



# Maca Mule

1 serving

Supports hormone balance, energy & stamina

\*Inspired by a Moscow Mule — but earthy, spicy, and vitalizing.

## Ingredients

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1 tsp maca powder  
½ oz fresh lime juice  
½ oz honey syrup (1:1  
honey + hot water)  
4 oz ginger beer  
(unsweetened or lightly  
sweetened)  
Ice  
Lime wedge + grated  
nutmeg for garnish

## Method

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1. In a shaker, combine maca, lime juice, and honey syrup. Stir or shake vigorously to dissolve maca.
2. Pour over ice in a copper mug or glass.
3. Top with ginger beer.
4. Garnish with a lime wedge and a dusting of nutmeg

*Maca may support libido, testosterone, and energy metabolism.*

# Ginseng Citrus Power Cooler



1 serving

Promotes physical strength, stamina, and mental clarity



## Ingredients

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½ tsp Panax ginseng  
extract (or 1 oz cold  
brewed ginseng tea)  
2 oz fresh orange juice  
2 oz sparkling mineral  
water

1 oz lemon juice  
Dash of cayenne  
(optional, for a kick)  
Ice

Orange wheel + sprig of  
rosemary for garnish

## Method

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1. In a glass, mix ginseng, orange, and lemon juice.
2. Add a pinch of cayenne if using.
3. Stir and pour over ice.
4. Top with sparkling water.
5. Garnish with a rosemary sprig and orange wheel.

*Panax ginseng is often used for strength, immune vitality, and reducing fatigue.*



# Ashwagandha Chai Cooler

1 serving

Soothes stress and promotes grounded calm

## Ingredients

1 tsp Ashwagandha powder

1 tsp Chia powder mix  
(Combine 1 tsp each cinnamon, cardamom, ginger, black pepper, mix, store in a container for later use)

4 oz chilled brewed rooibos or chamomile tea

2 oz unsweetened almond or oat milk

½ tsp maple syrup (optional)

Ice

Star anise or cinnamon stick for garnish

## Method

1. Whisk ashwagandha, cinnamon, vanilla, and maple syrup into the chilled tea.
2. Stir in plant milk.
3. Pour over ice in a rocks glass.
4. Garnish with star anise or cinnamon stick.

*Ashwagandha supports cortisol balance, relaxation, and mood regulation.*