





## Green Tea

1 serving

5 minutes

### Ingredients

1 cup Green Tea (brewed)

### Nutrition

Amount per serving	
Fat	0g
Carbs	0g
Fiber	0g
Protein	1g

### Directions

- 1 Pour tea into a mug and enjoy!

### Notes

Like It Sweet: Add sweetener of choice to taste.



## Fresh Mint Tea

2 servings

10 minutes

### Ingredients

2 1/2 cups Water  
1/4 cup Mint Leaves (stems removed)

### Nutrition

Amount per serving	
Fat	0g
Carbs	0g
Fiber	0g
Protein	0g

### Directions

- 1 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

### Notes

**More Flavor:** Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

**No Mint Leaves:** Use peppermint or spearmint leaves instead.

**Enjoy it Cold:** Add ice cubes.



## Lemon Ginger Tea

2 servings

10 minutes

### Ingredients

2 1/2 cups Water  
3 tbsps Ginger (peeled, sliced)  
1/2 Lemon

### Nutrition

Amount per serving	
Fat	0g
Carbs	2g
Fiber	0g
Protein	0g

### Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 2 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

### Notes

**More Flavor:** Add mint leaves, honey or your sweetener of choice.

**Enjoy it Cold:** Add ice cubes.



## Chai Tea

4 servings

20 minutes

### Ingredients

8 cups Water  
5 servings Cinnamon Stick  
2 tbsps Cardamom Seeds  
2 tbsps Whole Cloves  
1 1/2 tsps Black Peppercorns  
2 tbsps Ginger (peeled and thinly sliced)

### Nutrition

Amount per serving	
Fat	0g
Carbs	2g
Fiber	8g
Protein	0g

### Directions

1

Combine all ingredients together in a large pot. Bring to a boil then reduce to a simmer. Let simmer for 15 minutes and then strain. Serve as is, or with almond milk and honey. Enjoy!



## Peppermint Tea

1 serving  
5 minutes

### Ingredients

1 cup Peppermint Tea (brewed )

### Nutrition

Amount per serving	
Fat	0g
Carbs	0g
Fiber	0g
Protein	0g

### Directions

- 1 Pour into a mug and enjoy!

### Notes

**Like It Sweet:** Add sweetener of choice to taste.



## Cinnamon Tea

2 servings

10 minutes

### Ingredients

1 Cinnamon Stick (roughly broken)  
3 cups Water

### Nutrition

Amount per serving	
Fat	0g
Carbs	0g
Fiber	0g
Protein	0g

### Directions

- 1 Roughly break up 1 cinnamon stick into a small pot, add 3 cups water, bring to a boil, then lower the heat and simmer for 20 minutes.

### Notes

Like It Sweet: Add sweetener of choice.



## Hot Chocolate

1 serving

10 minutes

### Ingredients

1 1/2 cups Unsweetened Almond Milk  
(or milk of choice )  
1 1/2 tbsps Cocoa Powder  
2 tsps Honey (or sweetener of choice)  
Sea Salt (pinch, optional )  
1/4 tsp Cinnamon

### Nutrition

Amount per serving	
Fat	5g
Carbs	18g
Fiber	5g
Protein	3g

### Directions

- 1 Add almond milk to a saucepan and heat it over medium-low heat. Once it is warmed through (not boiling), add the cocoa powder, honey, cinnamon, and salt (if using). Whisk well to combine.
- 2 Continue to whisk until all ingredients are evenly distributed and it has reached your preferred temperature. Taste, and add more honey if needed. Divide into mugs and enjoy!



## Peppermint Mocha

1 serving  
10 minutes

### Ingredients

- 1/2 cup Cow's Milk, Whole
- 1 tbsp Maple Syrup (or honey)
- 1 tsp Cacao Powder
- 1/8 tsp Sea Salt
- 1/4 tsp Peppermint Extract
- 1/4 cup Coffee (espresso, brewed)
- 2 tbsps Whipped Cream
- 1 tsp Dark Chocolate Chips (optional)

### Nutrition

Amount per serving	
Fat	17g
Carbs	24g
Fiber	1g
Protein	5g

### Directions

- 1 In a small saucepan, combine the milk, maple syrup (or honey), cacao powder, sea salt and peppermint extract. Continuously whisk until warmed and frothy.
- 2 Pour the brewed espresso into a cup, then pour the warmed milk mixture over top. Top with whipped cream and chocolate chips. Enjoy!

