THE HEALTHY Coffee Book

Unlock The Natural Health Benefits Of Coffee + Discover Deliciously Easy Coffee Recipes
Introduction

Nothing’s better than waking up to a nice cup of fresh joe in the morning. It can be comfort-in-a-cup on chilly days and a refreshing iced coffee in the summer. Just a few sips each morning can help boost your energy, build your focus, and increase your overall creativity. But did you know coffee has many amazing benefits besides giving you an extra jolt?

In this book, we’ll break down how caffeine can boost your health, along with plenty of DIY tips to improve your skin. We’ll also include our top brewing methods and our favorite Java-inspired recipes that’ll have you feeling like a coffee connoisseur in no time.
The Natural Health Benefits of Coffee

Looking to increase your productivity? Coffee has been used throughout history by many great thinkers, musicians and artists. Find out how you can rev up your health with coffee!

1. Coffee Improves Physical Endurance

It’s common for athletes to consume coffee for a competitive edge. Caffeine from coffee actually has ergogenic benefits, meaning it enhances physical performance. This is great news for anyone in manual labor and sports but also for anyone doing daily errands and basic exercise.

2. Coffee Protects Our Brains

The oils in coffee – kahweol and cafestol – are unique potent, neurological anti-inflammatory agents that actually protect the brain against oxidative stress and DNA damage. An inflamed brain is surely a poorly functioning brain. Regular consumption of coffee can keep our brains safe from the many stressors and therefore, healthy for the long run. Be sure to use a French press, gold filter or good espresso machine to preserve these precious oils, though!

3. Coffee Increases Energy

Studies show that caffeine increases energy availability in the body. It also improves lung function and oxygen intake, resulting in better metabolic efficiency.

4. Coffee Increases Motor Function

While most of us know that caffeine has the overall ability to stimulate us and improve our abilities, studies show that it’s not caffeine alone that is responsible. In fact, coffee in achievable amounts has the ability to improve both our cognitive and physical motor senses.

So whether you are busy at the keyboard typing and thinking, or out and about doing manual work, the consumption of a daily cup of joe can keep you going for longer. Coffee curves the decrease in motor and cognitive function as we age, so picking up a coffee habit might just serve you well later in life

5. Coffee Increases Focus and Attention

There are several studies that have explored the effects of caffeine consumption on visual attention. Most of these studies have concluded that caffeine – found in coffee – increases both selective and sustained attention (maintaining focused attention over an extended period of time). However, more isn’t better when it comes to coffee; there is a point of diminishing returns. Anything past that will not necessarily result in more focus.
6. Coffee Increases Endurance

Studies demonstrate that caffeine can extend the time it takes to reach physical exhaustion – decreasing our sense of effort during any sort of activity, even prolonged breathing. The studies concluded that caffeine is capable of doing this by enhancing muscle endurance while simultaneously reducing our sense of effort commonly accompanying muscle contraction.

7. Coffee Rituals Increase Creativity

We know that coffee improves our ability to focus, but does this interfere with our creative thinking ability? Research suggests that coffee can actually help people to be more creative.

However, the research isn’t specifically from a chemical reaction from drinking the coffee itself; it’s from what coffee inspires. Coffee can be social and if you’re brewing your own, it can be a creative act in and of itself! Getting together with friends and co-workers over a cup of coffee can break through social barriers, leading to more free-flowing conversations. A recent study shows that ambient noise and low-level sound prompts abstract thought processes. So be sure to take your coffee to the local shop or sip on your front porch – or even better, over a campfire sometime!

8. Coffee Helps You Learn Things Faster

How much more productive would you be if you could learn stuff faster? Well there’s good news: a study from PLOS One reports that intake of 200 mg of caffeine – 2 cups of coffee – prompts the brain to identify words and phrases more quickly. The study also found that coffee consumption leads to improved short-term memory and an increased ability to solve reason-based problems. Whether you’re learning new technology, attempting a new hobby or simply going over paperwork, coffee can make you more productive.

