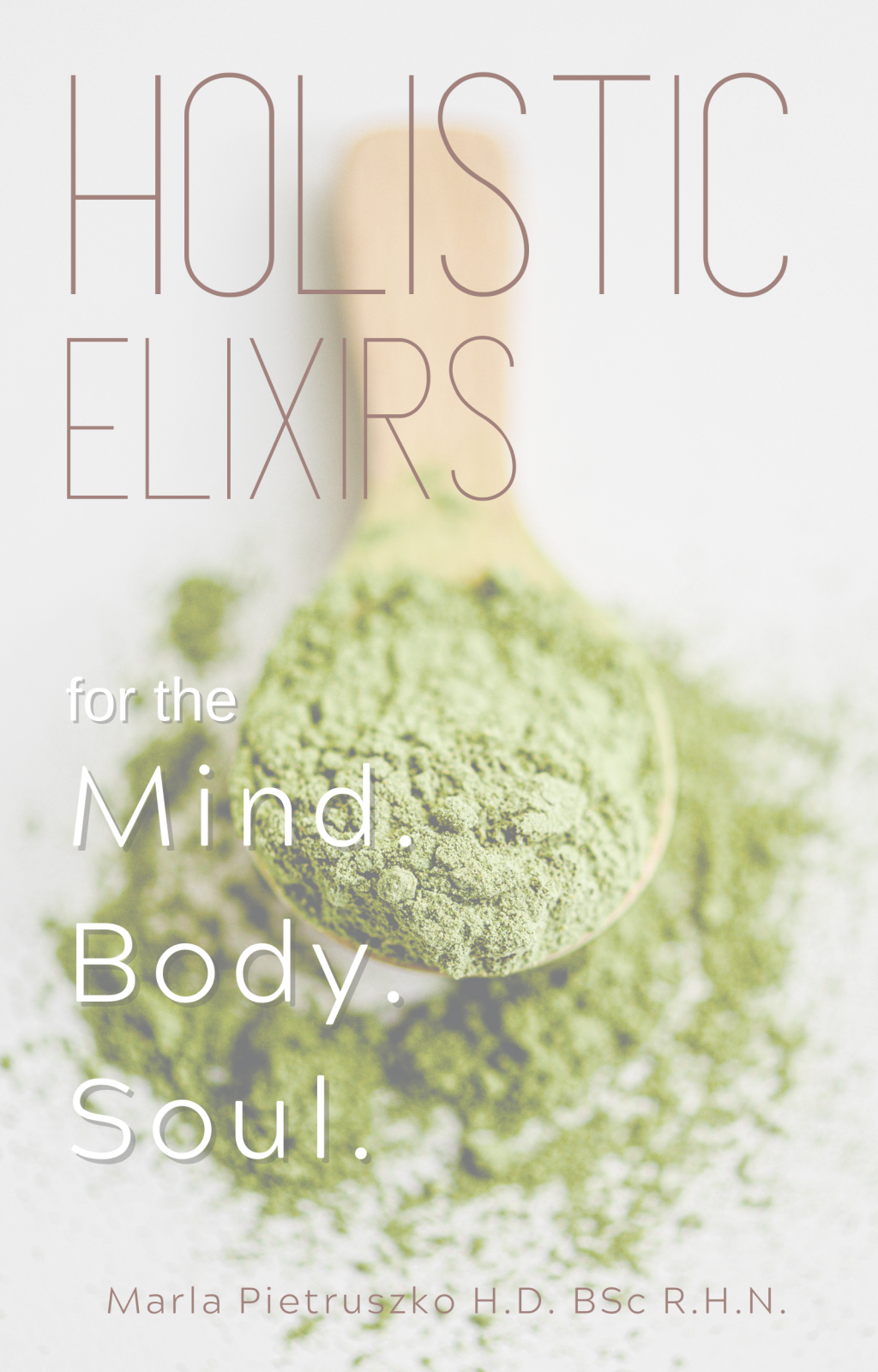


HOLISTIC ELIXIRS



for the
Mind.
Body.
Soul.

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Potion Benefits

An elixir is a medicinal potion meant to bring a certain level of healing and health to the individual who drinks it.

