

Comvita 30 Day Challenge

Smoothies, salads, juices and delicious meals
Add Manuka Honey to your daily routine to improve overall wellbeing!



1. Ginger, Lemon & Honey Tea

Ingredients

1 tsp of grated ginger
2-3 tsp of Comvita Manuka Honey
1 half lemon
Boiling water

Method

Add the ginger, lemon, and water to a mug. Leave to infuse for a couple of minutes before adding your Manuka Honey.



2. Healthy Honey Granola Bars

Ingredients

1 tsp coconut oil
1 egg
2 egg whites
2 cups rolled oats
3-4 cups roughly chopped almonds
½ cup dried cranberries
¼ cup pepitas

1 tsp cinnamon
½ tsp vanilla extract
½ tsp salt
½ cup Comvita Manuka Honey

Method

In a small bowl, whisk the egg and egg whites together until light and fluffy, then set aside. In a large mixing bowl, add all the dry ingredients. Add in the beaten egg mix, stir well, then the Manuka Honey. Combine. Pour granola bar mixture into a greased oven dish and spread the mix evenly. Place into the oven at 180°C and bake for 20-25 mins. Allow to cool for at least 2 hours before slicing.



3. Banana Boost Antioxidant Smoothie

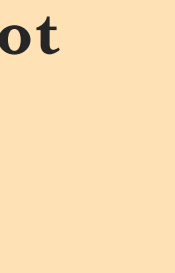
Ingredients

1 ripe banana
½ cup milk of your choice
2 tsp Greek yoghurt
½ tsp ground turmeric
½ tsp cinnamon

½ cup ice
1 tsp Comvita Manuka Honey

Method

Place all ingredients into a medium blender and blend until smooth and creamy. Serve in a tall glass and enjoy as a morning treat.



4. Ginger Super Shot

Ingredients

1 garlic clove
1 tsp fresh ginger
1 tsp fresh turmeric
1 lemon, juiced
1 orange, juiced
2 tsp Comvita Manuka Honey

Method

Use a food processor or mortar and pestle to make a paste with ginger, garlic and turmeric. Mix the paste and Manuka Honey into the lemon and orange juice.



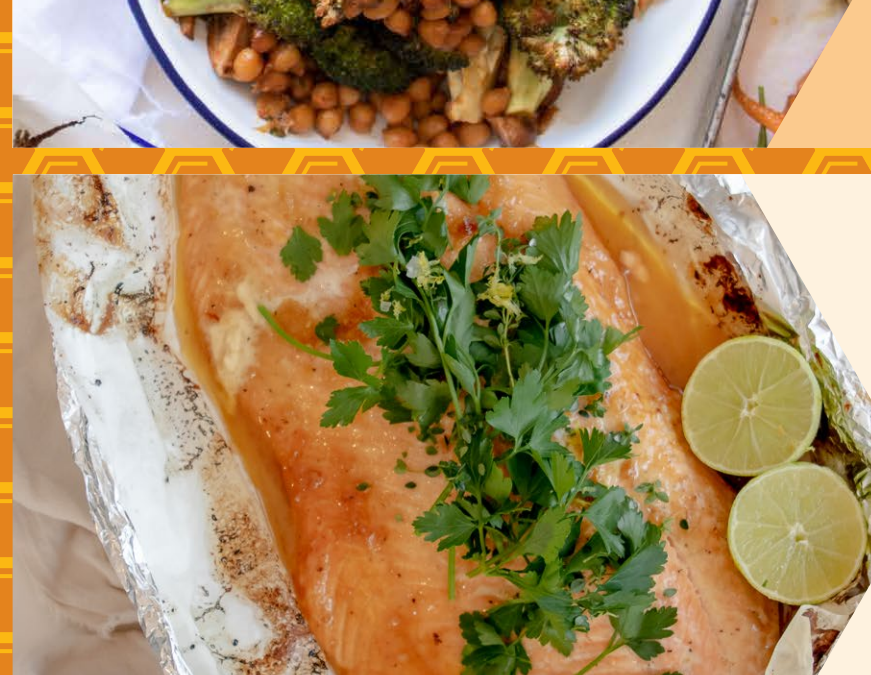
5. Berry Immunity Smoothie

Ingredients

½ cup frozen mixed berries
Handful of baby spinach
200ml coconut water
2 tsp Greek yoghurt
1 scoop of protein powder
1 tsp of Comvita Manuka Honey

Method

Place all ingredients into a medium blender and blend until smooth and creamy. Serve in a tall glass and enjoy as a morning treat.



