



ICED COFFEE

Make the sugary drink switch with this quick and easy iced coffee.

Prep time: 5 minutes

Serves: 2

Ingredients

- ▲ 2 tsp instant coffee
- ▲ 1½ cups reduced-fat milk
- ▲ 1 tsp vanilla essence
- ▲ 1 handful ice cubes

Method

1. Mix all ingredients (except ice) together in a jug and taste. If sweet enough go to step 2. Otherwise, add ½ tsp of sugar at a time (up to a max of 2 tsp) until the desired sweetness is reached.
2. Pour into 2 tall glasses, add ice and serve immediately.

Variations

- Make a blizzard version by freezing ½ cup of reduced-fat milk in an ice cube tray (it will take about 2 hours for milk ice cubes to freeze). Blitz the milk ice cubes together with other ingredients for a frothy drink that beats any fast food thick shake by a country mile.
- Use a shot of espresso or plunger coffee in place of instant coffee.
- Swap cow's milk for a calcium-fortified plant-based milk.

For more delicious drink recipes
visit www.livelighter.com.au

Partner:



Government of Western Australia
Department of Health



STRAWBERRY AND MINT SPARKLING WATER

A refreshing drink to help cool you down on a hot summer day.

Prep time: 5 minutes

Serves: 4

Ingredients

- ▲ ½ small punnet strawberries, washed, top removed, halved
- ▲ Small bunch of mint leaves, washed
- ▲ 1 L still or sparkling water
- ▲ 1 tray ice cubes

Method

1. Pull mint leaves from stem (*see tip*).
2. Place ice cubes, strawberries and mint leaves in the bottom of a clear jug.
3. Fill with still or sparkling water.

Variations

- Try other fruit and herb combinations like lemon slices and thyme, frozen blackberries and basil, blueberries and sage, or peach and rosemary.
- Add cut up fruit like kiwifruit, lime, pineapple or strawberries to an ice cube tray, fill with tap water, and freeze for at least two hours. Fruity ice cubes can be added to still or sparkling water.

Tip: Slap the mint leaves between your palms for a stronger taste.

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