

Simple, delicious drinks and elixirs

tahini hot chocolate



lemon ginger tea elixir



coconut lemon lime refresher



apple cider energy drink



carrot, orange and cantaloupe juice



Ingredients

- 2 carrots, peeled and cut into 1" pieces
- 2 oranges, peeled and separated into wedges
- 8 oz cantaloupe, cubed
- 3/4 cups water, or more as required
- 8-10 mint leaves, optional

Directions

- Add carrots, oranges, cantaloupe and water to a blender and blend until smooth. Pour into a pitcher.
- Add mint leaves to pitcher and refrigerate for 15-20 minutes or until ready to serve.
- Pour juice over ice and garnish with mint leaves, if desired.

tahini hot chocolate



Ingredients

- 2 cups unsweetened non-dairy milk
- ¼ cup unsweetened cocoa powder
- 2 Tbsp tahini (room-temperature and runny)
- 2 tsp maple syrup
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 tsp ground ginger
- pinch of black pepper

Directions

- Bring the milk to a low boil in a large pot on the stove
- Turn off heat and add remaining ingredients
- Whisk to combine
- Pour into 2 mugs and savor the creamy deliciousness

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coconut lemon lime refresher



Ingredients

- 2 Tbsp fresh lemon juice
- 2 Tbsp fresh lime juice
- 1 1/2 cups coconut water
- 1/2 cup water (or more depending on desired concentration)
- 1 Tbsp honey
- 1/2 tsp grated ginger root
- Sea salt to taste

Directions

- Add all ingredients to a blender and blend until smooth
- Enjoy over ice or keep refrigerated for up to two weeks

lemon ginger tea elixir



Ingredients

- 2 lemons, washed and thinly sliced
- 1/4 cup sliced fresh ginger root
- 4 cinnamon sticks
- 1/4 cup honey
- 10 sprigs fresh thyme
- 1/4 cup fresh lemon juice

Directions

- Layer lemon, ginger, cinnamon and thyme in a 16 oz. glass jar and pour over honey and lemon juice
- Cover and refrigerate for 3 days before using
- Store in the fridge for up to 1 month
- To serve, pour some of the liquid into the bottom of a mug and top with 8 ounces of hot water to make tea

apple cider energy drink



Ingredients

- 8 oz. hot water
- 2 Tbsp apple cider vinegar
- 2 Tbsp lemon juice
- 1/2 -1 tsp ground ginger
- 1/4 tsp cinnamon
- 1 pinch cayenne pepper
- 1 tsp honey (optional)

Directions

- Pour hot water in your favorite mug
- Mix remaining ingredients and enjoy

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