

beek's broth

RECIPE BOOK





This latte offers a boost of gut-nourishing caffeine to really fill your cup!

DIRECTIONS:

- Add 1 sachet instant coffee to 1 cup hot water
- Froth until mixed
- Top with ¼ cup frothed / steamed oat milk

INGREDIENTS:

- 1 sachet of Beck's Broth Instant Coffee
- 1 cup of hot water
- ¼ cup oat milk

ESPRESSO MARTINI

Two parts good, two parts fun...
we meant it when we said this
wasn't your basic broth!

INGREDIENTS:

- 2 ounces Vodka
- 2 ounces Kahlua
- 1 sachet Beck's Broth Instant Coffee
- 1 cup water
- Scoop of ice

DIRECTIONS:

- Pour all ingredients in a Martini shaker or use 2 cups, give it a good shake for lots of froth, and strain out ice.

* Makes 2 martinis

FOR US, WELLNESS IS
ALL ABOUT BALANCE...

Let's just say this gets us
in the spirit!



CHOCO-COCO SMOOTHIE



This decadent smoothie is a nutrition booster when you need a little treat.

We've taken our hottest drink and cooled it down, bringing you a decadent dessert-style smoothie that is simply satiating.

DIRECTIONS:

Throw everything in blender and blend.

INGREDIENTS:

- 1 frozen banana
- 1 sachet of Beck's Broth Hot Chocolate
- 2 tbsp peanut butter (try all natural, unprocessed)
- 1 - 2 cups milk of choice (Try Oat for a creamy texture or Soy for a boost of protein)
- Pinch of sea salt
- 1 cup ice

HOT CHOCOLATE
COMING IN COLD!

STRAWBERRY CHIA CHA-CHA PUDDING

This strawberry superfood snack is designed to get you moving and makes for a great snack to-go.

INGREDIENTS:

- 3/4 cup milk (we love coconut)
- 1 package of Beck's Broth hot chocolate powder
- 3 tbsp chia seeds
- 1/4 tsp vanilla
- 1/2 cup chopped strawberries
- 1/4 cup mixed nuts
- 1 tbsp hemp hearts



DIRECTIONS:

- Mix Hot Chocolate powder with water or milk
 - Add chia seeds
 - Stir and let sit until chia seeds absorb all liquid
 - Top with strawberries, hemp hearts, and mix nuts
 - Try packing in a mason jar for an on-the-go snack



A RELAXING CUP OF NOURISHMENT.

Support your own health journey
with the nourishing collection of
Beck's Broth products!



[SHOP NOW](#)