

ACV Alkalizer

1 TBSP	Apple Cider Vinegar
1 TBSP	Lemon Juice
1 TSP	Ginger Powder
2 tsp	Honey
1/4 tsp	Cinnamon
	Hot Water

1. Combine all ingredients in a hot beverage cup, stir and serve

Ayurveda Digestive Tea

<i>This recipe makes a pot of tea</i>	
30 cups	Water
1 TBSP	Shredded Turmeric (frozen)
1 TBSP	Shredded Ginger (frozen)
2 sticks	Cinnamon
2 TSP	Cloves
3 TBSP	CCF Mix

1. Fill kettle with water
2. Combine all ingredients into the kettle
3. Turn on Kettle, once hot it will be ready to serve (approx. 20 minutes)

Ginger Tea

<i>This recipe makes a pot of tea</i>	
30 cups	Water
1 cup	Shredded Ginger (frozen)

1. Fill kettle with water
2. Combine all ingredients into the kettle
3. Turn on Kettle, once hot it will be ready to serve (20 minutes)

Golden Milk Tonic

250 ml	Sweet Almond Milk
1 tsp	Turmeric Paste
1 TBSP	Honey

1. Place in frother carafe
2. Heat to 150 degrees

Hot Chocolate

250 ml	Sweet Almond Milk
1 TBSP	Cacao
1 TBSP	Maple Syrup

1. Place in frother carafe
2. Heat to 150 degrees

Matcha Latte

250 ml	Sweet Almond Milk
½ tsp	Matcha
½ tsp	Ashwagandha
¼ tsp	Cinnamon
1 TBSP	Honey
1 tsp	MCT oil

1. Place in frother carafe
2. Heat to 150 degrees

Chai Latte (Seasonal: Oct – March)

1 cup	Sweet Almond Milk
½ cup	Chai Tea (recipe below)
<i>Topped with a dash of Cinnamon</i>	

1. Place in frother carafe
2. Heat to 150 degrees

Chai Tea Recipe

16 cups	Filtered Water
2 cups	Coconut Palm Sugar
8	Cinnamon Sticks
4	Whole Stare Anise Pods
1 TBSP	Whole Cloves
1 tsp	Ground Nutmeg
1 tsp	Ground Cardamon
3 tsp	Ground All Spice
3 TBSP	Fresh Ginger (frozen & shredded)
10 bags	Black Tea

Combine water and coconut crystals in a large pot and bring to a boil. Once boiling, reduce the heat to a simmer. Put in the rest of the ingredients into the pot and simmer for 20 minutes. Make sure it is a gentle simmer, not a boil.

Take off heat, pour contents through a sieve and cool contents completely before using.

This Chai Tea Recipe is also used for the bottled Chai Milk

BEST BY DATE – 1 MONTH

Pumpkin Spice Latte

(Seasonal: September – January)

250 ml	Sweet Almond Milk
¼ cup	Coffee
2 ½ TBSP	Pumpkin
1 TBSP	Maple Syrup
½ tsp	Pumpkin Pie Spice
½ tsp	Vanilla

1. **Place in frother carafe**
2. **Heat to 150 degrees**

Gingerbread Latte

(Seasonal: November - December)

250 ml	Sweet Almond Milk
¼ tsp	Ginger Powder or 1 TBSP of Ginger Juice
½ tsp	Cinnamon
¼ tsp	Nutmeg
1 tsp	Vanilla
1 TBSP	Honey

1. **Place in frother carafe**
2. **Heat to 150 degrees**

Mexican Hot Chocolate

(Seasonal: January - February)

250 ml	Sweet Almond Milk
1 TBSP	Cacao
1 TBSP	Maple Syrup
½ tsp	Cinnamon
½ tsp	Vanilla
1 pinch	Cayenne

1. **Place in frother carafe**
2. **Heat to 150 degrees**