

TURMERIC LATTE RECIPE

If you haven't tried a Turmeric Latte yet (also known as Golden Milk), you're missing out! It's a creamy (dairy-free), hot milk drink that's filled to the brim with nutrients. Yes, a delicious beverage with health benefits. Dreams do come true!

The organic ingredients inside Copper Cup's formulation are truly one of a kind. Organic coconut milk powder, coconut sugar, turmeric powder, vanilla powder, ginger, fresh ground black pepper, Himalayan pink salt, and cayenne pepper are paired together to make the perfect Turmeric Latte. Give it a try with this recipe and your Copper Cup sachets featured in this month's box!



Turmeric Latte



Turmeric Latte Lite



Turmeric Chai



Turmeric Cappuccino

THE BASICS:

1. Choose which flavor of Turmeric Latte you'd like to create from the options listed above
2. Gather all of your ingredients
3. Mix all of the ingredients together to create this delicious superfood-infused drink!
4. Top it off with optional ingredients for extra sweetness or spice such as maple syrup, black pepper, or cinnamon. Enjoy!

Take a picture of your creations and share with us on social media! #RosehiveBox



Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Information provided is for educational purposes only. Please consult your medical care provider before using herbal medicine, particularly if you have a known medical condition or if you are nursing or pregnant.

THE HOLIDAY EDITION

Chia, Spice, and Everything Nice...

HUMA CHIA ENERGY GEL

This ancient fuel was first used by the Tarahumara Indians, known in history as ultra-marathoners. The science behind the ingredients: The glucose/fructose ratio of the Evaporated Cane Juice and Brown Rice Syrup helps with carbohydrate absorption. Ground Chia Seeds aids as fiber to modulate sugar spikes, offering a steady release of energy. Sea Salt offers much needed electrolytes and Citric Acid reduces physical fatigue.

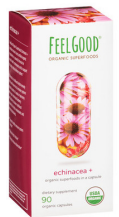
How To Use: 1 Packet 15 minutes prior to exercise or 1 Packet every 30-45 minutes during exercise. Consume with water.



FEEL GOOD SUPERFOODS ORGANIC ECHINACEA

Echinacea is a traditional herbal remedy well known for its immune system support properties. In this formulation, it works in harmony with organic whole food Seaberry and Goji Berry to deliver nutritional support that is high in antioxidants and phytonutrients.

How To Use: As a dietary supplement, take 2 capsules with water once daily. Store in a cool, dry location.



SUNFOOD GOLDEN BERRIES

Golden berries (or Incan berries) are one of the lost crops of the Incas, and one of the few select foods grown at the ancient mountaintop citadel of Machu Picchu. A nutritional powerhouse, golden berries are rich in fiber and vitamin A for immunity, vision and bone health. A good source of vitamin C, they also have iron and protein. Golden berries have a mouth-watering, tangy sweetness.

How To Use: Open to eat and enjoy!



GLIM ACTIVATED CHAR(COAL) DRINK

The perfect stocking stuffer for the naughty person on your list. This Activated Charcoal is sourced from coconut shell that's been heated to create internal pores, making it very absorbent. It is said to absorb toxins, acting like a magnet in the body. It is most known for its use in hospitals. Activated Charcoal is still being studied to learn just how it works in the body, so seek consultation before trying if taking other medications.

How To Use: Refrigerate and enjoy post hangover, or after a big meal to help with bloating!



WILDWAY GRAIN FREE GRANOLA

This is one addicting snack! A flavor that will remind you of your mom's homemade banana nut bread. Try it for yourself and check out those ingredients! Simple and delicious. Free of wheat, oats, and grains, Paleo friendly, Sweetener-free, Oil-free and Dairy and Soy-free, too!



COPPER CUP TURMERIC LATTE

All organic ingredients. Copper Cup is caffeine free, organic, ready to enjoy in less than a minute and loved by thousands for how it tastes and makes you feel!

How To Use: Turn this page around for ways to use your sachets!



DISCOVER WHAT'S INSIDE