



## Coffee Substitutes & Additional Recipes

### ***Substitute Coffee-Coffee is a False energy!***

Eliminate coffee. While coffee is a regular daily “go to” for many (some drinking a cup with as high as 95 mg per serving!) it causes so much damage in the body it can sometimes trigger many other nutritional stressors. For some, coffee causes nervousness and agitation, also known as the “jitters”. For others, coffee can cause digestive distress (leaky gut syndrome) and headaches. Some claim they *NEED* coffee, specifically as a morning kick start or in the afternoon to pick up their energy. Please know coffee is a *False Energy* and can affect the adrenal (hormonal) glands. The acidity in coffee can also cause an imbalance of PH levels forcing the body to pull minerals from the bones to rebalance and stabilize regularly.

To begin eliminating coffee you can start by quitting cold turkey, use half/half-caffeinated & decaf or weaken the amount of coffee you use when preparing your cup. There are also a few coffee alternatives that do have caffeine however, not as high and have additional benefits to the body.

### **Reduced Caffeine Alternatives**

#### **Yerba Mate**

Yerba mate is a naturally caffeinated herbal tea made from the dried leaves of a South American holly tree. If you’re looking for a coffee substitute but don’t want to part with your morning caffeine, Yerb Mate is a good choice. One cup (237 ml) contains roughly 78 mg of caffeine, which is similar to the caffeine content in an average cup of coffee. Yerba mate is also loaded with beneficial plant compounds that act as antioxidants. Additionally, it contains several minerals and vitamins, including riboflavin, thiamine, phosphorous, iron, calcium and vitamins C and E. In fact, some studies suggest it may be higher in antioxidants than green tea.

It has an acquired taste, which can be described as bitter or smokey. To make, you can steep the leaves using a tea ball or purchase yerba mate tea bags. In these cases, just steep the leaves in hot water for 3-5 minutes and enjoy. Despite the purported health benefits, you should drink it in moderation and enjoy 1 cup (237 ml) each day.

### **Chia Tea**

Chia Tea is a type of black tea blended with strong herbs and spices. Though it contains less caffeine (47 mg) than coffee, studies suggest that black tea may still improve mental alertness. Black and green teas are both made from the *Camellia sinensis* plant but black tea undergoes a fermentation process, which changes its chemical make-up. Both types seem to have powerful antioxidant properties. Besides its potential health benefits, chai tea has a robust flavour and comforting smell.

### **Kombucha**

Kombucha is made by fermenting black tea with bacteria, yeast and sugar. Kombucha is caffeinated because the tea leaves used to make kombucha (black, green, white, oolong) naturally contain caffeine. Although caffeine is naturally found in kombucha, it is extremely minimal, averaging around 15 mg per serving – barely noticeable to even those sensitive to caffeine. The fermentation process creates a symbiotic colony of bacteria and yeast, commonly referred to as a SCOBY. After fermentation, kombucha contains probiotics, acetic acid and antioxidants—all of which may have health benefits. Animal and test-tube studies suggest that Kombucha may boost your immune system, improve cholesterol levels, and blood glucose levels in people with diabetes. However, the purported health benefits in humans are largely anecdotal. Making Kombucha on your own is not recommended due to high risk of contamination from harmful pathogens. However, there are countless varieties available commercially that do not pose the same level of risk.

### **Caffeine-Free Alternatives**

#### **Chicory Coffee**

Like coffee beans, chicory root can be roasted, ground and brewed into a delicious hot beverage. It tastes very similar to coffee but is caffeine-free. It is also a rich source of inulin. This is a soluble fiber that may aid indigestion and support a healthy gut by promoting the growth of beneficial bacteria. In addition, it can stimulate your gallbladder to produce more bile, which may be beneficial for fat digestion. Simply brew like regular coffee in filter coffee maker, French press or espresso machine. Use 2 tbsp of grounds for every 6 ounces (180 ml) water or adjust to your preference.

#### **Golden Milk**

Golden Milk is a rich, caffeine-free substitute for coffee that may have anti-inflammatory effects. This warm beverage incorporates invigorating spices such as ginger, cinnamon, turmeric and black pepper. Other common additions include cardamom, vanilla and honey. Besides giving your drink a beautiful golden colour, turmeric may have powerful anti-inflammatory properties due to the potent chemical curcumin. What's more, black pepper increases your body's ability to absorb curcumin, as does fat. You can prepare a basic Golden Milk in about 5 mins.

Here's how: 1. In a saucepan, combine 1 cup (237 ml) of milk or non-dairy alternative with ½ tsp of ground turmeric, ¼ tsp cinnamon, 1/8 tsp of ground ginger and a pinch of black pepper. Optionally, add honey to taste. 2. Warm the mixture on low to medium heat, stirring frequently to avoid burning. 3. Once heated, pour the drink into a mug and enjoy.

