

# WELLNESS DRINKS AROUND THE WORLD

GLOBAL WELLNESS DAY 2022



# INTRODUCTION BY GWD FOUNDER



**Belgin Aksoy**  
GWD Founder

I have always believed that living well is a simple necessity for every human being on the planet. In 2012, I asked the question "Health is one of the most important issues of our lives, so why do we still not have a special day dedicated to living well?" This was the moment that the story of Global Wellness Day began, a project we have been working on day and night for over 10 years with the dream of creating a healthier and happier world.

Wellness is multidimensional, physical, mental, emotional, spiritual, social, and environmental. Our goal is for Global Wellness Day to help support individuals and societies to maintain a better lifestyle amidst these unprecedented times. The past few years have given us the opportunity to take a step back and really think about life and how we want to live it.

We were just a few people when we set out on a journey for Global Wellness Day. Today, celebrated on the second Saturday of every June, GWD takes place in tens and thousands of locations around the world only with complementary activities and has reached more than 500 million people worldwide.

Even though Global Wellness Day is only one day that inspires people to live well, it promotes a philosophy that spans the whole year. In 2022, we desperately need the spirit of Global Wellness Day 365 days a year.

So join us, try delicious healthy recipes from around the world, and say "Cheers to wellness"...

Belgin Aksoy  
Global Wellness Day  
Founder



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### **Letter of Support | Global Wellness Day**

On behalf of the World Food Travel Association (WFTA), it is my pleasure to announce that we say YES! to Global Wellness Day.

Global Wellness Day, an international observance created by volunteers and professionals, is wholly dedicated to the importance message that wellness is a necessity and a fundamental right of every person in the world.

Global Wellness Day and the World Food Travel Association share the same philosophy that food is critical to well-being, and that sustainability is a key factor in healthy choices for individuals, communities, businesses, and the planet.

As Chair of the Wellness & Health practice, the WFTA believes in the power of food to fuel the body and mind, and to connect with others in a meaningful way that creates positive memories that can last a lifetime and of placemaking – an important aspect of tourism and destination development and strategy.

Global Wellness Day is an important social observance. It is with great pleasure to collaborate on our joint project, **Wellness Drinks Around the World** this year and we look forward to continued support and partnership.

Sincerely,

A handwritten signature in cursive script that reads "Camille Hoheb".

Camille Hoheb  
Chair, Wellness and Health Practice Area  
World Food Travel Association

# FOREWORD BY



**Erik Wolf**

Executive Director & Founder  
World Food Travel Association



**Camille Hoheb**

Founder & Managing Director  
Wellness Tourism Worldwide



**Patrizia Bortolin**

Wellness Manager  
Preidlhof Resort



The World Food Travel Association is pleased to partner with Global Wellness Day to inspire you with new culinary products and experiences – those that pack a wellness benefit. Gastronomy can play an important role in creating successful and balanced wellness experiences. And while people usually think of only food when gastronomy is mentioned, a region’s gastronomy also includes its beverage products and experiences. In fact, both food and drink are used to cleanse, strengthen, tone, refresh or rejuvenate the mind, body, and soul. Join us in celebrating Global Wellness Day and try these new beverage recipes at home, then book a trip to experience them in their location of origin. ~ Erik

Mindful eating and drinking, healing nutrition, sustainable cooking, buying and sharing food, and exploring food cultures are like wellness treatments that may have the same soothing and transformative potential. Let's innovate and engage in this sensorial dimension. ~ Patrizia

People often define wellness in different ways, but most agree that what we put in our bodies is critical for health and well-being. And while people usually think of only food when gastronomy is mentioned, a region’s cuisine also includes its beverage products and experiences. Drinks of all kinds are used to cleanse, strengthen, tone, refresh or rejuvenate the mind, body, and soul. This makes gastronomy an important part of a well-rounded wellness experience. As Chair of the Wellness initiative of the World Food Travel Association and as Ambassador of Global Wellness Day, I am thrilled to integrate the shared passions of food, travel, and wellness for the Wellness Drinks Around the World collaborative project. Many thanks to all of the GWD & WFTA Ambassadors who contributed to this outstanding effort. This is a wonderful resource for all those who enjoy connecting to other cultures through food traditions with a focus on well-being and health not only for ourselves but for our community, by using local ingredients and recipes.

I believe that raising your glass and toasting your friends and family with “cheers to your health” is a universally understood experience that brings about goodwill, “being in the moment”, and enjoying life’s simple pleasures. Thank you for joining us in celebrating Global Wellness Day and learning more about wellness drinks - the often-overlooked part of the wellness experience. Invite friends and family to try these new beverage recipes at home and consider trying a new wellness beverage on your next trip. ~ Camille

# GLOBAL WELLNESS DAY

June 11<sup>th</sup> 2022, Saturday

Global Wellness Day, launched in 2012 in Turkey with the mission to live well, is now a special day celebrated on the **2<sup>nd</sup> Saturday of June** every year in **7 continents** and **170 countries** around the world.

**7** Continents **170** Countries



*Sleep at 10:00 PM.*



*Walk for an hour.*



*Have a family dinner with your loved ones.*



*Drink more water.*



*Do a good deed.*



*Don't use plastic bottles.*



*Eat healthy food.*



f /globalwellnessday  
t /wellness\_day  
i /globalwellnessday

*"One day, can change your whole life!"*

[www.globalwellnessday.org](http://www.globalwellnessday.org)

# WORLD FOODTRAVEL ASSOCIATION



"Food tourism is the act of traveling for a taste of place in order to get a sense of place."

