Five Vegan Drinks To Try This Winter

We're a world of coffee lovers aren't we? The coffee culture is strong and for many of us our day hasn't started unless we've grabbed our favourite hot beverage from our local Starbucks. The caffeine kick is one that can't always be denied and a morning coffee is a solid addition to many a morning routine.

Sometimes it's easy to forget about the calorie content of a drink. We think of it as a liquid and therefore don't always associate it with its devilish side effects. A hot chocolate from a coffee chain can have as many as 400 calories in it. Pretty shocking right? You might as well just chomp into a bar of chocolate.

And then there's the extra cost. In the long run, you could save yourself around £500 (about 750 American dollars) per year just by cutting your coffee shop habits. So how can you save calories, save cash, and still enjoy a delicious hot drink to start your day?

There are plenty of healthier alternatives that will not only cost you less but also save on calories, increase your health, and battle against the dreaded winter cold. So without further ado, here are the best vegan friendly drinks to give a try this winter:

Simple Ginger Tea

There are some amazing benefits from consuming ginger, including anti-inflammatory properties, nausea reduction, and increased circulation.

Add 2-3cm of fresh root ginger to a mug of warm water for

added warmth, and be sure to drop in a stick of cinnamon for an extra kick! It's a quick and easy festive drink that is low in calories.

Honey Lemon Warmer

This one is especially handy if you're trying to recover from a sore throat or head off a winter cold. Honey has many amazing health-enhancing benefits. It's great for soothing a sore throat while giving your immune system a boost. This is particularly handy at this time of the year when colds are spreading like wildfire.

You might be concerned about the sugar levels of honey, but don't be too worried. These natural sugars won't harm you in small doses. Add 1-2 teaspoons of organic honey (depending on your sweet tooth) to a mug of warm water, and add a few slices of fresh lemon for an added zing

A Nutty Treat

One of my personal favourites is a gorgeous nutty winter warmer! Simply heat a mug of almond milk and add a drizzle of date syrup for a gorgeous toffee-like taste. This drink comes closest to rivaling drinks from the coffee chains, and it's low in fat too! If you do want to add a naughty twist (we all deserve a treat now and again after all) grate your favourite vegan chocolate to finish it off. Yum!

Pumpkin Spice Latte

Okay. So Halloween may be over, but who can resist a pumpkin spice latte over winter time? It's a definite favourite amongst the coffee lovers of the world. Why should vegans have to miss out? Simply add two tablespoons of pumpkin puree to your morning cup of coffee along with two tablespoons of almond (or coconut) milk, a drizzle of vanilla extract, and

any fancy toppings you wish to include! My favourite is cinnamon, but you could also add vegan whipped cream or maple syrup.

Cranberry Cider

Combine cranberry juice (the proper stuff) with apple cider in a saucepan and heat, stir in 1-2 teaspoons of brown sugar and add flavourings of your choice. Popular flavours include cinnamon or ginger for additional warmth and a slight kick, adjust the amount of flavouring to your taste. To make it even more festive, add some sliced orange and a Christmas themed mug!

Will you be cutting down on the coffee chain purchases this winter in favour of your own, healthier homemade recipes? I'd love to hear about more vegan drink recipes to try!

Recommended Reading:

- *[How to Optimize Curcumin Absorption – With Golden Milk Tea Recipe](#)*
- *[Cinnamon – Ceylon Vs Cassia, Health Benefits, and Other Interesting Facts](#)*
- *[Turmeric – Learn More about This Ayurvedic Herb](#)*