9. Coffee Blended with Butter Helps You Burn Fat

When you blend a quality fat like grass-fed butter or coconut oil – as you see in Bulletproof coffee – it breaks up what are called micelles, which help the body to use fat for energy. Fat as a fuel source of energy provides more stability than sugar for energy. Consuming sugar as a primary source of energy can produce energy highs and lows.

Metaphorically speaking, if your metabolism were a fire, consuming sugar is like throwing wads of paper on the fire, where fat is like a bright, slow burning log that goes all day.

Ever tried to accomplish something while hungry? It just doesn’t work. How this works comes down to our gut bacteria – when you drink coffee with fat, you temporarily suppress all gut bacteria. By temporarily starving them, they produce something called
fasting-induced adipose factor, or FIAF. FIAF blocks an enzyme called LPL, which tells the body to store fat. This means when FIAF is high, the body starts to burn fat, which means ketones. A ketogenic diet, involving a low-sugar, higher-fat diet rich in MCTs, has been shown to improve cognitive function.

Check out the Bulletproof coffee recipe below to supercharge your morning brew.

**Bulletproof Coffee**

**Ingredients**
- 1 cup brewed, high quality, organic coffee
- 1-2 T MCT oil
- 1-2 T grass-fed, unsalted butter

**Instructions**
1. Combine all three ingredients in a high-speed blender for about 20 seconds, until the drink takes on a frothy, foamy consistency. Enjoy!
The Natural Skin Benefits of Coffee

Sure, most of us have experienced coffee’s ability to make groggy mornings better, but your morning brew can give your skin a natural boost, too!

Perhaps you’ve also come across the other remarkable benefits of a daily brew, such as reducing the risk of developing Alzheimer’s and Parkinson’s disease by up to 65 percent, reducing the risk of heart disease, stroke, colorectal and liver cancer, and even the risk of developing type 2 diabetes.

Not to mention the fact that daily coffee consumption is associated with an overall lowered risk of mortality, with a 20-30 percent lower risk of premature death.

Even so, the amazing benefits of coffee don’t stop there.

It turns out that coffee is great for another part of the body: our skin. These claims stem from the fact that coffee has a high antioxidant capacity and that the caffeine content can help improve circulation. But how exactly does this translate into a glowing complexion?

Delve into the many skin benefits of coffee below!

1. Coffee Reduces Inflammation

Coffee has been widely studied for its anti-inflammatory properties. Its caffeine content, coupled with potent antioxidant substances like polyphenols and hydrocinnamic acids, may be responsible for this effect.

This is great news for those suffering from breakouts, as the antioxidants in coffee can help soothe red and inflamed breakouts.

2. Coffee is Packed with Antioxidants

Coffee is rich in polyphenols, a group of antioxidants also found in foods like berries, tea, chocolate, and wine. In addition to giving these foods their vibrant, deep colors, these substances work to fight free radicals and slow down the process of aging due to DNA damage. As a bonus, they have also been shown to help protect against ultraviolet radiation and slow down aging of the skin caused by heavy sun exposure.

Interestingly, studies ranging from America to Poland, Spain, France and Japan report that coffee is the single biggest source of dietary antioxidants in their diets.

So enjoy that second cuppa without guilt (as long as it’s early in the day, so you’re not interfering with your sleep, of course).
3. **Coffee Gently Exfoliates and Brightens Skin**

Due to its slightly coarse nature, coffee – especially finely-ground coffee – makes an excellent exfoliator. These granules help slough away dead skin cells and, although research is limited, have been said to help stimulate lymph drainage and increase blood flow. Both of these are beneficial when it comes to achieving glowing skin as well as for removing toxins.

The antioxidants in coffee can also revive dull, tired skin by ushering needed nutrients into the pores. Alongside its ability to increase circulation (thanks to its caffeine content), topical Java can quickly brighten your complexion when used in a mask or scrub.

Check out the coffee face scrub below to brighten and soften your skin!

