



## Hormonal balance beverages

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Hi!

These are my favourite hot beverages to have during my cycle to help support my mood and hormonal needs.

Enjoy!

Zoraya





## Coconut Matcha Latte \*\*

1 serving  
10 minutes

### Ingredients

- 1 cup Water (hot)
- 1/2 cup Milk Of Choice (eg, Coconut, Almond, Organic Cow's Milk, Etc)
- 1 tsp Green Tea Powder (matcha) (Can be purchased at Cozmo or Juthour online))
- 1 tsp Coconut Oil (\*optional\* gives a better consistency and flavour)
- 1 tbsp Raw Honey (optional)

### Directions

- 1 In your blender, combine the hot water, milk of choice, matcha powder, coconut oil, and raw honey (if using). Blend until creamy and frothy. Pour into a mug and enjoy!

### Notes

- Coconut Butter:** Made from the ground meat of a coconut, it is sweeter and creamier than coconut oil. It's sold at most grocery stores and health food stores. Alternatively, you can use coconut oil instead.
- More Protein:** Add a scoop of collagen or gelatin protein.
- Make it Vegan:** Use maple syrup instead of honey.





## \*Golden Turmeric Latte\*

2 servings

10 minutes

### Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Organic Coconut Milk (You can use milk of choice (e.g; almond, coconut, etc))
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1/2 tsp Raw Honey (don't add too much honey)
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil (\*optional\* The oil helps the turmeric get absorbed better in the body)
- 1 tsp Ashwagandha (This herb help to reduce cortisol (stress hormone), start with 1 teaspoon (tsp) and work yourself up to 1 tablespoon tbsps)

### Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy! This beverage is great before bedtime or anytime during the day you want to relax and get nourished. You can also have it in the morning and add 1 scoop of your favourite protein powder or collagen as a breakfast option :)

### Notes

- Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.
- Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.
- On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.
- Vegan:** Use maple syrup to sweeten instead of honey.