

INTEGRATIVE WOMEN'S HEALTH  
INSTITUTE

# Immune Supporting Mixology

---

---

Mini Drinks Recipe Guide  
Have a Healthy Holiday!





# HAPPY HEALTHY HOLIDAY!

- STAY HYDRATED
  - NUTRIENTS FOR  
HEALTHY IMMUNITY
  - FUN & FESTIVE
- 

This mini drinks cookbook includes delicious recipes for holiday celebrations that are both delicious and nourishing!







## GINGER LIME CRANBERRY MOCKTAIL

In a high speed blender, blend 1 thumb-sized knob of ginger (peeled) with 1 lime (peeled) and 1/2 cup of filtered water. Blend and strain into a shaker filled with ice. Add 1/4 cup unsweetened cranberry juice and shake. Pour cold mixed juices into a glass and top with sparkling mineral water. Garnish with pomegranate seeds and a lime slice.

## SPICED CIDER

Combine 1 green apple (cored), 1 ripe pear (cored), 1 medium knob of ginger (peeled), and blend in a high speed blender (add a little water if needed.) Pour the 2-3 cups of fresh apple/ pear/ ginger juice into a small saucepan over a fine strainer. Warm the juice on the stove and add 1 tsp vanilla and 1 tsp Penzy's (or similar) mulling spices. Gently heat the cider in the saucepan over medium-low heat. Once it's warmed, stir in 1/2 - 1 tsp maple syrup and a splash of lemon juice. Serve.







# KOMBUCHA MOCKTAIL

---

1 bottle of HEALTH-AID Kombucha  
Ginger Lemon

The juice of 1 orange (peeled) + the  
juice of 1 lemon (peeled) + 1/4 cup mint  
- Blended together in a high speed  
blender and strained.

Sparkling water + ice

Combine the ingredients in festive  
glasses and garnish with orange slices.





# ORANGE GINGER MOCKTAIL

---

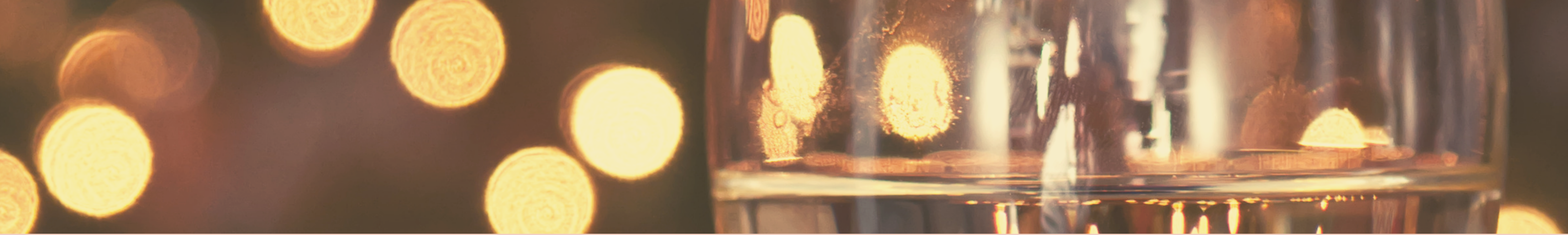
## INGREDIENTS

1 orange, peeled and cut in quarters  
1 lemon, peeled and cut in quarters  
1 lime, peeled and cut in quarters  
1 medium knob of ginger, peeled  
1 medium knob of turmeric, peeled  
1/2 cup spinach (washed)  
1 tsp honey

Add the orange, lemon, lime, ginger, turmeric, spinach and honey to a high speed blender and blend well. Strain it into a glass (over ice, if desired.)  
Optional - add sparkling water. Enjoy!







---

# IMMUNE SUPPORTING COOKBOOK

## MIXOLOGY

Dr. Jessica Drummond, DCN, CNS, PT, NBC-HWC

