



LIVEGOOD Coffee Essentials

By Edward Keyte

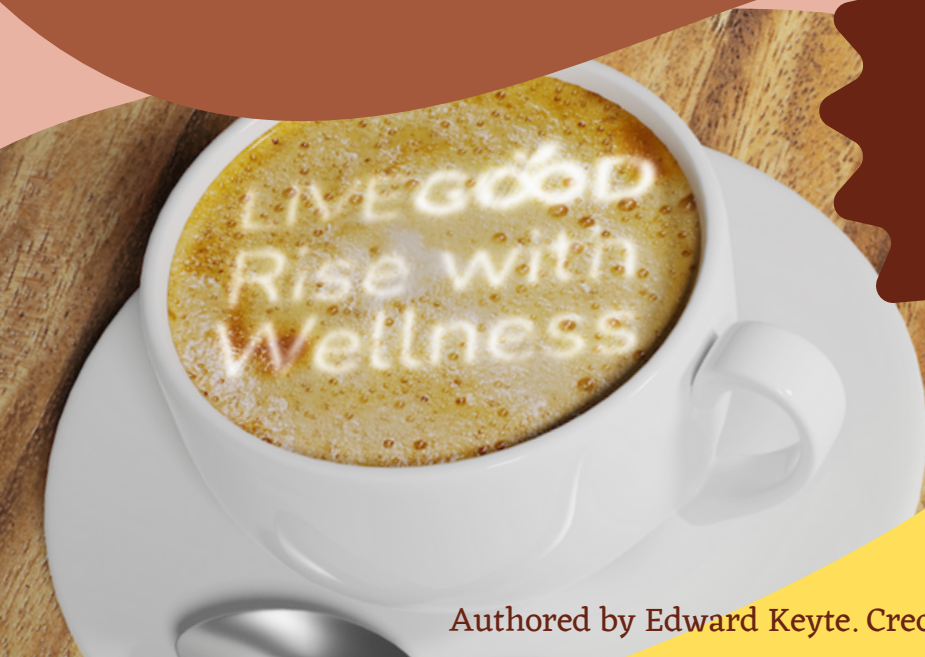


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Introduction

Welcome to "11 Simple LiveGood Coffee Hacks for Everyday Wellness and Ultimate Flavour." At LiveGood, our mission is to enhance health and happiness through high-quality, nutritious products. This e-book is a testament to that ethos, offering a collection of easy, healthy, and delicious coffee recipes featuring our premium LiveGood Organic Coffee and Vanilla Plant-Based Protein Powder.

These recipes celebrate not just the taste but also the wellness benefits of our flagship products. Designed for coffee lovers and health-conscious individuals alike, they are simple to prepare and integrate seamlessly into your daily routine.

Our aim is to introduce you to coffee that's more than just a beverage; it's a blend of energy, wellness, and joy, crafted to be as beneficial as it is flavourful. Whether it's a morning boost, a mid-day refreshment, or a creamy indulgence, these recipes bring wellness to your coffee ritual, combining the joy of brewing with the satisfaction of a healthful sip. Let each cup from this e-book be a step towards a healthier, happier you with LiveGood.



✓ Coffee Classics

Classic Coffee Delights

Simple yet delightful, these recipes showcase the rich and smooth flavor of LiveGood Organic Coffee. From a robust Americano to a creamy latte, each cup offers a classic coffee experience with a unique LiveGood twist. Perfect for those who love their coffee pure, simple, and satisfying.

1. Americano with a Twist:

Americano with a Twist: Brew a bold Americano using LiveGood organic coffee. Suggestion: Add a cinnamon stick during brewing for a subtle spice kick.

2. Latte Love:

Make a classic latte with LiveGood coffee. Quick Hack: Froth milk in a jar by shaking it vigorously, then microwave for a few seconds to make foam.



✓ Protein

Protein-Packed Power-Ups

Simple yet delightful, these recipes showcase the rich and smooth flavor of LiveGood Organic Coffee. From a robust Americano to a creamy latte, each cup offers a classic coffee experience with a unique LiveGood twist. Perfect for those who love their coffee pure, simple, and satisfying.

1. Morning Mocha Protein Shake:

Blend LiveGood coffee with chocolate syrup or cocoa powder, and a scoop of vanilla protein powder for a quick mocha shake.

2. Vanilla Coffee Smoothie:

Mix iced LiveGood coffee with vanilla protein powder for a refreshing smoothie. Tip: Add a banana for extra creaminess.

3. Bullet-Proof Coffee:

Blend a freshly brewed cup of LiveGood Organic Coffee with a spoonful of MCT oil and a slice of organic grass-fed butter for a rich, energizing drink. Optional: For an extra protein and flavor kick, add half a scoop of LiveGood Vanilla Plant-Based Protein Powder. This combination not only boosts your energy levels but also keeps you satiated, making it an ideal morning or pre-workout beverage.



✓ Variations

Creamy & Dreamy Variations

Velvety Textures, Dreamy Flavors. Discover milk-infused coffee delights that soothe and satisfy.

1. Almond Milk Latte:

Prepare a latte using almond milk with LiveGood coffee for a nutty twist. Idea: Add a drop of almond extract for intensified flavor.

2. Oat Milk Cappuccino:

Use oat milk with LiveGood coffee to create a creamy cappuccino. Bonus: Sprinkle cinnamon or nutmeg on top for a warm spice.



✓ Chilled

Chilled & Thrilling

Cool Refreshment Awaits. Dive into our iced and chilled coffee recipes for a revitalizing escape.

1. Summer Iced Coffee:

Brew LiveGood coffee, let it cool, and pour over ice for a classic iced coffee. Customize: Add a splash of flavored syrup or creamer.

2. Protein Iced Latte:

Combine chilled LiveGood coffee with a scoop of protein powder for an energizing iced latte. Tip: Add a few coffee ice cubes to keep it strong and chilled.



✓ Decaf

Decaf Delights

Soothing, Caffeine-Free Comfort. Enjoy the rich taste of coffee without the buzz in these decaf delights.

1. Lion's Mane Latte:

Brew a latte using lion's mane mushroom powder for a decaffeinated option. Enhance: Add a touch of honey or vanilla for sweetness.

2. Dandelion Coffee:

Create a herbal coffee using roasted dandelion root, a perfect coffee alternative. Suggestion: Mix with a bit of cocoa powder for a mocha-like flavor.



Toppings

Creative Toppings & Hacks

These ideas focus on simplicity and accessibility, using common kitchen ingredients to enhance the coffee experience while highlighting LiveGood products.

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- **Chocolate Drizzle:** Top your coffee with a drizzle of chocolate syrup for a decadent touch.
- **Cinnamon Sprinkle:** Add a dash of cinnamon to your brew for a warming spice flavor.
- **Whipped Cream Topping:** A dollop of whipped cream on top of your coffee makes it indulgent and creamy.
- **Crushed Nuts:** Sprinkle crushed nuts like almonds or hazelnuts for a crunchy texture.
- **Banana Blend:** Blend a banana into your coffee smoothie for a natural sweetener and creamy texture.
- **Chocolate Shavings:** Garnish your coffee with chocolate shavings for an elegant finish.
- **Caramel Drizzle:** A caramel drizzle over your coffee adds a rich, sweet flavor.
- **Patterned Powder:** Use a stencil or a doily to create patterns with cocoa powder on top of your coffee.



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LiveGood. To try our
products, please get in touch!**

Authored by Edward Keyte. Credit appreciated.