6. Honey Roasted Broccoli & Chickpea Salad

Ingredients

1 head broccoli
1 tin chickpeas
3-4 button mushrooms
2 tsp extra virgin olive oil
1 tsp each of salt and pepper

1 tsp garlic powder
1 tsp paprika
1 tsp cumin
1 tsp Comvita Manuka Honey

Method

Coat the broccoli, mushrooms and chickpeas in the Manuka Honey, oil, salt, pepper, and spices in a bowl. Transfer onto a baking tray and bake in the oven at 200°C for 20-25 mins. Place the broccoli & mushrooms in a bowl and top with the chickpeas.



7. Hot Manuka Honey Salmon

Ingredients

1 red chilli
2 tsp apple cider vinegar
2 salmon fillets
Salt and pepper, to taste
Cooking oil
½ cup Comvita Manuka Honey

Method

In a small saucepan, combine the Manuka Honey and sliced red chilli, and bring to a gentle simmer. Remove from heat, then whisk in the apple cider vinegar. Set aside. Pat the salmon fillets dry and season. Drizzle oil onto pan, and place over medium-high heat. Place the salmon skin-down on the pan and cook until golden. Flip and cook the other side for 2 minutes. Pour the hot Manuka Honey onto the pan and baste the salmon until glazed. Serve with leafy greens.



9. Olive and Sweetcorn Salad

Ingredients

2 cans corn kernels, drained
1 cup sliced olives
10 shallots chopped finely
¼ handfuls French beans, stalk ends removed
½ cup olive oil

2 medium tomatoes sliced
Leafy greens for garnishing
1 tsp ground cumin
1 tsp dried basil
½ cup Comvita Manuka Honey & apple cider vinegar

Method

Bring a pan of water to a fast boil, add your beans, put a lid on the pan, and cook for at least 4-5 minutes. After boiling combine corn, olives, shallots and beans. Combine last 5 ingredients for dressing and shake well. Stir dressing into the corn mix and place into a salad bowl. Finish the garnish by adding the sliced tomatoes and leafy greens.



10. Ginger Honey Cookies

Ingredients

4 tbsp of coconut oil
2 tbsp flour
2 tsp milk
½ cup of rolled oats
1 tsp vanilla extract
Pinch of salt

4 tbsp of Comvita Manuka Honey Blend with Ginger

Method

Place all ingredients into a mixing bowl and stir. Beat mixture until there is a firm doughy texture. Split dough into 12 balls and place on a parchment paper covered baking tray. Flatten each ball with a spoon as thinly as possible. Bake at 180 for 15-18 minutes or until golden.



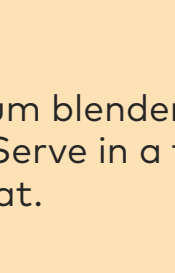
11. Manuka Salad Dressing

Ingredients

½ cup apple cider vinegar
1 cup extra virgin olive oil
Salt and pepper, to taste
1 tbsp Comvita Manuka Honey

Method

Mix everything in a Mason jar. Shake, drizzle over a salad of your choosing and enjoy a delicious lunch!



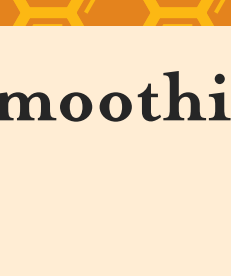
12. Go Green Smoothie

Ingredients

½ cup baby spinach
1 kiwi fruit
1 avocado
1 banana
1 ½ cups almond milk
1 tsp Comvita Manuka Honey

Method

Place all ingredients into a medium blender and blend until smooth and creamy. Serve in a tall glass and enjoy as a morning treat.



13. Asparagus Smoothie

Ingredients

1 handful strawberries
6 asparagus sticks
1 ½ cups of plain Greek yogurt
1 tsp vanilla yogurt
4-5 ice cubes
2-3 cups orange juice
¼ cup water
1 ½ tsp of Comvita Manuka Honey

Method

Place all ingredients into a medium blender and blend until smooth and creamy. Serve in a tall glass and enjoy as a morning treat.



14. Fig & Almond Breakfast Bars

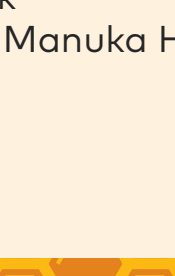
Ingredients

1 cup almonds
1 cup chia seeds
1 cup dried coconut
1 tsp sesame seeds
1 ½ teaspoon cinnamon
Zest of ½ lemon
¼ cup tahini

¼ cup coconut oil melted
¼ cup dried figs
½ cup Comvita Manuka Honey

Method

In a blender, mix ½ of the chia seeds into a flour and place in a bowl with the remaining whole chia seeds, chopped almonds, sesame seeds, lemon zest, dried coconut, and cinnamon. Pulse the almonds until roughly chopped and add to bowl. Chop the figs into small pieces. Place the Manuka Honey, tahini and coconut oil in a bowl and mix until combined, then mix with the dry mixture until well combined. Line a tin with baking paper and spread the mixture out evenly. Press down firmly. Place in the fridge for 1 hour until firm. Slice and serve.