## WHAT IS WFTA?

World FoodTravel Association (WFTA) was founded in 2003 as a non-profit and non-governmental organization (NGO), and today is regarded as the world's leading authority on food and beverage tourism.

## MISSION

To preserve and promote the awareness of culinary cultures through hospitality and tourism.

## VISION

We strive to serve as the world's leading hub of innovation and excellence in the preservation and promotion of culinary culture through the development of tourism initiatives and products.



**AFRICA**



## RAIB

*Bessaha et lehna!*

SERVINGS: 4 - 6

PREPPING TIME: +18 HOURS

COUNTRY: ALGERIA

### INGREDIENTS

cow's milk  
(can also be prepared  
with goat's, sheep's or  
camel's milk, depending  
on availability)

### DIRECTIONS

1. The raw milk is fermented naturally at  $25 \pm 2^{\circ}\text{C}$  (or acidified<sup>1</sup>) in a pot (borma in Arabic), for more than 18 hours.
2. Transformation into raib is achieved when the mixture has the appearance of a gel. It is cooled and ready to eat or use in dishes.

#### KENZA BELDJILALI - GWD AMBASSADOR OF ALGERIA

Rayeb or raïb (رَايِب, rāyeb, rāïb) is a traditional mesophilic fermented milk, prepared in the Maghreb countries (Algeria, Morocco, Tunisia) and in Egypt.

Its taste is very similar to that of natural yoghurt without sugar; it is consumed mainly during the holidays of the month of Ramadan and especially on weekends in Algeria around a good couscous.





## STRAWBERRY BEET SMOOTHIE

*Hongera kwa afya!*

SERVINGS: 2 - 3

PREPPING TIME: 3 MIN

COUNTRY: KENYA

### INGREDIENTS

1 banana  
5 strawberries  
½ medium sized beet  
1 tbsp of diced ginger  
2 cups of water  
2 tablespoons honey

### DIRECTIONS

1. Shred the beet and place all ingredients in a blender.
2. Blend until smooth.
3. Serve in a glass.

LOISE MACHIRA - GWD AMBASSADOR OF KENYA

Original recipe by Becky Muyu.



## ES SAADI CORDIAL

*Bssaha!*

SERVINGS: 1

PREPPING TIME: 15 MIN

COUNTRY: MOROCCO

### INGREDIENTS

8 cl grapefruit juice  
8 cl orange juice  
3 cl lemon juice  
12 cl cucumber juice  
8 fresh mint leaves

### DIRECTIONS

1. Mix all ingredients together.
2. Serve in a traditional Moroccan pottery mug.
3. Garnish with a cucumber slice and additional mint leaves.

CAROLINE BAUCHET-BOUHLAL - GWD AMBASSADOR OF MOROCCO

A recipe from the Es Saadi Marrakech Resort Le Palace.



## ROOIBOS ICED TEA

*Cheers!*

SERVINGS: 4 - 6

PREPPING TIME: 1 HOUR

COUNTRY: SOUTH AFRICA

### INGREDIENTS

4 rooibos tea bags  
75 g sugar  
juice of 1 lemon  
strawberries  
fresh mint

### DIRECTIONS

1. Put the tea bags, sugar, and lemon juice into a large jug and pour over 1 l of cold water. Leave to infuse for about an hour, giving it the odd stir. Using cold water preserves the tea's delicate flavour.
2. Leave in the fridge to get really cold. To serve, add ice and slices of strawberry and sprigs of mint.

### EMMY STOLTZ - GWD AMBASSADOR OF SOUTH AFRICA

Rooibos, or redbush, tea originates from South Africa. Widely renowned for its health benefits, rooibos is naturally caffeine-free and serves as a rich, natural source of antioxidants. Because it's naturally sweet, it's also a wonderfully healthy and tasty beverage for children, and it can be served both hot or cold, as the star ingredient in a delicious iced tea

Recipe by Jane Curran.



## MUDAMBI TEA

*Cheers!*

SERVINGS: 4

PREPPING TIME: 15 MIN

COUNTRY: ZAMBIA

### INGREDIENTS

mudambi flower  
honey  
1.5 l water

### DIRECTIONS

1. Place water in a pot and bring to a boil.
2. Add Mudambi flowers and boil for 5 minutes.
3. Add honey to taste. Can be served hot or cold.

#### LEANDRE FUHRI - GWD AMBASSADOR OF ZAMBIA

Mudambi flower is part of the Hibiscus family, it is traditionally used to treat high blood pressure, boost liver health, balance appetite, fight cancer, and fight infections.

Recipe by Chef Anuj Ovalekar.

**AMERICA**



## MATE DE POMELO

*Brindemos por la salud!*

SERVINGS: 1

PREPPING TIME: 6 MIN

COUNTRY: ARGENTINA

### INGREDIENTS

yerba mate  
1 grapefruit

### DIRECTIONS

1. Hollow out approx.  $\frac{3}{4}$  of the grapefruit.
2. Fill  $\frac{3}{4}$  of that whole with yerba mate.
3. Heat water to 90° C.
4. Pour water into the “vessel” and pinch a little so it becomes equally distributed.
5. Add sugar to taste (optional).

