



Heartwarming
& healthy

Comforting Drinks
for the Cold Season



Tahini Hot Chocolate

Ingredients for 2 mugs:

- 300 ml almond or oat milk
- 3 tbsp cocoa powder
- 1 tbsp tahini (sesame paste)
- ¼ tsp cardamom
- 1 tsp honey
- 1 tbsp dark chocolate chunks
- Optional: whipped cream, chopped nuts

1

Add the milk, cocoa powder, tahini, cardamom, and honey to a blender and mix until smooth.

2

Pour the mixture into a saucepan and gently heat it over low to medium heat, stirring constantly, until the chocolate melts and everything is well mixed.

3

Pour the warm drink into two mugs and, if desired, top with whipped cream and chopped nuts.

Tip: You can replace the tahini with almond butter or any other nut butter.



Spicy Immune Punch

Ingredients for 4 shots:

- 50 g ginger
- 50 g turmeric
- 3 lemons
- 4 oranges
- 1 tbsp flaxseed oil
- 1 pinch black pepper

1

Peel the ginger using a small spoon, wash the turmeric thoroughly, and finely grate both.

2

Juice the lemons and oranges, then pour the juice into a mixing jug. Add the grated ginger and turmeric, along with the flaxseed oil and black pepper. Blend everything with a hand blender until smooth.

3

Pour directly into glasses or transfer to a sealable glass bottle.



Beetroot Latte

Ingredients for 2 mugs:

- 300 ml coconut milk (or regular milk)
- ¼ tsp honey
- 1 small beetroot (or 40 ml beetroot juice as an alternative)
- 1 tsp fresh ginger
- 1 pinch cinnamon

1

Heat the milk and honey in a saucepan.

2

If using fresh beetroot, blend it together with the ginger until smooth. Pour the juice through a fine sieve into two glasses. If using beetroot juice instead, finely grate the ginger and add it directly to the juice.

3

Froth the warm milk with a milk frother and pour it into the glasses.

4

Sprinkle with a little cinnamon and enjoy warm.



Ginger-Lemon Tea

Ingredients for 2 mugs:

- 4 cm ginger
- 1 lemon (juice)
- 400 ml water
- 1 tsp honey

1

Peel the ginger, finely grate it with a knife or grater, and place it in a saucepan with a little water.

2

Add the honey and stir well to combine. Pour in the remaining water and bring the tea to a boil.

3

Meanwhile, halve the lemon (if needed) and squeeze out the juice.

4

Once the tea starts boiling, remove it from the heat and add the lemon juice. Stir well, divide into two cups, and enjoy warm.



Hot *Nocciola* Latte

Ingredients for 2 mugs:

- 3 tbsp hazelnuts
- 2 tbsp cocoa powder
- 1 date
- 350 ml oat milk
- 2 shots of espresso
- 150 ml oat milk for frothing
- 2 tsp chopped hazelnuts
- Cocoa powder for dusting

1

Place the hazelnuts, cocoa powder, date, and oat milk in a blender and blend until smooth. Pour the mixture into a saucepan and gently heat.

2

Meanwhile, froth the remaining oat milk with a milk frother and prepare the espresso shots.

3

Divide the hazelnut milk between two cups, then top with the espresso and frothed milk. Sprinkle with chopped hazelnuts and dust with cocoa powder before serving.



Blood Orange

Kombucha

Ingredients for 2 mugs:

- 400 ml kombucha
- Juice of 1 blood orange
- 2 sprigs fresh thyme (or 1 tsp dried thyme)
- 3–4 fresh basil leaves
- Crushed ice

1

Divide the kombucha between two glasses and pour the blood orange juice on top. Add ice cubes if desired.

2

Garnish with thyme sprigs and basil leaves.

Tip: You can easily buy kombucha or make it yourself through fermentation.



Nutty-Gingerbread

Protein Smoothie

Ingredients for 2 mugs:

- 400 ml (plant-based) milk
- 2 frozen bananas
- 2 tbsp almond butter
- 2 Medjool dates
- ½ tsp vanilla extract
- 1 tsp gingerbread spice
- 1 tbsp cocoa powder

1

Place all ingredients in a blender and blend on high speed until smooth and creamy, with no lumps remaining.

2

Pour the smoothie into two glasses and enjoy.



Golden Milk

Ingredients for 2 mugs:

- 400 ml plant-based milk
- 1 piece turmeric (approx. 2–3 cm)
- 1 piece ginger (approx. 2 cm)
- ¼ tsp freshly ground black pepper
- ¼ tsp cinnamon
- ½ tsp coconut oil
- A pinch of freshly grated nutmeg

1

Place all ingredients in a blender and blend until smooth. For an even finer texture, strain the milk through a fine sieve.

2

Pour the milk into a saucepan and heat briefly.

3

Divide into two cups and enjoy warm.

Tip: For an extra nutrient boost, you can also enjoy the Golden Milk on room temperature.



Pear & Rosemary Tea

Ingredients for 2 mugs:

- 2 tsp crushed rosemary leaves
- 1 pear
- A pinch of cinnamon
- 400 ml water
- For garnish: Rosemary sprigs

Tip: You can enjoy the Pear & Rosemary Tea warm, or let it cool and serve over ice as a refreshing iced tea.

1

Pour 300 ml of boiling water over the crushed rosemary leaves and let steep for 8–10 minutes.

2

Meanwhile, peel, core, and slice the pear. Sprinkle with cinnamon, then place in a saucepan with 100 ml water and honey. Bring to a brief boil and let simmer for 5 minutes.

3

Strain the rosemary tea into two cups. Pour the cooked pear tea on top and garnish with rosemary sprigs.

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