Over the centuries, our tastebuds have changed to enjoy the sweeter, more sugary processed drinks such as sodas, concentrated fruit juices, alcohols, slushies, sugary coffees and so on.

We sadly, have lost the art of 'potion making' and the tastebuds for them. It is rare to see a restaurant or coffee bar offer holistic beverage options such as dandelion tea, organic herbal mixes or anything remotely healthy.

What we are truly missing out on is the chance to nourish our bodies through what we drink. It is an opportunity to enhance our health instead of hindering it further (which is what sugary refined drinks do).

This little 'Elixir Recipe Guide' is meant to introduce you to the world of potions with a few STAPLE recipes that are delicious and incredibly beneficial to our health. The more you enjoy these drinks over something unhealthy, the more you will crave them. This will get you in the habit of making healthy beverage choices every day and hopefully expand your tastebuds to try more herbs and superfoods and make them into an elixir that will excite your body!

Each ingredient in the elixirs are specifically chosen to not only excite the tastebuds but to make a balanced beverage that will yield results in your health. Some drinks will provide you with energy, some are for relaxation, antioxidant or blood sugar support or to boost immunity. A few of the superfoods you can find in the drinks are:

Adaptogens

Adaptogens (certain herbs and medicinal mushrooms) are a natural substance considered to help the body adapt to stress and to exert a normalizing effect upon bodily processes. A well-known example is maca or ashwagandha.

Healthy Fats

We use healthy fats such as coconut oil , coconut cream or plant-based milks to not only allow the absorption of nutrients through the gut lining but also to support brain and cellular function.

Natural Sweeteners

What usually ends up making a drink unhealthy is the sweetener selection. Most sweeteners such as sugars, corn syrup, sugar alcohols (erythritol/monk fruit) and sucralose are incredibly toxic and damaging to our bodies. My go-to sweetener that I love using is pure green powdered stevia or liquid stevia as they are not processed and actually have anti-viral properties. otherwise, I recommend using a bit of raw honey or coconut sugar.

Superfoods

A superfood is a nutritiously-dense ingredient that helps improve overall health and well-being. Each of the elixir recipes below include unique superfoods to provide you with a source of antioxidants, blood sugar stabilizing compounds, Immune supporting nutrients and so much more.

You can take these potions to the next level by making them your own and adding a wide variety of extra ingredients to them, depending on your dietary restrictions/preferences. A few ingredients I use in ALL my potions to make them dairy free, sugar-free and enhance their gut-healing benefits are:

1. Gelatin or collagen (gut-healing)
2. Coconut or oat milk (they are the creamiest)
3. Liquid stevia (anti-viral/ not processed)

All the recipes below are KETO friendly, Sugar and dairy free and can be made 100% vegan, however, feel free to make them your own by using any milk and sweeteners of choice and by adding or omitting gelatin and/or collagen. Also feel free to add/remove any ingredients, herbs, or sweeteners from the recipes to modify them to your preference.

Happy Potion Making !

Elixirs





MATCHA

serves 1

Energizing, Immune
Boosting, Skin-loving

Ingredients

Matcha powder combined with creamy coconut milk and sweetener makes a deliciously smooth and rich beverage. Matcha is full of antioxidants, EGCG, L-theanine and many other incredible compounds to alkalize the body, provide calming energy and boost immunity. It does not leave you with the jitters and crashing energy of coffee.

- 1 tsp ceremonial grade matcha (I love Soar Organics)
- 3 tbs hot water
- 2 cups hot coconut milk
- 8 drops liquid stevia or sweetener to taste
- Optional: vanilla

Method

- Whisk matcha powder and hot water until smooth
- Froth the hot milk and sweetener and pour into a mug. Pour matcha on top and enjoy.



MACA CACAO

serves 1

Adaptogenic,
Mood balancing,
Antioxidants

Rich cacao powder combined with the nutty maca and creamy coconut milk and sweetener makes a deliciously creamy hot cocoa that you will want to make daily. Maca is an adaptogen that helps stabilize blood sugar and reduce stress while rebuilding the adrenals. Cacao is a potent antioxidant that helps to boost the mood and reduce inflammation.