#### VERA ARMUS - WFTA STAFF

The history of yerba mate traces back to pre-Columbian South America, originally consumed by indigenous Guaraní populations who used the leaves of the yerba mate tree as a beverage, an object of worship, and also as a currency when exchanging goods with other peoples. Its consumption became widespread in Argentina, Paraguay, and Uruguay with the arrival of Spanish colonialists.

Today, it remains an important part of local culture; while it is most commonly consumed in a traditional mate gourd, there are various inventive ways to drink a mate.



## PASSIONATE FRESHNESS

*Salud y pura vida!*

SERVINGS: 10

PREPPING TIME: 4 DAYS

COUNTRY: COSTA RICA

### INGREDIENTS

- 1065 g estococa (passion fruit)
- 1350 g coconut milk
- 1050 g mariola bee honey
- 4 l water
- 2 g malto or corn yeast

### DIRECTIONS

1. Peel and chop the passion fruit.
2. Incorporate all ingredients except the yeast, in a pot.
3. Cook until boiling (approximately 220 F for 10 min).
4. Let stand until it reaches room temperature.
5. Strain to remove residues.
6. Add the yeast and mix well.
7. Bottle and let rest in a cold chamber for 4 days.
8. Decorate the rim of a glass with freshly grated coconut. Serve and enjoy!

**ALFREDO ECHEVERRÍA (CONTRIBUTOR) IN COLLABORATION WITH  
GWD AMBASSADOR OF COSTA RICA LAURA BARRANTES**

This drink is based on the “National Plan for Sustainable and Healthy Gastronomy”, which contains native ingredients from Costa Rica using the principle of an ancient Asian technique but also shares the beneficial principles of ancient fermented beverages from local native cultures. By using the Kombucha-inspired method, we produce a naturally carbonated drink with beneficial qualities for the body and is also very refreshing.

Recipe by Chef Paulo Anchia, and tested by Jim Damalas and Carlos Sanchez.



# AGUA DE SAPO

*Salud y pura vida!*

SERVINGS: ABOUT 12

PREPPING TIME: 15 MIN

COUNTRY: COSTA RICA

## INGREDIENTS

500 g cane sugar  
150 g ginger (fresh,  
peeled and minced)  
3 l water  
1 cinnamon stick  
1/2 cup fresh lime juice

## DIRECTIONS

1. Boil the water in a large pan, then add the sugar, ginger, and cinnamon stick (if using). Stir often until the sugar is completely dissolved, then continue boiling for 10 more minutes.
2. Using a metal strainer, strain the liquid into a large container where it can cool completely.
3. When cool, add the lime juice. Serve in tall ice-filled glasses. Enjoy the Pura Vida!

GLENN JAMPOL - WFTA AMBASSADOR FOR COSTA RICA

"Agua de sapo" translates into "toad water", but we promise no toadss were harmed in the making of this refreshing drink.





# AGUA DE JAMAICA

*Salud por la salud!*

SERVINGS: 5

PREPPING TIME: 1 HOUR

COUNTRY: MEXICO

## INGREDIENTS

1 cup dried hibiscus flowers  
1 l water  
sweetener to taste (sugar,  
honey, stevia, etc.)

## DIRECTIONS

1. Place the water in a pot and bring to a boil.
2. Add the dried hibiscus flowers and simmer until the water has turned a deep red.
3. Turn off the heat and add your sweetener of choice. Hibiscus is very sour so a little, at least to counteract the sourness, is recommended.
4. Let cool, then strain into glasses and serve.

### ANDREA WINTERGERST - WFTA STAFF

Hibiscus is rich in vitamin c, and antioxidants, and is a great anti-inflammatory. The remaining hibiscus flowers can be boiled again (about two or three times total), as they go quite a long way. So much so that, after being boiled for tea, it is common to chop them and sauté them with onions and garlic and used as a filling for tacos. Nothing goes to waste!



## TÉ LIMÓN

*Salud por el bienestar!*

SERVINGS: 10

PREPPING TIME: 60 MIN

COUNTRY: MEXICO

### INGREDIENTS

small bunch of  
lemongrass (8 leaves)  
200 g piloncillo or panela  
1 l water

### DIRECTIONS

1. Start a wood fire.
2. Place a liter of water in a clay pot over low heat.
3. Dissolve piloncillo in the pot and bring to a boil.
4. Wash the lemongrass leaves and tie them together in a roll.
5. Once the water is boiling, add the rolled lemongrass.
6. Leave the lemongrass for 5 minutes and then take it out.
7. After this time, set aside to cool.
8. Pour the ingredients into the clay jug and whisk until foamy.
9. Serve in a natural or wooden gourd.

### IVÁN PELÁEZ PIÑA - GWD KEY SUPPORTER OF MEXICO

Lemongrass tea was adopted by the Mexican culture. For grandma Socorro, it became a cleansing drink and a reason for a family reunion. Her grandchildren were happy to visit her since it meant stories and enjoying this cold drink. It is worth mentioning that grandmother Coco was the only one who could actually foam the tea.



