

Coffee Substitutes

By [Caroline MacDougall](#)

Teeccino Smoothie

Into a blender, pour:

- 1 cup of brewed Teeccino, preferably chilled
- 1 cup of frozen fruit, such as strawberries or blueberries
- 1 banana
- 2 cups of low fat vanilla frozen yogurt or non-dairy frozen dessert
- 1 tablespoon of protein powder like hemp or whey

Blend until smooth. Serve immediately.

Iced Teeccino Mocha Frappe

Into a blender, pour:

- 1 cup of brewed Teeccino, preferably chilled
- 2 oz. chocolate syrup
- 1 tablespoon maple syrup or organic sugar
- 6 oz. cold milk or almond milk
- 1 cup ice cubes

Blend with ice until frothy and all ice is crushed. Pour into a 16 oz. glass. Add whipped cream if desired. Sprinkle with cocoa powder.

Frangelico Hazelnut Crème

Into a 12 oz. mug, add the following:

- 6 oz brewed Teeccino Hazelnut
- 1 tablespoon maple syrup or Stevia to taste
- 1 oz Frangelico liquor

Top with your choice of the following:

- A scoop of ice cream
- 4 oz frothed hot milk.
- Whipped cream flavored with maple syrup and vanilla extract