Ingredients

- 1 tsp gelatinized maca powder (I love Organika)
- 1 tbs red cacao powder or chunks of 100% dark chocolate
- 2 cups hot coconut or oat milk
- 10 drops liquid stevia or sweetener to taste
- Optional: vanilla

Method

- Add all ingredients to a blender and blend on high until frothy and combined.
- If using chocolate, melt it in the hot milk before blending.
- Pour into a mug and enjoy
- Put in the fridge to cool for "chocolate milk version"



CREAMY CHAGA

serves 1

Immune Boosting,
Antioxidants,
Blood-sugar
Stabilizing

Chaga mushroom is one of the most popular medicinal mushrooms and for good reason! It has incredible antioxidant and anti-inflammatory properties and is fantastic for lowering blood sugar, making it an excellent choice for any blood sugar related conditions. This beverage is **CAFFEINE FREE** and **SO DELICIOUS!** It has a rich nutty flavour!

Ingredients

- 1 tbs chaga mushroom chunks
- 2 cups water
- 1/2 cups coconut or oat milk
- 10 drops liquid stevia or sweetener to taste
- Optional: vanilla

Method

- Simmer chaga in water for 15 mins then strain.
- Add the chaga tea to a mug
- Froth the milk with the stevia until increased in volume and pour over the chaga tea.
- If you want a cool version, let chaga tea cool to room temp then serve over ice.



COOLING ALOE

serves 1

Immune Boosting,
Gut-healing,
Antiinflammatory

Aloe vera has been used for centuries to reduce inflammation. It is also sued to rebuild mucosal membranes throughout the entire body and is alkalizing as well as immune boosting. Lemon also is very cleansing for the liver and rich inv Vitamin C for the immune system! This beverage is so fresh and cooling however can be made warm if needed.

Ingredients

- 1 cup freshly juiced aloe vera leaf
- 1 cup water
- juice from 1/2 lemon
- 6 drops liquid stevia or sweetener to taste

Method

- Juice an aloe leaf in a juicer or blender (if using blender strain afterwards if you like through a nut milk bag or sieve).
- Pour the aloe juice into a cup and stir in the water, lemon and sweetener.
- Enjoy!



HOT CACAO

serves 1

Antioxidants,
Energy-boosting
Gut-healing

This version of hot cocoa tastes incredibly rich and creamy yet is completely sugar free and GOOD for you. The gelatin adds gut-healing benefits if you choose to use it. This drink helps stabilize blood sugar and provides you with blood sugar support!

Ingredients

- 2 tbs of 100% dark chocolate chunks (I love Bici hot cocoa discs)
- 2 cups hot coconut or oat milk
- 10 drops liquid stevia or sweetener to taste
- Optional: vanilla
- Optional: 1.5 tsp gelatin

Method

- Melt the chocolate in the milk on low heat, stirring constantly. Whisk it well until creamy.
- Add the remaining ingredients and blend on high until fully incorporated. Pour into a mug and enjoy!



GOLDEN MILK

serves 1

Anti-inflammatory,
Gut-healing

Golden milk is one of the most healing beverages you can make, Not only does it taste creamy and aromatic, but it also has such an incredible exotic scent. Turmeric is a powerful antiinflammatory and can help reduce gut inflammation, joint pain, headaches and so much more!

Ingredients

- 2 tsp Organic Turmeric Powder (I love Organic Traditions)
- 1 tbs coconut oil
- 2 cups hot coconut or oat milk
- 10 drops liquid stevia or sweetener to taste
- Optional: vanilla
- Optional: 1 scoop collagen
- Pinch of black pepper
- Pinch or organic ginger powder (optional but recommended)

Method

- Heat the milk on the stove until it starts to simmer. turn off the heat and add in the turmeric, ginger, pepper, coconut oil, stevia, vanilla and collagen and whisk until combined.
- Using a blender or handheld frother, froth the golden milk until foamy and combined well. Pour into a mug and sprinkle the top with cinnamon. enjoy!



PEPPERMINT COCONUT *serves 1*

Digestive Support,
Gut-healing

Peppermint is not only such an incredible flavour but it also has the amazing benefit of improving digestion within the stomach. Coconut contains MCTs which help to coat the gut lining and caprylic acid which helps fight off yeast/fungus. This drink is warming and perfect for a cold day!

