



HOT DRINK RECIPES TO KEEP YOU WARM THIS WINTER

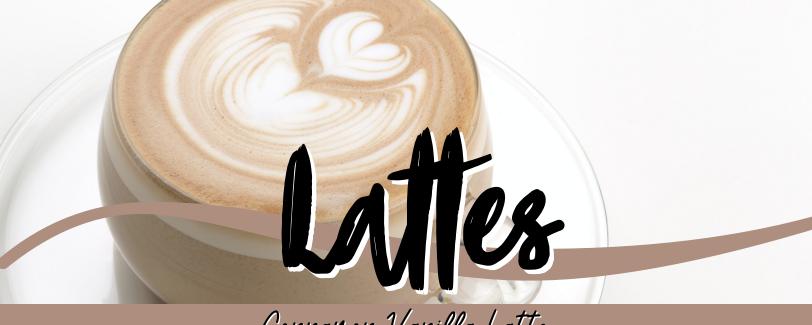


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ALL RECIPES ARE FOR ONE SERVING 2B MINDSET: AN OCCASSIONAL TREAT CONTAINERS: 1 YELLOW



Connamon Vanilla (atte

Ingredients

1 cup unsweetened almond milk ½ cup brewed coffee 1 scoop Beachbody Collagen Boost 1 tsp. maple syrup (optional) ½ tsp. vanilla extract ¼ tsp. + 1 dash ground cinnamon, divided use

Instructions

Place a small saucepot over medium-high heat; add almond milk and coffee. Bring to a gentle boil; remove from heat. Add Beachbody Collagen Boost, maple syrup, vanilla extract, and ¼ tsp. cinnamon; mix well. Pour almond milk mixture into a mug, and sprinkle 1 dash cinnamon on top.

Cammonile and Lavender Latte

Ingredients

1 cup unsweetened oat milk 1 bag chamomile and lavender tea blend 1 scoop Beachbody Collagen Boost 1 tsp. honey (optional) ¼ tsp. vanilla extract

Instructions

Place a small sauce pot over medium-high heat; add oat milk. Bring to a gentle boil; remove from heat. Add tea bag; let steep for 10 minutes. Remove bag; discard. Add Beachbody Collagen Boost, honey (if using), and vanilla extract; mix well. Pour oat milk mixture into a mug; serve warm.

