Ginger & Lemon Tea

These anti-inflammatory, nutrient-dense blender cubes can be prepped ahead for when you need a healthy little kick. Frozen in an ice cube tray, they are ready to throw into a cup with hot water!



Ingredients

- 3 lemons, zest (not the white) and juice
- 1 large piece fresh ginger, peeled and roughly chopped
- Fresh turmeric, peeled (optional or add 1 teaspoon turmeric powder)
- Water, as needed

Instructions

1. Wash all your ingredients well
    a. Use a vegetable peeler to peel the lemon zest and add to blender (do not use the white of the lemon)
    b. Juice the lemon and add juice to blender
    c. Roughly chop ginger and turmeric (if using) and add to blender
2. Add everything to a blender or food processor with just enough water to get it moving. If your lemons were very juicy you might not need water.
3. Blend until smooth, pour into ice cube trays and freeze. Once frozen can store in a container in the freezer.
4. Pop a cube into hot water whenever you feel like you need a little boost.
5. *Extra boost – add a spoon of fire honey!

Notes

*If you don't like pulp in your tea you can strain it before freezing.

**Another variation would be to add pineapple chunks!

Fire Honey (Immune-Boosting Spiced Honey)

A warming, sweet-and-spicy honey infusion traditionally used to support the immune system, digestive support and soothe sore throats. This quick version uses dried spices for instant use. Contains natural antioxidants and anti-inflammatory ingredients.



Ingredients (Makes ~1 cup)

- 1 cup raw honey
- 1 tsp turmeric powder
- 1 tsp ginger powder
- 1 tsp cinnamon powder
- ½ tsp cayenne pepper (adjust to taste)
- ½ tsp finely ground black pepper

Instructions

1. **Combine spices**
   In a clean glass jar, add turmeric, ginger, cinnamon, cayenne, and black pepper.
2. **Add honey**
   Pour the honey over the spices.
3. **Mix**
   Stir thoroughly until fully combined and smooth.
4. **Store**
   Seal and store in a cool, dark place. No refrigeration needed. Keeps for several months.

Usage Ideas

- Take 1–2 tsp daily for immune support (caution if you have diabetes)
- Stir into warm (not boiling) tea or lemon water
- Always use clean utensils to extend shelf life

Cozy Pumpkin Chili

Combining easy canned ingredients with a few fresh ones, this vegetarian pumpkin chili is an easy and convenient one pot meal that will warm you up during colder months. Feel free to make substitutions based on what you enjoy. High in fibre and rich in seasonal vegetables!

Prep: 10 minutes **Cook time:** 35 minutes **Yield:** 10-12 servings



Ingredients

- 2 tablespoons (30ml) olive oil
- 1 cup chopped yellow onion (1/2 of a large onion)
- 1 green AND red bell pepper, seeded and diced
- Optional: 1 jalapeño, minced (remove seeds and ribs)
- 3 garlic cloves, minced
- Spices:
    - 1 teaspoon salt, ½ tsp black pepper
    - ½ teaspoon ground cinnamon
    - 2 and ½ teaspoons ground cumin
    - 2 teaspoons chili powder
    - 1 teaspoon onion powder
- 2 cups (500mL) vegetable broth
- 2 (796 mL) cans diced tomatoes, do not drain
- 1 can pinto beans, drained and rinsed (use any bean you like)
- 1 can black beans, drained and rinsed (use any bean you like)
- 1 ¾ cups of canned pumpkin puree (not pie filling)
- 1 large sweet potato, peeled and diced (about 1 heaping cup)

Optional For Serving:

- chopped cilantro
- chopped red onion
- sliced avocado

Instructions

1. Heat the olive oil over medium heat in a 5 quart (or larger) pot or dutch oven. Add the onion, bell peppers, and jalapeño. Stir and cook for 5 minutes as the onion softens. Add garlic, salt, black pepper, cumin, chili powder, and onion powder. Stir and cook for 1 minute. Add the remaining ingredients.
2. Place the lid on top, reduce heat to medium-low, and cook for 30 minutes, stirring occasionally.
3. Serve with any optional toppings. I strongly suggest cilantro for a little fresh kick.

Notes

1. **Freezing Instructions:** Chili freezes wonderfully for up to 3 months. Thaw overnight in the refrigerator, then heat in a large pot on medium heat for 20-30 minutes.
2. **Spiciness:** This chili, as written, is mildly spicy. Feel free to adjust the chili powder based on your spice tolerance. You can leave out the jalapeño if desired. If removing some spice, however, keep in mind that some flavor will be lost. You can add a little more cumin, garlic, or onion powder in its place.
3. **Beans:** You can use any beans you enjoy. I found the textures of pinto, kidney, and black beans perfect for this chili. You can use light or dark kidney beans, whichever you prefer.
4. **Sweet Potato:** Feel free to substitute peeled and diced butternut squash.
5. **Slow Cooker Instructions:** Place all of the ingredients in a 5 quart or larger slow cooker and cook on low for 6-8 hours.

Source: adapted from sallysbakingaddiction.com

Fluffy One-Bowl Blueberry Greek Yogurt Muffins

These quick, one-bowl, blueberry, Greek yogurt muffins are soft, fluffy, and are done in only 30 minutes. Greek yogurt gives each muffin 5g of filling protein. Make these for an easy meal prep breakfast or a kid-approved lunchbox snack (nut-free).

Prep Time**:* 10 minutes ***Cook Time: 20 minutes ***Yield**:* 12 muffins



Ingredients

- 2 large eggs
- ½ cup maple syrup (or brown sugar)
- 1 cup plain Greek yogurt (I used 5%)
- 3 Tbsp milk (or milk alternative)
- ⅓ cup olive oil
- 2 tsp pure vanilla extract
- 2 cups + 1 Tbsp all purpose flour (or gluten-free all-purpose flour)
- 2 tsp baking powder
- ½ tsp baking soda
- ¾ tsp salt
- 1 ½ cups fresh or frozen blueberries (if using frozen, take them out of the freezer right before adding to the batter)
- 1 tsp granulated or turbinado sugar to sprinkle on the tops (optional)

Instructions

1. Preheat the oven to 375°F (180°C). Line a 12-cup muffin tin with silicone or parchment paper liners.
2. Add eggs, maple syrup, Greek yogurt, milk, oil, and vanilla to a large bowl and whisk until combined.

3. To the same bowl, add the flour (make sure to add this first), then sprinkle the baking powder, baking soda, and salt evenly over the top (since we are doing this all in one bowl, this will help ensure even distribution of the ingredients).
4. Mix until just combined (it's ok if there are some flour streaks). Toss blueberries in about 1 teaspoon of flour, just enough to coat them, then gently fold them into the batter.
5. Divide batter evenly into muffin cups and sprinkle with sugar if using. Let the batter sit for about 5 minutes before baking.
6. Bake for 16-20 minutes until the tops are domed and a toothpick inserted in the middle comes out clean.
7. Cool in the pan for 10 minutes, then transfer to a rack to finish cooling completely.

Notes

***Optional Lemon Zest:** if you like lemon blueberry muffins, add the zest of 1 lemon

Use parchment or silicone liners. Paper liners tend to stick to these muffins. Or grease muffin tins well.

Source: https://www.lindsaypleskot.com/greek-yogurt-blueberry-muffins/