### **Lemon Water**

Switching up your morning beverage doesn't have to be complicated. Lemon water is a great way to start your day. It's a calorie and caffeine-free ample dose of Vitamin C. As an antioxidant, vitamin C plays a role in your immune system and protects your skin from sun damage. It's essential for creating collagen, a protein that provides the basic structure for your skin, tendons and ligaments. Just one glass of lemon water-prepared by adding the juice of half a lemon (1 tbsp or 15 ml) to 1 cup (237 ml) of cold water provides 10% of your essential vitamin C for a day. You can also add other fruits and herbs for a variety of flavours-cucumbers, mint, watermelon and basil are some popular options.

### **Rooibos Tea**

Rooibos or red tea is a caffeine-free beverage that originated in South Africa that has a slightly sweet and fruity taste. It provides plenty of antioxidants and is low in tannins, a compound that interferes with iron absorption. Unlike coffee and other teas, rooibos is low in tannin antioxidants which can be beneficial, but this compound (tannins) can interfere with iron absorption. Despite a low tannin content, rooibos provides a substantial amount of other antioxidants. Rooibos has a longer steep time than most teas and over-steeping does not result in a bitter taste. Instead, rooibos has a slightly sweet, fruity flavour.

### **Apple Cider Vinegar**

Apple Cider Vinegar is made by fermenting crushed apples using yeast and bacteria. This process produces a compound called acetic acid, which may have beneficial effects on insulin sensitivity and blood sugar levels, according to some studies. For example, one study found that when people with insulin resistance drank 20 grms (0.5 tbsp) of Apple Cider Vinegar before a meal, their rise in blood sugar levels was reduced by 64%. However, this effect was not seen in people with Type 2 diabetes. Although there is not yet much evidence, Apple Cider Vinegar may also increase feelings of fullness after meals and assist with modest weight loss. A basic Apple Cider Vinegar beverage combines 1-2 tbsp of raw or unfiltered apple cider vinegar, 1 cup (237 ml) of cold water and optionally 1-2 tbsp of honey or another preferred sweetener. Do not drink Apple Cider Vinegar without diluting it first. It contains 4-6% acetic acid which may burn your mouth and throat. It can also wear away tooth enamel if used regularly, so swishing water before and after drinking it is recommended.

## **Additional Caffeine-Free Substitute Recipes**

### **Natural Teas**

#### **Yogi Tea**

4 cups Water

10 Whole Cloves

12 Whole Cardamon Pods

12 Whole Black Peppercorns

2 Large Sticks Cinnamon

4 slices of fresh Gingerroot, ¼" thick

Maple Syrup or Honey to taste

Bring water, spices and ginger root to a boil in a pot, lower and simmer 15-20 minutes. Strain into a cup and add sweetener.

#### **Ginger Lemon Tea**

10 thin slices of ginger

3-4 cups water

Juice of a lemon

Honey or Maple Syrup to taste.

Put ginger and water in a small pot bring to a boil and let simmer for about 15 minutes and then add lemon and sweetener of choice.

#### **Hot Lemon Tea**

Bring water to a boil

Add Lemon Slices

Let steep for 2-3 minutes

Add sweetener to taste.

Be sure to rinse mouth after. Lemon acidity is damages to the enamel on teeth.

#### **Cleanse Drink**

(great water alternative, don't exceed 1 cup of this drink per day)

##### Ingredients:

1 handful Kale

2-3 stalks of Celery

1 Apple to balance the bitterness of Kale

Blend and cool.

**Quick Electrolyte Sport Drink** (quick easy alternative to Gatorade. Drink before, during and after activities to replenish electrolytes lost in sweating and aid in muscle recovery)

Prep time: 2 mins Makes 16 ounces

##### Ingredients:

½ cup Berry Juice or other Unsweetened Fruit Juice (watch apple and orange as they can be acidic and may cause cramping)

2 cups Filtered or Spring water  
Pinch of Celtic Sea Salt

Instructions:

Combine all ingredients in a bottle and shake. Glass bottles are best, plastic affects hormones.

**Ginger Electrolyte Sport Drink**

(this high electrolyte drink is very alkalizing and refreshing and contains some anti-inflammatory ginger making it a great drink post-game/activity)

Prep time: 2 mins Makes 8 ounce

Ingredients:

1 lemon, juiced  
2 cups Coconut Water  
1 tbsp Honey or Maple Syrup  
½ tbsp. Grated Ginger (ginger helps break down mucous)  
Pinch Celtic Sea Salt

Instructions:

Combine all ingredients in a blender and process until smooth.

