



Sarah's guide to

# Healthier Coffee/Tea

orders + rituals



# Coffee + tea categories



## COFFEE BASES:

- ◇ Espresso
- ◇ Americano (espresso + water)
- ◇ French press
- ◇ Brewed coffee
- ◇ Cold brew
- ◇ Iced coffee
- ◇ Decaf coffee (organic, swiss water processed)

## NON-COFFEE BASES (WITH CAFFEINE):

- ◇ yerba mate/latte
- ◇ matcha tea/latte
- ◇ chai tea/latte
- ◇ earl grey tea/latte
- ◇ pureh tea/latte
- ◇ green tea/latte
- ◇ white tea/latte

## NON-COFFEE BASES (WITHOUT CAFFEINE):

- ◇ turmeric tea latte
- ◇ ginger lemon tea/latte
- ◇ rooibos chai tea/latte
- ◇ chamomile tea
- ◇ licorice tea
- ◇ mint tea
- ◇ detox tea
- ◇ pomegranate tea

## CREAMY OPTIONS:

- ◇ Organic, grass-fed whole milk
- ◇ Organic, grass-fed half and half
- ◇ Organic, grass-fed butter
- ◇ Extra virgin coconut oil
- ◇ Almond milk (carrageenan free)
- ◇ Hemp milk (carrageenan free)
- ◇ Coconut milk (carrageenan free)
- ◇ Coconut and almond milk creamer (carrageenan free)

## BEST SWEETENERS:

- ◇ Organic maple syrup
- ◇ Raw honey
- ◇ Molasses
- ◇ Coconut water
- ◇ Coconut sugar



## HELPFUL KITCHEN TOOLS

- ◇ French Press
- ◇ Moka Stovetop Espresso Maker
- ◇ Espresso Machine
- ◇ Coffee Maker
- ◇ Organic coffee
- ◇ Handheld frother
- ◇ Blender
- ◇ Loose-leaf yerba mate tea
- ◇ Organic matcha powder



## Classic recipes:

**Espresso:** 1 shot espresso

**Macchiato:** 1 shot espresso topped with foam

**Cappuccino:** 1 shot espresso + 1/2 cup steamed milk + foam

**Latte:** 1 shot espresso + all steamed milk

**Matcha Latte:** Heat 1/2 cup water on the stovetop. When warm, mix in 1 teaspoon of matcha green tea powder. Add creamy element of your choice with sweetener (optional). Use a frother or add to a blender to emulsify.

**Yerba Mate Latte:** Heat water and brew loose leaf yerba mate tea in a French Press, or use a teabag, with 3/4 cup water. Pour into a saucepan and heat creamy element of your choice, with sweetener (optional). Use a frother or add to a blender to emulsify.

**Bulletproof Coffee:** Brew coffee of your choice and add 1 teaspoon coconut oil or 1 teaspoon grass-fed butter while hot. Use a frother or add to a blender to emulsify. Great if coffee normally makes you jittery, a tiny bit nauseous or hungry after you have it.

**Iced Coffee:** Brew coffee of your choice and place covered in the fridge for a minimum of 20 minutes (or pour over ice).

**Cold Brew:** Use a french press with ground coffee and cold water. Place in the fridge for a minimum of 24 hours before filtering and pouring.

**Iced Tea:** Brew hot tea with half the amount of water and and place covered in the fridge for a minimum of 20 minutes. Add extra water to dilute to your liking (or pour over ice).