

8 Coffee Alternatives To Boost Your Morning

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Yerba Mate

1 tablespoon of Yerba
Mate leaves

8 ounces of hot water

1 splash of cold water

Sweetener (sugar,
honey or maple syrup)



increases energy • lowers blood sugar • high in antioxidants

Directions

- 1) Add one large tablespoon Yerba Mate leaves to a tea bag, strainer or tea ball.
- 2) Splash with cool water to preserve its nutrients.
- 3) Steep in 175°F hot water for approximately 4 minutes.
- 4) Sweeten with honey, sugar or maple syrup (optional).



Golden Milk

2 cups milk

1 teaspoon turmeric

½ teaspoon cinnamon

1 teaspoon honey

¼ teaspoon ginger powder

Pinch of black pepper

Pinch of cayenne pepper

anti-inflammatory • increases alertness • helps with mood

Directions

1) Blend all ingredients until smooth. **2)** Pour mixture into a small pot and stir occasionally for about 5 minutes on medium heat. **3)** Drain through a fine mesh strainer. **4)** Pour into your favorite mug. Add extra cayenne pepper if you want more spice.



Masala Chai Tea



3/4 cup water

2-4 whole green cardamom pods, smashed

1-2 thin slices of fresh ginger

1 cinnamon stick

1 star anise

3/4 cup milk

1/2 teaspoon loose black tea leaves

1 tablespoon honey

1 tablespoon black pepper

increases energy • increases circulation • antifungal

Directions

1) Crush all spices using a coffee grinder, mortar and pestle or grater until they form a powder. **2)** Grate the ginger into fine pieces. **3)** Boil water, then add ginger, spices and black tea. **4)** Continue boiling mixture for 2 minutes, stirring occasionally. **5)** Add in your milk and stir again. **6)** If your liquid boils over, lower temperature (You may need to do this several times). **7)** Add in sweetener of choice (optional). **8)** Turn off the heat and let it sit for about 2 minutes. **9)** Place a strainer over a cup, strain and enjoy!

Mexican Hot Chocolate

2 cups milk

1 cinnamon stick

1 3-ounce disc of Mexican chocolate
or dark chocolate

1/2 tablespoon Ancho powder

1 pinch of cayenne pepper

1 pinch of salt



increases blood flow • lowers blood pressure • increases alertness

Directions

1) Cut your chocolate in pieces. **2)** Pour your milk into a pan and add a cinnamon stick, ancho powder, and salt. **3)** Stir mixture for about 3 minutes on medium heat. **4)** Add chocolate pieces, making sure they melt completely. **5)** Add a pinch of cayenne pepper, stir and serve.



Honey Maca

1½ cups almond milk

3 tablespoon honey

1 teaspoon of vanilla extract

2 teaspoon ground cinnamon

1 teaspoon maca powder



reduces stress and fatigue • rich in vitamins

Directions

- 1) Place almond milk, vanilla and cinnamon in a small pot and heat for about 10 minutes.
- 2) Add maca powder and stir.
- 3) Add honey to sweeten.
- 4) Top with extra cinnamon (optional).

Matcha Latte

½ cup hot water

½ cup hot coconut milk or almond milk

1 teaspoon matcha tea powder

1 tablespoon sweetener (optional)

Whisk

1 dash of vanilla extract

Frother (optional)



detoxifying • increases alertness • boosts metabolism

Directions

1) Scoop the matcha powder into a mug or small bowl. **2)** Pour in a small amount of the hot water and carefully whisk until it creates a pasty texture. **3)** Add in your hot coconut or almond milk, along with the remaining water. **4)** Stir together until the matcha dissolves completely. **5)** Place frother on top of liquid and froth until desired texture is achieved.

Fresh *Mint Tea*

A large handful of fresh
mint leaves

2 cups water

3 tea bags of choice

Strawberries

Sweetener of choice



natural stimulant • increases energy • aids digestion

Directions

- 1)** Steep three tea bags in hot water, set aside and let it cool. **2)** Pour cooled water into a cup, filling it about half way. **3)** Add in mint, ice and strawberries.
- 4)** Add water and sweetener of choice

Superfood Berry Smoothie

- 1/2 cup fresh or frozen raspberries
- 1/2 cup fresh or frozen blueberries
- 6 large fresh or frozen strawberries
- 1/2 cup coconut water
- 2 scoops of protein powder



improves brain function • prevents cell damage • good for heart health

Directions

- 1) Add all ingredients into a blender and blend until smooth.
- 2) Pour into a glass and top with your favorite berries.