# CHÍA FRESCA

*Salud!*

SERVINGS: 1

PREPPING TIME: 15 MIN

COUNTRY: MEXICO

## INGREDIENTS

lemons  
chia seeds  
water  
sweetener of choice  
ice  
mint leaves

## DIRECTIONS

1. Cut lemons in half and squeeze to extract juice.
2. Transfer juice to a glass.
3. Add your sweetener of choice and water.
4. In a separate bowl, place chia seeds and cover with water. Stir and let sit for 5 minutes.
5. Place ice cubes in a glass and add desired amount of the chia mix.
6. Add the lemon juice mix and stir thoroughly.
7. Garnish with mint leaves and enjoy!

MARÍA HERNANDEZ - WFTA STAFF



# HOT CHOCOLATE

*Cheers to wellness!*

SERVINGS: 1

PREPPING TIME: 3 MIN

COUNTRY: USA

## INGREDIENTS

1 or 2 tbs cocoa  
(according to preference)  
1 cup milk (dairy or  
nondairy)  
monk fruit to taste

## DIRECTIONS

- 1.Heat milk in a small saucepan on low heat.
- 2.Add monk fruit and cocoa and stir with a whisk. Be sure to stir to mix the ingredients well, to avoid burning the milk and make the concoction frothy.
- 3.Sip and enjoy. Ahhh! Life is good!

### CAMILLE HOHEB - WFTA AMBASSADOR FOR USA

As a child and even into my teen years my mother made hot cocoa every day for me for breakfast. It was warm, soothing, and delicious.

Hot chocolate has many health benefits. Cocoa is rich in polyphenols which reduce inflammation and improves cholesterol and is also rich in flavanols which can reduce blood pressure. Both properties have been linked to lower heart failure, heart attack, and stroke. Monk fruit is a sweetener made from dried fruit extract. Well-known in Traditional Chinese Medicine (TCM) it has been used for centuries as an anti-inflammatory to relieve sore throats. It has no calories and carbs and is safe for people with diabetes. Milk is a source of protein and contains important nutrients like calcium, phosphorus, B vitamins, potassium, and vitamin D, needed for healthy bones.



## **BLUEBERRY MINT SMOOTHIE**

*To Health and Happiness! Cheers!*

SERVINGS: 1

PREPPING TIME: 3 MIN

COUNTRY: USA

### **INGREDIENTS**

handful of fresh blueberries

several sprigs of fresh mint  
leaves

splash of lemon or orange juice

water

ice cubes

### **DIRECTIONS**

1. Wash all produce and blend until smooth.

**CAMILLE HOHEB - GWD AMBASSADOR OF USA**

Blueberries and mint are easy to grow in Upstate New York. This is a guilt-free delicious drink to quaff during those hot humid days of summer.



## DR. G'S FAVORITE GREEN JUICE

*Cheers!*

SERVINGS: ABOUT 2

PREPPING TIME: 20 MIN

COUNTRY: USA

### INGREDIENTS

- 2 stalks celery
- 2-3 large romaine leaves
- 2 large kale leaves
- 1/2 - 1 cup snap peas w/pod
- 1 apple, cored & sliced
- approx. 7-8" of cucumber
- 1-1.5" fresh ginger root
- 1/2 avocado (optional)

### DIRECTIONS

1. Assemble all ingredients.
2. Juice in your juicer.

#### GLORIA TREISTER - GWD AMBASSADOR OF USA

Dr. G. loves to have her patients get well by drinking her Green juice recipe. Consider adding this green juice to your morning routine. It is a great way to get an intense burst of vitamins in an easily-digestible form, and it can be very anti-inflammatory and healing.

Thank you to Tammy Gutierrez.

**ASIA**



## NUTRITIOUS MASSALA TEA

*Cheers!*

SERVINGS: 2

PREPPING TIME: 15 MIN

COUNTRY: INDIA

### INGREDIENTS

1 inch cinnamon  
3-4 strips black pepper  
1 inch peeled ginger  
2-3 green cardamoms  
2-4 cardamom  
2 cloves  
3 tbsp black tea  
powder  
½ cup milk  
2 ½ cup water  
stevia leaf or sugar

### DIRECTIONS

1. With a mortar and pestle, roughly crush the cinnamon, green cardamoms, black paper, cloves, black cardamom, and ginger; mix well and set them aside.
2. Separately, heat the remaining 2 cups of water in a saucepan or small pan with a handle over medium heat. Bring to a boil for 2 to 3 minutes. Sugar or stevia can be added at this point.
3. Add the tea powder to the mixture. Boil for 1 minute at a time, depending on how strong you want your tea.
4. When brewed, pour the boiled tea into a teapot. Pour the spices and milk mix into the teapot as well.
5. Strain the tea through a tea filter and into a cup.
6. Serve Masala Chai with Indian food of your choice while it's still scorching hot.

#### DR. REKHA CHAUDHARI - GWD AMBASSADOR OF INDIA

Tea is one of my favourite beverages. I drink tea 3 to four times a day. The morning following my launch and after my meal is a frequent occurrence for me. The difference between my recipe and the common tea recipe is that I boiled all of the species separately in the milk so that none of the species lost their tea properties. My tea recipe is a tremendous hit, and I have a lot of fans.