Ingredients

- 1 tbs coconut oil
- 1.5 cups steaming hot coconut milk
- 10 drops liquid stevia or sweetener to taste
- Optional: 1 scoop Ancient nutrition vanilla collagen (omit stevia if using this. If you don't use this, add some pure vanilla bean)
- 1 drop peppermint essential oil (I use Young Living)
- Optional: 1 tsp red cocoa powder

Method

- Add all the ingredients to a mug and froth on high until creamy and combined. Enjoy!



ROOIBOS CHAI

serves 1

Anti-bacterial,
Immune boosting,
Gut-healing

This tea is so aromatic and flavourful and will not disappoint! Chai tea has so many antibacterial and antifungal spices to help dry out the body and reduce gut inflammation. It also stabilizes blood sugar. Thanks to the rooibos tea, it is caffeine free and great for Th2 dominant individuals as it helps boost Th1 immunity!

Ingredients

- 1 cup water
- 1/2 cup full fat coconut milk
- Sweetener to taste (I use coconut sugar or stevia)
- 1 heaping tablespoon of rooibos tea (I like Numi)
- 4 cardamom pods smashed with side of a knife
- small piece of cinnamon stick
- 1/4 " coin of fresh ginger
- pinch of fennel seeds
- 3 cloves

Method

- Bring water and milk to a simmer with desired spices in a medium saucepan. Reduce heat to lowest setting and add tea. Steep until tea takes on a deep, pinky-tan colour, about 3 minutes, stirring occasionally. Strain into a cup and stir in sweetener to taste. Enjoy!



GINGERBREAD HOJICHA *serves 1*

Caffeine-free,
Antioxidants

Hojicha is a traditional Japanese tea made from roasted green tea leaves. Hojicha is specially fired at high temperatures, creating a very unique flavour profile. It has a robust, bold and nutty taste. Due to its unique roasting process, hojicha is very low in caffeine. This makes hojicha a great late afternoon or evening tea.

Ingredients

- 1 cup warm Oat Milk
- 1/4 cup boiling water, for whisking
- 1 tsp Soar Organics Hojicha Powder
- 1/2 tsp. Ground Ginger
- 1/2 tsp. Ground Cinnamon
- 1 tsp. Organic Black Strap Molasses or yacon syrup
- 1 tbs Coconut cream
- Pinch of Organic Coconut sugar (optional)

Method

- Add boiling water to blender with hojicha powder and milk.
- Add in ginger, cinnamon, molasses, coconut cream and coconut sugar. Blend for 30 seconds to one minute, or until nice and frothy.
- Pour into your favourite mug and enjoy!



VANILLA ALMOND

serves 1

Gut-healing,
Candida-fighting

This simple drink is great for kids and adults! It is so creamy and great for the gut lining and to help kill pathogens. Because of its mild flavour, picky kids will love it and is a great way to coat the gut lining in a delicious way!

Ingredients

- 1 heaping scoop Ancient Nutrition vanilla KETO Collagen (if not using this, add 8 drops liquid stevia instead and 1 tsp coconut oil)
- 4 tbs full fat coconut cream from the can
- 1 cup hot water
- ceylon cinnamon for topping

Method

- Add the collagen (or coconut oil and stevia) and coconut cream to a mug with a few tbs of hot water. Whisk on high with a frother until it is super foamy. Pour remaining hot water over top and sprinkle with ceylon cinnamon.
- Enjoy !



Lavender Milk

serves 2

Calming,
Sleep Aid,
Skin Health

This warming Lavender Milk is best before bed to bring a sense of calm and relaxation to the body. It is infused with comforting lavender, honey and vanilla and is one of my favourite bedtime drinks for a great night's sleep!

Ingredients

- 2 1/2 cups unsweetened vanilla coconut milk
- 1 tablespoon honey or liquid stevia to taste
- 1/2 of a whole vanilla bean
- 1 tablespoon culinary lavender placed in loose leaf tea bag or cheesecloth

Method

- Add milk, sweetener and vanilla bean in a small saucepan over medium heat.
- Add lavender sachet to milk and bring to a heavy simmer.
- Turn off heat and let cool slightly before serving.
- Enjoy!