

COFFEE SUBSTITUTES

Please Note: Coffee and Tea are two of the most sprayed crops in the world. Ensure that any hot beverage you consume is organic and fair trade.

Pick-me-up drinks

These drinks have a stimulating effect on the body without the intensity of coffee.

- Green tea*. Full of antioxidants, comes in many varieties.
- Black tea*. Strong flavor, good with milk, large variety of options.
- Licorice root tea (must be organic). Has a sweet flavor and nourishes the adrenal glands.
- Siberian ginseng tea. Nourishing herbal tea. Has a tonifying effect on the body.
- Yerba maté*.
- Chocolate powder*. Has a bitter, coffee-like taste with a mild stimulating effect when unsweetened.

Warm, creamy, sweet alternatives to coffee

These drinks may not stimulate, but can satisfy a desire for cream and sugar.

- Chai. Spiced concoctions of black and green, which contain caffeine, and red tea, which does not.
- Rooibos tea. Also known as Redbush tea from South Africa. Like black tea, it is good with milk, but is caffeine-free and full of antioxidants.

- Carob powder. From the pods of the carob tree, tastes similar to cocoa. Soothes the digestive tract.

Strong and bitter taste alternatives

These drinks have the bitter bite of coffee and a distinctive flavor of their own.

- Roasted dandelion root tea. Has a roasted flavor with a little bitterness. Good for detoxifying the liver.
- Teeccino. Completely herbal, roasted grains in a variety of flavors.

*These drinks contain some caffeine, albeit lower amounts than in coffee.