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Trying to Kick Coffee? Here Are 7 Alternative Ways to Fuel Your Morning High

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Is coffee friend or foe? According to the headlines regularly splashing across wellness sites, the pendulum seems to swing with some frequency. On one hand, a growing body of research shows a wide-ranging host of potential health benefits associated with the drink, including lower risks of cardiovascular disease and cirrhosis. On the other, there's talk in alternative-medicine circles that a cup (or two or three) can stress out your adrenals and shift sleep patterns.

There's an empty cold brew—delicious, gone too soon—next to this coffee drinker as I type, and yet even I can recall fruitful breaks from the habit; a few days after the fog subsided, I remember waking up clearer-headed and more even-keeled, the sine curve of energy spikes and dips noticeably smoother. Flirting with the idea of another break, I cast around for inspiration and asked a group of herbalists, wellness gurus, and chefs for their favorite alternatives. Between an almond milk smoothie fortified with skin-boosting probiotics and a bottled tonic spiked with fulvic acid and adaptogenic herbs, here are seven new ways to jump-start the morning, one for every day of the week, from a few of our favorite experts.

4. Carla Oates

Founder of The Beauty Chef, Sydney

The drink: “I live on Sydney’s Bondi Beach, so I start my day with a walk or run along the beach. When I return home, I whip up a smoothie,” says Oates, whose line of probiotic powders and tonics have taken off across wellness circles. “It’s jam-packed with nutrients that feed my skin from the inside, and gives me a huge energy boost.”

The how-to: Loaded with antioxidants, omega-3s, and gut-friendly superfoods, this GLOW, Blueberry, and Cinnamon smoothie is refreshingly simple and serves two.

2 cups frozen blueberries (you can also use fresh, but frozen berries will chill the smoothie)

1/4 tsp. cinnamon

1 banana

2 tsp. The Beauty Chef Glow Inner Beauty Powder

2 tsp. chia seeds (ideally, soaked overnight or for at least one hour)

2 cups almond milk

Mix everything together well in a blender.