



A Cup of Cozy

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



Lattes

Cinnamon Vanilla Latte

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.

Chamomile 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.





Hot Chocolates

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 medium-high heat, whisking frequently. Add a pinch of cinnamon (up to ½ a teaspoon) and just a dash of ginger (⅛ 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 espresso
- 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.





Cocktails

Mexican Hot Chocolate Cocktail

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
- ¼ 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.