

beforeyou**spe**ak

# RECIPES

*Creamer Edition*





### MCT OIL

QUICKLY METABOLIZED INTO KETONES FOR ENERGY.



### COCONUT OIL

SLOWER DIGESTION INTO ENERGY THAN NORMAL MCT.



### ACACIA FIBRE

GREAT SOURCE OF SOLUBLE PREBIOTIC FIBRE.



### AVOCADO OIL

RICH IN HEART-HEALTHY OLEIC ACID, A MONOUNSATURATED OMEGA-9 FATTY ACID.

beforeyouspeak

# CREAMER

WITH ACACIA FIBRE



-  **SUSTAINED ENERGY RELEASE**
-  **BOOSTS MENTAL PERFORMANCE**
-  **DAIRY & GLUTEN FREE**
-  **MIX WITH COFFEE, SHAKES + RECIPES**
-  **VEGAN FRIENDLY**
-  **SUPPORTS KETOGENIC DIETS**

# CREAMY ICED VANILLA CHAI LATTE

## INGREDIENTS

- 1/2 cup vanilla yoghurt
- 1/2 cup unsweetened vanilla almond milk (or milk of choice) – more or less to desired consistency
- 1/2-1 teaspoon of chai spice mix – more or less to taste
- 1 teaspoon of vanilla
- 1 scoop of **Beforeyou speak Vanilla Creamer**
- 1 tablespoon of cashew butter (sub 2 tablespoons of raw cashews, soak in boiling water for 10 minutes before blending if you don't have a high-powered blender)
- 1/4-1/2 cup of ice – more or less to desired consistency

## METHOD

1. Place all smoothie ingredients into your blender and process until smooth, creamy and well combined.
2. Pour into a chilled glass or mason jar then top with toppings of choice.
3. Enjoy!

Makes 1 Shake

## OPTIONAL ADD-INS

- Melted dark chocolate to swirl your glass with happiness
- 1/2-1 cup cauliflower or zucchini (pre-steamed & frozen works best) – a great way to get an extra (undetectable) serve of veg & make your smoothie extra thick
- 1 teaspoon of maca powder
- 1-2 scoops of collagen
- 1 scoop of protein powder – for extra protein (vanilla would work best here)





# GOLDEN SPICED CARAMEL LATTE

## INGREDIENTS

- 1/2 cup vanilla yoghurt
- 1/2 cup unsweetened vanilla almond milk (or milk of choice) – more or less to desired consistency
- 1-2 tablespoons of maple syrup – depending on how sweet you want it (sub raw honey or 1-2 pitted dates if you prefer)
- 1 tablespoon of cashew butter (sub 2 tablespoons of raw cashews, soak in boiling water for 10 minutes before blending if you don't have a high-powered blender)
- 1 scoop of **Beforeyoupeak Caramel Creamer**
- 1/2 teaspoon of ground turmeric
- 1/4 teaspoon of ground cinnamon
- 1/4 teaspoon of ground ginger
- 1 pinch each of cardamom, nutmeg and cloves
- 1 pinch of ground black pepper – this is important as the chemical compound in the black pepper is what helps and enables the body to absorb all of those important nutrients in the turmeric!
- 1 teaspoon of vanilla
- 1/4-1/2 cup of ice – more or less to desired consistency

## OPTIONAL ADD-INS

- 1/2-1 cup cauliflower or zucchini (pre-steamed & frozen works best) – a great way to get an extra (undetectable) serve of veg & make your smoothie extra thick
- 1 teaspoon of maca powder
- 1 teaspoon of flaxmeal/ground flax – for healthy fats & extra fiber
- 1-2 scoops of collagen
- 1 scoop of protein powder – for extra protein (vanilla would work best in this recipe)

## METHOD

1. Place all smoothie ingredients into your blender and process until smooth, creamy and well combined.
2. Pour into a chilled glass or mason jar then top with toppings of choice.
3. Enjoy!

**Makes 1 Shake**

# CHOC FUDGE COOKIE DOUGH CRUNCH SHAKE

## INGREDIENTS

- 1/2 cup vanilla yoghurt (or 1-2 scoops of your favourite ice cream)
- 1/2 cup unsweetened vanilla almond milk (or milk of choice) – more or less to desired consistency
- 1 teaspoon of vanilla
- 1-2 scoops of **Beforeyousspeak Chocolate Creamer**
- 1 tablespoon of almond butter (sub 2 tablespoons of raw almonds, soak in boiling water for 10 minutes before blending if you don't have a high-powered blender)
- 1/2 sachet of **Beforeyousspeak OG or Glow Mocha**
- 1 tablespoon of choc chips (or cacao nibs)
- 1/4-1/2 cup of ice – more or less to desired consistency

## METHOD

1. Place all smoothie ingredients into your blender and process until smooth, creamy and well combined.
2. Pour into a chilled glass or mason jar then dust with **Beforeyousspeak Glow Mocha**.