# ETROGAT

*L'chaim!*

SERVINGS: VARIES

PREPPING TIME: 5 MIN

COUNTRY: ISRAEL

## INGREDIENTS

etrog juice  
gat leaves (perfectly  
legal in Israel)  
grapefruit juice to taste

## DIRECTIONS

1. Blend all ingredients together.

### UDI GOLDSCHMIDT - WFTA AMBASSADOR FOR ISRAEL

EtroGat is a unique mix of Etrog juice (Etrog is a Citron) and Gat (also known as Khat or Qat, which is a traditional plant from the horn of Africa brought to Israel by the Jews from Yemen), and mixed with grapefruit juice. It is trusted to be a medication for any and all pain.

The Etrog is important for Jewish people being one of the items used to pray over the holiday of Succot (Feast of Pentecost) and the fruit is hardly edible. Gat (*Catha edulis*) is a plant that the Horn of Africa people used to chew on. Very bitter and has effects like light drugs. The combination and its proportions are the secret of Uzi-Eli Hezi and his place in the market.



## NON-ALCOHOLIC AMAZAKE

*Wellness ni Kanpai!*

SERVINGS: ABOUT 2

PREPPING TIME: 7 HOURS

COUNTRY: JAPAN

### INGREDIENTS

200 g dried rice koji  
70 g rice  
water

### DIRECTIONS

1. Cook rice and 400ml water, using rice cooker and make soft rice.
2. Use a blender to smooth the cooked rice.
3. Make sure dried koji is loose.
4. Place the smoothed rice, dried koji, and 200 ml water and mix them in the rice cooker. Press the “warm” button (NOT “cook”!).
5. Place a wet cooking towel as a lid and leave for 4-6 hours, until it gets naturally sweetened and thick. Amazake is made!
6. May drink either hot or cold. Keep refrigerated. Good for 5 days in the refrigerator.

### TAE KAWASAKI - GWD AMBASSADOR OF JAPAN

One cup (200ml, 150kcal) of amazake in a day is recommended, enough to provide health benefits. Drink less if you are diabetic.

Amazake (pronounced ah-mah-ZAH-kay) is a traditional Japanese drink made of fermented rice. It has a creamy, thick consistency with a sweet flavor, served either chilled or warm/hot. Although it is commonly called sweet sake, Amazake can be made either low-alcohol or non-alcohol.



# JAMU KUNIR ASAM

*Cheers!*

SERVINGS: 4-6

PREPPING TIME: 10-15 MIN

COUNTRY: MALAYSIA

## INGREDIENTS

2 l water  
150 g fresh turmeric  
150 g tamarind  
200 g palm sugar –  
small cubes  
3 limes  
2 pandan leaves  
1 ladle of honey

## DIRECTIONS

1. Peel off turmeric skin and clean thoroughly, Grate or blend into small pieces and strain for juice.
2. Boil water, turmeric juice, tamarind, and palm sugar in a pot.
3. Put in Pandan leaves.
4. Take off the stove before squeezing in lime juice.
5. Strain out the tamarind and pour into a pitcher.
6. Stir in the honey.
7. Leave aside to cool at room temperature.

### AYU MUDIASHIH - GWD AMBASSADOR OF MALAYSIA

This traditional and healthy tonic has been a favourite healthy drink by the Indonesian and Malaysian. Mostly because of the benefit of turmeric for women during menstruation. It helps with blood circulation and inflammation. It also gives a very good energy boost.



## CHRYSANTHEMUM BLOSSOM TEA

*Cheers to wellness!*

SERVINGS: 4

PREPPING TIME: 15 MIN

COUNTRY: SINGAPORE

### INGREDIENTS

1 tbsp dried  
chrysanthemum blossoms  
1 tbsp dried wolfberries  
5 red dates  
4 cups water  
rock sugar or honey as  
sweetener to taste

### DIRECTIONS

1. Use a knife or scissors to create 5-6 slits on the red dates.
2. Quickly rinse the dried chrysanthemum blossoms, wolfberries, and red dates.
3. Place the dried chrysanthemum blossoms, wolfberries, red dates, and water into a pot to boil.
4. Turn off the heat and add rock sugar or honey to taste.
5. Strain the tea into a cup or teapot.
6. Drink chilled, hot, or at room temperature.

### AMANDA OOI - GWD AMBASSADOR OF SINGAPORE

Chrysanthemum, wolfberries and red dates has been consumed in Asia for thousand years. It was first cultivated in China and been used in Traditional Chinese Medicine. Eventually it was brought over to other parts of Asia. Till today it is a popular drink in Singapore as a healthy refreshing, delicious and nourishing beverage. You may easily find it in the most of the shelf in Singapore which is ready made. However, this tea can be made like other tea. Chrysanthemum has a cooling effect and reduce inflammation. Wolfberry nourishes the eyes and red dates nourishes blood. Both are high in antioxidations.



## 오미자 한라봉 음료

### OMIJA HALLABONG ADE

건강한 삶을 위하여!

*Geonganghan salm-eul wihayeol*

SERVINGS: 1

PREPPING TIME: 5-7 MIN

COUNTRY: SOUTH KOREA

## INGREDIENTS

50 ml omija syrup  
1 tsp apple vinegar  
50 g flesh of hallabong  
300 ml sparkling water

## DIRECTIONS

1. Separate the flesh of hallabong and chop it into small pieces.
2. Put Omija syrup, apple vinegar, and hallabong pulp in a cup.
3. Pour in the prepared sparkling water.

