



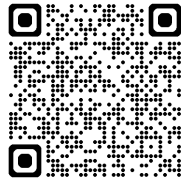
Culinary Institute of America

ENVISION SUSTAIN YOUR BRAIN BEVERAGE HANDOUT



Culinary Institute of America at Hyde Park, NY

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BEVERAGE MENU

Orange Chia Recharge
Chocolate Cottage Cheese Smoothie
Vanilla Cinnamon Milk Smoothie

ADDITIONAL RECIPES

Berry Breakfast Smoothie
Nut Butter Banana Shake
Watermelon Coconut Cooler
Chamomile Coconut Steamer
Cinnamon Coconut Vanilla Comfort Drink
Golden Coconut Night Milk

Note: *None of these recipes have been sweetened. Add 1 tablespoon (or to taste) of honey, agave, or other invert sugar (avoid refined sugars).*

ORANGE CHIA RECHARGE

BREAKFAST DRINK

Yield: 13 ounces

Ingredients	Amounts
Water, coconut	1 cup
Chia seeds	2 Tbsp.
Orange, juice, fresh	4 oz.
Ice cubes	½ cup

Method

1. Stir the chia seeds into the coconut water. Let it stand for 10 minutes.
2. Add the orange juice and ice. Stir well.

Notes: Great for breakfast, chia seeds provide protein, fiber, and omega-3 fats for steady energy and hydration. Can substitute coconut milk for coconut water for a little more richness.

CHOCOLATE COTTAGE CHEESE SMOOTHIE

LUNCH OR MIDDAY TREAT

Yield: 16 ounces

Ingredients	Amounts
Cheese, cottage, low-fat	½ cup
Coconut, milk	1 cup
Cocoa, powder, unsweetened	1 Tbsp.
Ice cubes	as needed

Method

1. Blend all the ingredients until creamy.
2. Serve cold.

Notes: Great for lunch or midday snack, offers a satisfying protein boost without the caffeine or sugar found in many energy drinks.

VANILLA CINNAMON MILK SMOOTHIE

BEDTIME TREAT

Yield: 12 ounces

Ingredients	Amounts
Milk, low-fat	1 cup
Yogurt, Greek, plain	½ cup
Cinnamon, ground	½ tsp.
Extract, vanilla	½ tsp.

Method

1. Blend all the ingredients until smooth.
2. Serve chilled.

Notes: Good just before bedtime, rich in protein and calcium, making it a comforting beverage that can help satisfy hunger before bed without excess sugar or caffeine.

BERRY BREAKFAST SMOOTHIE

BREAKFAST TREAT

Yield: 16 ounces

Ingredients

Amounts

Yogurt, Greek, plain	$\frac{3}{4}$ cup
Berries, mixed, frozen	$\frac{1}{2}$ cup
Coconut, milk	1 cup
Oats, rolled	$\frac{1}{4}$ cup

Method

1. Blend all the ingredients until smooth.
2. Serve immediately.

Notes: Great for breakfast, provides protein, fiber, and carbohydrates for sustained energy and concentration during school.

NUT BUTTER BANANA SHAKE

LUNCH OR MIDDAY PICK-ME-UP

Yield: 16 ounces

Ingredients

Amounts

Banana	1 ea.
Macadamia nuts	1 Tbsp.
Coconut, milk	1 cup
Ice cubes	½ cup

Method

1. Blend all the ingredients until smooth.
2. Serve chilled.

WATERMELON COCONUT COOLER

AFTERNOON SNACK

Yield: 16 ounces

Ingredients	Amounts
Watermelon, seedless, cubed	1 cup
Coconut, water	½ cup
Lime, juice, fresh	1 Tbsp.
Agave	1 tsp.
Ice cubes	½ cup

Method

1. Blend the watermelon until liquid.
2. Stir in the coconut water, lime juice, and agave.
3. Serve over ice.

Notes: Good for an afternoon snack or refresher. Coconut water can be substituted for the coconut milk.

CHAMOMILE COCONUT STEAMER

BEDTIME CALMER

Yield: 12-ounce. beverage

Ingredients	Amounts
Tea, chamomile	1 ea.
Water, boiling (200°F)	1 cup
Milk, coconut	½ cup
Honey	1 tsp.
Cinnamon, ground (Optional)	¼ tsp.

Method

1. Steep the chamomile tea in the hot water for 7 minutes. Remove and discard the tea bag.
2. Stir in the coconut milk.
3. Sprinkle the top of the drink with cinnamon, if desired.
4. Serve hot.

Notes: Good just before bedtime, chamomile tea is naturally caffeine free and commonly used in bedtime routines for relaxation.

CINNAMON VANILLA COCONUT COMFORT DRINK

BEDTIME BEVERAGE

Yield: 12-ounce. beverage

Ingredients	Amounts
Coconut, milk, warm	1 cup
Cinnamon, ground	½ tsp.
Extract, vanilla	½ tsp.
Syrup, maple (Optional)	1 tsp.

Method

1. Gently warm the coconut milk over low heat.
2. Add the cinnamon, vanilla, and maple syrup, if desired. Stir to combine.
3. Serve warm.

Notes: The aroma of vanilla and cinnamon can feel calming, and the warm drink helps signal wind-down time.

GOLDEN COCONUT NIGHT MILK

BEDTIME DRINK

Yield: 12 ounces

Ingredients	Amounts
Tea, chamomile, brewed	1 ea.
Water, boiling (200°F)	1 cup
Coconut, milk	½ cup
Turmeric, ground	½ tsp.
Cinnamon, ground	¼ tsp.
Honey (Optional)	1 tsp.

Method

1. Steep the chamomile tea in the hot water for 7 minutes. Remove and discard the tea bag.
2. Gently warm the coconut milk. Stir in coconut milk.
3. Add the turmeric, cinnamon, and honey, if desired. Whisk until smooth.
4. Serve hot.

Notes: Turmeric and cinnamon add warmth and flavor without caffeine. Coconut milk creates a soothing, creamy drink that can feel relaxing before bed.

These materials were developed at the Culinary Institute of America.

Envision Sustain Your Brain Beverage Handout v.130.docx

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