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**BRIGHTENING AND SOFTENING**

**Coffee Face Scrub**

**Ingredients**
- 3 T ground coffee
- 1 T coconut palm sugar
- 1 T olive/jojoba oil
- 1-2 drops fresh lemon juice

**Instructions**
1. Mix all dry ingredients, then add in your choice of oil. Massage onto face using gentle circular motions. Rinse and pat dry.
4. Coffee Reduces Puffiness

Have you ever had a day where your face seemed a bit puffier than normal, or perhaps one where you’ve woken up with slightly swollen eyes? Luckily, not only will a cup of brewed Java heighten your spirits, but it can also help reduce this puffiness when applied topically.

This is because caffeine and various compounds like methylxanthine in coffee have a diuretic effect, which can aid in reducing edema, or swollen tissues, due to excess fluid retention.

5. Coffee Minimizes Dark Circles

Caffeine steals the show once again when it comes to dark circles under the eyes. Studies have shown that topical applications of caffeine “increase the microcirculation of blood in the skin,” effectively pushing along stagnant blood from dark, tired eyes.

However, if you’re going to apply coffee as an eye-opener, you may want to do it in the morning, as caffeine can be absorbed into circulation through the skin, possibly affecting sleep.

As you can see, the benefits of coffee for the skin are extensive, and are derived mainly from its natural antioxidant and caffeine content.
Common Coffee Brewing Methods

With countless coffee methods available to us today, you may be wondering: “Does it really matter if my morning cuppa comes from a French Press or a drip coffee machine? And what the heck is a percolator?”

Ask any coffee connoisseur, and they’ll agree that the method you use to brew your beans does make all the difference in the aroma, texture, freshness, and taste you end up with in your cup. The coffee brewing method you use can also determine the nutritional value and the amount of antioxidants in your Java, and may even help reduce your exposure to the carcinogenic chemicals that occur with certain coffee brewing techniques.

Let’s look closer at the key differences and benefits in eight different coffee brewing methods so that you can decide which one is right for you.

**FRENCH PRESS**

One of the simplest methods that steeps coffee grounds in hot water and then presses the grounds out.

**Benefits**

- The coffee beans only come in contact with the French Press and hot water (opposed to passing through a filter), which yields a stronger cup of coffee in terms of caffeine content and flavor.
- A glass or stainless steel French Press is considered one of the "cleanest" coffee brewing methods because it doesn’t use the bleached paper coffee filters that contain chemicals, called dioxins and epichlorohydrin, which become carcinogenic when they come in contact with water. (1)(2).
- “Boiled” coffee methods help preserve the antioxidants found in coffee beans, such as chlorogenic acids. Chlorogenic acids are the reason why coffee is said to have protective effects against Alzheimer’s, Parkinson’s, and dementia (3).
- The strength of brew in a French Press is easy to customize.

**Caffeine Amount**

- Average of 107.5 mg per 8 oz cup.

**Tools**

- French Press (can be found at most grocery stores, coffee shops or home appliance stores)
- A kettle (for boiling hot water)

**Ingredients**

- Boiling hot water
- Coffee grounds (2 T per 1 cup of water)
How to Brew
1. Measure the ground coffee and place in the French Press.
2. Allow the boiling water to cool for 1 minute, and then slowly pour into the French Press. Stir brew.
3. Steep the coffee for 3-5 minutes.
4. Press the plunger to the bottom and drink immediately.

AUTOMATIC DRIP COFFEE

The most common type of coffee maker, most likely found in your parents' kitchen and hotel rooms.

Benefits
● You can set it before you go to bed so that your morning coffee has already started brewing when your alarm goes off.
● High-end automatic drip coffee makers have many unique features, such as built-in coffee bean grinders, a "keep warm" time setting, and choosing the length of brewing time, which can alter the strength and flavor.
● Although drip coffee makers may yield a slightly weaker brew than "boiled" coffee methods (due to the fact that the grounds are filtered), the filter has been shown to prevent an oily compound found in coffee beans, which blocks the cholesterol-regulating receptors in your intestines (4), from passing through.

In other words, drinking several cups of "boiled" coffee each day may contribute to raising your LDL cholesterol levels (which is more of a concern if you have a diet high in refined sugar and fats), while filtered coffee won’t contain this fatty acid.

