

Ginger Detox



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

½ lb ginger, thinly sliced
¼ lb turmeric, thinly sliced
10 quarts water
2 cups lemon juice
1 cup apple cider vinegar
2½ cups Sweetie

DIRECTIONS:

1. In a large pot or crockpot, combine the ginger, turmeric, and water.
2. Simmer for 6 hours, or steep overnight for a stronger flavor.
3. Once finished steeping, strain the liquid if desired. The water should be very dark, similar to tea.
4. Stir in the lemon juice, apple cider vinegar, and Sweetie until fully combined.
5. Serve warm or chilled. Refrigerate leftovers.

Lemonade



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

58 oz water
½ cup lemon juice
¼ cup sweetie

DIRECTIONS:

1. Add the water, lemon juice, and sweetie to a 64 oz pitcher or jug.
2. Stir or shake until the sweetie is fully dissolved.
3. Serve chilled or over ice.

Flavored Water



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

10 oz hot or cold water
1 drop essential oil
1 teaspoon Sweetie

DIRECTIONS:

1. Add the water, essential oil, and Sweetie to a glass or bottle.
2. Stir or shake until well combined.
3. Serve chilled or warm.

Green Detox Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

20 oz ginger detox (see recipe)
1 bunch parsley
1 cup plain nonfat greek yogurt
Lemon juice, to taste

DIRECTIONS:

1. Add the ginger detox, parsley, greek yogurt, and lemon juice to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

Weight Loss Tea

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

Hot or cold water
Tea bags
Ice
Sweetie (optional)

DIRECTIONS:**Hot Tea**

1. Place 1 tea bag in a 6–8 oz cup.
2. Pour hot water over the tea bag and let steep for 3–5 minutes.
3. Sweeten to taste, if desired.

Iced Tea

1. Pour 2 cups hot water over 6 tea bags in a quart-size container.
2. Let steep for 10 minutes, then remove the tea bags.
3. Add 2 cups cold water and stir.
4. Serve over ice.

Oat Fiber Tea



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 Tbsp oat fiber
Hot water
Sweetie, to taste

DIRECTIONS:

1. Add the oat fiber to a glass of hot water and stir well.
2. Sweeten with sweetie to taste.
3. Serve warm.

Beyond Bone Broth



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

Chicken bones
Water or broth

DIRECTIONS:

1. Place the chicken bones into an Instant Pot and fill with water or broth to the maximum fill line.
2. Cook on the broth setting twice, or until the bones are very soft and easily break apart.
3. Strain the broth to remove any large pieces and excess fat.
Return the softened bones to the broth.
4. Using a hand blender, carefully blend the softened bones into the broth until smooth.
5. Serve warm or refrigerate until ready to use.

Pumpkin Spice Latte



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

- 1 teaspoon pumpkin spice
- 1 tablespoon instant coffee
- 2 cups almond milk
- 2 tablespoons Sweetie

DIRECTIONS:

1. Add the pumpkin spice, instant coffee, almond milk, and Sweetie to a blender, shaker bottle, or saucepan.
2. Blend, shake, or whisk until well combined and heated to desired temperature.
3. Serve warm or over ice.

Matcha Latte



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 cup water
1 cup almond or coconut milk
2 tablespoons sweetie
½ teaspoon matcha powder

DIRECTIONS:

1. Add the water, almond or coconut milk, sweetie, and matcha powder to a saucepan or blender.
2. Heat until warm, then blend or froth until smooth and creamy.
3. Serve warm and enjoy.

Hot Chocolate



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

Cocoa
Coconut milk

DIRECTIONS:

1. Pour 8 oz of coconut milk into a microwave-safe mug.
2. Microwave for 2 minutes, or until hot.
3. Stir in 1 tablespoon of cocoa mix until fully dissolved.
4. Serve warm.