### JASON TAEWOO KIM - GWD AMBASSADOR OF SOUTH KOREA

Omiija is a fruit that its name means the five flavors: sour, sweet, bitter, spicy, and salty. Koreans make a syrup by preserving the fruit in sugar, and then make iced tea in summer and warm tea in winter. It has a unique sweet and sour taste and is known to cure asthma and keep eyes healthy.

Various types of citrus are produced in Jeju. Hallabong is called its name because it resembles Hallasan Mountain. Hallabong has a strong sweet taste and soft pulp, and it is very juicy. In addition to Hallabong, various citrus from Jeju such as Cheonhyehyang and Redhyang have different scents and flavors

Thanks to Ashley Jeong-a Hwang for this recipe.



## THAI MOJITO

*Śukhphāph rak na chīyo!*

SERVINGS: 4

PREP TIME: 20 MIN + 2 HOURS

COUNTRY: THAILAND

### INGREDIENTS

couple of stalks of lemongrass  
organic sugar cane sugar cubes  
1 tbsp passion fruit pulp  
limes sliced into wedges  
handful fresh Thai basil  
sparkling water  
ice

### DIRECTIONS

1. Chop lemongrass stalks into 1-inch pieces, and bruise using a mortar and pestle.
2. Place in a pot with 1 cup of water and sugar cubes. Bring to a boil, then reduce the heat and simmer for 2 min.
3. Turn off the heat and let the syrup infuse for about 2 hours or allow it to cool and refrigerate for 24 hours.
4. Strain the syrup, pressing down on the lemongrass stalks to extract maximum flavor. Chill until ready to use. Once the syrup is strained, it will also keep in your fridge for a couple of weeks.
5. To build each mocktail, arrange 4 cocktail glasses on a work surface and place 1 cube of sugar cane in each glass. Add 1 lime slice into each glass along with a handful of Thai basil, and muddle together.
6. Pour in 2 ounces of lemongrass syrup. Add passionfruit. Top with ice and sparkling water. Stir and serve.

MAX THAMMARAKS - WFTA AMBASSADOR FOR THAILAND

A perfect mocktail for a healthy hot summer.



## MINTY GREEN

ขอให้สุขภาพแข็งแรง!

*Kor-hai-suk-ka-phap-keng-rang!*

SERVINGS: 1

PREPPING TIME: 5-7 MIN

COUNTRY: THAILAND

### INGREDIENTS

- 6 2 oz green apple
- 1.5 oz cucumber
- 1.5 oz celery
- 1 oz kale
- 13 g mint leaf

### DIRECTIONS

1. Process all in ingredients in a cold press juicer.
2. Pour into serving glass.
3. Check the taste and serve with a paper straw.

#### PILAILUK THONGTAN - GWD KEY SUPPORTER OF THAILAND

This was inspired by the idea of finding a recipe made from ingredients such as fruits, veggies, and herbs for a low-calorie healthy drink. A healthy drink, like green smoothies, is something that everyone can recognise and are able to do at home.

Minty green is a healthy mocktail rich in vitamins and minerals as a fiber boost. It aids in detoxifying for losing weight. Also, it boosts the immune system and digestive health.

**EUROPE**





# GREEK LEMONADE

*Εις υγείαν της ευεξίας!*

*Is igian tis evexias!*

SERVINGS: 6

PREPPING TIME: 20 MIN

COUNTRY: GREECE

## INGREDIENTS

6 Greek lemons  
125 g granulated sugar  
1 l cold water  
ice cubes

## DIRECTIONS

1. Slice the lemons in half and remove the zest.
2. Squeeze them into a large measuring cup.
3. Place 125g sugar in a saucepan with 400ml water and stir over low heat until the sugar has dissolved. Leave to cool.
4. Combine all the above ingredients, except for the ice cubes. Serve in tall glasses with ice cubes



## SPA LOVE

*Cin Cin al Wellness!*

SERVINGS: 1

PREPPING TIME: 90 MIN

COUNTRY: ITALY

### INGREDIENTS

3 organic carrots  
coconut milk (1 part per 3  
of carrot juice)  
3 cardamom seeds  
1 stick lemongrass  
fresh organic mint leaves  
1 teaspoon honey  
1 small piece of lemon peel

### DIRECTIONS

1. Extract the juice from the 3 carrots.
2. Heat it to 95° while adding cardamom, lemongrass, honey, and 2 leaves of mint.
3. At 95° remove from the heat, cover with film and let rest and cool down for 1 hour.
4. Filter and mix.
5. Add coconut milk.
6. Serve with ice (optional) and mint leaves.

#### PATRIZIA BORTOLIN - WFTA AMBASSADOR FOR ITALY

A new Cook arrived at the Resort and fell in love with the Spa Manager. He asked me which drink he could offer her to create an occasion to talk to her and slowly conquer her heart: "something invented by you, just for her" I said. So we went to the bar and he created this healthy, romantic, and sensorial drink.

1 hour later she received it at the Spa Desk and... she felt flattered, liked the "love potion" and the charming Cook. The drink plays with salty and sweet notes, gives an instant boost of energy and a general sense of hydration, has a wonderful smell, and helps reduce hunger and increase energy. Italians love celebrating, creating experiences with food and drinks, talking about ingredients, and engaging (and flirting) through taste. Thanks to Dario!



