

HEALTHY WARM DRINKS YOU'LL LOVE!

5 Nutritious & Delicious Drinks for a Healthier You This Season!

01

HOT COCOA MADE WITH BONE BROTH

Bump up the protein content



02

NANI'S CHAI TEA

Spice infused milk tea



03

PUMPKIN SPICED LATTE

Healthier with real pumpkin



04

MACHA TEA

Boost of caffeine and antioxidants



05

HOT APPLE GINGER CIDER

Naturally sweet with no added sugar



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RECIPES:

01

HOT COCOA MADE WITH BONE BROTH

Ingredients:

- 1 cup bone broth
- 1/2 cup milk, low-fat
- 2 Tbsp raw cocoa powder
- 1 tsp maple syrup or alternative

Directions:

1. Bring bone broth and milk to a boil
2. Once at a boil, turn off stove and whisk in cocoa powder + syrup until combined
3. Optional marshmallows or low fat whipped cream topping



02

NANI'S CHAI TEA

Ingredients:

- 1 cup milk, low-fat
- 1 cinnamon stick
- 3 cardamom pods, crushed
- 1 star anise
- 1/4 tsp nutmeg powder
- 1/2 tsp raw sugar or alternative
- 1 black tea bag

Directions:

1. Place all ingredients together in a pot and bring to a boil



03

PUMPKIN SPICED LATTE

Ingredients:

- 1 cup milk, low-fat
- 1-2 Tbsp pumpkin puree
- 1 tsp maple syrup or alternative
- 2 tsp pumpkin spice
- 1 tsp vanilla extract
- 1 shot espresso or 1/2 cup dark coffee
- cinnamon sprinkle (optional)

Directions:

1. Bring milk, pumpkin puree, pumpkin spice, maple syrup to a boil.
2. Take off heat and mix in vanilla extract.
3. Whisk together ingredients with a hand frother
4. Pour frothed mixture over espresso or coffee + add a sprinkle of cinnamon



04

MACHA TEA

Ingredients:

- 1 Tbsp Macha powder
- 1 cup milk, low-fat
- 1 tsp maple syrup or honey

Directions

1. Bring milk to a boil and stir in Macha + maple syrup



05

HOT APPLE GINGER CIDER

Ingredients:

- 1 cup unsweetened apple cinder
- 1 cinnamon stick
- 1 chunk ginger, peeled
- 1 strip orange peel

Directions:

1. Combine all ingredients in a pan and boil.
2. Let simmer for ~15 minutes



Tip: add collagen peptides or a protein powder to bump up the protein