DIY

# HEALTHY COFFEEHOUSE DRINK SWAPS

# healthier coffeehouse treats

## Boost Your Nutrition... & Save $$$

I've got some great news for you today.

You *can* enjoy your favorite treats while focusing on clean and nutritious foods.

And you can even save $$$ while doing so!

I created this book for you so you can enjoy the best of what your favorite coffeehouse has to offer...

without all of the unnecessary sugar, artificial flavors & sweeteners, preservatives, trans fats, and other not so good-for-you ingredients!

I hope you enjoy it.

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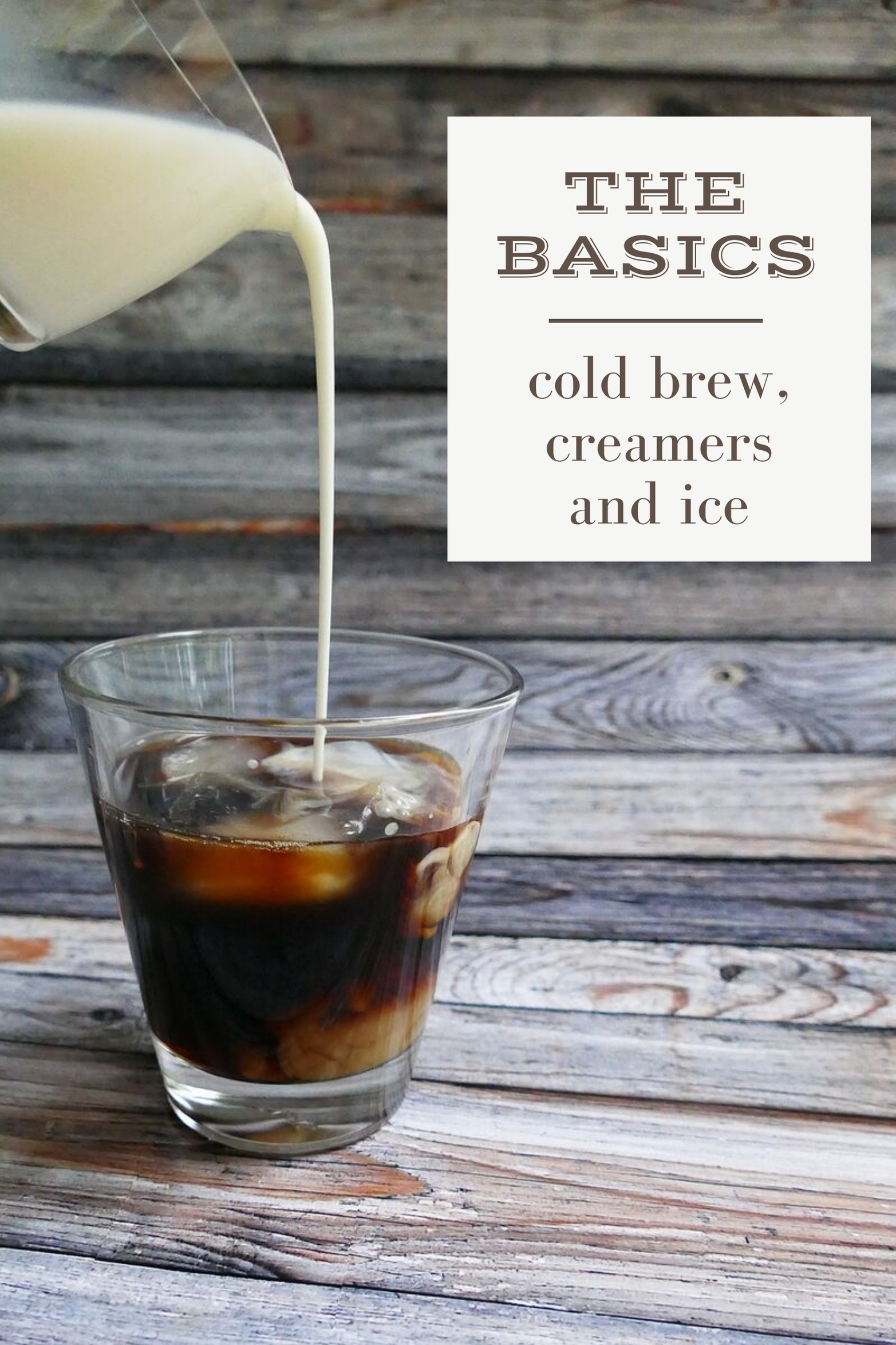
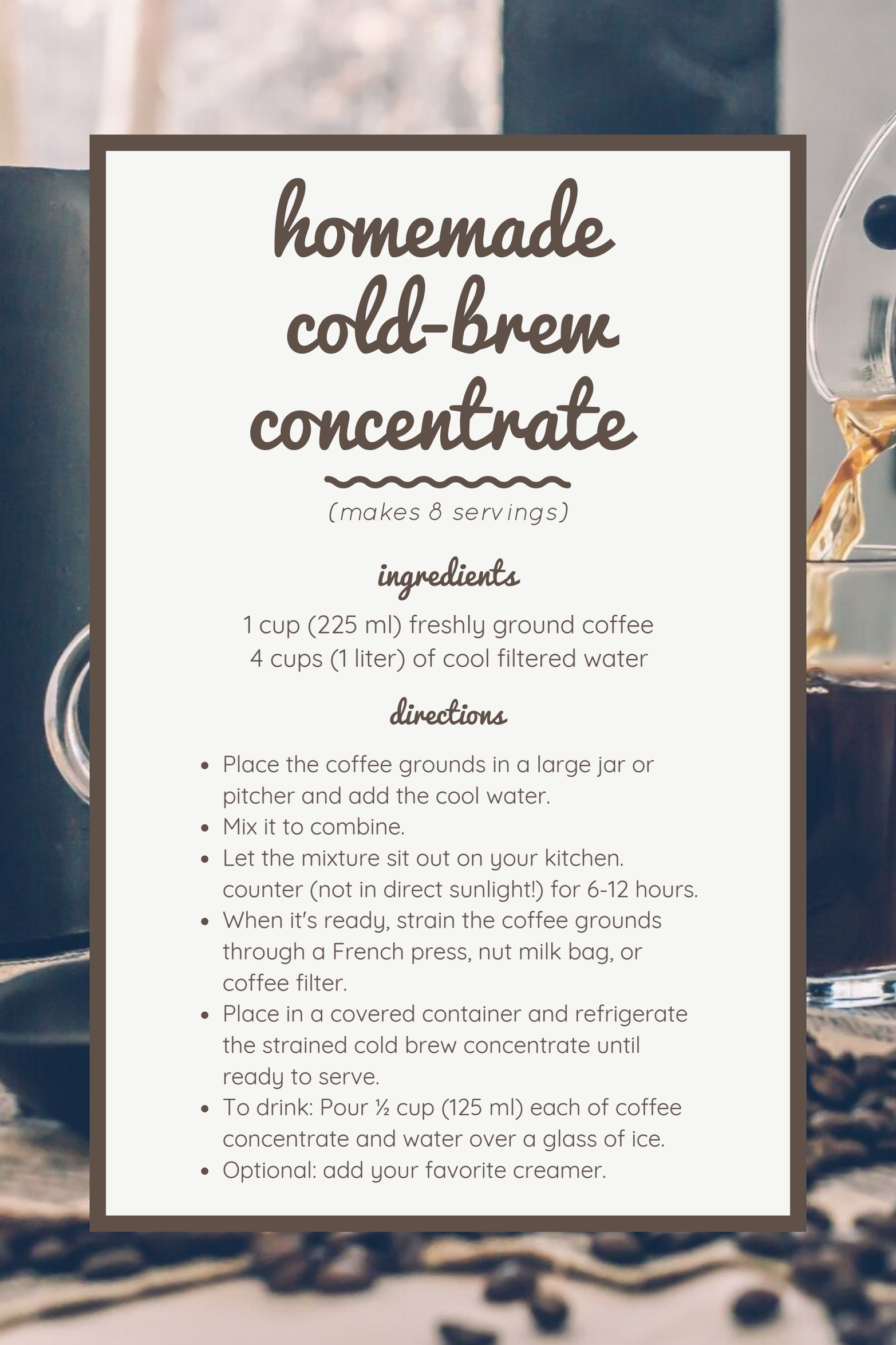