Important Note About Coffee Filters

Standard white paper coffee filters are bleached with chlorine and contain carcinogenic chemicals, such as epichlorohydrin and dioxins (5)(6). Dioxins are a byproduct of paper bleaching and can accumulate in tissues and disrupt hormones (7)(8).
While it’s unclear exactly how much of these chemicals can wind up in your cup, it’s safer to stick to unbleached paper coffee filters, or better yet, switch to reusable hemp coffee filters, which are better for you and the environment.

Caffeine Amount
● Since the beans are in contact with the water for longer periods of time when using a drip method, drip coffee is higher in caffeine at roughly 145 mg per cup.

Tools
● Automatic coffee maker
● Unbleached paper or hemp coffee filters
Ingredients

- Ground coffee beans
- Water

How to Brew

1. Place the ground coffee in the filter.
2. Pour the water into the reservoir.
3. Hit the “brew” button.
4. Adjust the other settings as necessary.

POUR OVER

This is another drip coffee method that produces a strong, full-bodied cup of coffee. Some coffee fanatics say a “pour over” coffee is the best they’ve ever had. You may be familiar with the Chemex and Hario, which are common pour over coffee makers.

Benefits

- Yields a stronger and more intense flavor because it wets the coffee grounds evenly, which better extracts the unique notes and flavors from the coffee beans.
- The pour over method allows you to have complete control of the taste, strength and water temperature.
- Chemex filters are designed to remove sediment, oils and fatty acids, which is also said to make the coffee flavor richer and eliminates the undesirable parts of the coffee bean.
- The Chemex is made from glass. This option is preferable to plastic, which contains endocrine disrupting chemicals, such as BPA, that may leach into hot beverages.

Many coffee experts claim there is a “craft” to using the pour over. You have to use a high quality, specifically ground coffee bean (coarse grind only), and a specific type of filter and water temperature. Most experts also agree that once you get it right, it’s worth it.

Caffeine Amount

- Since the beans are in contact with the water for longer periods of time when using a drip method, drip coffee is higher in caffeine at roughly 145 mg per cup.

Tools

- A pour over coffee maker (such as a Chemex)
- Pour over coffee filters (Chemex filters if you’re using a Chemex)
- Filter holder

Ingredients

- Hot (not boiling) water
- Course ground coffee beans (should be similar in texture to brown sugar)
How to Brew
Each brewing method will be different depending on the pour over coffee maker you choose, but generally, this is how to do a proper pour over.

1. Boil the water and allow it to cool for 1-2 minutes.
2. Place the dripper on the pour over machine and the filter into the dripper.
3. Add the grounds to the filter, making sure the grounds are leveled.
4. Pour ¼ cup of water over the coffee grounds slowly, making sure all of the grounds have been wet evenly.
5. Wait 30 seconds.
6. Pour the rest of the water over the grounds in 2-3 equal parts, pausing between pours to allow the coffee to be extracted evenly.

COLD BREW COFFEE
Cold brewed coffee is exactly as it sounds: coffee that’s been brewed cold. However, it has a few key differences from regular coffee when it comes to acidity and taste.

Benefits
- Approximately ⅔ less acidic than hot coffee, which makes it better tolerated for those who have conditions that are aggravated by acidic foods (for example, acid reflux).
- When coffee is brewed cold instead of hot, the lower acidity produces a naturally sweeter taste.
- Cold brew is steeped for 18-24 hours in the fridge, which produces a coffee that’s richer in flavor.
- It doesn’t go stale as quickly as hot brewed coffee, so you can make a batch ahead of time to last through the week.

Caffeine Amount
- The amount of caffeine in your cold brew will vary based on the beans you use.
- Cold brew coffee is higher in caffeine than hot brewed coffee because of the long steep time.

Tools
- Coarse ground coffee beans
- A large glass jar with a lid or cover
- Sieve or cheesecloth

How to Brew
The ratio of coffee grounds to water will depend on personal preference. However, a good starting point is 1 cup of coffee grounds for every 8 cups of water.