**Replacement Meal/Snack Alternatives**

**Almond Butter Oat Bites**

Prep time: 20 mins Makes 12

Ingredients:

½ cup Almond Butter  
1/3 cup All natural Honey  
1 cup Oats (cooking oats not quick cook oats)  
2 tbsp Ground Flax Seeds

Instructions:

In a medium bowl, stir together the almond butter and honey. Add in flx seed and then the oats. Mix well.

Roll mixture into 1 tbsp size balls and place on a platter or pan lined with wax paper. Refrigerate for 30 minutes prior to serving. Store in airtight container on the refrigerator for up to a week.

**Green Goddess Bars**

(one of my favourite snacks pre-post workout or anytime for that matter-lol☺ )

These bars are a real treat and are loaded with nutrients. You only need a small piece as they are very rich. Substitute Topping during the Cleanse with cinnamon sprinkled on top or nothing.

Prep time: 20 mins Makes Tray of approximately 20 pieces

Ingredients:

Bars:

½ cup Almond Butter (or use Sun Butter for a nut-free option)  
¼ cup Brown Rice Syrup  
2 tbsp Coconut Oil

½ cup Shredded Coconut  
½ cup Sunflower Seeds  
1/3 cup Sesame Seeds  
1/3 cup Pumpkin Seeds

Topping:

½ Good Quality Chocolate Chips (Naturally Bulk has carob nibs that are DELICIOUS!)  
2 tbsp rice or Almond Milk

Instructions:

Combine almond butter (or Sun Butter), syrup, Coconut Oil in a sauce pan and heat over very low heat until just melted. Add remaining ingredients and stir until just combined. Pat into 8" X 8" pan. Optional topping: Melt chocolate in a double broiler or in a small sauce/frying pan, with the milk. Pour/spread over bars. Refrigerate for at least 1 hour. Cut into small bars/squares.

**Chia Pudding** (great Yogurt alternative)

Prep time: 2 mins Makes 2 cups

Ingredients:

1 cup Coconut Yogurt (this is a non-dairy alternative to yogurt)  
3 tbsp White or Black Chia Seeds  
1-2 tbsp Goji Berries (optional)  
¼ tsp Cinnamon, or more to taste  
1 tbsp Maple Syrup (optional)

Instructions:

Place Almond or Rice Milk or Coconut Yogurt in a glass bowl (or Mason Jar-I LOVE using Mason Jars for this!) with a lid. Add Chia Seeds, Goji Berries and Cinnamon. Mix in Maple Syrup if using. Place lid on glass bowl/jar. Let sit at room temperature or in refrigerator for at least 1 hour.

**Cashew Cheese Sauce** (optional sauce for veggies that contains NO cheese/dairy)

Prep time: 10 mins Makes: 3 cups

Ingredients:

1 ½ cups Raw Cashews  
2 cups Water  
3 tbsp Nutritional Yeast  
¾ tsp (or to taste) Celtic Sea Salt  
1 tbsp Sweet Onion  
2 tbsp Fresh Lemon Juice  
1 small Clove Garlic (about ½ tsp)

Instructions:

Blend cashews and 1 ½ cups water in blender until creamy (1-2 minutes). Check that there are no small cashew pieces remaining. Add and blend the remaining water and all other ingredients. Use over noodles after the Cleanse for non-dairy

macaroni and cheese (pour over cooked noodles and serve immediately), and/or over steamed vegetables. Refrigerate unused portion.

### **Sprouted Lentil Patties**

Prep time: 20 mins Makes: 1Approx. 10 patties

#### Ingredients:

1 ½ cups dry Green Lentils, soaked and sprouted for 2 days (or canned Eden Brand if possible Green Lentils washed well and drained)  
3 tbsp Oat Flour (or other flour such as Spelt), optional  
¼ cup Olive Oil or Coconut Oil  
½ cup Fresh Parsley or Cilantro, chopped  
½ Red Onion, chopped small  
1 ½ tbsp. Dijon Mustard  
2 tsp Dry Oregano  
1 tsp Dry Marjoram  
½ tsp Chili Powder  
Pinch Cayenne  
¾ tsp Celtic Sea Salt

#### Instructions:

Grind sprouts in a food processor. Add the rest of the ingredients and whir a few times to combine and chop a bit further. Work into a a manageable dough, adding a bit more flour if necessary. Drop with large ice cream scoop or ¼ cup measure onto parchment lined or greased cookie sheet and smooth down into a patty shape with your hand or the back of a spoon. Bake at 300F for 25 minutes or until firm.