### Notes

**Additional Toppings:** Top with crushed candy cane pieces for a fun treat.



## Cafe Mocha

1 serving

5 minutes

### Ingredients

2 cups Coffee (brewed, or tea)  
3 tbsps Coconut Milk  
1 tbsp Cacao Powder  
1 tbsp Chia Seeds  
1 tbsp Coconut Oil (or MCT oil)  
1/4 tsp Vanilla Extract  
Stevia (liquid drops to taste )

### Directions

1

Brew coffee, add to the jug of your high-powered blender along with remaining ingredients and blend on high for 1 minute. Transfer to a cup and enjoy!

### Nutrition

Amount per serving	
Fat	28g
Carbs	9g
Fiber	5g
Protein	4g



## Chocolate Almond Milk

4 servings

15 minutes

### Ingredients

1 cup Almonds (raw, unsalted)  
2 tbsps Pitted Dates  
4 cups Water  
1/4 tsp Cinnamon  
1/2 tsp Vanilla Extract  
2 tbsps Cocoa Powder

### Nutrition

Amount per serving	
Fat	18g
Carbs	13g
Fiber	6g
Protein	8g

### Directions

- 1 Soak almonds in water for 8-12 hours. Drain and rinse.
- 2 Combine almonds, dates and water in a blender, about 1 minute on high.
- 3 Over a large bowl or pot, strain the pulp out of the nut milk using cheesecloth or a nut milk bag.
- 4 Add cinnamon, vanilla extract and cocoa powder to the nut milk and whisk until combined.
- 5 Divide into glasses and enjoy!

### Notes

**No Dates:** Use 1-2 tbsp of honey or maple syrup instead.



## Cinnamon Roll Latte

1 serving

5 minutes

### Ingredients

- 1 tsp Sugar
- 1/4 cup Coffee (espresso, brewed)
- 1/2 cup Cow's Milk, Whole
- 1 tsp Vanilla Extract
- 1/2 tsp Cinnamon (plus more for garnish)
- 2 tbsps Whipped Cream (optional)

### Nutrition

Amount per serving	
Fat	15g
Carbs	11g
Fiber	1g
Protein	5g

### Directions

- 1 Stir the sugar into the brewed coffee.
- 2 Warm the milk, vanilla extract, and cinnamon in a small pot over the stove. Use a frother to create some foam. Alternatively, blend the warmed milk in a blender until frothy.
- 3 Add the milk to the brewed coffee and top with whipped cream and cinnamon. Enjoy!



## Chai Latte

1 serving  
10 minutes

### Ingredients

Rooibos Chai Tea ( One tea bag)  
2 cups Water (boiling)  
1 tbsp Tahini  
1 tbsp Almond Butter (creamy )  
2 pieces Pitted Dates (or other sweetener, optional )

### Nutrition

Amount per serving	
Fat	17g
Carbs	16g
Fiber	4g
Protein	6g

### Directions

- 1 Cover the teabag and dates (if using) with 2 cups of boiling water and steep for a few minutes.
- 2 Discard the tea bag & place tea, soaked dates, tahini & almond butter into a blender.
- 3 Blend until creamy. Serve and Enjoy!

### Notes

Tahini : Tahini is a condiment made by grinding sesame seeds into a smooth paste and can be found in most grocery and health food stores.



## Bulletproof Latte

1 serving  
15 minutes

### Ingredients

- 1 cup Coffee (brewed)
- 1 tbsp Butter
- 2 tbsps Coconut Milk (canned, full-fat)

### Nutrition

Amount per serving	
Fat	17g
Carbs	1g
Fiber	0g
Protein	1g

### Directions

1

Pour your brewed coffee into a blender with the butter and coconut milk. Blend on high for 15-30 seconds or until frothy. Pour into a mug and enjoy!

### Notes

**More Fuel:** Add 1 tablespoon MCT oil per cup.

**No Coffee:** Use your favourite tea instead.



## Green Tea Collagen Latte

1 serving  
10 minutes

### Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1/3 oz Collagen Powder
- 1 tsp Green Tea Powder (Matcha)
- 1 tsp Honey
- 1 tsp Coconut Oil

### Nutrition

Amount per serving	
Fat	8g
Carbs	7g
Fiber	1g
Protein	9g

### Directions

- 1 Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
- 2 Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
- 3 Pour into a mug and enjoy!

### Notes

No Collagen Powder : Leave it out.



