



Drinks for Fertility

Created by Faith and Hope Wellness Associates



Iced Green Tea Lemonade

3 ingredients · 1 hour · 4 servings



Directions

1. If you haven't yet, brew your green tea. Add honey and the juice of 1 lemon. Mix well and place in the fridge until chilled.
2. Once chilled, pour into a glass jug. Slice the remaining lemon into rounds and add them in with the iced tea.
3. Pour into glasses over ice. Add a straw and enjoy!

Notes

Make it Fruity

Add chopped strawberries for more flavour.

Ingredients

8 cups Green Tea (brewed)

1 tbsp Raw Honey

2 Lemon

Nutrition

Amount per serving

Calories	25	Cholesterol	0mg
Fat	0g	Sodium	5mg
Carbs	6g	Vitamin A	1IU
Fiber	0g	Vitamin C	9mg
Sugar	5g	Calcium	1mg
Protein	1g	Iron	0mg

Blueberry Orange Sparkling Water

4 ingredients · 5 minutes · 2 servings



Directions

1. Divide blueberries and clementines into mason jars or glasses then use a spoon to gently crush the fruit. Add ice, then pour sparkling water over top. Enjoy!

Notes

No Sparkling Water

Use flat water instead.

Switch it Up

Swap out the blueberries for blackberries, strawberries or raspberries.

Ingredients

1/2 cup Blueberries

1 Clementines (peeled and sectioned)

6 Ice Cubes

3 cups Sparkling Water

Nutrition

Amount per serving

Calories	38	Cholesterol	0mg
Fat	0g	Sodium	8mg
Carbs	10g	Vitamin A	20IU
Fiber	2g	Vitamin C	22mg
Sugar	7g	Calcium	49mg
Protein	1g	Iron	0mg

Pink Drink with Coconut Milk

5 ingredients · 10 minutes · 1 serving



Directions

1. In a glass or jar, stir together the steeped green tea, honey, sliced strawberries, and coconut milk. Mix well. Add ice cubes and enjoy!

Notes

No Acai Green Tea

Use any berry flavored green tea instead.

No Coconut Milk

Use almond, soy or cashew milk instead.

Ingredients

1/3 cup Green Tea (acai flavoured, steeped, cooled and bag removed)

1 1/2 tsps Raw Honey

1/4 cup Strawberries (sliced)

3/4 cup Plain Coconut Milk (from the carton, not the can)

4 Ice Cubes

Nutrition

Amount per serving

Calories	102	Cholesterol	0mg
Fat	4g	Sodium	28mg
Carbs	17g	Vitamin A	379IU
Fiber	1g	Vitamin C	22mg
Sugar	15g	Calcium	344mg
Protein	0g	Iron	0mg

Molasses Milk

3 ingredients · 10 minutes · 1 serving



Directions

1. Heat half the coconut milk with the molasses in a small saucepan over medium heat. Whisk until you begin to see steam.
2. Transfer to a mug with the remaining coconut milk and add ice, if using. Enjoy!

Notes

Leftovers

Refrigerate in a jug, travel mug or jar for up to three days.

More Flavor

Add vanilla extract, cinnamon, sea salt and/or mulling spices like whole cloves, allspice or anise.

Extra Frothy

Transfer the molasses milk to a blender and blend for 10 to 15 seconds.

No Coconut Milk

Use dairy, oat, almond, soy, or rice milk instead.

Ingredients

1 1/4 cups Lite Coconut Milk (from the carton, divided)

1 tbsp Blackstrap Molasses

3 Ice Cubes (optional)

Nutrition

Amount per serving

Calories	248	Cholesterol	0mg
Fat	19g	Sodium	91mg
Carbs	18g	Vitamin A	0IU
Fiber	0g	Vitamin C	0mg
Sugar	14g	Calcium	100mg
Protein	1g	Iron	4mg

Lemon Ginger Tea

3 ingredients · 10 minutes · 2 servings



Directions

1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size

One serving equals approximately 2 cups.

More Flavor

Add mint leaves, honey or your sweetener of choice.

Enjoy it Cold

Add ice cubes.

Ingredients

2 1/2 cups Water

3 tbsps Ginger (peeled, sliced)

1/2 Lemon

Nutrition

Amount per serving

Calories	10	Cholesterol	0mg
Fat	0g	Sodium	7mg
Carbs	2g	Vitamin A	1U
Fiber	0g	Vitamin C	5mg
Sugar	0g	Calcium	32mg
Protein	0g	Iron	0mg