These Patties are meant to go into a Collard Green leaf as a wrap. Spread humous or other veggie-based spread. Add carrot, cucumbers, sprouts or any other veggie for the wraps. These are delicious!!!!!!!!!!!!

### **Nut & Date Balls**

Prep: 10 mins Makes: Approx. a dozen depending how big the balls are

#### Ingredients:

½ cup Nuts (walnut, cashews, pecans or other)  
½ cup Parnoosh Dates  
1 tbsp Unsweetened Coconut  
1 tsp Carob Powder

#### Instructions:

Mix all together in food processor or mini chopper. Scoop out 1 tbsp at a time. Roll into balls and roll balls into coconut (optional). Keep chilled.

### **Sunny Pate**

Prep: 10 mins Makes: 1 ½ cups

#### Ingredients:

1 cup Sunflower Seeds, soaked for at least 4 hours  
1 medium Carrot

½ cup Cilantro or Parsley  
1 clove Garlic  
1 tbsp Lemon Juice  
1 tbsp Mellow Miso (or replace with Celtic Sea Salt to taste)  
Pinch Cayenne  
1 medium Celery Stalk, finely chopped

Instructions:

Process all ingredients in a food processor, except celery. Mix until smooth, using spatula to scrape down the sides. Mix in chopped celery by hand and serve. Excellent as a dip with thinly sliced Sweet potatoes-RAW. They are just like carrots when sliced raw. So good for you. Btw... this is one of my favourite dips!!!!

**Decadent Gluten Free Bean Brownies**

Prep: 20 mins Makes: a tray

2 cups very well cooked, drained White or navy Beans  
1 1/2 cup Vanilla Rice Milk  
2 tsp Tahini  
1/3 cup Safflower Oil  
2 tbsp finely ground Chia Seeds  
2 tbsp Pure Vanilla Extract  
1 tsp Tamari or Soy sauce  
1 cup Sucanat (sugar substitute)  
¼ cup Pure Maple Syrup  
½ cup Sorghum Flour  
½ cup Coco Powder  
1 ½ tsp Baking Powder  
1 ½ tsp Baking Soda  
½ tsp Fine Sea Salt  
½ cup Chocolate Chips

Instructions:

Pre-heat oven to 350F. Line a 9 inch square pan with parchment paper or coat with coconut oil.

In a powerful blender, not a food processor blend the beans and rice milk until you have a very smooth pure. Add the tahini, oil, chia seeds, vanilla, soy sauce, succanat, maple syrup and blend again, scrape down the sides as necessary, until you have perfectly smooth, velvety pure with not even a trace of grit (this may take some patience you may need to scrape down the sides up to 15 times, depending on the style and strength of your blender up to 10 minutes). Set aside while you measure the dry ingredients.

In a large bowl, sift together the sorghum flour, coco, baking powder, baking soda and salt. Add the wet mixture to the dry and top with Chocolate Chips. Stir until well combined (the batter should be quite thick). Spread the batter evenly in the pan and smooth the top.



Bake in a pre-heated oven for 55-65 minutes, rotating the pan about halfway through, until a tester in the centre comes out moist but clean and may have one or two crumbs clinging to it.

Remove from oven and cool completely before cutting. It's helpful to cool the brownies before cutting; they will crumble apart if you try to cut them while still warm.

Store covered up to 4 days in the refrigerator.

Eat sparingly on the Cleanse, best for after ☺

### ***Other Snack Ideas:***

- All berries (ie; Blueberries, Strawberries, Raspberries), Apples, Grapes, Pears, Melon, Watermelon, Mango, Pineapple, Cantaloupe
- Fresh Vegetables and Hummus, Celery Sticks, Carrots, Kale, Boy Choy, Mustard Greens, All Salads, Swiss Chard, Beet Greens, Turnip Greens, all Veggies raw or steamed (steamed is better), Arugula, Rapini, Collard Greens, Sweet Potatoes raw or cooked
- Nuts, Seeds, Bean salad and Hard-Boiled Eggs
- Dulse Chips (seaweed is an excellent source of iron-can add to smoothies)
- Small Whole Grain Muffins (sparingly), Lentil Patties, Sunny Pate, Chia Pudding, Energy Bars (ie; Green Goddess Bars, Nut & Date Balls, Bean Brownies)
- **REMEMBER to ADD a *large* salad everyday to the Green Smoothie Cleanse** (and every day thereafter ☺ ) Use an Olive Oil, Vinegar, Salt & Pepper blend as a Dressing (avoid cream based dressings). Including at least one large salad full of mineral-rich leafy green vegetables ensures that your body gets a good dose of raw and living foods for the day. Besides being vitamin and mineral-rich, a large salad will contain a multitude of enzymes that the body will use for digestion as well as many other metabolic functions.