

FLAVOR BURST COFFEE RECIPES

BASE OF ANY LATTE

Ingredients

- 1/2 cup milk or milk substitute
- 1 shot of espresso or 6-8oz of brewed coffee
- Sweetener to taste (Maple Syrup, Stevia, Honey)
- Optional: Add YL Vitality Essential Oils for a flavor burst



Essential Oil Flavor Burst Options

Add one drop of:

- **Cardamom and Orange** (Uplifting, Calming, Digestive Support)
- **Citrus Fresh** (Uplifting, Calming, Immune Support)
- **Lavender** (Emotional Balance, Supports Nervous System and Skin)
- **Bergamot** (Calming, Uplifting, Digestive Support)
- **Peppermint** (Digestive Support, Energizing, Focus)

CHAI SPICE MIX

Ingredients

Mix all ingredients together in a jar

- 3 tsp ground ginger or 3 drops of essential oil equivalent.
- 2 tsp cinnamon spice or 2 drops of essential oil equivalent.
- 1 tsp allspice
- 1 tsp ground nutmeg or 1 drop of essential oil equivalent
- 1 tsp ground cardamom or 1 drop of essential oil equivalent
- 1/2 tsp clove or toothpick dipped in clove and placed in jar.

Chai Tea Recipe

- Steep a chai tea bag in one cup of hot milk or water.
- Add 1/2 tsp of this mixture to chai milk mixture to make a regular Chai.
- For a Dirty Chai Latte add 1/2 tsp Chai Spice Mix to coffee latte.

Notes

- Original recipe calls for ground spice, but they can be substituted for essential oils!
- This mix makes for many servings. Use 1/2 tsp of mix per drink.

Flavor Bursting Tea

Add 1 drop or a toothpick swirl of either Peppermint, Lavender, Bergamot, Jade Lemon to Tea or hot water.

What is a toothpick swirl?

Some oils are too strong to have even a full drop in the drink. Dip a toothpick into the essential oil and stir into the recipe.

Important Tip

Make sure to use either a glass, ceramic, or stainless steel cup. Essential oils will eat through plastic and styrofoam.