1. Place the coffee grounds in the glass jar.
2. Cover with cold water and stir until combined.
3. Cover the glass jar with the lid.
4. Let steep for 18-24 hours.
5. Filter the coffee grounds with a sieve or cheesecloth into a large bowl to remove the grounds.
6. You now have your cold brew! Store it in the fridge and enjoy.

**TURKISH COFFEE**

Fine coffee grounds brewed in a brass pot over a low temperature to strengthen the flavor. Turkish coffee is considered more of a “sweet treat” to sip on slowly because white sugar is added during the brewing process (along with spices such as cardamom and cinnamon).

**Benefits**
- The lower brew temperature of Turkish coffee can eliminate the bitter taste of boiled coffee.
- You only need about ½ of the amount of coffee grinds required for other coffee methods.
- The addition of cardamom and cinnamon may help with digestion.

**Caffeine Amount**
- 163 mg per 8 oz, or 61 mg per 3 oz.

**Tools**
- A brass or copper cezve
- Sugar (we recommend coconut sugar in place of white sugar)
- Stove
- Water
- Fine coffee grounds

**How to Brew**
1. Measure the amount of cold water you need and pour into the cezve.
2. Place the cezve on stove and turn the heat to medium-high until the water heats up, but do not let it boil.
3. Add your coffee (1-2 heaping teaspoons per 3 ounce cup).
4. Do not stir the coffee, but let it float on the surface. This prevents it from clumping up and yields a smoother brew.
5. Add sugar if using, but again, don’t stir.
6. Once the coffee starts to sink into the water from the surface and the sugar dissolves, you can begin stirring and turn the heat down to low.
7. Stir until a foam starts to form on the surface.
8. Once you see the foam, turn down the heat and take your pot off the stove. This is when small bubbles will start to form. You can continue stirring at this point.
9. Eventually, a thick froth will build, and Turkish coffee experts say that serving it at this stage is when the coffee will taste best.
AEROPRESS

A coffee brewing method that uses the force of gravity to extract flavor from the coffee beans.

Benefits
- Higher PH than drip coffee (less acidic).
- Only takes 30 seconds to brew.
- Lower caffeine content (roughly the same amount per cup as 1 shot of espresso).
- Inexpensive equipment (easy to find online or in specialty coffee shops).
- Travel-friendly, since it’s light, compact, and made from plastic.
- “Pour and push”: simple, hassle-free brewing technique.

Caffeine Amount
- Approximately 64 mg of caffeine per single serving.

Tools
- An AeroPress (it looks similar to a plunger)
- A cap for the end of the AeroPress
- AeroPress filters (metal or standard paper filters)
- Ground coffee beans
- Boiling hot water
- Coffee scoop measure*
- A funnel for getting coffee grounds into the AeroPress chamber’
- A spoon for stirring’

* Scoop, funnel, and stirring spoon come with AeroPress

How to Brew
There are different ways to brew coffee with an AeroPress. This is the original method:

1. Bring water to a boil and allow it to cool for one minute.
2. In the meantime, grind 4 tablespoons of coffee beans.
3. Place the filter inside the AeroPress cap.
4. Place the cap on top of a coffee mug. If using a paper filter, wet the filter with a small amount of room temperature.
5. Place the funnel on top of the filter and pour in the coffee grounds.
6. Remove the funnel.
7. Pour the hot water over the top of the coffee grounds to the top line on the AeroPress.
8. Quickly stir the coffee once using the paddle stirrer (which comes with the AeroPress), or a spoon.
10. Give the coffee a quick taste to see if you like the strength. You can add more boiling water to the coffee if you want it weaker. You can also split this cup into two and add extra hot water to make two servings.
MOKA POT

A stovetop coffee maker that uses steam pressure to brew strong, espresso-like coffee.

Benefits
- No electricity needed (just a stovetop flame).
- Inexpensive to purchase.
- Made with aluminum, which helps keep heat in.
- Concentrated, robust flavor.

Caffeine Amount
- Approximately 120 mg of caffeine per 8 oz.