## FRESH MINT TEA

*Proost op welzijn!*

SERVINGS: 4

PREPPING TIME: 5 MIN

COUNTRY: NETHERLANDS

### INGREDIENTS

4 cups hot water  
4 bunches fresh mint  
honey (optional)

### DIRECTIONS

1. Heat water to just boiling.
2. Rinse the mint stocks and fill each cup with a couple of stocks. You can always add more if you want a stronger mint flavour.
3. Pour hot water over mint leaves and steep for a couple of minutes.
4. If you prefer sweetened tea, add honey. Enjoy!

### CELESTE PETERS - GWD AMBASSADOR OF NETHERLANDS

Fresh mint tea is not a traditional Dutch drink but is a firm Dutch favourite. Originally from Morocco, also known as the drink of friendship and hospitality. A healthy drink that celebrates life and social relationships. It aids digestion, combats fatigue, and improves oral health.

Thanks to Cate from International Desserts Blog!



# QUINCE VODKA

*Na zdrowie!*

SERVINGS: 15

PREP TIME: 30 MIN + 3 MONTHS

COUNTRY: POLAND

## INGREDIENTS

1 kg ripe quince fruit  
500 ml of 95% spirit  
200 ml boiled water  
0.5kg sugar  
scalded 1 l jar  
scalded 0.7-1 l glass bottle

## DIRECTIONS

1. Wash the quince fruit, cut into quarters and remove the seed nests. Cut the quince into quite thin slices and put in the jar.
2. Mix the spirit with water to create a mixture of about 70% strength. Pour the prepared alcohol over the fruit. The liquid should cover all the fruits.
3. Close the jar tightly and set it aside for 6 weeks.
4. After this time, pour all the liquid into the bottle, cover the fruit remaining in the jar with sugar, and put the jar in a warm, sunny place. When the sugar turns into syrup, pour it into the bottle along with the previously poured out liquid.
5. Set the prepared infused vodka aside for a minimum of 3-4 months to allow it to ripen calmly, although it will achieve its full flavor only after a year or more.

### MARTA MASTERNAK - WFTA AMBASSADOR FOR POLAND

This infused vodka helps with digestion after a heavy Polish meal! Thanks to Michał Masternak for the recipe!



## BERRY WELL MOCKTAIL

*Cheers to wellness!*

SERVINGS: 1

PREPPING TIME: 5 MIN

COUNTRY: SCOTLAND

### INGREDIENTS

50 ml Ceder's non-  
alcoholic spirit  
6 fresh strawberries  
100 ml fresh lemonade  
a grind of black pepper

### DIRECTIONS

1. Remove the stem from the strawberries, chop up the fruit and add them to a cocktail shaker with the other ingredients.
2. Shake vigorously & strain into a goblet glass of crushed ice.
3. Top with more crushed ice and garnish with a sliced strawberry. Enjoy!

EWAN HENDERSON - WFTA AMBASSADOR FOR SCOTLAND

Ceder's distilled non-alcoholic spirit is an award-winning gin alternative.



# HORCHATA DE CHUFA

*Salut!*

SERVINGS: 5

PREP TIME: 30 MIN + OVERNIGHT

COUNTRY: SPAIN

## INGREDIENTS

250 g dried tiger nuts  
1 l filtered water

## DIRECTIONS

1. Soak the tiger nuts overnight. They will swell just a bit.
2. Blend the tiger nuts in batches in a food processor until they are almost a paste.
3. Scoop the nut paste into a nut milk bag. Dip the bag in the water to strain and extract the paste and flavor. You can use the remaining pulp in baking.
4. Some people add sugar, cinnamon, vanilla, or even lemon zest. Have fun and play around with the flavors to suit your taste. Note that the horchatas sold in grocery stores tend to be much too sweet.

## ERIK WOLF - WFTA EXECUTIVE DIRECTOR

Hailing from the Valencian region of Spain (although allegedly from northern Africa before that), horchata de chufa is a plant-based beverage made from soaked, ground, and sweetened tiger nuts. Tiger nuts claim a range of health benefits. They are rich in many nutrients, contribute to good digestion, and may protect against infections and health conditions, such as diabetes and heart disease. The drink itself comes in many different forms and is found throughout Latin America and parts of Africa. Horchata de chufa is creamy, high in fiber, rich in prebiotics, vegan, gluten-free, dairy-free, lactose-free, and nut-free (tiger nuts are actually tubers).



# THÉ GINGEMBRE

*Pröschtli!*

SERVINGS: 6

PREPPING TIME: 20 MIN

COUNTRY: SWITZERLAND

## INGREDIENTS

- 1.5 l water
- 2 tbsp honey
- 2 heads ginger
- 2 lemons

## DIRECTIONS

1. Boil water in a kettle.
2. Dilute honey in a jar with a little boiled water.
3. Grate the washed and peeled ginger and add to the jar with the honey, as well as the remaining boiled water. Let stand outside the fridge until the next day.
4. Squeeze the lemon juice into a glass, cover, label, and refrigerate.
5. Bring 2 kettles to a boil.
6. Put the lemon juice in a samovar, followed by the ginger concentrate, passing it through a strainer.
7. Add the 2 boiled water kettles, also through the strainer, to get the most out of the concentrate.

