/3 cup olive oil
1 teaspoon cumin
1/4 or 1/2 teaspoon garlic salt

Roasted Sweet Potatoes and Brussels Sprouts

1 teaspoon quality sea salt
pepper to taste
1 tablespoon red wine vinegar
fresh thyme, to garnish

Directions:

1. Preheat your oven to 200 degrees.
2. Trim your Brussels by cutting off the little brown end. Cut any large ones in half. Add to a large bowl.
3. Peel your sweet potato and chop into 1-2 inch pieces. Add to the large bowl.
4. Smash 2 cloves of garlic and add it to the bowl.
5. Pour 1/3 cup olive oil over the vegetables.
6. Add cumin, garlic salt, salt, and pepper to taste. Stir to coat.
7. (Line a large sheet pan with foil if you want super easy cleanup)
8. Drizzle a little olive oil onto the sheet pan and rub it all over the pan (or foil) with your hand. Or you could spray it really well with nonstick spray.
9. Pour the veggies onto the pan.
10. Roast at 400 for about 30-40 minutes. The veggies are done when they are brown and a fork slides into them easily.
11. Place the veggies in a serving bowl and toss with 1-2 tablespoons red wine vinegar to taste. Garnish with fresh thyme if you want. Eat hot!



Ingredients:

¼ cup Coconut Flour
½ cup Coconut Rum
7 Dates
1 tablespoon Unsweetened Cocoa
1 tablespoon Honey
1 teaspoon Vanilla Extract
Dash of Himalayan Sea Salt

Raw Coconut Rum Balls

Optional: Unsweetened shredded coconut or cocoa powder for outside covering

Directions:

1. Place dates in coconut rum and allow to soak for at least 3 hours
2. When done soaking, add dates, rum and all other ingredients to food processor, blend until smooth
3. Refrigerate mixture for at least 30 minutes, then remove and shape into small balls.
4. Roll in coconut or cocoa powder if desired.
5. Refrigerate until serving



PRAWN, MANGO & AVOCADO SALAD

Ingredients:

- 400g cooked tiger prawns
- 2 mangoes, cut into 2cm cubes
- 2 avocados, cut into 2cm cubes
- 2 limes, plus lime wedges to serve
- 1/3 cup finely chopped coriander leaves
- 1 long red chilli, seeds removed, finely chopped
- 1 tablespoon honey
- 1 tablespoon avocado oil or extra virgin olive oil
- 1 butter lettuce, leaves separated
- Micro herbs (optional), to serve

Step 1 Peel, de-vein and roughly chop half the prawns. Place in a bowl with mango and avocado.

Step 2 Grate the zest of half a lime, then juice both limes. Place the lime zest and juice in a small bowl with the coriander, chilli, honey and oil. Whisk to combine and season well. Pour over prawn mixture and toss to combine.

Step 3 Divide lettuce among plates, fill with the salad and serve with the remaining prawns, lime and micro herbs, if using.



Superfood Green Tabouli

350 g raw broccoli (1 large head broccoli)
6 spring onion finely sliced
100 g (1 large bunch) parsley, chopped
100 g (1 large bunch) mint, chopped
1 avocado, chopped
20 g (a good handful) pumpkin seeds
50 g (2 good handfuls) pistachio nuts,
roughly chopped
100 g baby spinach leaves

Juice from 3 limes or 2 lemons
1 tablespoons cold pressed olive oil or
flaxseed oil
30 g (1 handful) goji berries
A generous amount of black pepper + a
little sea salt

| METHOD |

1. Chop the raw broccoli as fine as you can with a large knife. I also use the stalks of the broccoli but trim the tough outer layer before I chop. You can also do this quickly in a food processor.
2. Combine the raw broccoli in a large bowl with the spring onion, parsley, mint, avocado, pumpkin seed, pistachio, spinach, lemon, olive oil, goji, black pepper and a little sea salt.
3. Mix well until combined.
4. Taste and adjust if necessary.
5. Divide between serving bowls and enjoy.



