

EST 2015



ZULAY
KITCHEN

Delicious
DRINK RECIPES



10 favorite drinks!

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Beetroot Latte

Ingredients:

- ▶ 1 tsp. Beetroot powder
- ▶ ¼ tsp. ground ginger
- ▶ ¼ cup hot water
- ▶ 1–2 tsp. Xylitol (or preferred sweetener)
- ▶ 1 cup preferred milk of choice

Preparation:

- 1 Add the beetroot powder and ground ginger with hot water in to a mug. Using your **Zulay Milk Frother** whisk together for 20 seconds.
- 2 Heat the milk, either by stovetop or microwave.
- 3 Add the heated milk to the blended beetroot powder along with 1-2 teaspoons of Xylitol (or preferred sweetener).
- 4 Using your **Zulay Milk Frother**, froth for another minute or until you have reached preferred milk texture.

Chai Spiced Almond Milk Latte

Ingredients:

- ▶ 1 cup unsweetened almond milk
- ▶ 1-2 tsp. Chai spice mix
- ▶ 1-2 tsp. Honey

Preparation:

- 1 Add the almond milk, spice mix and honey in to a small saucepan over medium heat.
- 2 Mix to combine, stirring frequently until hot.
- 3 Pour into a mug and using your **Zulay Milk Frother** start frothing for approximately 30-60 seconds, until it starts to become creamy and light.
- 4 Sprinkle a light dusting of chai spice on top and enjoy immediately.

Coconut Milk Latte

Ingredients:

- ▶ 1/3 cup unsweetened coconut milk
- ▶ 1 cup prepared hot coffee

Preparation:

- 1 Prepare your coffee by your preferred method.
- 2 Heat coconut milk either by stovetop or microwave. Pour into a serving mug.
- 3 Being careful (the mug may be hot) froth the coconut milk using your **Zulay Milk Frother** for 60 seconds, or until you've reached your preferred milk texture.
- 4 Slowly pour the hot prepared coffee over your hot, frothed milk.
- 5 Sweeten to taste and enjoy your delicious, creamy coconut milk latte.

Golden Turmeric Latte

Ingredients:

- ▶ 1 cup Milk of choice
- ▶ 2/3 tsp. ground Turmeric
- ▶ 1/3 tsp. ground Cinnamon
- ▶ 1 pinch ground Ginger
- ▶ 1 pinch ground Cloves
- ▶ 2 tsp. Honey (or preferred sweetener)

Preparation:

- 1 Add the milk, spices and honey in to a small saucepan over low - medium heat, mix to combine, stirring frequently until hot (do not allow milk to boil).
- 2 Pour the heated golden milk into a mug. Using your **Zulay Milk Frother** froth the milk for one minute, or until you reach your desired texture.
- 3 Serve immediately with a light dusting of turmeric and cinnamon on top, (if you want to really wow, add a cinnamon stick to serve).

Hot Cacao

Ingredients:

- ▶ 1 tbsp. raw Cacao powder
- ▶ ¼ tsp. cinnamon
- ▶ 1 pinch ground Nutmeg
- ▶ 1 pinch ground Ginger
- ▶ ¼ cup hot water
- ▶ 1 tbsp. Maple syrup (or preferred sweetener)
- ▶ Mini Marshmallows

Preparation:

- 1 Add the cacao powder, spices, honey and hot water in to a mug. Using your **Zulay Milk Frother** whisk together for 20 seconds.
- 2 Heat your preferred milk, either by stovetop or microwave.
- 3 Once your milk is hot, pour it into the cacao mixture.
- 4 Froth for about a minute or until you have reached preferred milk texture.
- 5 Top with mini Marshmallows and enjoy immediately.

Hot Salted Caramel Milk

Ingredients:

- ▶ 1 ½ cups Milk of choice
- ▶ ½ tbsp. natural Peanut Butter
- ▶ 1-2 tbsp. Coconut Sugar (to taste)
- ▶ 1 tsp. Vanilla Extract
- ▶ 1 pinch Salt

Toppings:

Whipped cream.
Roasted peanuts.
Coconut sugar

Preparation:

- 1 Add the milk with peanut butter, coconut sugar, vanilla and salt to a small saucepan over medium heat. Bring to a simmer, stirring constantly.
- 2 Pour the milk into a large mug or latte glass.
- 3 Using your **Zulay Milk Frother**, froth the milk for one minute or until you reached your desired texture.
- 4 Top with some whipped cream and roasted peanuts, sprinkle with a little coconut sugar and enjoy.

Matcha Latte

Ingredients:

- ▶ 1 tsp. Matcha powder
- ▶ ¼ cup hot water
- ▶ 1 – 2 tsp. Xylitol (or preferred sweetener)
- ▶ 1 cup preferred Milk of choice

Preparation:

- 1 Add the matcha powder along with the hot water in to a mug. Using your **Zulay Milk Frother** whisk together for 1 minute.
- 2 Heat your preferred milk (coconut milk goes nicely with matcha), either by stovetop or microwave.
- 3 Once your milk is hot, pour it over the tea along with 1-2 teaspoons of Xylitol (or preferred sweetener).
- 4 Using your **Zulay Milk Frother**, froth for about a minute or until you have reached desired milk texture.
- 5 Sprinkle a little Matcha powder on top for garnish and enjoy.

Mexican Hot Chocolate

Ingredients:

- ▶ 1 cup Milk
- ▶ 3 oz. semisweet Dark Chocolate
- ▶ 1 tbsp. Maple Syrup
- ▶ ¼ tsp. Vanilla Extract
- ▶ 1 tsp. ground Cinnamon
- ▶ 1 pinch Cayenne Pepper
- ▶ 1 pinch Sea Salt

Preparation:

- 1 Add the milk to a small saucepan over low - medium heat and bring to a simmer (ensure milk does not come to a boil).
- 2 Add the remaining ingredients and continue to simmer over low - medium heat and continue to stir until chocolate is totally melted.
- 3 Pour the hot chocolate milk in to a mug and using your **Zulay Milk Frother**, froth for 60 seconds or until you have reached your desired milk texture.

Mocha Latte



Ingredients:

- ▶ 1/3 cup Milk of choice
- ▶ 2 oz. Dark chocolate pieces
- ▶ 1 tsp. Vanilla Extract
- ▶ 1 cup prepared hot Coffee

Preparation:

- 1 Prepare your coffee by your preferred method.
- 2 Add Milk, Chocolate pieces and Vanilla Extract to a microwave-safe mug and heat in microwave, stopping every 30 seconds to stir until milk is hot and chocolate is completely melted.
- 3 Being careful (the mug may be hot) froth the hot chocolate milk using your Zulay Milk Frother for about a minute, or until you've reached your desired milk texture.
- 4 Slowly pour the prepared coffee over the hot chocolate milk.
- 5 Top with whipped cream or marshmallows, and powdered chocolate.

Spiced Bulletproof Coffee

Ingredients:

- ▶ 1 cup prepared hot Coffee
- ▶ 1 tsp. MCT oil
- ▶ 1 tsp. Ghee
- ▶ 1/2 tsp. ground Cinnamon
- ▶ 1/4 tsp. ground Turmeric

Preparation:

- 1 Add the Ghee, MCT oil, Cinnamon and Turmeric into a mug.
- 2 Pour the hot Coffee into the mug.
- 3 Using your **Zulay Milk Frother** mix for about a minute or until you've reached your desired milk texture.
- 4 All done! If desired, add some sweetener to taste and enjoy immediately.