Tools
- Stovetop element
- Coffee bean grinder
- Coffee beans
- Boiling hot water
- Moka Pot
- Damp towel

How to Brew
There are different ways to brew coffee with an AeroPress. This is the original method:

1. Fill the Moka Pot’s lower chamber with cold water below the valve. You don’t want to fill past the valve, as this can affect the taste of your coffee.
2. Grind approximately 4 tablespoons of coffee beans (grounds should be medium-fine, because if they are too fine, they can clog your equipment).
3. Boil water and allow to cool for 1-2 minutes.
4. Place boiling water into the bottom chamber of the Moka Pot.
5. Insert the funnel into the Moka Pot and fill it with coffee grounds. Give the grounds a shake to even them out, but don’t tamp them (this avoids clogging).
6. Screw on the top of the Moka Pot.
7. Place the Moka Pot on the stove element over medium heat.
8. When the water begins to boil, the pressure slowly pushes the coffee through the upper chamber. If the coffee starts gurgling, turn the heat up slightly.
9. Listen for a bubbling, hissing sound. This is when you know your coffee is done.

Note: Some methods suggest using cold water in place of pre-boiled water in a Moka Pot, but this can actually boil the coffee before the coffee is extracted from the beans.

There’s no limit to the ways you can enjoy your coffee, and now you know which methods to look for in coffee shops that will cater to your taste preferences. Personally, our favorite “clean” coffee brewing methods for a full-bodied, delicious tasting cuppa are The Chemex, cold brew and good ol’ French Press. Discover some of our favorite coffee recipes below.
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NO SUGAR, NATURALLY SWEET
DARK CHOCOLATE Coffee Milkshake

Prep Time: 5 minutes  
Cook Time: 0 minutes  
Yield: 1 serving

Ingredients:

- 1 T raw cacao powder
- 2 oz shot of espresso, chilled
- 1 cup unsweetened almond milk
- 1 very ripe banana, frozen
- 1/2 cup ice
- Optional toppings: Coconut whipped cream, Shaved unsweetened dark chocolate

Instructions:

1. Combine ingredients in a blender and blend on high speed until smooth. Pour into a glass and enjoy immediately.

Recipe author:
JENNAFER ASHLEY
freshandfit.org
NO-BAKE COFFEE ‘Cheesecake’ Bars

Prep Time: 10 minutes  |  Cook Time: 0 minutes  |  Yield: 12 servings

Ingredients:
For the Crust:
- 1 ½ cups raw pecans
- ½ cup cocoa powder
- ¼ cup maple syrup
- ½ t vanilla extract
- ½ t cinnamon
- ¼ t salt

For the Filling:
- 1 ½ cups raw cashews, soaked in water 2-3 hours
- ½ cup maple syrup
- ¼ cup unsweetened almond or coconut milk
- ½ cup brewed coffee, chilled
- ¼ cup coconut oil
- ¼ t salt

For the Topping:
- ¼ cup cacao nibs

Instructions:
1. Place cashews in a large bowl and fill with water to soften 2-3 hours.
2. Drain water from cashews. Set aside.
3. To Make the Crust: Combine all ingredients for the crust in a food processor or high speed blender. Process on high until fully combined. It will form a ball when it’s ready.
4. Line a 9x5 meatloaf pan with parchment paper, allowing the paper to hang over the edges of the pan for easy removal.
5. Transfer the crust mixture to the pan and spread into an even layer. Place in the refrigerator.
6. To Make the Filling: Clean your blender or food processor, then add cheesecake ingredients. Process on high until creamy.
7. Remove crust from refrigerator and evenly top with “cheesecake” filling. Sprinkle on cacao nibs.
8. Place the pan in the freezer 2-3 hours.
9. Remove from the freezer and gently lift the cheesecake out of the pan with the parchment paper. Place on a hard surface to slice into 12 bars. Note: you may need to let them thaw a bit prior to slicing.
Coconut Cowgirl Coffee

Prep Time: 10 minutes  
Cook Time: 0 minutes  
Yield: 2 servings

Ingredients:
- 1 t coconut oil
- 2 C organic coffee
- 1 t vanilla extract
- 2 T cocoa powder
- 1 C coconut milk