BEETROOT AND CREAM CHEESE FILO TARTS

Ingredients:

4 medium beetroots (cooked and cut into 1/2 cm pieces)
4 sheets filo pastry
3 tbsp cream cheese (dairy- free if needed)
1 small bunch of chives (chopped)
1 tbsp nigella seeds
50 g grated Parmesan (dairy- free substitute if needed)
1 small egg (optional)

20 g melted butter (dairy- free if needed)
1/2 tsp sea salt
1/2 tsp black pepper
1 tbsp olive oil

Directions

1. Preheat your oven to 180 degrees.
2. To make the tart mix, in a bowl add the beetroot, cream cheese, egg (if using), chives, nigella seeds and half the Parmesan and mix together. Season with salt and pepper and set aside.
3. Butter 4 ramekins of your choice and set aside.
4. Brush each filo pastry sheet with melted butter, fold the filo sheet in half over itself, then brush with some more butter.
5. Rustically, put each prepared filo sheet into a ramekin, pushing it down gently so it's touching the bottom. Because my ramekins were quite small, I've ended up cutting my prepared filo sheet into another half and putting two layers into the ramekin.
6. Divide your beetroot and cream cheese mix equally between each ramekin. Sprinkle with the rest of the Parmesan or your cheese of choice and bake for about 10 minutes until pastry is golden brown.
7. When ready, drizzle with some olive oil, sprinkle with more chives and nigella seeds and serve in or out of ramekins.



TRIBAL WELLNESS | FESTIVE GUIDE

Spiced Date & Caramel Vegan Self Saucing Pudding

Ingredients:

90g coconut oil
 ¾ cup coconut milk or almond milk
 1½ cups spelt flour
 1 tsp baking powder (I use 'Bob's Red Mill' gluten free baking powder)
 ½ cup coconut sugar
 150g finely chopped dates
 1 tbs vanilla powder (or extract)
 1½ tbs cinnamon
 ½ tsp allspice
 Pinch sea salt
 ½ cup coconut sugar
 ¼ cup pure maple syrup
 ¼ cup coconut milk or almond milk
 1½ cups boiling water
 ½ tsp sea salt

1. Pre-heat the oven to 180 degrees Celsius.
2. Sift in the flour, baking powder, cinnamon and allspice into a large mixing bowl and stir to combine.
3. Melt the coconut oil and coconut milk in a small saucepan over low heat.
4. Add the coconut sugar and vanilla to the saucepan and stir to combine.
5. Next pour the warm coconut mixture into the bowl of dry ingredients along with the chopped dates and a pinch of sea salt.
6. Stir well to combine.
7. Spread the mixture evenly into a baking dish (roughly 6-8 cup capacity).
8. In a mixing jug combine the coconut sugar, ½ tsp sea salt, maple, coconut milk, and boiling water, and stir until the coconut sugar has dissolved.
9. Carefully pour the hot liquid over the pudding batter (I like to pour the liquid over the back of a spoon so it spreads evenly and doesn't create a big hole in the centre of the pudding).
10. Bake the pudding for 45 minutes.
11. Remove the pudding from the oven and let it rest for 10 minutes before serving.
12. Dust the pudding with a little extra cinnamon and serve warm with coconut yogurt (for non vegan, fresh cream or natural yogurt). Enjoy!



RAW CHOC CARAMEL SLICE

Ridiculously good

Crust:

- 1 cup almonds or other nuts
- 1 cup dates
- Pinch of salt (optional)

Caramel:

- ½ cup cashew butter
- ½ cup coconut oil 1 cup dates

Chocolate cream:

- 1/3 cup coconut oil 2-3 tablespoons cacao powder
- ¼ cup preferred liquid sweetener such as honey or maple syrup

To make the crust:

- 1) process the almonds into flour in your food processor, then add the dates and process until it all begins to stick together.
- 2) Press into the bottom of a lined baking pan and refrigerate.

To make both the caramel and mocha layers:

- 1) Just blend the ingredients in each list until smooth. Feel free to add other flavors like vanilla, chili, ginger, etc.
- 2) Spread the caramel onto your crust, followed by the chocolate cream.
- 3) Refrigerate until completely set; this will take a couple hours.

