

Superfood Teas

5 blended tea recipes by R.H.N Lacey Budge



Benefits of Superfood Teas

Drinking tea dates back to as early as the 16th century. It is a popular beverage of choice with a variety of healing properties. I invite you to experiment with your favourite tea (green, black, herbal, white, yerba mate) and to enjoy it with the added benefits of superfoods like cacao, maca and coconut/MCT oil. You will be delighted by the taste and the creaminess of this dairy free latte. Enjoy in the morning as a coffee alternative or for an afternoon sweet boost of fuel!



Mint Chocolate



Turmeric Chai



Chaga Cacao Latte

CACAO

- Boost Mood
- Increase Energy
- Strengthen Heart

TURMERIC

- Reduce Inflammation
- Boost Immunity
- Prevent Cancer

MATCHA GREEN TEA

- Lower cholesterol
- Boost metabolism
- Promote Longevity

CHAGA & MEDICINAL MUSHROOMS

- Reduce Stress
- Enhance Immunity
- Restore Vitality

Mint Chocolate

- 1 1/4 cup of mint tea, steeped, tea bag removed
- 1 -2 Tbsp raw cacao powder
- 1 Tbsp MCT or coconut oil
- 1 Tbsp maple syrup, or to taste
- 1/3 cup of full fat coconut milk or almond milk
- 1/4 - 1 tsp maca (optional)

Coconut Turmeric

- 1 1/4 cup of hot water, or your favourite tea such as a vanilla chai or rooibos tea
- 1 tsp cinnamon
- 1-2 tsp turmeric powder
- 1/2 cup full fat canned coconut milk
- 1/2 tsp ground ginger, or 1 inch piece fresh ginger root
- 2 tsp local honey, or to taste
- a pinch of black pepper (optional, to increase absorption of turmeric)

Maple Chaga

- 1 1/4 cup of hot Chaga Tea
- 1 tsp cinnamon
- 1 tbsp maple syrup, or to taste
- 1 tbsp coconut oil or MCT oil
- 1/3 cup non dairy milk
- 1 tsp vanilla powder or extract
- 1 tbsp cacao (optional for a chocolate variation)



Harvesting Chaga medicinal mushroom in Northern Ontario

Method: In a small-medium sauce pan, warm milk. In a blender, combine all remaining ingredients and blend on high until smooth and creamy.

Matcha Green Tea Latte

- 1 1/4 cup of hot water
- 1 tsp Matcha green tea powder
- 1 tsp vanilla extract or powder
- 2 tsp local honey, or to taste
- 1 tbsp coconut oil or MCT oil
- 1/3 cup full fat canned coconut milk or non dairy milk
- 1/4 - 1 tsp maca (optional)

MEDICINAL MUSHROOM LATTE

- 1 1/4 cup of hot water or chaga tea
- 1.5 tsp New Earth Organics Liver Life: Five Mushroom Blend
- 1 tsp vanilla extract or powder
- 1 tsp of maca
- 1 tbsp maple syrup, or to taste
- 1 tbsp coconut or MCT oil
- 1/3 cup full fat canned coconut milk or non dairy milk

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