

# Warm Hug in a Mug



## Ingredients

- 2 cups milk of your choice
- 1 1/2 teaspoon sugar, sweeten to taste
- 2 teaspoons vanilla
- Optional: 1-2 drops of food coloring, whipped cream, or sprinkles

## Directions

1. Add ingredients into a saucepan.
2. Heat on low until warm.
3. Pour into a mug.
4. Top with whipped cream, sprinkles, or add 1-2 drops of food coloring for extra fun. Makes a single serving.

# Refresh & Renew Gingerbread Smoothie



## Ingredients

- 1 frozen banana
- 1 cup unsweetened vanilla almond milk (or milk of choice)
- 1 tablespoon molasses
- 1 teaspoon vanilla extract
- 1 tablespoon flax-seed meal (or ground chia seeds)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger (or fresh grated ginger)
- pinch of ground nutmeg
- pinch of ground cloves
- dash of all spice
- 1 small handful of ice

## Directions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Enjoy!

# Cozy Hot Cocoa



## Ingredients

- 4 cups milk of your choice
- 2 tablespoons chocolate hazelnut spread
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons sugar
- Optional Toppings: marshmallows, crushed hazelnuts, chocolate chips

## Directions

1. Heat milk in a medium sized saucepan on medium-high heat until beginning to warm and steam.
2. Add the spread, cocoa powder and sugar, and whisk until dissolved and combined.
3. Bring to a gentle simmer while stirring, then take off heat.
4. Serve with your desired toppings. Makes four servings.

# Joyful CranApple Cider



## Ingredients

- 3 cups apple juice
- 3 cups cranberry juice (not cocktail!)
- 1 small can of pineapple juice (6 oz)
- 2 cinnamon sticks
- 10 whole cloves
- 3 tablespoons brown sugar
- 3 teaspoons sugar
- 1 orange, sliced

## Directions

1. Combine all ingredients in a large pot and boil.
2. Reduce heat and let the cider simmer on the stove for an hour.
3. Strain the cider through a fine sieve and discard the whole bits.
4. Add cranberries for garnish.