MARGAUX POILVET - GWD AMBASSADOR OF SWITZERLAND



## ANTIOXIDANT DRINK

*Sağlık için şerefe!*

SERVINGS: 1

PREP TIME: 10 MIN

COUNTRY: TURKEY

### INGREDIENTS

- 1 tomato
- half a beet
- 2 carrots
- 2-inch piece of ginger
- 1 red pepper

### DIRECTIONS

1. All of the ingredients are squeezed in a juicer.

**HAKAN BALCAN - GWD AMBASSADOR OF TURKEY**

This drink boosts the immune system, has anti-inflammatory effects, and protects the body, especially against flu and seasonal diseases.





## SKIN SAVER DRINK

*Sağlık için şerefe!*

SERVINGS: 1

PREP TIME: 10 MIN

COUNTRY: TURKEY

### INGREDIENTS

2 cucumbers

1 green apple

1 lemon

half a bunch of parsley

### DIRECTIONS

1. All of the ingredients are squeezed in a juicer.

**HAKAN BALCAN - GWD AMBASSADOR OF TURKEY**

This drink is rich in vitamin C and antioxidants. As the name suggests, it is a savior, especially for skin health.



# BEEF STOCK

*Cheers!*

SERVINGS: 8 - 12

PREP TIME: 12 HOURS

COUNTRY: UK

## INGREDIENTS

- 3 kg beef marrow bones cut into sections
- 1 kg beef scraps from lean meat
- 1 kg oxtail, cut into sections
- 500 g shallots, trimmed, cut in half
- 1 large head of garlic, cut in half
- 1 medium leek, washed, cut in half
- 4 stalks of celery, washed, broken into two
- 5 medium carrots, washed, chunky cut
- 1 medium turnip, sliced
- small bunch of flat leaf parsley
- 2 bay leaves
- handful of thyme
- 100 g tomato puree
- 2 tbsp white wine vinegar
- 5 g porcini mushroom powder (optional)

## DIRECTIONS

1. Heat the oven to 220 C (428 F). Bake the beef marrow bones, beef trimmings, oxtail, shallots and garlic for 1 hour, until caramelized and brown.
2. Place the baked ingredients in the saucepan and top with the rest of the ingredients.
3. Fill with water to just over the top of the ingredients.
4. Bring to a boil and simmer for 12 hours. Keep an eye on the stock as it simmers.
5. Decant through a large strainer into a voluminous bowl or saucepan and then further decant into airtight containers. Chill in the sink ½ filled with cold water to take the edge off the heat and once at room temperature place in the fridge where it will store for up to a week.

### PAUL GERRARD - GWD AMBASSADOR OF UK

Beef broth, the motherlode, the magic bullet, the recently discovered golden elixir that's been around for millennia. Dissolved within are a cornucopia of minerals and amino acids that are readily absorbed by the body.

Thanks to Nick Sandler for this recipe.

**OCEANIA**



## **KAWAKAWA & GINGER TISANE**

*Cheers to wellness!*

SERVINGS: 2 -3

PREPPING TIME: 10 MIN

COUNTRY: NEW ZEALAND

### **INGREDIENTS**

10 freshly-picked Kawakawa leaves

1 cm of finely cut sliced ginger.

Slices of fresh lemon (optional)

Manuka Honey (optional)

500 ml of water

1x saucepan

1x straine

### **DIRECTIONS**

1. Rinse the Kawakawa leaves in cold water.

2. Pour 500 ml of water into a saucepan.

3. Bring the water to a boil.

4. Add the (lightly torn) tea leaves and sliced ginger to the boiling water .

5. Lower the water to a simmer & simmer for 15 minutes.

6. Strain the tea to serve. Add sliced lemon & Manuka honey to suit taste.

### **ANA CRAWFORD - GWD AMBASSADOR OF NEW ZEALAND**

In early times, New Zealand Maori boiled Kawakawa roots for both its aphrodisiac & health-giving properties. When the leaves are brewed as tea, it's known to help as an anti-inflammatory, soothe digestive problems, sore throats, and support urinary tract health.

Note: Kawakawa does not contain caffeine, however, the leaves can have a numbing effect if taken in excess. If you are pregnant, breastfeeding, taking prescribed medications, or navigating a health condition, please consult your doctor prior to consumption.

A special global day dedicated to the only thing which is really valuable to all of us, that is, living well.

# Adopting the Philosophy

The **main aims** of Global Wellness Day are:

- To recognize the **value** of our lives
- To **pause** and **think**, even if for just one day of the year
- To be **free** from the stress of everyday city life and bad habits
- To make **peace** with ourselves
- To raise **awareness** about living well and increase **motivation**, not just for today, but for the remaining 364 days of the year

Global Wellness Day is an entirely *not-for-profit day*, a social project dedicated to living well.

First celebrated in 2012, Global Wellness Day was established in Turkey as the “first” day dedicated to living well, and has now been accepted *worldwide*.

The main **precepts** about **Wellness**:

- **Holism**: live your life as **fully** as possible.
- **Balance**: look to your balance by giving **significant attention**.
- **Self-responsability**: Responsibility for **health and happiness** and does not allow others to take control over decisions he/she needs to make for him/herself.
- **Positive and proactive**: **positive** perspectives, a **strong sense of purpose** and **conscious, deliberate action**.

## **MANY THANKS TO:**

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Erik Wolf - Executive Director, World Food Travel Association

Giulia Collico - Intern, World Food Travel Association

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WELLNESS  
DRINKS  
AROUND  
THE WORLD



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