INGREDIENTS

- 1 cup dates
- 2 tablespoons cacao
- 2 teaspoons vanilla bean paste
- 1 cup hazelnuts skin removed
- 2 tablespoons chocolate complete or hazelnut meal

Just blend them and roll them :)

CHOC HAZEL BLISS BALLS





CHRISTMAS FRUIT CAKE

INGREDIENTS

1 cup sultanas
1 cup raisins
¾ cup dried apricots
7 dried figs
½ cup goji berries
⅓ cup walnuts
1 cup almonds
juice of one, and the zest from half of a medium sized orange
½ tsp cinnamon
½ tsp ginger
¼ tsp nutmeg
¼ tsp cloves
*½ cup raisins

Directions:

1. Add walnuts and almonds to processor and pulse until chopped. Remove from food processor and set aside.
2. Mix all the dried fruit (except ½ cup raisins)*, spices in a food processor and process until into crumb-sized pieces (all the fruit is broken down but not a paste).
3. Add the orange juice, zest, almond and walnut pieces to a food processor and process until mixture is like a sticky dough. At the end add ½ cup raisins* and pulse a few more times until it comes together.
4. Remove from food processor and shape into round cake. Decorate and place in the refrigerator to set.



INGREDIENTS

Pumpkin Pie Balls:

1 c. oat flour gluten free
 1 ¼ c. almond flour
 3 T. maple syrup
 1/3 c. Pumpkin puree
 ½ t. Cinnamon
 ½ t. Pumpkin pie spice

No Bake Pumpkin Pie Balls

¼ t. Salt
 ½ t. Vanilla
Coconut Sugar Coating:
 ¼ c. Coconut sugar
 ¼ t. Cinnamon
 ¼ t. Pumpkin pie spice

Directions:

In a large bowl combine oat flour and almond flour. Toss to combine.

Add remaining pumpkin pie ball ingredients and mix until well incorporated, using your hands towards the end to ensure even mixing.

In a small bowl combine coconut sugar, ¼ t. cinnamon and ¼ t. pumpkin pie spice. Toss to combine.

Scoop out 1 ½ to 2 tablespoons of pumpkin pie ball mixture. Roll into a ball.

Place pumpkin pie ball in the coconut sugar bowl and roll to completely coat it. Place on a large plate or baking sheet.

Repeat the above two steps with the remaining pumpkin pie ball mixture.

For best texture, serve immediately. Pumpkin balls stay great at room temperature for 2-3 days. Make sure to not store the balls in an airtight container or the pumpkin will make the balls get very soggy.



HEALTHY LAYERED MIXED BERRY TRIFLE RECIPE

Ingredients:

1 cup cherries, pitted
1 1/2 cups blueberries
1 1/2 cups strawberries
1/3 cup honey
1/2 lemon, juiced
5g agar flakes
2 egg yolks
2 tbsp (30g) maple syrup
200g coconut or soy yogurt or alternative of choice
250g (8 slices) your choice of fruit cake/similar
2/3 cup (80g) roasted chopped almonds

Method:

For fruit layer¹

Combine 200g of each fruit, lemon juice, honey and 2 cups of filtered water in a saucepan. Simmer on medium heat for 4-5 minutes.

2 Strain liquid gently through muslin cloth, retaining liquid for fruit jelly. Sprinkle agar agar flakes into liquid to dissolve, it will thicken as it cools.

3 Fold through reserved fruit.

For custard layer¹

Place egg yolks and maple syrup in a bowl and place over a pot of gently simmering water, whisk continuously until creamy and light.

2 Remove and sit over a bowl of ice, whisk until cool.

3 Lightly whisk the yogurt and fold into mixture, chill.

4 Assemble in suitable glasses: starting with fruit jelly, then yogurt mix, a slice of cake soaked in a little syrup, than another layer of jelly and yogurt. Chill for a few hours

5 Decorate with fresh fruits, almond slivers and mint.



Ingredients:

- 1/4 cup raw hazelnuts
- 1/4 cup raw almonds
- 1/3 cup large flake dried coconut
- 1/2 cup virgin coconut oil
- 1/2 cup cocoa or cacao powder, sifted if necessary
- 1/4 cup pure maple syrup
- 1 tablespoon smooth almond butter, optional
- pinch fine sea salt

Directions:

Preheat oven to 300F. Line a 9" square pan or a small baking sheet with two pieces of parchment paper, one going each way. Set aside.

