

[PALEO & AIP PANTRY STASH SESSION]

3 HOT DRINK MIXES

CHAI DRINK MIX
HOT "CHOCOLATE" MIX
GOLDEN MILK MIX



WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making three Paleo and AIP-friendly, dairy-free hot drink mixes.

HOW MANY SERVINGS DO THESE MAKE?

Each mix makes approximately 10 servings.

HOW LONG CAN THESE BE STORED?

These store well in an airtight container for up to 1 year. They can be stored longer, but the flavors may get weaker over time.

HOW LONG DOES THIS SESSION TAKE?

This session will take less than five minutes of hands-on time for each drink mix.

If you're making all 3 together it should take about 10 minutes total, including ingredients gathering and cleanup.

This makes it a great session to pair with another long session, like the 3 Granolas Session (while the granolas are baking). You could even do this PLUS a few seasoning mixes from the 4 Seasoning Mixes session as well.

CAN I USE THESE BEYOND AIP?

You sure can! You can actually use these to make "real lattes" with coffee. They'll just act like creamers instead, especially if you use the coconut milk powder.

Instead of mixing the mix with 1 cup of water or milk, use 1 cup of coffee instead (and perhaps a bit of milk if you aren't using the coconut milk powder).



SHOPPING LIST

FOR ALL 3 RECIPES

- 1 cup Coconut or Maple Sugar (you'll have some leftover)
- 2 tbsp Cinnamon
- 4.5 cups Coconut Milk Powder (optional)

ADDITIONAL INGREDIENTS FOR THE CHAI LATTE MIX

- 2.5 tsp Mace (or Nutmeg as Stage 1 Reintro or for Paleo)
- 2.5 tsp Ground Cloves
- 5 tsp Ground Ginger
- 5 tsp Vanilla Powder (optional)

ADDITIONAL INGREDIENTS FOR THE GOLDEN MILK LATTE MIX

- 10 tsp dried Turmeric
- 5 tsp dried Ginger
- 1 tsp Vanilla Powder (optional)

ADDITIONAL INGREDIENTS FOR THE HOT "CHOCOLATE" MIX

- 1 cup Carob Powder
- 1 tsp Sea Salt

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Gather all your ingredients for easy access. Gather the following equipment:

- 3 small airtight containers with lids (mason jars work great)
- measuring spoons

2: PREP THE CHAI LATTE MIX

Measure out:



- 2.5 teaspoons Mace (or Nutmeg for a Stage 1 Reintro or Paleo)
- 2.5 teaspoons Ground Cloves
- 5 teaspoons Ground Ginger
- 5 teaspoons Ground Cinnamon
- 3 tablespoons Coconut or Maple Sugar
- 5 teaspoons Vanilla Powder (if using)
- 1.5 cups Coconut Milk Powder (if using)

into a small airtight container. Shake or mix well.

3: PREP THE GOLDEN MILK LATTE

Measure out:



- 3.5 tablespoons dried Turmeric
- 2.5 tablespoons dried Ginger
- 2.5 teaspoons Coconut or Maple Sugar
- 1 teaspoon Cinnamon
- 1 teaspoon Vanilla Powder (if using)
- 1.5 cups Coconut Milk Powder (if using)

into a small airtight container. Shake or mix well.

4: PREP THE HOT "CHOCOLATE" MIX

Measure out:



- 1 cup Carob Powder
- 2/3 cup Coconut or Maple Sugar
- 1 teaspoon Cinnamon
- 1 teaspoon Sea Salt
- 1.5 cups Coconut Milk Powder (if using)

into a small airtight container. Shake or mix well.

TO MAKE THE LATTES

MAKING THE CHAI LATTE



When making the latte, mix 1 tablespoon of the mix with 1 cup milk of choice and heat.

If you added coconut milk powder, mix 3 tablespoons of the mix with 1 cup of hot water.

MAKE THE GOLDEN MILK LATTE



When making the latte, mix 1 tablespoon of the mix with 1 cup milk of choice and heat.

If you added coconut milk powder, mix 3 tablespoons of the mix with 1 cup of hot water.

MAKING THE HOT "CHOCOLATE"



When making the latte, mix 2.5 tablespoons of the mix with 1 cup milk of choice and heat.

If you added coconut milk powder, mix 4.5 tablespoons of the mix with 1 cup of hot water.

ALTERNATE RECIPES

WANT SOME MORE DRINK MIXES? TRY THESE!

**Note: These are not included in the shopping list*

BEETROOT LATTE MIX



Measure out:

- 3 tablespoons Beetroot Powder
- 5 teaspoons Ground Cinnamon
- 2/3 cup Coconut or Maple Sugar
- 1.5 cups Coconut Milk Powder (if using)

into a small airtight container. Shake or mix well.

To use: mix 1.5 tablespoons of the mix with 1 cup milk of choice and heat.

If you added coconut milk powder, mix 4 tablespoons of the mix with 1 cup of hot water.

MATCHA LATTE MIX



Measure out:

- 3 tablespoons Matcha Powder
- 4 tablespoons Coconut or Maple Sugar
- 1.5 cups Coconut Milk Powder (if using)

into a small airtight container. Shake or mix well.

To use: mix 2 teaspoons of the mix with 1 cup milk of choice and heat.

If you added coconut milk powder, mix 3 tablespoons of the mix with 1 cup of hot water.

MAPLE VANILLA LATTE MIX



Measure out:

- 5 teaspoons Vanilla Bean Powder
- 5 tablespoons Coconut or Maple Sugar
- 1.5 cups Coconut Milk Powder (if using)

into a small airtight container. Shake or mix well.

To use: mix 2 teaspoons of the mix with 1 cup milk of choice and heat.

If you added coconut milk powder, mix 3 tablespoons of the mix with 1 cup of hot water.

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