## Golden Turmeric Latte

2 servings

10 minutes

### Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Coconut Milk (canned)
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Honey
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil

### Nutrition

Amount per serving	
Fat	25g
Carbs	14g
Fiber	1g
Protein	2g

### Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

### Notes

**Avoid a Mess:** Rinse all glasses and mugs right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.



## Matcha Latte

1 serving

10 minutes

### Ingredients

- 1/2 cup Water (hot)
- 1/2 cup Unsweetened Almond Milk
- 1 tsp Green Tea Powder (Matcha powder)
- 1 tsp Honey (or to taste)

### Nutrition

Amount per serving	
Fat	1g
Carbs	6g
Fiber	0g
Protein	1g

### Directions

- 1 Add the Matcha tea powder to a small amount of hot water into your favorite mug. Whisk briskly in a up-and-down direction, to make a thick, green paste.
- 2 Then pour remaining hot milk and water to the paste and stir. Add sweetener here.
- 3 If you're using a milk frother, place on the top of the latte and turn on, allow to froth and foam until your desired texture. Another option is to reserve some of the hot milk and separately froth this in a cup, and then gently pour in the match tea mug. Enjoy hot or warm!



## Milk & Honey Iced Coffee

3 servings

1 hour

### Ingredients

8 cups Coffee (brewed)  
1 tbsp Honey  
1 tsp Vanilla Extract  
1/2 cup Cream

### Nutrition

Amount per serving	
Fat	5g
Carbs	8g
Fiber	0g
Protein	2g

### Directions

- 1 Brew your coffee and stir in the honey while it's hot. Place in the fridge until cool. Once cool, stir in the vanilla extract.
- 2 Fill glasses with ice cubes. Pour chilled coffee over top. Add desired amount of cream. Mix, add a straw and enjoy!



## Iced Coffee with Milk

1 serving

5 minutes

### Ingredients

6 Ice Cubes  
1 cup Coffee (brewed, chilled)  
2 tbsps Plain Coconut Milk (from the carton)

### Nutrition

Amount per serving	
Fat	1g
Carbs	1g
Fiber	0g
Protein	0g

### Directions

- 1 Add ice cubes to a tall glass.
- 2 Pour chilled coffee over top of the ice then add the milk. Stir and enjoy!

### Notes

**Make it Sweet:** Add sweetener of choice to taste.

**No Coconut Milk:** Use any other type of milk instead.



## Classic Iced Tea

4 servings

1 hour

### Ingredients

- 4 cups Black Tea (brewed)
- 1/4 cup Sugar
- 1/2 Lemon (cut into wedges)

### Nutrition

Amount per serving	
Fat	0g
Carbs	14g
Fiber	0g
Protein	0g

### Directions

- 1 Pour the brewed tea into a heatproof pitcher and stir in the sugar until it dissolves. Let it cool before refrigerating.
- 2 Chill for 30 to 60 minutes. Pour into glasses with ice and garnish with lemon wedges. Enjoy!

### Notes

**More Flavor:** Add fresh mint.



## Raspberry Iced Tea

1 serving  
25 minutes

### Ingredients

1 cup Raspberry Leaf Tea (brewed)  
1 tbsp Mint Leaves (stems removed)  
1 tsp Lime Juice  
1 tbsp Honey (to taste)  
4 Ice Cubes

### Nutrition

Amount per serving	
Fat	0g
Carbs	18g
Fiber	0g
Protein	0g

### Directions

- 1 Stir together the raspberry leaf tea, mint leaves, lime juice, and honey. Let cool before serving with ice. Enjoy!

### Notes

**Leftovers:** Refrigerate for up to three days.

**No Honey:** Use maple syrup, stevia or your sweetener of choice.



## Iced Green Tea Lemonade

4 servings

1 hour

### Ingredients

8 cups Green Tea (brewed)  
1 tbsp Honey  
2 Lemon

### Nutrition

Amount per serving	
Fat	0g
Carbs	6g
Fiber	0g
Protein	1g

### Directions

- 1 Brew your green tea. Add honey and the juice of 1 lemon. Mix well and place in the fridge until chilled.
- 2 Once chilled, pour into a glass jug. Slice the remaining lemon into rounds and add them in with the iced tea.
- 3 Pour into glasses over ice. Add a straw and enjoy!

### Notes

**Make it Fruity:** Add chopped strawberries for more flavour.



## Pink Drink with Coconut Milk

1 serving  
10 minutes

### Ingredients

1/3 cup Green Tea (acai flavoured, steeped, cooled and bag removed)  
1 1/2 tsps Honey  
1/4 cup Strawberries (sliced)  
3/4 cup Plain Coconut Milk (from the carton, not the can)  
4 Ice Cubes

### Nutrition

Amount per serving	
Fat	4g
Carbs	17g
Fiber	1g
Protein	0g

### Directions

1

In a glass or jar, stir together the steeped green tea, honey, sliced strawberries, and coconut milk. Mix well. Add ice cubes and enjoy!

