

June Recipes

Empowered Mama



sangria

vega. gluten free. sugar free. oil free. nut free.

Ingredients:

1/2 cup water

1/2 cup orange juice

1 orange, halved and cut into thin slices

1 pint strawberries, hulled and quartered

4 cups (32 oz) chilled sparkling water

1 bottle (25 oz) chilled Prosecco or dry sparkling white wine

Ice

Directions

Combine everything except the sparkling water, ice and sugar in a large pitcher.

Let it sit in the fridge for a few hours (or overnight).

Add the sparkling water and ice when your ready to serve and mix it all together.



Simple Green Juice

vegan. gluten free. sugar free. oil free. nut free.

Ingredients:

1 cucumber
4 stalks of celery
1/2 lemon, peeled
1 apple, deseeded

Directions:

Add each ingredient to your juicer or to a blender.
If using a blender, strain the mixture (nut milk bag works great) so you just have the liquid not the pulp.
Keeps for 12-72 hours depending on your juicer (less for a blender).



protein frappe

vegan. gluten free. sugar free. nut free. oil free.

Ingredients:

1 scoop protein powder.(vanilla, chocolate and chai flavours work best)

$\frac{1}{2}$ cup unsweetened vanilla non dairy milk.

$\frac{1}{2}$ cup cold or room temperature brewed coffee.

$1\frac{1}{2}$ cups cubed ice.

$\frac{1}{2}$ a frozen banana or more ice

Directions:

Add all ingredients to the blender and blend!

Adjust ice/liquid as needed.

Turmeric Smoothie

vegan. gluten free. sugar free. nut free. oil free.

Ingredients:

1 frozen banana

1/2 - 1tsp turmeric

1 cup unsweetened non dairy milk

1/8 tsp cinnamon

Handful of spinach (optional)

Directions:

Add all ingredients to the blender and blend until smooth.

Add more milk or water if needed.

You can replace the banana with ice.

Matcha Latte

vegan. gluten free. refined sugar free. nut free. oil free.

Ingredients:

- 1 1/2 cup non dairy milk (or just fill up a mug!)
- 1 1/2 tsp matcha powder
- 1 tbsp raw honey or maple syrup
- 1 tsp moringa powder (optional)
- Cinnamon to taste

Directions:

Heat up your milk then pour into a blender.
Add the remaining ingredients (except cinnamon) and blend
on high for 60seconds.
Pour into a mug and top with cinnamon.