

WARM AND WONDERFUL

HERE ARE SOME HOT AND HEALTHY BEVERAGES FOR WINTER TIME. THE RECIPES ARE PROVIDED COURTESY OF UMINA, AUTHOR OF THE BOOK SUPERFOOD: A GATEWAY TO THE NEW CUISINE. WWW.UMINA.CO.IL

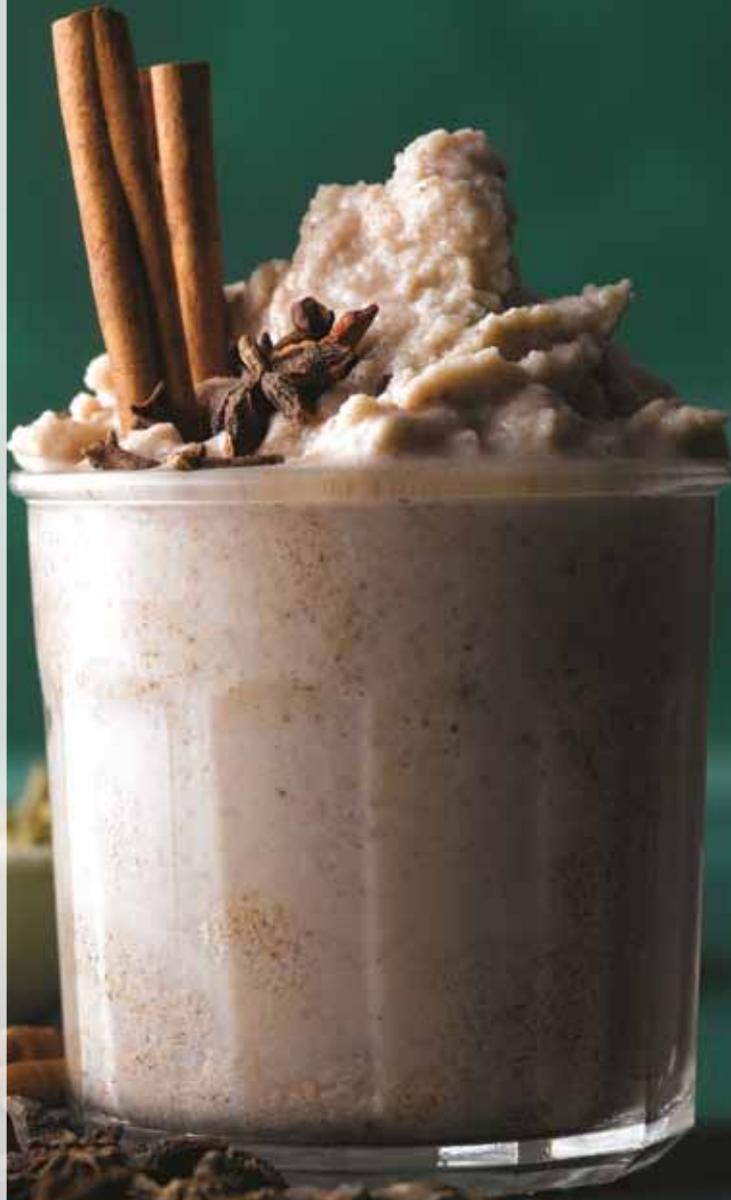
PHOTOGRAPHY: RONEN MANGAN

MASALA CHAI

“Masala chai is a beverage that has been passed down from generation to generation for thousands of years. Containing important antioxidants, it is considered a tea that strengthens the digestive system. Traditional Indian chai has aromatic spices such as cinnamon, fennel, ginger, cardamom, cloves and black pepper. This is a superfood version of chai, with a base of almond milk and no black tea. It can be prepared as a hot drink in the winter and an iced drink in the summer.”

2 cups almond milk
3 medjoul dates
2 Tbsp. chia seeds
1 tsp. coconut oil
1 tsp. cinnamon
1/4 tsp. green cardamom powder
A pinch of cloves
A pinch of black pepper
1/2 tsp. ginger powder or 3 gr. fresh ginger (1-cm. thick slice)
1/4 tsp. nutmeg powder
1/4 tsp. anise seeds
1/2 tsp. vanilla extract
1 cup boiling water/or 1 cup ice

Mix all the ingredients in a blender for 1 to 2 minutes at high speed until you get a smooth texture.



MATCHA LATTE

Makes 1 cup

“This green tea beverage is as refreshing and indulgent as a cappuccino, but it has the wonderful taste and quality of matcha (ground green tea leaves), which, among other things, improves clarity and sharpness, memory and learning abilities. Matcha contains caffeine. It stimulates but does not cause sharp fluctuations in the nervous system, affect the adrenal gland or produce nervousness and tension like coffee. On the contrary, matcha is soothing because of the rare amino acid L-Theanine, which increases alpha waves in the brain.”

1/2 tsp. matcha powder

1/3 cup hot water (not boiling)

1/2 cup hot almond milk (do not bring to a boil)

Sift the matcha powder into a bowl and add 2 tablespoons of hot water. Stir until the mixture thickens. Add water gradually while stirring. Transfer the green tea into a glass and slowly stir in the hot milk. Sweeten as desired. Serve immediately.



WINTER CIOCCOLATA (THICK HOT CHOCOLATE)

“This luxurious winter beverage is ideal for warming the body on a cold day.”

Makes 4 to 5 small cups

2 cups hot almond milk (do not bring to a boil)

2 Tbsp. cocoa powder

A piece of fresh ginger (2 cm. thick)

2 Tbsp. coconut sugar

1 Tbsp. lucuma powder

1 tsp. cocoa butter

Mix all the ingredients in a blender for approximately 1 minute at high speed. Serve immediately.



COCOA BLISS

Makes 8 to 10 small cups

“If I had to choose only one beverage, I would choose Cocoa Bliss -- my house drink, which I have made thousands of times. For guests, I make Cocoa Bliss instead of coffee; and when I am asked to bring something to an event, this drink is almost always my choice. In the winter I make it warm; and in the summer, cold and full of ice.

It has a winning combination of cocoa with maca and cashews; a balanced sweetness of coconut sugar that neutralizes the acidity of the dates; a thick texture thanks to the coconut oil and chia; and salt and chili that emphasize the taste of the cocoa. This magical drink energizes instantly, brings people together, opens up communication and good conversation, and just makes you happy. It is recommended to serve it in glasses.”

2 cups water

1/2 cup cashew nuts

1 Tbsp. chia seeds

2 Tbsp. cocoa beans or cocoa chips

2 Tbsp. cocoa powder

4 dates

2 Tbsp. coconut oil

1 Tbsp. coconut sugar

1 tsp. maca powder

Pinch of salt

Pinch of chili

1 cup boiling water/or 1 cup ice

Mix all the ingredients in a blender for 1 to 2 minutes at high speed until you get a smooth and uniform texture.