THE
BASICS
cold brew,
creamers
and ice



# homemade cold-brew concentrate

*(makes 8 servings)*

## ingredients

1 cup (225 ml) freshly ground coffee
4 cups (1 liter) of cool filtered water

## directions

- Place the coffee grounds in a large jar or pitcher and add the cool water.
- Mix it to combine.
- Let the mixture sit out on your kitchen. counter (not in direct sunlight!) for 6-12 hours.
- When it's ready, strain the coffee grounds through a French press, nut milk bag, or coffee filter.
- Place in a covered container and refrigerate the strained cold brew concentrate until ready to serve.
- To drink: Pour ½ cup (125 ml) each of coffee concentrate and water over a glass of ice.
- Optional: add your favorite creamer.

# coconut creamer

*(serving size 2 tbsp)*

## ingredients

1 can coconut milk
1 tbsp. vanilla extract
1 tsp. coconut sugar or 1 tbsp maple syrup or honey

## directions

- Mix all ingredients together in a mason jar, using an immersion blender if necessary to blend the coconut milk if the cream is very thick.
- Taste and adjust the sweetness.
- Refrigerate until ready to use in either hot or cold beverages.

# pumpkin spice creamer

*(serving size 2 tbsp)*

## ingredients

2 cups (480ml) unsweetened cashew milk
¼ cup (60g) pumpkin purée
1½ tsp pumpkin pie spice
1 tsp vanilla
1 tbsp maple syrup

## directions

- Add all of the ingredients to a saucepan, stirring to combine. Whisk over low heat until heated through.
- Transfer the mixture to a glass bowl and let cool either on the counter or in the refrigerator.
- Whisk the mixture to reincorporate the spices.
- Pour the mixture into a glass jar and cover. Refrigerate until ready to use.

# salted caramel creamer

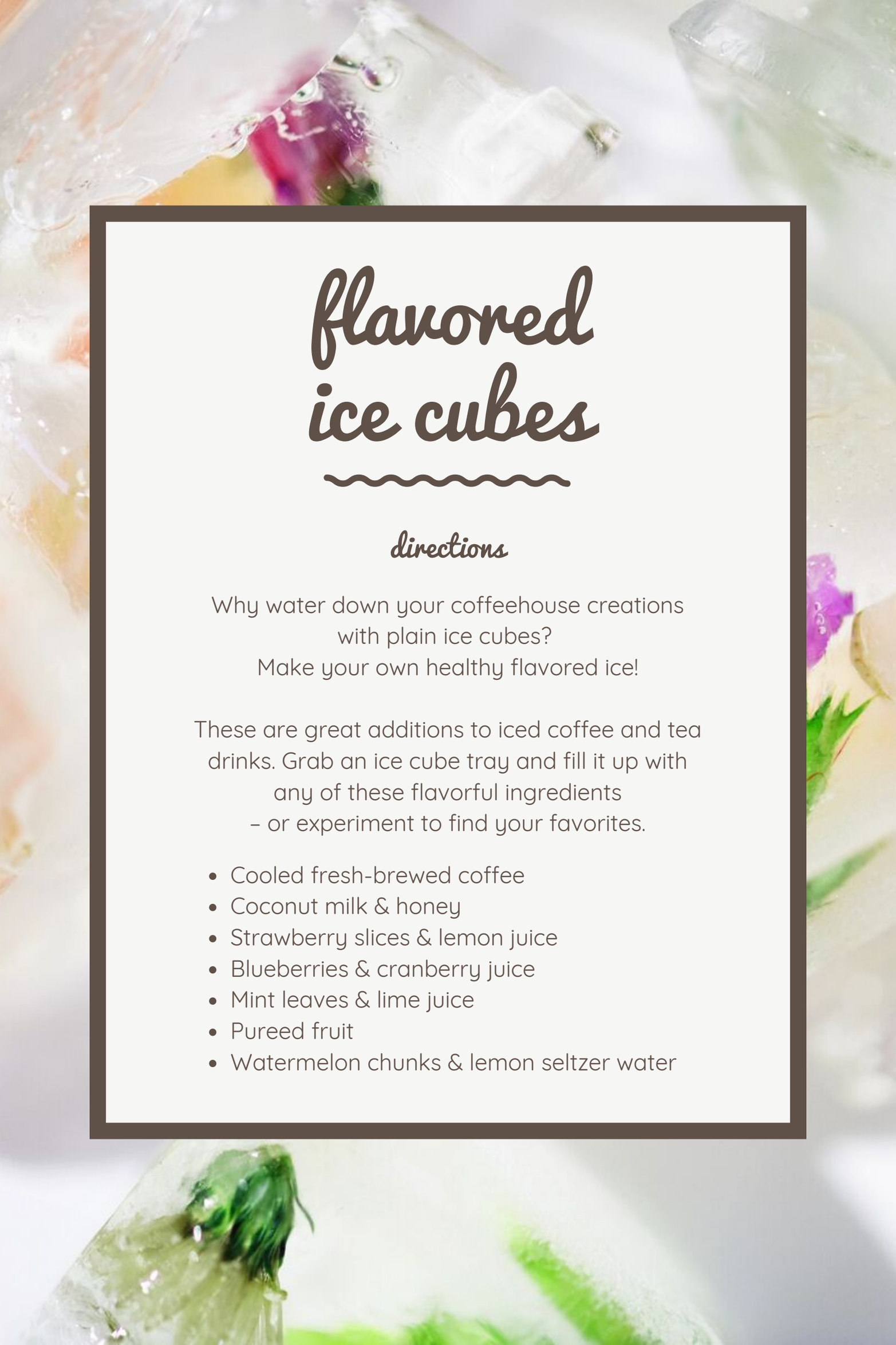
*(serving size 2 tbsp)*

## ingredients

3 tbsp coconut sugar
1½ tbsp water
1 can coconut milk
¼ cup (60 ml) coconut milk (can come from the can)
½ tsp vanilla extract
pinch of salt

