

Material List:

- Water
- Tablespoon
- Teaspoon
- Whisk, electric milk frother or small blender
- Glass cup measure or small pot
- Way to boil hot water- electric kettle or pot on the stove
- 3 mugs
- Regular metal spoon
- Small cutting board
- Knife for chopping
- Optional: plant milk or regular milk

Good Mood Tea



Ingredients

- 2-3 tsp Good Mood Tea blend with damiana, rose, and tulsi*
- 1 cup water



Instructions

- Bring 1 cup of water to boil.
- Add 2-3 tsp Good Mood Tea to tea bag, tea ball or tea pot.
- Add hot water to mug or tea pot.
- Let steep for at least 3-5 minutes. You can choose to steep for longer depending on your preferred flavor and strength of tea
- Remove tea bag or dispense from tea pot and enjoy!



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* Consult your healthcare provider before using, especially if pregnant, nursing, or on medication.

Uplift Chocolate Elixir

Ingredients

- Approx 2 Tbsp chopped cacao- (26 grams)
- ½ cup hot water
- 1 Tbsp coconut sugar
- 1 Tbsp coconut milk powder
- 1/2 - 1 tsp maca and moringa powder*
- Pinch of salt
- Optional: 1 tsp herbal coffee



My favorite places to get drinking chocolate:

Ora Cacao
(use code LILA10 for 10% off)

Coracao
(use code LILA25 for 25% off)

Instructions

- Bring water to a boil, then let it cool slightly (to around 170°F).
- In a small bowl or mug, add chopped cacao, coconut sugar, coconut milk powder, salt, maca & moringa powder and herbal coffee.
- Add hot water.
- Whisk briskly until smooth and fully combined. You can also use a milk frother or blender.
- Pour into your favorite mug and enjoy!
- Adjust as needed with more sugar and/or a splash of plant milk or regular milk.



Unwind Chocolate Elixir

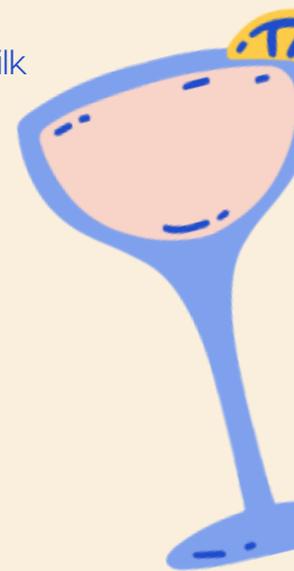
Ingredients

- Approx 2 Tbsp chopped cacao- (26 grams)
- ½ cup hot water
- 1 Tbsp coconut sugar
- 1 Tbsp coconut milk powder
- 1 tsp Golden milk + kava + ashwaganda powder*
- Pinch of salt



Instructions

- Bring water to a boil, then let it cool slightly (to around 170°F).
- In a small bowl or mug, add chopped cacao, coconut sugar, coconut milk powder, salt, and golden milk blend.
- Add hot water.
- Whisk briskly until smooth and fully combined. You can also use a milk frother or blender.
- Pour into your favorite mug and enjoy!
- Adjust as needed with more sugar and/or a splash of plant milk or regular milk.



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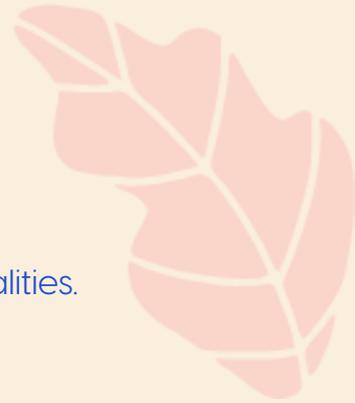
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Elixir Ingredient Benefits

Cacao Benefits:

- Has a plethora of minerals including: magnesium, iron, copper, manganese and potassium.
- Can stimulate neurotransmitters, serotonin and dopamine which puts us in a good mood.
- Contains antioxidants that have cell protective qualities.
- Contains caffeine and theobromine.
- Can increase blood circulation.
- Not all chocolate is created equal. The best chocolate choices are: less processed and highest cacao percentage. At least 70%, in the form of cacao nibs, cacao bar, cacao wafers, or powdered cacao.



Golden Milk Spice Blend (Turmeric, ginger, cinnamon and black pepper)

- 'Golden Milk' is the westernized variation of the traditional Indian 'haldi doodh', or turmeric milk. The original combination consists of hot milk and turmeric.
- Turmeric is well known for its anti-inflammatory and antioxidant qualities. Turmeric is an excellent source of iron, manganese, B6, copper and potassium. Consuming turmeric with black pepper and/or fat will help its bio-availability in the body.

Note: This information is not meant as medical advice or an alternative to treatment by a doctor

Elixir Ingredient Benefits

Herbs:

- Damiana is an herb traditionally used as tea and in liqueur that is known for its relaxing, uplifting and aphrodisiac qualities.
- Tulsi is also known as Holy Basil and is used for its stress relieving and immune boosting qualities.
- Kava is a potent herb from the Pacific Islands and translates to "intoxicating pepper." This 3,000-year old drink is traditionally made by pounding or chewing the roots of the kava plant, mixing the product with water and ingesting the filtered fluid. The active components of kava, called the kava lactones, give this de-stress beverage its anti-anxiety, muscle relaxing and analgesic qualities.
- Ashwaganda is known as an adaptogenic herb that helps your body adapt to stress. It is often used for anxiety, insomnia, depression, fatigue and hormonal imbalances.
- Maca root is another adaptogenic herb that is used to provide sustained energy without the jitteriness of caffeine.
- Moringa is a leaf that is rich in amino acids, vitamins, and minerals. These qualities make it a great natural energy booster, despite the fact that it is caffeine-free.

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