



# Coffee Substitute and Detox Tea

## What is Cocoa Fresh Coffee Substitute and Detox Tea?

Coffee Substitute is a blend of dandelion, burdock, ginger, cinnamon bark, as well as chicory which is a relative of the dandelion. Coffee Substitute is a beverage prepared with these roasted herbs, is 100% caffeine free and gluten free.

## How to make it?

Cocoa Fresh Organic Coffee Substitute can be brewed exactly as you would brew coffee. You can use a teapot, manual dripper, a filter coffee maker, a French Press or an Espresso Machine.

### Ingredients

- 4 tablespoon roasted Coffee Substitute granules
- 4 cups water
- 1/2 cup milk
- 1 teaspoon sweetener of choice  
*choose from honey, maple syrup, coconut sugar, stevia etc.*

### Recipe

Simmer the roasted herbs along with spices of your choice for about 10-15 minutes. Let cool. Strain the mix and it's ready to drink.

For tea preferences, you may also simply add lemon and honey.

**Optional:** add your favorite creamer

## What are the benefits of using Coffee Substitute?

First and foremost, it is caffeine-free, making them suitable for those looking to reduce their caffeine intake or avoid it altogether. This makes Coffee Substitute a great option for people with caffeine sensitivities or who want to enjoy a warm beverage in the evening without disrupting their sleep. Additionally, it is made with herbs, grains, and other natural ingredients, providing a unique and varied profile. Coffee Substitute can be a source of antioxidants and may have digested benefits, making them a potential choice for those looking to incorporate more natural and herbal remedies into their daily routine.

Coffee Substitute offer a caffeine-free, flavorful, and potentially health-conscious alternative to traditional coffee.