



# SUPER SIMPLE HOT & HEALTHY BEVERAGES

*to keep you warm and  
lean this winter!*





I know when it's cold outside, there's nothing more soothing and cozy than having a warm mug in your hands.

Whether you're making high-calorie, sugar-laden hot chocolates at home or you're constantly going out for drinks that are easily 500+ calories, I've got your solution!

Save yourself time, money, and crazy calories by skipping the drive-thru window and make these quick and easy drinks in the comfort of your own home!

The truth is that so much of what we experience around warm drinks is *ritualistic*. You may think you need that coffee with cream and sugar, but you CAN actually get your fix because we're keeping the ritual while replacing the thing you're drinking.

Which is why I decided to create this book for you!

Here you've got 9 absolutely delicious, crazy simple recipes to get your hot drink fix all winter long while maintaining (or reducing) your waistline.

Because helping people find sustainable options for their lifestyle that don't leave them feeling deprived is what I'm all about.

# Motivation Fitness

Zumba® Classes and More

## Cinnamon Coffee

### Ingredients:

- ▶ 1 cup of coffee
- ▶ 2 tbsp cinnamon
- ▶ 2 tbsp milk of choice (dairy, nut, coconut, etc)

### Directions:

Mix thoroughly (use a frothier if you've got one!) and enjoy!



## Healthy Hot Chocolate

### Ingredients:

- ▶ 1 cup milk of choice (dairy, nut, coconut, etc)
- ▶ 1 tbsp cocoa powder
- ▶ 1 tsp coconut sugar or stevia to taste

### Directions:

Bring milk close to a boil on the stove or pop into the microwave. Stir in cocoa powder and sweetener.

## Sick No More Tea

### Ingredients:

- ▶ Pot of water
- ▶ ½ ginger root sliced
- ▶ 1-2 tbsp cloves

### Directions:

Put everything in pot on the stove and bring to a boil. Reduce heat and let simmer for 30 minutes (or longer, depending on preferred strength). Enjoy immediately and save the rest to sip on throughout the day. Add a squeeze of lemon if you like!



## Matcha Latte

### Ingredients:

- ▶ 1 cup milk of choice (dairy, nut, coconut, etc)
- ▶ ½ tsp matcha powder
- ▶ 1 tbsp honey or stevia to taste

### Directions:

Heat milk and mix in other ingredients. Enjoy!

## Hot Vanilla

### Ingredients:

- ▶ 1 cup milk of choice (dairy, nut, coconut, etc)
- ▶ 1-2 tsp vanilla extract
- ▶ ½ tsp cinnamon
- ▶ 2 tsp honey or stevia to taste

### Directions:

Heat milk and mix in other ingredients.  
Enjoy!



## Mint Tea

### Ingredients:

- ▶ 1 cup water
- ▶ Approximately half a handful of washed mint leaves
- ▶ Honey or stevia to taste

### Directions:

Boil the water then pour into mugs with mint leaves. Let steep 5 minutes then mix in sweetener to enjoy!

## Chai Latte

### Ingredients:

- ▶ 1 cup milk of choice (dairy, nut, coconut, etc)
- ▶ 1 chai tea bag
- ▶ 1 tbsp honey or stevia to taste
- ▶ 1.5 tsp pumpkin pie spice
- ▶ ¼ tsp vanilla extract

### Directions:

Simmer milk in a pot on the stove to just before boiling or heat in the microwave. Add tea bag to milk and let steep about 5 minutes. Stir in the other ingredients (whisking for best results) and serve!



## Cinnamon & Honey Sipper

### Ingredients:

- ▶ 1 cup milk of choice (dairy, nut, coconut, etc)
- ▶ ¼ tsp vanilla extract
- ▶ Dash of cinnamon
- ▶ 1 tsp honey

### Directions:

Heat milk over the stove or in the microwave until just before simmering. Mix in vanilla and honey. Sprinkle with cinnamon.

## Spicy Hot Cider

### Ingredients:

- ▶ 1 cup apple cider (not apple juice)
- ▶  $\frac{1}{4}$  tsp turmeric
- ▶  $\frac{1}{2}$  tsp fresh ground ginger
- ▶ Approximately  $\frac{1}{4}$  of a lemon peel with the white still attached

### Directions:

Put all ingredients in a pot and bring to simmering on the stove. When the bubbles appear, take the pot off the heat and let steep for 5-10 minutes. Strain and serve!



Ahhhh I'm feeling so cozy just thinking about these warm, soothing beverages!

If ongoing support with your fitness and nutrition is something you know you need as we take on 2020, we are here to help!

Simply shoot us an email at [MotivationFitnessJoliet@gmail.com](mailto:MotivationFitnessJoliet@gmail.com) and we can talk about how to get you on track so that you can achieve your health and fitness goals!

See you soon!

