Material List:

Herbal Beverage

- [ ] Way to boil hot water- electric tea kettle or stove
- [ ] Mug
- [ ] Spoon
- [ ] Optional: sweetener and/or milk of choice

Superfood Truffles

- [ ] Spoon
- [ ] Smal bowl
- [ ] Smal plate
- [ ] Measuring spoons

Herbal Coffee



Ingredients

- [ ] **Teeccino** Maca Chocolate Tea Bag
- [ ] 1 cup water
- [ ] Optional: sweetener and/or milk of choice.

Instructions

- Add tea bag to a mug
- Add 1 cup of hot or cold water
- Let steep for 3-5 minutes
- Optional: add sweetener or milk of choice if desired.
- Enjoy!





Chocolate Superfood Truffles

These superfood truffles make a great healthy snack or treat! They are easy to make and packed with healthy fat, plant protein, antioxidants, vitamins and minerals.

Ingredients

Makes three 1 inch bals



- [ ] 2 tablespoons almond flour
- [ ] 1.5 tablespoon sunflower butter
- [ ] 1/2 tablespoon honey
- [ ] 1 tsp cacao powder
- [ ] 1/4 - 1 /2 tsp superfood powder (ashwagandha, reishi mushroom, maca)* optionall
- [ ] 1/2 tbsp topping- cacao nibs, coconut and hemp seeds.

Instructions

- Add almond flour, flavoring powder and superfood powder 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.
- Rol your mixture into 1 inch bals.
- Option to roll the balls into a topping.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture.
- Store in an airtight container in the fridge. Eat within 1 week.

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

Golden Milk Superfood Truffles

These superfood truffles make a great healthy snack or treat!
They are easy to make and packed with healthy fat, plant protein, antioxidants, vitamins and minerals.

Ingredients

Makes three 1 inch bals



- [ ] 2 tablespoons almond flour
- [ ] 1.5 tablespoon sunflower butter
- [ ] 1/2 tablespoon honey
- [ ] 1 tsp golden milk powder
- [ ] 1/4 - 1 /2 tsp superfood powder (ashwagandha, reishi mushroom, maca)* optionall
- [ ] 1/2 tbsp topping- cacao nibs, coconut and hemp seeds.

Instructions

- Add almond flour, golden milk powder and superfood powder 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.
- Rol your mixture into 1 inch balls.
- Option to roll the balls into a topping.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture.
- Store in an airtight container in the fridge. Eat within 1 week.

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