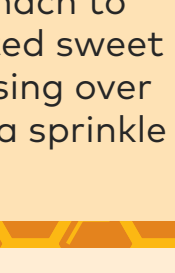
15. Matcha Latte

Ingredients

1 tsp matcha powder
½ cup water
½ cup almond milk
½ tsp of Comvita Manuka Honey

Method

Whisk the matcha with a splash of hot water, top up with the rest of the water. Heat the milk and pour on top. Spoon in the Manuka Honey and stir well.



16. Sweet Potato Salad with Manuka Balsamic

Ingredients

1 large sweet potato
1 can chickpeas, drained
1 avocado
1 drizzle olive oil
1 tsp garlic powder
1 tsp smoked paprika
½ cup baby spinach
2 sprinkle sesame seeds
2 tsp extra-virgin olive oil

1 tsp Dijon-style mustard
¼ tsp fine sea salt
½ tsp black pepper
½ cup Comvita Manuka Honey

Method

Place sweet potato and chickpeas on a large baking sheet, drizzle with oil and spices, toss to coat. Place in the oven and roast at 200°C for 30 min. Peel and cube avocado and set aside. Make the dressing in a small bowl, whisk together and stir, add baby spinach to serving dish/plate, top with the roasted sweet potatoes and chickpeas. Drizzle dressing over and toss together. Add avocado and a sprinkle of sesame/poppy seeds over top.



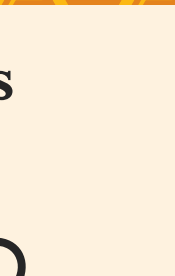
17. Passionfruit, Honey & Jasmine Tea

Ingredients

1 passionfruit
180ml jasmine tea
1 tsp Comvita Manuka Honey

Method

Mix the Manuka Honey and half of the jasmine tea in a glass. Cut the passionfruit in half and scoop the flesh into the glass. Mix well. Add ice cubes and the rest of the tea. Decorate with some fresh herbs and the orange slice.



18. Hot Berry Winter Booster

Ingredients

2 cups of berries (mixed)
1 red apple corred and sliced
1 tsp Comvita Manuka Honey

Method

Blend in an electric blender until smooth OR juice the berries and apple in an electric juicer, then add Manuka Honey. Heat the mixture in a saucepan until just simmering. Enjoy it as a hot winter beverage!



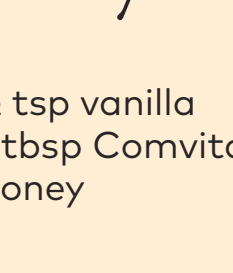
19. Protein Pancakes

Ingredients

1 ripe banana
1 large egg
½ cup oats
1 scoop protein powder
½ tsp baking powder
Fresh berries
1 tsp Comvita Manuka Honey, to serve

Method

In a blender combine the banana, egg, oats, and protein powder until smooth and allow to rest for 10 minutes. Preheat a small pan to medium heat using oil. Pour some mixture into the pan until the base is covered. Cook until both sides are golden brown and serve straight away for the best taste. Top with berries and drizzle Manuka Honey on top.



20. Almond Butter Protein Balls

Ingredients

½ cup shredded toasted coconut
1 cup rolled oats
1 ½ cup almond butter
3 tbsp ground flaxseed
½ cup dried berries
½ cup sunflower seeds
¼ tsp vanilla extract

1 drizzle of olive oil for your hands
½ cup Comvita Manuka Honey

Method

Combine all but the water in a large mixing bowl. Cover and let sit in the refrigerator for about half an hour. Roll the mix into about 20 small, equal sized balls. Store out in an airtight container, freeze and take out as needed.



21. Vanilla Honey Overnight Oats

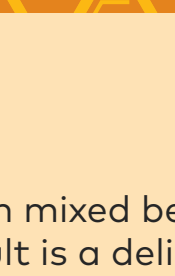
Ingredients

1 cup creamy cashew milk (or your milk of choice)
1 tsp chia seeds
½ cup gluten-free old-fashioned oats
1 tsp almond flour
½ tsp sea salt

½ tsp vanilla
2 tsp Comvita Manuka Honey

Method

Mix everything together in a jar or airtight container, place in the refrigerator overnight. In the morning stir, add a splash of milk and top with your favourite fruits, nuts, and seeds.



