

LEAH'S **Holiday** BEVERAGE-BOOK

4 Easy Recipes for Happiness
Through a Straw





PULL OUT YOUR BLENDERS...

I've loved making drinks since forever, and the holidays are the best time for trying new recipes and sharing beverages with friends and loved ones. Stock up on some seasonal ingredients and sip the cheer!

Top 10 Smoothie Tips:

- Less liquid, more crushed ice.
- You can add protein powder to anything with enough liquid, but only at the last 5 seconds of blending.
- Ninja blenders are the best blenders.
- Hesitant pours are messy pours.
- Add alcohol? If you waaant??
- If you can afford it, buy organic.
- Frozen fruit blends better than fresh soft fruit
- To turn any smoothie into a nutritious bowl, halve the liquid and top with granola, sliced banana, nuts, and chia seeds.
- Wash your blenders and blender bottles asap.
- Better when shared.



HIGH PROTEIN PUMPKIN SPICE SMOOTHIE

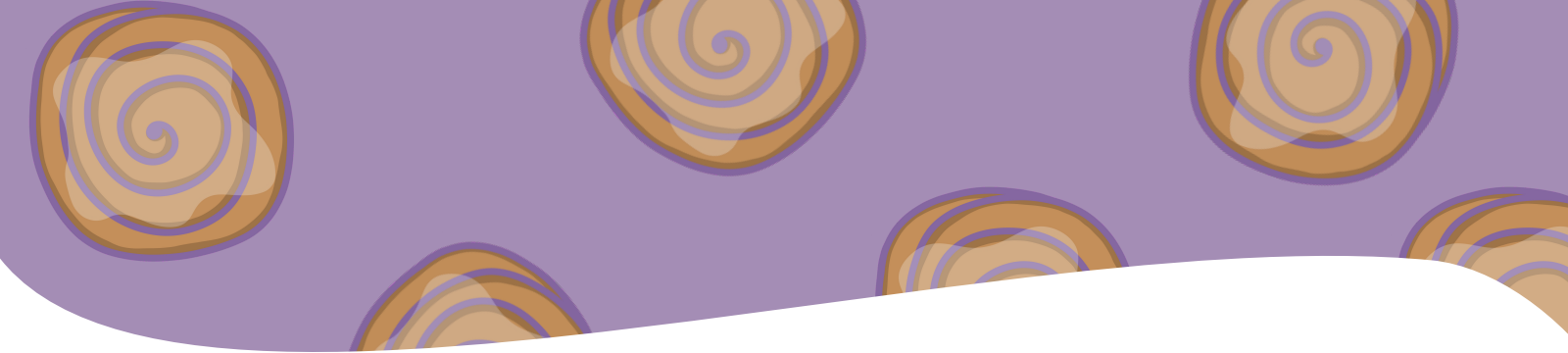
Festive AND Functional!

You will need:

- 1/2 cup water
- 1/2 cup pumpkin puree
- 1/2 cup coconut milk, oat milk or cream
(or a mixture of both)
- 1 1/2 scoops vanilla protein powder
or straight collagen
- 1 tsp pumpkin spice
- 1/2 tsp cinnamon
- optional: ice

Blend in blender
until smooth.
Makes 2-3 servings,
You'll need a thick straw...





CINNAMON BUN MILKSHAKE

(Not so healthy, but damn delicious)

You will need:

- 1 scoops of whey or
soy vanilla protein powder
- 1 C. unsweetened almond milk
- 1/2 tsp. cinnamon
- 1/2 tsp. brown sugar
- 1 tsp. instant cheesecake pudding mix
(or substitute with SMALL scoop
of cream-cheese)
- 4-5 ice cubes



Blend in blender
until smooth
makes 2-3 servings
Enjoy immediately!



SPARKLING CRANBERRY APPLE CIDER PUNCH

(Add alcohol if you want???)

You will need:

- 2 Cups Fresh Apple Cider
- 1 1/2 Cups Cranberry Soda
- 1 Cups Sparkling Cider
- 1/2 Cup Cranberry Juice
- 1 Cinnamon Sticks
- 6 Ounces Fresh Cranberries
- 1 Apple, diced

In a large pitcher mix the 4 cups fresh apple cider, 3 cups cranberry soda, 2 cups sparkling cider, and 1 cup cranberry juice.

Add 3 cinnamon sticks, fresh cranberries, and diced apple pieces.

Stir, serve, and enjoy!

note

Freeze the cranberries and chill the apples for 2 hours or overnight to help keep the drink cold instead of using ice.



FANCY COFFEE

Festive AND Functional!

You will need:

1 square of chocolate (milk or dark)

2 cups of freshly brewed coffee

1/4 cup of half and half

1/4 cup vanilla creamer

1/2 tsp brown sugar

1/2 tsp cinnamon



Pour hot coffee over square of chocolate,
and dash of brown sugar.

Stir, pour half and half and creamer in
blender with dash of cinnamon
blend until frothy.

Pour half over coffee, stir,
top coffee with the rest of the froth,
top with more cinnamon.