Instructions:
1. Fill an ice cube tray with coconut milk. Freeze overnight.
2. In the morning, take 2 cups of chilled organic coffee and stir with coconut oil, vanilla extract, and cocoa powder. You can also add the ingredients to a blender and blend until well-combined and frothy.
3. Add coconut ice cubes.
THAI Iced Coffee
WITH CREAMY COCONUT MILK

Prep Time: 10 minutes  
Cook Time: 0 minutes  
Yield: 4 servings

Ingredients:
- 1 can (14 oz.) full-fat coconut milk
- 2-3 T maple syrup
- ¼ t ground cardamom
- ¼ t almond extract
- 4-6 cups strong brewed coffee
- Ice cubes

Instructions:
1. In a small bowl, whisk together the coconut milk, maple syrup, cardamom, and almond extract.
2. Ladle ⅓ cup of this mixture into 4-5 pint mason jars or tall glasses.
3. Fill jars/glasses with ice.
4. Carefully pour brewed coffee over ice.
5. Serve immediately.
4-INGREDIENT Awakening Coffee
WITH TURMERIC, COCONUT OIL AND COCONUT MILK

Prep Time: 2 minutes  |  Cook Time: 3 minutes  |  Yield: 1 serving

Ingredients:
- 4 oz. brewed strong coffee or espresso
- 4 oz. coconut milk
- 1 t turmeric
- 1 T coconut oil, melted
- Optional: sweetener of choice, to taste

Instructions:
1. Add coffee, coconut milk, turmeric, and melted coconut oil to a blender. Blend until frothy.
2. Enjoy!

Recipe author
COURTNEY HAMILTON
instagram.com/cjhamilt/
**TURMERIC LAVENDER Coffee Creamer**

**Prep Time:** 5 minutes  
**Cook Time:** 10 minutes  
**Yield:** 1.5 servings

**Ingredients:**
- 1 14 oz can full fat coconut milk
- 1 t ground turmeric
- 1/2 t dried lavender buds
- 1 T raw honey or maple syrup (optional)

**Instructions:**
1. Combine ingredients in a small saucepan over low heat. Heat until steaming. Turn off heat and allow mixture to infuse 10 minutes.
2. Strain coconut creamer mixer to remove lavender buds.
3. Funnel into a jar. Chill in refrigerator 2 hours before using. Pour into hot or iced coffee. Store in refrigerator for up to one week.
## VANILLA HAZELNUT Coffee Creamer

**Prep Time:** 10 minutes  
**Cook Time:** 0 minutes  
**Yield:** 3.5 servings

### Ingredients:
- Hazelnuts, roasted and skinned - 8 ounces (approximately 2 cups)
- ground vanilla beans - 1 teaspoon
- salt - pinch
- water - 24 ounces (3 cups), plus water for soaking
- medjool dates, pitted - 1-2, optional

### Instructions:
1. Place the hazelnuts in a bowl and cover with cold water.
2. Soak for 4-6 hours.
3. Drain the hazelnuts. Place the hazelnuts in a blender (preferably a high powered one like a vitamix).
4. Add the rest of the ingredients. Blend until smooth, approximately one minute in a high powered blender more in a standard blender.
5. Line a fine mesh sieve with cheesecloth and strain the mixture, pressing down to extract all the liquid. It may be necessary to do this in batches. (This is even easier to do using a nutmilk bag, which is what I use. It is worth the investment if you are planning on making this on a regular basis.)
6. Store the hazelnut creamer in an airtight container in the refrigerator for up to a week.