22. Turmeric Honey Latte

Ingredients

2 cups cashew milk or almond milk (your choice)
1 tsp fresh grated turmeric
1 cinnamon stick
1-2 tsp Comvita Manuka Honey (to taste)

Method

Grate 1 teaspoon of fresh turmeric root. Add the cashew or almond milk to a small pot with 1 cinnamon stick and heat on medium heat for about 2-3 minutes, heating constantly until the milk is hot. Turn off the heat, add the freshly grated turmeric, cover the pot and allow the elixir to brew for 5 minutes. Strain out cinnamon and turmeric, add a spoonful of Manuka Honey.



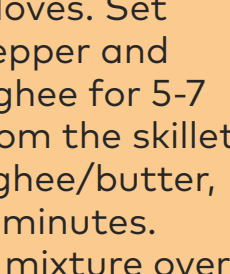
23. Creamy Honey Smoothie

Ingredients

1 ripe banana
2 tsp Greek yoghurt
1 ½ cups coconut water or apple juice
2 tsp Comvita Manuka Honey

Method

Place all ingredients into a medium blender and blitz until smooth and creamy. Serve in a tall glass and enjoy as a morning treat.



24. Manuka Honey Yoghurt Bowl

Ingredients

½ cup Greek yoghurt
1 small handful mixed berries
2 tsp chia seeds
1 tsp Comvita Manuka Honey

Method

Combine all ingredients, and finish with mixed berries and chia seeds. The finished result is a delicious yoghurt bowl, perfect for breakfast or a mid-morning snack!



25. Apple Nachos

Ingredients

1 apple, thinly sliced (best if they're ripe & crunchy)
¼ cup almond (homemade if you're so inspired)
1 tsp almond butter
1 tsp of Comvita Manuka Honey (or add more to your liking)

Method

Thinly slice the apples. Place the apple slices on a plate and top with granola. Drizzle almond butter and Manuka Honey on top.



26. Thai Stir Fry

Ingredients

3 tbsp coconut aminos
1 tsp sriracha sauce
2 cloves garlic, grated
2 chicken breasts
Salt, pepper and garlic powder
1 ½ tsp ghee
1 small onion

1 tsp toasted sesame oil
3 carrots
2 cups green beans, trimmed
1 tsp Comvita Manuka Honey

Method

Whisk together the coconut aminos, sriracha sauce, Manuka Honey and garlic cloves. Set aside. Season chicken with salt, pepper and garlic powder. Sauté with ½ tsp ghee for 5-7 minutes until browned. Remove from the skillet and set aside. Add the remaining ghee/butter, sesame oil and veggies. Sauté 5-7 minutes. Return chicken to pan, pour sauce mixture over everything and stir to coat. Cover and simmer for 5-7 minutes, stirring occasionally. Serve over rice and top with sesame seeds and nuts.



27. Manuka Honey on Toast

Ingredients

1 slice sourdough bread
1 tsp almond butter
Pinch of cinnamon and salt
1 tsp Comvita Manuka Honey

Method

Toast the bread, spread the almond butter and drizzle on the Manuka Honey. Finish with cinnamon and salt. Enjoy alongside a fresh tea to start your morning right!



28. Manuka Moment Veggies

Ingredients

1 sweet potato
1 zucchini
8 mini carrots
1 purple onion
¼ pumpkin
¼ cup olive oil
1 tsp mixed herbs
Salt and pepper, to taste

½ cup Comvita Manuka Honey

Method

Cut all the vegetables into big chunks and add into a large mixing bowl. Melt the oil & Manuka Honey together in a microwave. Pour this mixture into the bowl and stir to coat the veggies. Spread vegetables onto a lined baking tray and sprinkle with mixed herbs, salt and pepper. Roast for 40-45 minutes or until browned.

29. Tahini & Honey Salad Dressing

Ingredients

½ cup tahini
1 medium lemon, juiced
Pinch of salt
1 clove garlic
60ml water
1 tsp Comvita Manuka Honey

Method

Combine all ingredients together in a high-speed blender. If needed, add additional water to thin. Simply drizzle over a salad of your choosing for a fantastic lunch time meal.

30. Pina Colada Green Juice

Ingredients

1 banana
1 kiwi fruit
½ lime squeezed
½ cup pineapple
500ml coconut water
1 large handful spinach
5 fresh mint leaves
1 tsp Comvita Manuka Honey

Method

Finely chop fruit. In a blender, add all of the ingredients and blend on high. Serve over ice.