Add hazelnuts and almonds on a baking sheet and roast in the oven for 10 minutes. Remove baking sheet and add the coconut flakes and spread out. Continue roasting the nuts and coconut flakes for another 3-4 minutes, or until the coconut is lightly golden. Watch closely to avoid burning - coconut burns fast!

Place hazelnuts on several sheets of damp paper towel. Wrap the hazelnuts and rub them vigorously with the paper towel until the skins fall off. It's ok if some skins don't come off. Discard the skins and roughly chop the hazelnuts and almonds.

In a medium saucepan, melt the coconut oil over low heat. Remove from heat and whisk in the cocoa (or cacao) powder, maple syrup, and almond butter (if using) until smooth. Add a pinch of sea salt to taste. Stir in half of the almonds and hazelnuts.

With a spatula, spoon the chocolate mixture onto the prepared parchment-lined pan or sheet and smooth out until it's about 1/4-1/2 inch thick. Sprinkle on the remaining nuts and all of the coconut flakes. Place into freezer on a flat surface for about 15 minutes, until frozen solid.

Once frozen, break apart into bark. Store in the freezer until ready to eat. I don't recommend keeping it out on the counter long because it melts fast.

Tips:

Tip: To make this nut-free, simply omit the almond butter, hazelnuts, and almonds. It will still turn out just fine! You can try adding toasted sunflower seeds on top for a little crunch. You can also add a few drops of your favorite essential oil like peppermint or orange for a yum flavor.

CRAZY GOOD CHOCOLATE BARK

Its soooooo good :)

Home made, dairy free chocolate!



Vegan No-Churn Cherry Cheesecake Ice Cream

Ingredients:

200 g cashews, soaked for 3 hours or
 over night
 400 ml coconut milk
 4 Tbsp lemon juice
 2 tsp vanilla extract
 Dash of maple syrup
 200 g frozen or fresh cherries, pitted
 3 Tbsp coconut sugar
 1 Tbsp lemon juice

Directions:

1. Add the cashews, coconut milk, lemon juice, vanilla extract and sugar to a high speed blender and blend until smooth and creamy.
2. Pour the ice cream mixture into a container such as a loaf tin or Tupperware and pop it in the freezer.
3. To make the cherry jam, place the cherries in a small sauce pan over medium heat and let them simmer until they start to break down and release juices.
4. Add the sugar and lemon juice and turn up the heat. Bring to a rolling boil and keep stirring to avoid any burning. Once the liquid has become thicker and is starting to reduce, take the sauce pan off the heat and let the jam cool down.
5. Take the ice cream out of the freezer about once an hour and give it a good stir with a spoon to loosen it up and break up frozen bits.
6. Continue until the ice cream has become a thick mousse consistency. During your last stir, mix in the cherry jam and then let the ice cream freeze for at least 3 hours or over night.
7. Take the ice cream out of the freezer and allow it to thaw for about 10 minutes before scooping it into bowls or scones. Enjoy!



INGREDIENTS

For 1 Dozen Truffles

2 cups medjool dates, pitted
1/2 cup finely chopped bittersweet
chocolate
2 tablespoon coconut oil, softened
2 tablespoon unsweetend cocoa
powder, plus more for dusting
use the best you can find
1 teaspoon Himalayan salt
1/4 teaspoon cinnamon
1/4 teaspoon cayenne

Method:

If you can't find fresh dates, soak the packaged dates in hot water for 10 minutes, then dry completely. This will help soften them.
Pop everything in a food processor and pulse everything together into a paste. With lightly oiled hands, roll the paste into small balls, and then roll in cocoa powder to finish.

