

**Resources for Hot Drinks for Health Saturday 12th of December 2020**

**Important Points to note:**

Boiling water is used when making the hot drinks in this zoom presentation, so therefore caution is advised at all times when removing saucepans of very hot or boiling water from the hob and also when pouring boiling/very hot water into heatproof cups or heatproof glasses. Care is also required when using knives to chop and peel ingredients. Care is also required when using a grater and a blender.

This zoom is only recommended for individuals aged 16+ with a responsible adult supervising at all times.

Please ensure that your hot drink has cooled to a drinkable warm temperature before you drink it, so as not to scald the lips/mouth/tongue.



Rosemary Milk

*Ingredients*:

250ml milk

4-6 inch stem of fresh rosemary

tsp of honey (optional)

*Method:*

1. Break the rosemary into 3 or 4 pieces.
2. Put 3 pieces into a saucepan and add milk.
3. Bring slowly to the very gentle boil, and then simmer for 5 minutes while stirring continuously (do not boil).
4. Press the rosemary against the side of the saucepan to extract the juices. Strain carefully into a heatproof glass/mug. Discard the rosemary.
5. Drink whilst still warm and with some rosemary floating on top (if desired) and stir in the honey (if using). Serves 1.

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Marmalade and Ginger Tea

*Ingredients:*

½ inch fresh root ginger

tbsp. thin-cut orange marmalade

*Method:*

1. Peel and carefully grate the ginger. Put ginger into a heatproof mug/glass and carefully cover with boiling water.
2. Leave for 5 minutes and carefully strain. Add the marmalade and stir until dissolved. Drink while still warm. Serves 1.

Berry Punch

*Ingredients:*

90g frozen (or fresh) mixed berries

¼ inch fresh ginger root

1 cinnamon stick

*Method:*

1. Put the berries in a saucepan.
2. Carefully peel and bruise the ginger but leave it in one piece and add to the saucepan.
3. Add 200ml of water to the saucepan and then, bring slowly to a simmer and continue to simmer for ten minutes.
4. Carefully remove ginger and strain the punch through a sieve, pressing the fruit to extract all the juices. Warm up again (carefully) if necessary. Drink while still warm and with a cinnamon stick in the mug/glass. Serves 1.



Hot Banana Smoothie

*Ingredients:*

1 small banana (carefully chopped)

200ml milk

60ml live yoghurt

1 level tsp of cocoa powder and ground cinnamon

*Method:*

1. Put milk, chopped banana and yoghurt into a blender and blend until very smooth.
2. Pour into a saucepan and carefully heat until just simmering (do not boil).
3. Use a whisk or fork to stir up a froth.
4. Pour carefully into a heatproof mug/glass. Sprinkle cinnamon and cocoa powder on top. Drink while still warm. Serves 1.



Turmeric Milk

*Ingredients:*

250ml of coconut milk

½-1 tsp ground turmeric

pinch of black pepper

¼ tsp of ground cinnamon

honey (optional)

*Method:*

1. Put all ingredients into a saucepan over medium heat and carefully bring to a simmer.
2. Simmer for 10 minutes, stirring occasionally.
3. Carefully pour into a heatproof mug/glass.
4. Stir in honey (if using). Drink whilst still warm. Serves 1.