### Notes

**No Acai Green Tea:** Use any berry flavored green tea instead.

**No Coconut Milk:** Use almond, soy or cashew milk instead.



## Iced Matcha

1 serving

10 minutes

### Ingredients

1/2 tsp Green Tea Powder  
1/4 cup Water (hot)  
1/2 tsp Vanilla Extract  
1 tsp Maple Syrup (or honey)  
6 Ice Cubes  
3/4 cup Unsweetened Almond Milk

### Directions

- 1 In a small bowl, whisk together the green tea powder and hot water until it becomes frothy. Add the vanilla and maple syrup (or honey) and whisk again.
- 2 Fill a glass with ice and add the almond milk. Pour the green tea powder mix into the glass. Stir, taste, and add more sweetener if desired. Enjoy!

### Nutrition

Amount per serving	
Fat	2g
Carbs	5g
Fiber	1g
Protein	1g



## Blackberry Smash Mocktail

2 servings

10 minutes

### Ingredients

- 1 cup Blackberries
- 2 tbsps Water
- 2 tsps Honey (or to taste)
- 2 tsps Lime Juice
- 1/4 cup Mint Leaves (plus extra for garnish)
- 10 Ice Cubes
- 1 cup Sparkling Water

### Nutrition

Amount per serving	
Fat	0g
Carbs	13g
Fiber	4g
Protein	1g

### Directions

- 1 In a shaker glass, muddle the blackberries with the water, honey, lime juice, and mint, until smashed. Remove the mint.
- 2 Divide the ice cubes evenly between glasses.
- 3 Pour the blackberry mixture into the glasses and top with sparkling water. Garnish with mint. Enjoy!

### Notes

**Less Texture:** Strain the blackberry mixture before pouring.

**More Flavor:** Use a flavored sparkling water.



## Cranberry Orange Mocktail

2 servings

5 minutes

### Ingredients

4 Ice Cubes (large)  
4 fl ozs Cranberry Juice  
1/4 cup Orange Juice (freshly squeezed)  
2 tsps Honey  
1 cup Sparkling Water  
1/2 cup Frozen Cranberries  
1/4 Navel Orange (cut into wedges)

### Nutrition

Amount per serving	
Fat	0g
Carbs	22g
Fiber	1g
Protein	1g

### Directions

- 1 Divide the ice cubes, cranberry juice, orange juice, and honey into glasses. Stir to combine. Top each with sparkling water and cranberries. Garnish with orange slices. Enjoy!

### Notes

**More Flavor:** Add cinnamon sticks when ready to serve.

**No Frozen Cranberries:** Use fresh cranberries.



## Classic Virgin Mojito

4 servings

10 minutes

### Ingredients

2 tbsps Honey  
1/2 cup Mint Leaves  
15 Ice Cubes  
2 tbsps Lime Juice  
1 1/4 quarts Soda Water

### Nutrition

Amount per serving	
Fat	0g
Carbs	10g
Fiber	0g
Protein	0g

### Directions

- 1 Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
- 2 Divide between glasses and enjoy!

### Notes

**More Flavor:** Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.



## Virgin Raspberry Mojito

2 servings

15 minutes

### Ingredients

- 1/4 cup Raspberries
- 3/4 cup Water
- 2 tbsps Honey (or to taste)
- 1/4 cup Mint Leaves
- 1 Lime (sliced into wedges)
- 4 Ice Cubes
- 3 cups Sparkling Water

### Nutrition

Amount per serving	
Fat	0g
Carbs	21g
Fiber	1g
Protein	0g

### Directions

- 1 In a small saucepan over medium heat, add the raspberries, water and honey. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.
- 2 Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

### Notes

**It's 5 O'Clock Somewhere:** Add 2 oz of white rum to each serving.

**Make it Smooth:** Strain your raspberry puree and use the juices only.



## Classic Virgin Caesar

2 servings

10 minutes

### Ingredients

- 1 tbsp Sea Salt (divided)
- 1 Lime (sliced into wedges, juiced, divided)
- 1 pint Tomato Juice
- 1 tsp Hot Sauce
- 1 tbsp Soy Sauce
- 1 oz Baby Pickles
- 2 tbsps Cherry Tomatoes
- 1 tbsp Black Olives

### Nutrition

Amount per serving	
Fat	1g
Carbs	3g
Fiber	0g
Protein	1g

### Directions

- 1 Set half of the sea salt in a shallow bowl. Take a lime wedge and run it around the rim of the glass. Dip the rim of the glass into the sea salt, being sure to cover the rim. Repeat the process until all of your glasses are rimmed with sea salt
- 2 Add the other half of the sea salt and lime juice, tomato juice, hot sauce and soy sauce into a blender. Blend until everything is well combined.
- 3 Pour into the rimmed glasses and divide the pickle, cherry tomatoes and olives evenly between the toothpicks to garnish. Enjoy!