## directions

- To make caramel sauce, combine sugar and water in a small saucepan over medium heat. Stir occasionally and let it come to a simmer.
- Let it simmer until it is a thick caramel consistency. Add the vanilla, salt and ¼ cup of coconut milk and stir to combine.
- Remove the caramel from the pan and let it cool slightly.
- Pour the remaining coconut milk and the caramel mixture into a glass jar, and stir to combine.
- Store in the refrigerator until ready to use.



# flavored ice cubes

## directions

Why water down your coffeehouse creations
with plain ice cubes?
Make your own healthy flavored ice!

These are great additions to iced coffee and tea drinks. Grab an ice cube tray and fill it up with any of these flavorful ingredients
– or experiment to find your favorites.

- Cooled fresh-brewed coffee
- Coconut milk & honey
- Strawberry slices & lemon juice
- Blueberries & cranberry juice
- Mint leaves & lime juice
- Pureed fruit
- Watermelon chunks & lemon seltzer water

HOT CUP
O' JOE
warm
coffee
treats

# Mexican coffee

*(serves 1)*

## ingredients

6 oz (180 ml) brewed coffee
½ tbsp coconut sugar
½ tbsp raw cocoa powder
¼ tsp ground cinnamon
¼ tsp ground nutmeg
pinch of cayenne powder
¼ cup (60 ml) coconut cream (or full-fat coconut milk)

## directions

- Pour the coffee into a cup, and stir in remaining ingredients. Adjust sugar/spices to taste.

# caramel brûlée latte

*(serves 1)*

## ingredients

1 cup (250 ml) cashew milk
2 tbsp salted caramel creamer (recipe above, or Silk or other brand)
⅓ cup (75 ml) brewed espresso or double-strong coffee
¼ tsp pure vanilla extract

## directions

- Place the milk in a small saucepan over medium heat. Heat until warm, and whisk to make it foamy.
- Add the creamer and whisk for a few seconds longer.
- Place the coffee and vanilla in a mug, and pour the foamed milk and creamer over it.