Makes 1 Shake

## OPTIONAL ADD-INS

- Melted dark chocolate to swirl your glass with happiness
- 1 teaspoon of maca powder
- 1-2 scoops of collagen
- 1 scoop of protein powder – for extra protein (vanilla or chocolate would work best in this recipe)
- Chocolate cookies, crumbled – for serving
- Best served with a dusting of **Beforeyousspeak Glow Mocha**





# CHOC MANGO CHILLER

## INGREDIENTS

- 1/2 cup of vanilla yoghurt
- 1/2 cup vanilla almond milk (or milk of choice)
- 1 cup frozen mango chunks
- 1 teaspoon of vanilla
- 1 scoop of **Beforeyou speak Vanilla Creamer**
- 1 tablespoon of cashew butter (sub 2 tablespoons of raw cashews, soak in boiling water for 10 minutes before blending if you don't have a high-powered blender)
- A pinch of pink salt
- A pinch of cayenne pepper
- 1/4-1/2 cup of ice – more or less to desired consistency

## METHOD

1. Place all smoothie ingredients into your blender and process until smooth, creamy and well combined.
2. Pour into a chilled glass or mason jar then top with toppings of choice.
3. Enjoy!

**Makes 1 Shake**

## OPTIONAL ADD-INS

- Melted dark chocolate to swirl your glass with happiness
- 1/4-1/2 teaspoon of turmeric – anti-inflammatory
- 1 teaspoon of maca powder
- 1-2 scoops of collagen
- 1 scoop of protein powder – for extra protein (vanilla would work best in this recipe)

# CHOC CHAI

## COOKIE DOUGH CRUNCH SHAKE

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### INGREDIENTS

- 1/2 cup vanilla yoghurt (or 1-2 scoops of your favourite ice cream)
- 1/2 cup unsweetened vanilla almond milk (or milk of choice) – more or less to desired consistency
- 1 teaspoon of vanilla
- 1-2 tablespoons of cacao powder
- 1/2-1 teaspoon of chai spice mix – more or less to taste
- 1 tablespoon of almond butter (sub 2 tablespoons of raw almonds, soak in boiling water for 10 minutes before blending if you don't have a high-powered blender)
- 1/2 sachet of **Beforeyou speak OG** Coffee
- 1 tablespoon of choc chips (or cacao nibs)
- 1/4-1/2 cup of ice – more or less to desired consistency

### METHOD

1. Place all smoothie ingredients into your blender and process until smooth, creamy and well combined.
2. Pour into a chilled glass or mason jar then top with toppings of choice.
3. Enjoy!

Makes 1 Shake

### OPTIONAL ADD-INS

- Melted dark chocolate to swirl your glass with happiness
- 1 scoop of **Beforeyou speak Caramel or Chocolate Creamer** – makes it extra lush
- 1 teaspoon of maca powder
- 1-2 scoops of collagen
- 1 scoop of protein powder – for extra protein (vanilla or chocolate would work best in this recipe)
- Chocolate cookies, crumbled – for serving





# CINNAMON SPICED SALTED CARAMEL ICED LATTE

## INGREDIENTS

- 1/2 cup vanilla yoghurt
- 1/2 cup unsweetened vanilla almond milk (or milk of choice)
- 1 tablespoon of maple syrup – keto option to use caramel stevia – more or less depending on how sweet you want it.
- 1 tablespoon of cashew butter – sub 2 tablespoons of raw cashews
- 1 teaspoon of vanilla
- 1 sachet **Beforeyou speak Cinnamon Spice or Caramel** Coffee
- 1 scoop of **Beforeyou speak Caramel Creamer**
- Cinnamon – measure with your heart
- 1/4-1/2 cup of ice – more or less to desired consistency

## METHOD

1. Place all smoothie ingredients into your blender and process until smooth, creamy and well combined.
2. Pour into a chilled glass or mason jar then top with toppings of choice.
3. Enjoy!

**Makes 1 Shake**

## OPTIONAL ADD-INS


- Melted dark chocolate to swirl your glass with happiness
- 1 teaspoon of maca powder
- 1-2 scoops of collagen
- 1 scoop of protein powder – for extra protein ( I think vanilla would work best in this recipe)
- 1/2-1 cup cauliflower or zucchini (pre-steamed & frozen works best) – a great way to get an extra (undetected) serve of veg & make your smoothie extra thick





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Recipes and Photos by Emma Swanston

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