

# #2 HOT DRINK MIXES AND MILKS



Chai Latte Mix

or



Golden Latte Mix

or



Hot "Chocolate" Mix

+



Coconut Milk

or



Tigernut Milk

or



Banana Milk

This guide features 3 hot drink mixes you can make ahead of time and store in your pantry plus 3 milk options you can either make for the week, freeze for later, or make on demand.

**Some components are freezable, Some components are make ahead**

# #2 - Hot Drink Mixes + Milks



or



or



Chai Latte Mix

Golden Latte Mix

Hot "Chocolate" Mix

+



or



or



Coconut Milk

Tigernut Milk

Banana Milk

## To make the drink mixes:

Hot drink mixes are great to have around for those times when you want a fun hot drink other than tea or plain dandelion/chicory coffee.

To make these, simply put the ingredients into a jar or bag and mix. Then when you want to use them, scoop out the amount indicated to make an individual drink and mix with your choice of milk, whisk, and heat on the stove over medium heat until your desired temperature.

## To freeze the milks:

You can definitely just make the milks fresh to have on hand all week for any needs, but if you don't think you'll use it all up and want to have some in the freezer, that's totally doable as well!

The homemade Coconut Milk and homemade Tigernut Milks both freeze well. The Banana Milk though is still best just made to order. While you could freeze it, I still find the texture, taste, and color to be better when fresh.

To freeze, simply pour 1 cup of milk directly into a freezer-safe container or bag, lay flat, and freeze. You can also freeze into a 1-cup Souper Cube or silicone muffin mold, and then remove once frozen and put the frozen chunk into a freezer bag or container.

Then when you need the milk, just remove it from the bag or container, put into a saucepan on the stove or in a microwave-safe container and heat until melted. Add your drink mix of choice, whisk, and voila - yummy hot drink!

Note: You can also make these drinks with canned coconut milk - these instructions are just explaining how to make homemade versions of the milks in case you want to go that route.

# CHAI LATTE MIX



**YIELDS**

10 Drinks



**TIME**

5 minutes

## INGREDIENTS

- 2.5 tsp Mace (*or Nutmeg as a Stage 1 Reintro or for Paleo*)
- 2.5 tsp Ground Cloves
- 5 tsp Ground Ginger
- 5 tsp Ground Cinnamon
- 10 tsp Coconut or Maple Sugar
- 5 tsp Vanilla Powder (Optional)

## DIRECTIONS

### TO MAKE THE MIX:

Mix all of the ingredients in a small bowl, multiplying as necessary for the amount you want. Store the mix in an airtight container.

### TO MAKE A DRINK:

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



### *Additional Tips:*

Add black tea, Coffig, or Chicory Dandelion Coffee to make it even more like a coffee-based beverage.



# GOLDEN MILK LATTE MIX



**YIELDS**

10 lattes



**TIME**

5 minutes

## INGREDIENTS

- 10 tsp dried Turmeric
- 5 tsp dried Ginger
- 2.5 tsp Coconut or Maple Sugar
- 1 tsp Cinnamon
- 1 tsp Vanilla Powder (optional)



## DIRECTIONS

### TO MAKE THE MIX:

Mix all of the ingredients in a small bowl, multiplying as necessary for the amount you want. Store the mix in an airtight container.

### TO MAKE A DRINK:

When making the latte, mix 2 teaspoons of the mix with 1 cup milk of choice and heat.

# HOT "CHOCOLATE" MIX



**YIELDS**

10 Drinks



**TIME**

5 minutes

## INGREDIENTS

- 1 cup Carob Powder (*or Cocoa Powder for Stage 1 Reintro or Paleo*)
- 2/3 cup Coconut or Maple Sugar
- 1 tsp Cinnamon
- 1 tsp Sea Salt

## DIRECTIONS

### TO MAKE THE MIX:

Mix all of the ingredients in a small bowl, multiplying as necessary for the amount you want. Store the mix in an airtight container.

### TO MAKE A DRINK:

When making the hot chocolate, mix 2.5 tbsp of the mix with 1 cup milk of choice and heat.





# COCONUT MILK



**YIELDS**

4 cups



**TIME**

10 minutes



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## INGREDIENTS

- 2 cups Shredded, Unsweetened Coconut
- 4 cups Water

### **T** *Additional Tips:*

Use the leftover pulp to make the ricotta recipe!

Or make coconut flour: spread the pulp in a very thin layer on a baking sheet or dehydrator tray and bake at 250 F for 30-60 minutes (or 3-4 hours at 160 F in the dehydrator) until dry, then pulse in a blender or food processor until a fine powder!

## DIRECTIONS

Put the coconut and water into a blender. Blend on high for about 3 minutes, or until no chunks remain.

Pour the mixture through a nut milk bag, cheesecloth, or fine mesh sieve. Squeeze and knead to get all of the milk out. Pour into a glass storage container and refrigerate until needed.

### **M** *Make ahead:*

Store in the fridge for up to a week, shaking to mix any separation that may occur. Or freeze in 1-cup portions.



# TIGERNUT MILK



## **YIELDS**

4 cups



## **TIME**

24-48 hours +  
10 minutes



## **YouTube**

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## INGREDIENTS

- 1 cup Whole Tiger nuts
- 4 cups Water – divided
- pinch Sea Salt

### **M** *Make Ahead:*

You can freeze the tiger nut milk in 1-cup servings or ice cube trays.

## DIRECTIONS

24-48 hours ahead of time, place the tiger nuts into a jar or bowl and cover with water. Store covered in the fridge for 24-48 hours.

When ready to make the milk, strain the water out, rinse, and then add the tiger nuts, the remaining 2 cups of water, and the pinch of sea salt to a blender. Blend on high for 3-4 minutes, or until there are no chunks remaining.

Strain the mixture through a nut milk bag, cheesecloth, or a fine mesh sieve. Squeeze or knead as needed to get all of the liquid out.

Store in a glass jar in the fridge for up to a week.





# BANANA MILK



**YIELDS**  
1-2 cups



**TIME**  
2 minutes



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## INGREDIENTS

- 1 Banana
- 1-2 cups Water

## DIRECTIONS

Blend together for 1 minute in a blender or food processor.

This is best served immediately. It won't go bad after that but it will discolor and turn brown.

**T** *Additional Tips:*

Add a date or 1 tsp maple syrup to sweeten it up a bit more.

**T** *Additional Tips:*

This is also great with a pinch of cinnamon!

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