



## International Coffee Day Recipe Collection

---

**Dr. Valerie Rosania**

<https://firstfruitshealth.com/>



## Iced Coffee Breakfast Smoothie

1 serving

5 minutes

### Ingredients

1/2 cup Coffee (brewed, chilled)  
1/4 cup Unsweetened Almond Milk  
3 tbsps Quick Oats  
1 tbsp Almond Butter  
1/4 tsp Vanilla Extract  
6 Ice Cubes  
1 Banana (frozen)

### Directions

1

Add all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**More Flavor:** For a sweeter smoothie, add maple syrup or sweetener of choice to taste. For a mocha smoothie, add cocoa powder to taste.

**Make it Green:** Add spinach or kale.

**More Protein:** Add protein powder or collagen powder.

**No Almond Milk:** Use oat milk instead.

**Consistency:** Adjust consistency to your liking by adding more or fewer ice cubes to the blender.



## Pumpkin Spice Latte

1 serving  
10 minutes

### Ingredients

1/2 cup Coffee  
2 tbsps Pureed Pumpkin  
1 1/2 tbsps Maple Syrup  
1/2 tsp Pumpkin Pie Spice  
3/4 cup Unsweetened Almond Milk  
1/2 tsp Vanilla Extract

### Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of homemade whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

### Notes

**No Almond Milk:** Use coconut milk instead.

**No Blender:** Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

**Pumpkin Lover:** Add an extra 1 tbsp of pureed pumpkin per serving.

**Homemade Pumpkin Spice:** Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

**Caffeine Free:** Replace coffee with additional almond milk.



## Mocha Smoothie

1 serving

5 minutes

### Ingredients

1 cup Unsweetened Almond Milk  
1/4 cup Coffee (brewed)  
1 Banana (medium)  
1/4 cup Vanilla Protein Powder  
1 tbsp Cocoa Powder  
1 tsp Vanilla Extract

### Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

**No Protein Powder:** Omit, or add a few spoonfuls of hemp seeds instead.

**Nut-Free:** Use nut-free milk such as oat milk.



## Salted Caramel Latte

1 serving

5 minutes

### Ingredients

1/2 cup Water  
1/2 cup Canned Coconut Milk (full fat)  
1/4 cup Coffee (brewed)  
1 tbsp Butter  
1 tsp Vanilla Extract  
1/2 tsp Monk Fruit Sweetener  
1/8 tsp Sea Salt  
2/3 oz Collagen Powder

### Directions

- 1 Bring the water and coconut milk to a slow boil in a pot.
- 2 Pour into a blender along with the rest of the ingredients and blend until frothy, being sure to properly vent to allow heat to escape.
- 3 Taste and add more sweetener if desired. Pour into a mug and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Additional Toppings:** Sprinkle cinnamon on top.

**Make it Vegan:** Omit collagen powder and use coconut oil instead of butter.



## Milk & Honey Iced Coffee

3 servings

1 hour

### Ingredients

8 cups Coffee (brewed)  
1 tbsp Raw Honey  
1 tsp Vanilla Extract  
1/2 cup Cream, Half & Half

### Directions

- 1 Brew your coffee and stir in the honey while it's hot. Place in the fridge until cool. Once cool, stir in the vanilla extract.
- 2 Fill glasses with ice cubes. Pour chilled coffee over top. Add desired amount of cream. Mix, add a straw and enjoy!

### Notes

Dairy-Free: Use coconut milk or almond milk instead of cream.



## Iced Coffee Popsicles

6 servings

4 hours

### Ingredients

2 cups Coffee (brewed)  
1 tbsp Raw Honey  
1/4 tsp Vanilla Extract  
1/2 cup Canned Coconut Milk

### Directions

- 1 Brew your coffee and stir in the honey while it's hot. Place in the fridge until cool.
- 2 Once cool, stir in the vanilla extract and milk. Pour into 3 oz paper cups.
- 3 Freeze for 45 to 60 minutes or until partially frozen. Insert popsicle sticks. If sticks are not staying, freeze for additional 15 minutes and try again.
- 4 Place in freezer for 4 hours or until completely frozen.

### Notes

**No Coconut Milk:** Use almond milk or cream.

**Vegan:** Use maple syrup instead of honey.

**Fun Layering:** Leave about 1 cm when filling the cups with coffee. Add your cream or dairy-free milk in Step 3 after your popsicles have partially frozen.

**Extra Creamy:** Add more coconut milk.



## Peanut Butter Mocha Chia Pudding

4 servings  
3 hours 10 minutes

### Ingredients

1 3/4 cups Canned Coconut Milk  
1/2 cup Coffee (brewed drip or espresso)  
2 tbsps Cacao Powder  
1/3 cup Chia Seeds  
2 tbsps All Natural Peanut Butter  
2/3 oz Collagen Powder  
1/4 tsp Stevia Powder (to taste)

### Directions

1

Add all ingredients to a blender and blend for at least one minute, until completely smooth. Scoop into bowls or jars and refrigerate overnight or for a minimum of three hours. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 3/4 cup.

**More Flavor:** Add cinnamon and/or banana.

**Additional Toppings:** Cacao nibs, hemp hearts, fresh or dried fruit, nuts, seeds.

**Make it Vegan:** Omit the collagen powder.

**No Stevia:** Use maple syrup, raw honey, dates, or coconut sugar to taste.



## Mocha Overnight Protein Oats

4 servings

8 hours

### Ingredients

2 cups Oats (rolled)  
1/4 cup Chia Seeds  
1/4 cup Cocoa Powder  
1/2 cup Chocolate Protein Powder  
2 cups Unsweetened Almond Milk  
1 cup Coffee (brewed and chilled)  
1/4 cup Cacao Nibs

### Directions

1

Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.

2

Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to four days.



## Vanilla Latte Overnight Oats

2 servings

3 hours

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/2 cup Coffee (cold, strong brewed)  
2 tbsps Almond Butter (divided)  
1 tbsp Maple Syrup  
1/4 tsp Vanilla Extract  
3/4 cup Quick Oats  
2 tbsps Chia Seeds  
2 tsps Cacao Nibs

### Directions

- 1 In a mixing bowl whisk together almond milk, cold coffee, half of the almond butter, maple syrup and vanilla extract. Stir in the oats and chia seeds until well combined.
- 2 Cover and refrigerate for at least 3 hours or up to overnight.
- 3 To serve, divide between bowls and top with the remaining almond butter and cacao nibs. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**More Flavor:** Add cinnamon or pumpkin spice.

**Additional Toppings:** Top with shredded coconut, additional chia seeds or hemp seeds.

**More Protein:** Stir in your favorite protein powder or collagen powder.