*(Option: to make this an adult after-dinner beverage, add a shot of whiskey)*

# COOL CREATIONS

iced lattes
&
smoothies

# iced matcha latte

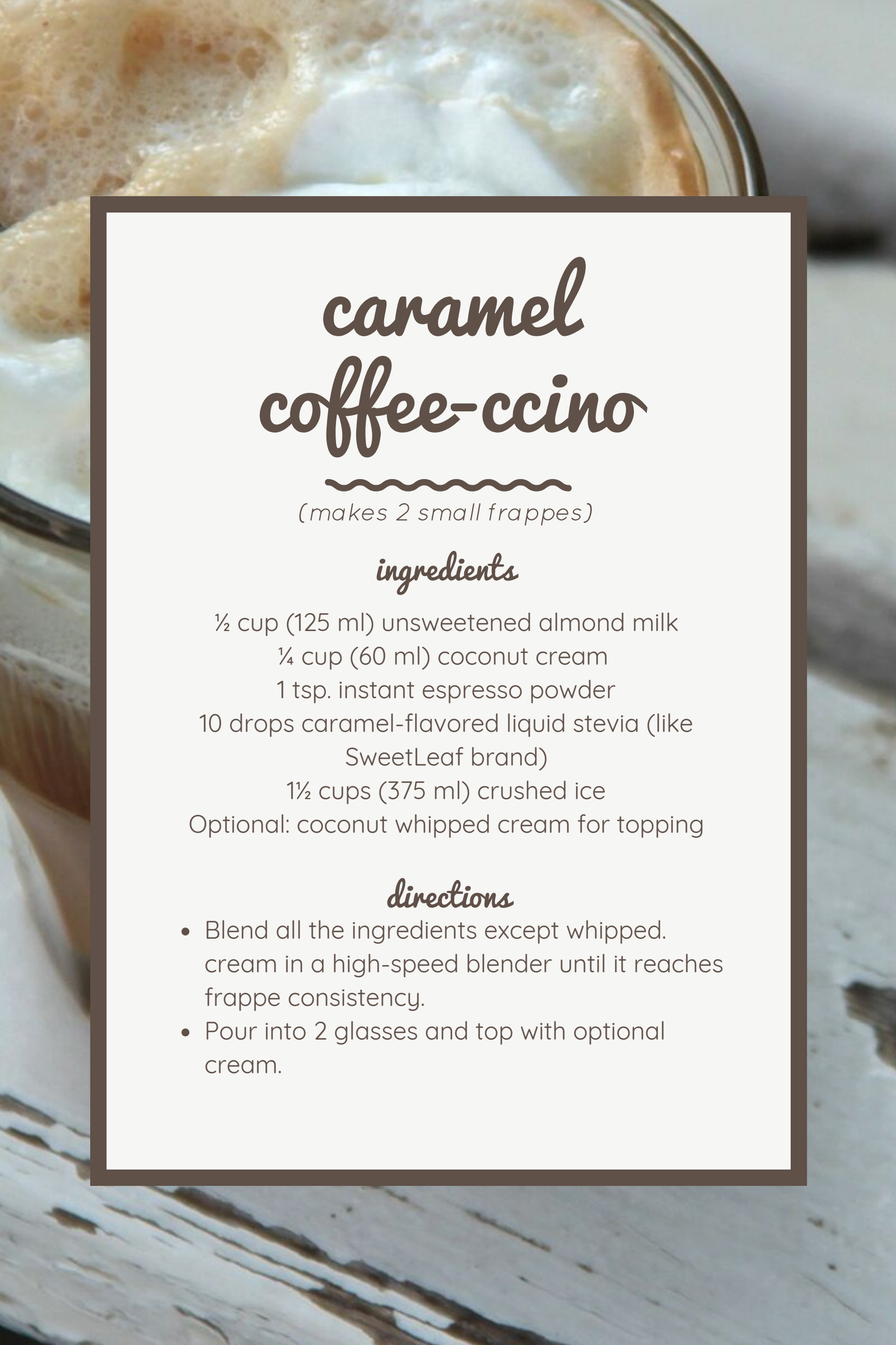
*(makes 1)*

## ingredients

1 tsp matcha green tea
1 cup (250 ml) almond milk
¼ tsp pure vanilla extract
(optional: coconut sugar to taste)
1 cup (250 ml) ice

## directions

- Whisk the matcha powder into the almond milk, until it's smooth.
- Add the vanilla and stir.
- Pour mixture over ice, adding optional sweetener to taste.



# caramel coffee-ccino

*(makes 2 small frappes)*

## ingredients

½ cup (125 ml) unsweetened almond milk
¼ cup (60 ml) coconut cream
1 tsp. instant espresso powder
10 drops caramel-flavored liquid stevia (like SweetLeaf brand)
1½ cups (375 ml) crushed ice
Optional: coconut whipped cream for topping

## directions

- Blend all the ingredients except whipped. cream in a high-speed blender until it reaches frappe consistency.
- Pour into 2 glasses and top with optional cream.