### Notes

**More Flavor:** Add a splash of pickle juice.

**Additional Toppings:** Cooked bacon or a celery stick.

**No Blender:** Pour everything together into a pitcher and mix thoroughly before dividing between glasses.



## Blueberry Agua Fresca

2 servings

5 minutes

### Ingredients

1 cup Blueberries  
1/2 Lime (juiced)  
2 tbsps Honey (or to taste)  
2 cups Water  
4 Ice Cubes (optional)

### Nutrition

Amount per serving	
Fat	0g
Carbs	29g
Fiber	2g
Protein	1g

### Directions

- 1 Combine all ingredients except ice in a blender. Blend well until smooth.
- 2 Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

### Notes

**Make it Smooth:** Strain after blending.

**Make it Fancy:** Serve it over frozen blueberries instead of ice.

**Make it Fizzy:** Use sparkling water instead of flat water.



## Grapefruit & Thyme Sparkling Water

1 serving  
10 minutes

### Ingredients

1 Grapefruit  
1/16 oz Thyme Sprigs  
2 cups Sparkling Water

### Nutrition

Amount per serving	
Fat	0g
Carbs	21g
Fiber	3g
Protein	2g

### Directions

1

Cut your grapefruit in half. Squeeze the juice out of one half. Carve the flesh out of the other half. Add both the juice and flesh to the bottom of a glass along with the thyme sprigs. Pour sparkling water over top. Add a straw, stir and enjoy!

### Notes

**No Grapefruit:** Use another citrus fruit like orange.



## Blueberry Orange Sparkling Water

2 servings

5 minutes

### Ingredients

1/2 cup Blueberries  
1 Clementines (peeled and sectioned)  
6 Ice Cubes  
3 cups Sparkling Water

### Nutrition

Amount per serving	
Fat	0g
Carbs	10g
Fiber	2g
Protein	1g

### Directions

1

Divide blueberries and clementines into mason jars or glasses then use a spoon to gently crush the fruit. Add ice, then pour sparkling water over top. Enjoy!

### Notes

**No Sparkling Water:** Use flat water instead.

**Switch it Up:** Swap out the blueberries for blackberries, strawberries or raspberries.



## Blueberry Ginger Lime Sparkling Water

2 servings

5 minutes

### Ingredients

- 1/2 cup Blueberries
- 1 Lime (sliced into rounds)
- 1 tbsp Ginger (peeled and sliced)
- 6 Ice Cubes
- 3 cups Sparkling Water

### Nutrition

Amount per serving	
Fat	0g
Carbs	8g
Fiber	1g
Protein	0g

### Directions

- 1 Divide blueberries, lime slices, ginger and ice between between mason jars or glasses. Top with sparkling water. Enjoy!

### Notes

**No Sparkling Water:** Use flat water instead.

**Extra Flavour:** Muddle the berries and limes in the bottom of the jar for extra flavour.

**Switch it Up:** Swap out the blueberries for blackberries, strawberries or raspberries. Swap out the lime for lemon or orange.



## Sparkling Cranberry Ginger Mocktail

2 servings

5 minutes

### Ingredients

- 2 tbsps Ginger (peeled, sliced)
- 1 tsp Honey
- 2 2/3 fl ozs Cranberry Juice
- 1/2 Lime (medium, juiced)
- 8 Ice Cubes (plus more for serving)
- 1/3 cup Frozen Cranberries
- 1 cup Sparkling Water

### Nutrition

Amount per serving	
Fat	0g
Carbs	12g
Fiber	1g
Protein	0g

### Directions

- 1 Add the ginger to a cocktail shaker or a jar. Muddle the ginger, then add the honey, cranberry juice, and lime juice.
- 2 Add the ice and close the shaker or jar. Shake vigorously until combined and chilled.
- 3 Fill each glass with additional ice, then strain the mixture into the glass. Divide the cranberries evenly between the glasses and top each with sparkling water. Enjoy!