



3 Christmassy Hot Drinks

wendyswaytohealth.com



Festive Chai Hot Chocolate

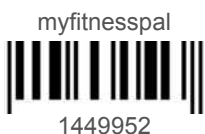
Serves 4

4 cups almond milk
4 tbsp. cocoa powder
1 tsp. vanilla extract
3 tbsp. maple syrup
⅛ tsp. ground cardamom
⅛ tsp. ground allspice
⅛ tsp. ground nutmeg
¼ tsp. ground cloves
½ tsp. ground cinnamon
½ tsp. ground ginger

What you need to do

1. Place all the ingredients in a medium-sized pot over medium-high heat. Bring to a rolling boil and whisk until all the ingredients are blended smoothly.
2. Reduce the heat and gently simmer for 3 minutes.
3. Pour into cups and serve immediately.

◆ **Serving suggestion:** whipped cream/coconut cream, cocoa powder (not included in nutritional breakdown).



GF	DF	LC	V	Q	N	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	91	3	13	2	3

*Nutrition per serve





Orange Spiced Hot Chocolate

Serves 4

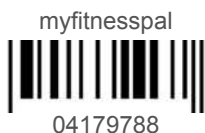
3 cups almond milk
1 cup orange juice, fresh
4 tbsp. cacao powder or
cocoa powder
4 tbsp. maple syrup
1 tsp. ground cinnamon
½ tsp. ground ginger
pinch of salt

To garnish:

8 tbsp. whipped cream or
coconut cream
½ tsp. cocoa powder
1 tsp. orange zest

What you need to do

1. Place the almond milk and orange juice into a small pot, over a medium/low heat. Add the cocoa powder, maple syrup, cinnamon, ginger and salt, and stir until the cocoa has completely dissolved.
2. Serve in cups topped with coconut cream, cocoa powder and orange zest.



GF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 min	137	4	25	2	3

*Nutrition per serve





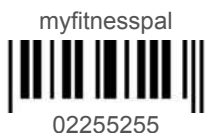
Eggnog Protein Smoothie

Serves 1

1 scoop (25g) vanilla
protein powder
1 cup almond milk
1 banana, frozen
1 tbsp. almond butter
1 medjool date
1 tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. almond extract
¼ tsp. vanilla extract

What you need to do

Place all the ingredients into a high-speed blender and blitz until smooth. Pour into a serving glass and serve immediately.



GF	DF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	396	12	50	29	6

*Nutrition per serve