# keto-friendly white drink

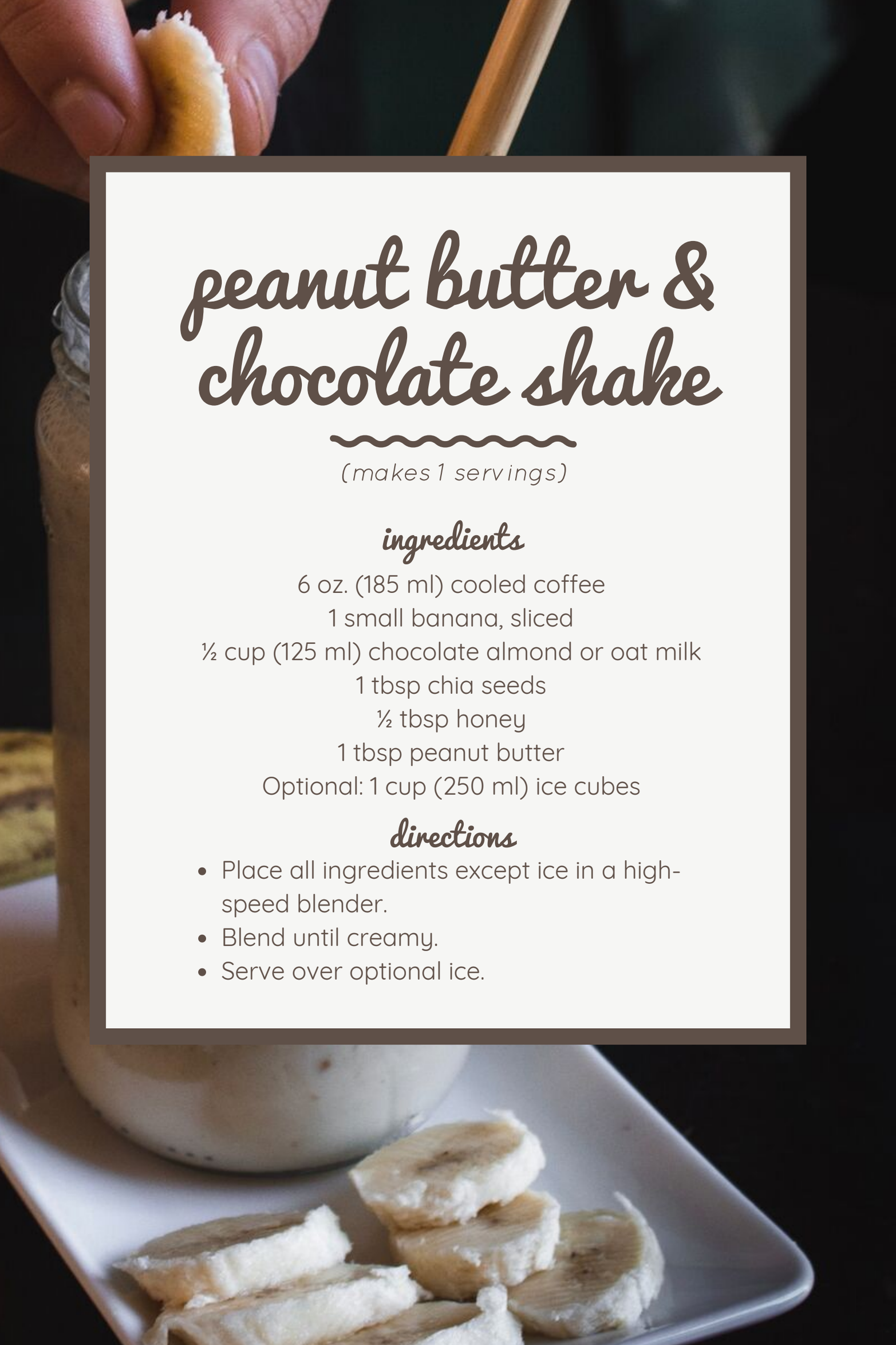
*(makes 2 servings)*

## ingredients

1 cup (250 ml) boiling water
2 peach white tea bags
⅔ cup (165 ml) coconut cream
1 tsp vanilla extract
1 cup (250 ml) ice
Whipped coconut cream, for topping (optional)
Stevia drops, to taste (optional)

## directions

- Steep the tea bags in the boiling water for 3-4 minutes. Discard the tea bags and let cool.
- Blend the peach white tea, coconut cream, vanilla extract, and ice on high-speed. Pulse for approximately 10 seconds, or until the mixture becomes slushy and the ice breaks down. Taste and add optional stevia.
- Divide the mixture evenly between two glasses and top with whipped coconut cream if desired.



# peanut butter & chocolate shake

*(makes 1 servings)*

## ingredients

6 oz. (185 ml) cooled coffee
1 small banana, sliced
½ cup (125 ml) chocolate almond or oat milk
1 tbsp chia seeds
½ tbsp honey
1 tbsp peanut butter
Optional: 1 cup (250 ml) ice cubes

## directions

- Place all ingredients except ice in a high-speed blender.
- Blend until creamy.
- Serve over optional ice.