Recipe author  
PALEO KOSHER KITCHEN  
paleokosherkitchen.com
MEXICAN Mocha
WITH SILKY COCONUT OIL

Prep Time: 3 minutes  |  Cook Time: 0 minutes  |  Yield: 1 serving

Ingredients:
- 4 oz. brewed strong coffee or espresso
- 4 oz. coconut milk
- 1 T cocoa powder
- 1/4-1/8 t cayenne or chili powder
- 1/2 t cinnamon
- 1 T coconut oil
- 1 t maple syrup, raw honey, or coconut sugar, optional

Instructions:
1. Add all ingredients to blender (including sweetener, if you so desire).
2. Blend until frothy. Drink immediately.
DIY ICED Horchata Latte

Prep Time: 5 minutes  
Cook Time: 0 minutes  
Yield: 2 servings

Ingredients:
- 2 cups almond milk
- 1 shot of espresso
- 2 T honey
- 1 t ground cinnamon
- ½ t vanilla extract
- Optional garnish: Whipped coconut cream

Instructions:
1. Place the almond milk, honey, cinnamon and vanilla extract in a blender. Combine until smooth.
2. Pour into two glasses, serve with ice cubes, or top with whipped coconut cream and an extra sprinkle of cinnamon.
SIMPLY SWEET
3-INGREDIENT
Almond Milk Latte

Prep Time: 5 minutes  Cook Time: 0 minutes  Yield: 1 serving

Ingredients:
● 1 cup organic almond milk
● 1 cup strong black coffee
● 1-2 drops liquid stevia
● ½ cup ice cubes

Instructions:
1. Place the ice cubes in a glass mug with coffee and add liquid stevia.
2. Pour the unsweetened almond milk over the coffee.
3. Drink up!

Recipe author
MEGAN OLSON
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ICED Caramel Macchiato WITH ALMOND MILK

Prep Time: 10 minutes  |  Cook Time: 5 minutes  |  Yield: 2 servings

Ingredients:
For the coffee:
- 1 cup unsweetened almond milk
- ¼ cup strongly brewed coffee or espresso
- ½ cup ice cubes

For the caramel sauce:
- ½ cup canned coconut cream
- 1 T coconut sugar
- 1 t cinnamon
- ½ t pure vanilla extract

Instructions:
1. Prepare the coffee or espresso. Set aside.
2. Mix together the ingredients for the cinnamon caramel sauce. Set aside.
3. Place the ice cubes in a glass mug or jar then top with almond milk.
4. Pour the coffee over the milk. It will have a fancy ombre effect!
5. Using a spoon, drizzle half the sauce over the top. Sprinkle with cinnamon and enjoy!
TURMERIC Pumpkin Spice Latte
WITH ANTI-INFLAMMATORY BENEFITS

**Prep Time:** 5 minutes  **Cook Time:** 10 minutes  **Yield:** 1 serving

**Ingredients:**

For the Coffee:
- 8 oz espresso or brewed coffee of choice

For the Syrup: (makes 5 servings)
- ½ cup maple syrup
- 1/3 cup pumpkin puree
- ½ cup coconut cream
- 1 t cinnamon
- ½ t nutmeg
- ¼ t cloves
- ½ t turmeric

**Instructions:**

1. Place maple syrup, pumpkin puree, coconut cream, cinnamon, nutmeg, cloves and turmeric in a small pot over medium heat. Bring to a simmer.
2. Stir the mixture constantly for 5 minutes until thickened and fragrant. Turn off the heat and let the mixture cool to room temperature.
3. As the pumpkin spice syrup is cooling, brew coffee or espresso.
4. Pour hot coffee or espresso to a cup and add 3-4 tablespoons of the pumpkin spice syrup.
5. Transfer remaining pumpkin spice syrup to a container and store in the refrigerator.

Recipe author
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DAIRY-FREE
Frozen Hot Chocolate

**Prep Time:** 3 minutes  
**Cook Time:** 0 minutes  
**Yield:** 1 serving

**Ingredients:**
- 2 cups ice
- 1 15 oz can full-fat coconut cream
- 2 T unsweetened cocoa powder
- 1 t chocolate or vanilla extract
- 1 t coconut sugar
- 1 t espresso powder or ground coffee beans
- Optional toppings: whipped coconut cream, cacao nibs, dark chocolate chips

**Instructions:**
1. Place all ingredients in a blender. Blend on high until a smooth, thick texture forms.
2. Transfer frozen hot chocolate to a glass or mug. Then top with whipped coconut cream and cacao nibs if desired. Serve immediately.
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