Golden Chai Coconut Latte

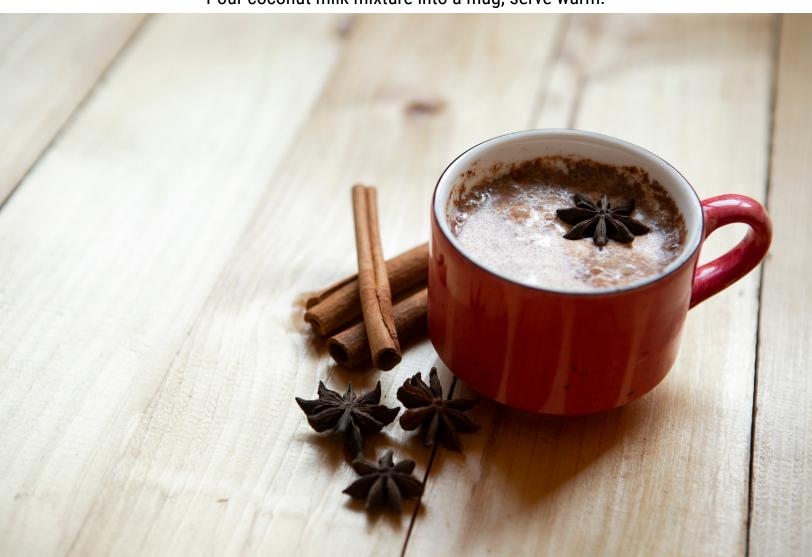
Ingredients

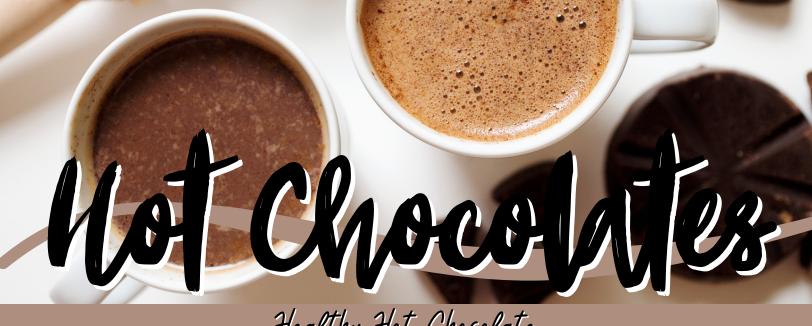
1 cup unsweetened coconut milk beverage
1 bag chai tea blend
1 scoop Beachbody Collagen Boost
½ tsp. ground turmeric
¼ tsp. ground cinnamon
¼ tsp. ground cardamom
¼ tsp. ground ginger
1 tsp. honey (optional)

Instructions

Place a small saucepot over medium-high heat; add coconut milk. Bring to a gentle boil; remove from heat. Add tea bag; let steep for 10 minutes. Remove bag; discard. Add Beachbody Collagen Boost, turmeric, cinnamon, cardamom, ginger, and honey (if using); mix thoroughly.

Pour coconut milk mixture into a mug; serve warm.





Healthy Hot Chocolate

Ingredients

1 cup unsweetened coconut milk beverage (or unsweetened almond milk)
2 Tbsp . unsweetened cocoa powder
½ tsp . raw honey (optional)

Instructions

Bring coconut milk, cocoa powder, and honey (if desired) to a boil in small saucepan over medium-high heat, whisking frequently.

Pour into a large mug; serve immediately.

Cinnamon Hot Chocolate

Ingredients

1 cup unsweetened coconut milk beverage (or unsweetened almond milk)
2 Tbsp . unsweetened cocoa powder
½ tsp . raw honey (optional)
1/2 tsp. cinnamon
Dash of ginger

Instructions

Bring coconut milk, cocoa powder, and honey (if desired) to a boil in small saucepan over mediumhigh heat, whisking frequently. Add a pinch of cinnamon (up to ½ a teaspoon) and just a dash of ginger (½ teaspoon) to hot chocolate.

Serve immediately.

Peppermint Mocha Hot Chocolate

Ingredients

1 cup unsweetened coconut milk beverage (or unsweetened almond milk)
2 Tbsp . unsweetened cocoa powder
½ tsp . raw honey (optional)
A shot of expresso
Peppermint extract (or fresh mint leaves)

Instructions

Bring coconut milk, cocoa powder, and honey (if desired) to a boil in small saucepan over medium-high heat, whisking frequently. Add a shot of espresso and dash of peppermint extract. Pour into a large mug; serve immediately.

Pumpkin Spice Hot Chocolate

Ingredients

1 cup unsweetened coconut milk beverage (or unsweetened almond milk)
2 Tbsp . unsweetened cocoa powder
½ tsp . raw honey (optional)
2 Tbsp. pumpkin puree
Pumpkin spice

Instructions

Bring coconut milk, cocoa powder, and honey (if desired) to a boil in small saucepan over medium-high heat, whisking frequently. Whisk two tablespoons pumpkin puree and a dash of pumpkin spice into mixture. Pour into a large mug; serve immediately.





Ingredients

1 cup unsweetened coconut milk beverage (or unsweetened almond milk)
2 Tbsp . unsweetened cocoa powder
½ tsp . raw honey (optional)
1/2 tsp. cinnamon
Pinch of Ancho chile powder
Shot of tequila (optional)

Instructions

Bring coconut milk, cocoa powder, and honey (if desired) to a boil in small saucepan over medium-high heat, whisking frequently. Remove from heat. Add cinnamon, Ancho chile powder and shot of tequila.

Pour into a large mug; serve immediately.

Hot Toddy with Apple Cider

Ingredients

1 cup all-natural apple cider (or unfiltered apple juice)
1 cup water
2 Tbsp. fresh lemon juice
1- inch slice lemon peel
½ tsp. ground cinnamon
1 pinch salt (or Himalayan salt)
2 bags rooibos tea (or chai tea)
Shot of whiskey (optional)

Instructions

Place apple cider, water, lemon juice, lemon peel, cinnamon and salt in small saucepan. Bring to a boil over medium-high heat. Turn off heat. Add tea bags. Let steep for 10 to 15 minutes. Remove tea bags; serve immediately with shot of whiskey.