RAW + VEGAN CHOCOLATE TRUFFLES



Healthy Nutella Coconut Hazelnut Chocolate Mousse

Ingredients

½ cup / 75g Hazelnuts
1 can full-fat Coconut Milk, 15oz / 400 ml
2 tbsp Cacao / Cocoa powder
½ cup / 85g Dates, pitted
1 tsp Vanilla
pinch of Salt

Topping suggestions; Chopped
chocolate, hazelnuts and cacao nibs.

Method

1. Soak the hazelnuts in water overnight, or for at least an hour.
2. Place everything else apart from the toppings into a blender.
3. Blend until all the dates, nuts and coconut milk are smooth. Will take a few minutes and don't be concerned if the mixture gets slightly warm.
4. Pour into serving dishes or ramekins and chill for a few hours or overnight.
5. Sprinkle with chocolate, hazelnuts or any toppings you like and enjoy within 3-4 days.

CHRISTMAS

QUENCHES TRIBAL WELLNESS STYLE



**Stay Committed To Your Decisions, But
Stay Flexible In Your Approach.**



TRIBAL WELLNESS | FESTIVE GUIDE



PROBIOTIC PROSECCO PUNCH

INGREDIENTS

750ML PROSECCO ROSE
325ML GINGER KOMBUCHA
1 PINK GRAPEFRUIT SLICED INTO
WEDGES
2 PEACHES SLICED INTO WEDGES
2 NECTARINES SLICED INTO WEDGES
1/4 CUP MAPLE SYRUP

INSTRUCTIONS

1. In a punch bowl combine prosecco and kombucha in a 2:1 ratio. Stir in the maple syrup, then add the sliced fruit, juniper berries and some ice cubes.

Note: like a spice, juniper berries are a nice flavour infusion, they aren't a nice flavour to eat them whole.



INGREDIENTS

1 bottle sparkling apple cider
1 bottle red wine
1 cup brandy
1/4 cup coconut sugar
2 cups cranberries
1 orange, sliced
1 apple, cubed
2-3 cinnamon sticks
4 star anise
4 sprigs rosemary, plus more for garnish

HOLIDAY SANGRIA

INSTRUCTIONS

In a large pitcher (or punch bowl) combine all ingredients. Stir to mix, cover and set in refrigerator overnight to allow flavors to come together. Serve over ice garnished with fresh rosemary sprigs.

Frozen Pineapple Coconut Rum Cocktail

Ingredients

3 oz pineapple juice
3 oz coconut water
1 oz Malibu Rum
Ice

Instructions

Combine all ingredients in the cup of a magic bullet (Increase quantities for more drinks and use a full sized blender)
Blend until smooth.
Pour into a glass and enjoy.



INGREDIENTS

Juice of 2 oranges
(reserve peel for garnish)
¼ cup coconut sugar
½ teaspoon cinnamon
½ teaspoon turmeric
½ teaspoon ginger
1 cup fresh or frozen cranberries
5 ounces vodka
Sparkling water
Sprig of rosemary, for garnish

CINNAMON CRANBERRY ORANGE SUNRISE

INSTRUCTIONS

To make the cranberry puree: In a medium saucepan, combine orange juice, coconut sugar, cinnamon, ginger, turmeric, and cranberries. Cook over low heat for 10 minutes. Set aside and let it cool. Blend the cranberry mixture in a blender, then strain.

Fill a cocktail shaker with ice. Add the cranberry puree and the vodka and shake well; strain into 4 to 5 glasses. Top with sparkling water, and garnish with rosemary sprig and orange wedge.

HAPPY HOLIDAYS

ENJOYING THE HOLIDAYS A WHOLESOME &
HEALTHY WAY!

Wishing you a wonderful year ahead and some delicious celebrations with your family these holidays.

Remember, you can enjoy lots of things in moderation. Where you can, look to reduce the sugar you are having, choose soda water and lime instead of sugary drinks, make iceblocks for the kids with blended fresh fruit instead of icecream, make some raw chocolate instead of overdoing it on store brought chocolate. There are lots of little changes you can make that will make a big difference :)