# copycat pink drink

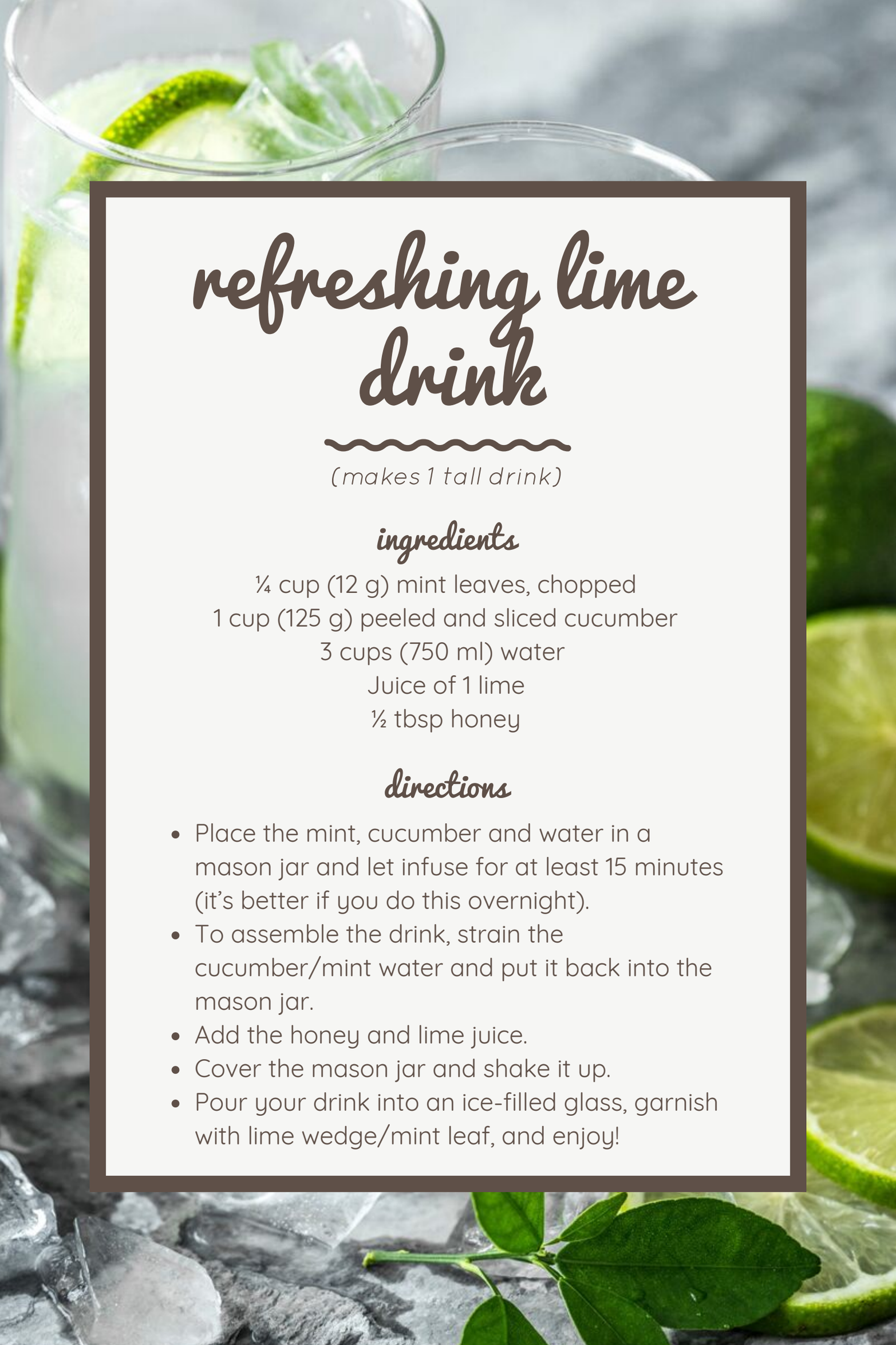
*(makes 2 servings)*

## ingredients

¼ cup (60 ml) coconut water
½ cup  (125 ml) acai tea, (brewed strong)
⅓ cup (80 ml) coconut milk (from a can), mixed well
1-2 tbsp. honey, (or agave if vegan, optional)
½ cup (120 ml) fresh strawberries, hulled and sliced, plus more for finishing

## directions

- Add the coconut water, tea, coconut milk, and honey to your blender and blend to combine.
- Add the strawberries, and blend to your desired consistency (the longer you blend, the smoother the result).
- Pour half of the drink into each of two ice-filled glasses. Garnish with extra strawberries if you want. Enjoy!



# refreshing lime drink

*(makes 1 tall drink)*

## ingredients

¼ cup (12 g) mint leaves, chopped
1 cup (125 g) peeled and sliced cucumber
3 cups (750 ml) water
Juice of 1 lime
½ tbsp honey

## directions

- Place the mint, cucumber and water in a mason jar and let infuse for at least 15 minutes (it's better if you do this overnight).
- To assemble the drink, strain the cucumber/mint water and put it back into the mason jar.
- Add the honey and lime juice.
- Cover the mason jar and shake it up.
- Pour your drink into an ice-filled glass, garnish with lime wedge/mint leaf, and enjoy!

