

Material List:

Mocktail/Cocktail

- Water
- Ice
- Rocks glass
- Small plate
- Cocktail shaker, jar or protein shaker
- Cutting board
- Knife
- Citrus press
- Measuring spoons + cups
- Jigger (optional)

Pumpkin Spice Bites

- Small bowl
- Small plate
- Measuring spoons
- Spoon

Spiced Ginger Lemon Drop

Ingredients (1 serving)

- 1/2 cup ginger tea concentrate (mix full packet with 1/2 cup water)
- 1.5oz whiskey (omit and add 1/2 tsp apple cider vinegar for mocktail)
- 2 tbsp | 1oz lemon juice
or 2 tsp lemon juice powder with 2 TBSP water
- Pinch of five spice powder
- 2 dashes of [All the Bitter](#)
[Orange Bitters](#)
- Ice



Adaptogenic Sugar Rim

- 2 tbsp sugar
- 1 tsp lemon peel powder or lemon zest
- 1/8 tsp maca powder

Instructions

- Spread sugar mixture onto a small plate.
- Use a lemon wedge to moisten the edge of a glass, then place the glass upside-down into the sugar mixture. Move the glass in a small circular motion to coat with sugar mixture.
- In a cocktail shaker add ginger tea concentrate, whiskey OR apple cider vinegar, lemon juice, five spice powder, bitters and ice.
- Shake vigorously for 10 seconds, strain and pour carefully into your sugar rimmed glass.
- Garnish with a slice of lemon and enjoy.

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Pumpkin Spice Bites

Ingredients

Makes six 1 inch bals

- 1/4 cup almond flour
- 3 TBSP sunflower butter
- 1 TBSP honey
- 1-2 tsp pumpkin spice powder
- 2 tsp cacao nibs
- 1/2 tbsp topping- coconut, cacao nibs and hemp seeds.



Instructions

- Add almond flour, pumpkin spice powder and cacao nibs to a bowl and mix with a spoon. Then add sunflower butter and honey. Mix thoroughly.
- Consistency of the mixture should be somewhat moist, so that all ingredients can stick together. If your mixture is too dry, add a bit more honey or sunflower butter.
- Roll your mixture into 1 inch balls.
- Roll the balls into a topping OR shape them into pumpkins. Use a knife to carefully make decorative lines along the side. Place a cacao nib at the top as a stem.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture.
- Store in an airtight container in the fridge. Eat within 1 week.

Pumpkin Spice Powder Recipe

Ingredients

- 1 tablespoon ground cinnamon
- 2 teaspoons ground ginger
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground mace
- 1/2 teaspoon ground nutmeg



Instructions

- Measure out all ingredients into a small bowl.
- Whisk or stir to combine. Store in an airtight container at room temperature for up to 1 year.