

Healthier Holiday Drinks

Holiday Chaos Calmer

Ingredients

- 1/2 cup cider
- 1/2 cup water
- 1 chamomile tea bag
- lemon peel
- 1 cinnamon stick



Directions

1. Prepare the chamomile tea by simmering the water and cider and steeping the tea bag for 3-5 minutes.
2. Add a strip of lemon peel and the cinnamon stick for additional flavor. Let the tea steep for an additional 3 minutes before removing the cinnamon stick and lemon peel. For a stronger cinnamon flavor, add at the beginning.

Recipe source: Shape.com

Raspberry Mocha Smoothie

Ingredients

- 1 1/2 cups (375 mL) milk of choice
- 1 cup (250 mL) fresh or frozen raspberries
- 1 tbsp (15 mL) almond butter
- 2 tbsp (30 mL) unsweetened cocoa powder
- 4 coffee ice cubes (see tip below); or 1 teaspoon of instant coffee granules plus 4 ice cubes



Recipe source: Shape.com

Directions

1. Blend all ingredients together.
2. Tip: Freeze brewed coffee in your ice cube tray and add to your smoothies or iced drinks.



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Pumpkin Spice Latte

Ingredients

- 1 1/2 cups milk of choice
- 1/2 cup prepared coffee
- 1 1/2 tbsp canned pumpkin
- 1/2 tsp pumpkin-pie spice or cinnamon
- 1/2 teaspoon vanilla extract
- Honey to taste

Directions

1. Combine 1 cup of milk and all other ingredients in a small saucepan.
2. Stir until simmering, making sure spices and pumpkin dissolve.
3. When mixture is at a low boil, remove from heat and pour into a mug.
4. Froth remaining 1/2 cup of milk and add to mug.
5. Sprinkle with cinnamon if desired.



Peppermint Hot Cocoa

Ingredients

- 3 cups milk of choice
- 1 tablespoon honey
- 1/4 tsp peppermint extract or peppermint stick
- 1/4 tsp vanilla extract
- 1/4 cup semisweet chocolate chips
- Pinch of kosher salt (optional)

Directions

1. Heat 3 cups of milk in a small saucepan over medium-high heat until the milk is hot and starting to steam.
2. Remove the pan from the heat and whisk in honey, peppermint and vanilla extracts, a pinch of kosher salt, and semisweet chocolate chips.
3. Continue to whisk until the chocolate is completely melted.
4. Pour into mugs and garnish with whipped cream if desired.