# coffee chia pudding

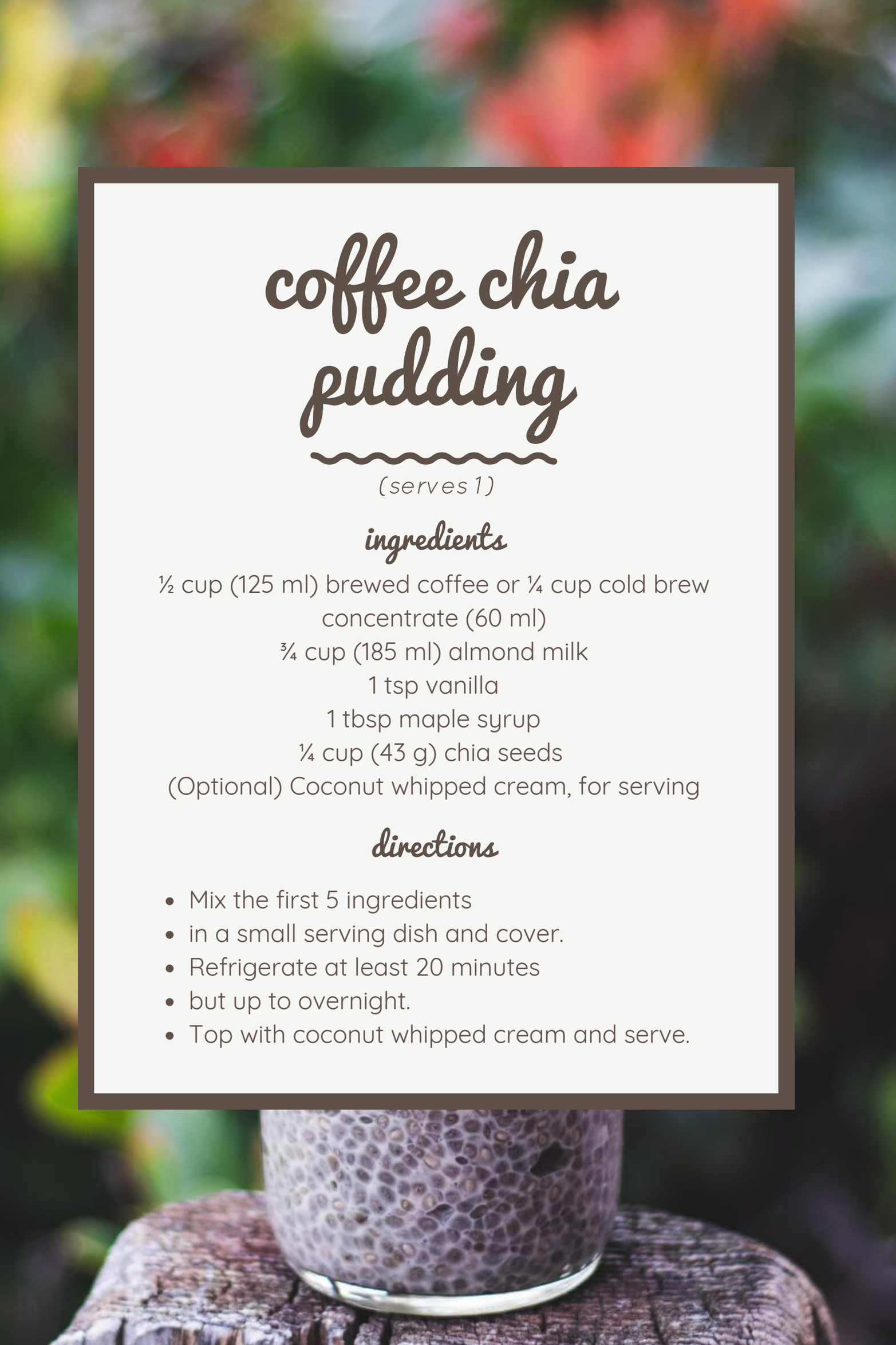
*(serves 1)*

## ingredients

½ cup (125 ml) brewed coffee or ¼ cup cold brew concentrate (60 ml)
¾ cup (185 ml) almond milk
1 tsp vanilla
1 tbsp maple syrup
¼ cup (43 g) chia seeds
(Optional) Coconut whipped cream, for serving

## directions

- Mix the first 5 ingredients
- in a small serving dish and cover.
- Refrigerate at least 20 minutes
- but up to overnight.
- Top with coconut whipped cream and serve.



# pumpkin spice coffee frappe

*(makes 2)*

## ingredients

4 tsp instant coffee granules
½ cup (112 g) canned pure pumpkin
1½ tsp pumpkin pie spice
¾ cup (185 ml) almond milk
½ cup (125 ml) light coconut milk (from a can)
2 tsp maple syrup
1 tsp vanilla extract
2 cups (500 ml) ice
Whipped coconut cream for topping

## directions

- Place all the ingredients in the blender and puree until smooth.
- Pour into two glasses, top with coconut whipped cream and enjoy!

# happy, healthy lifestyle

feel better, move better, enjoy more!

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