



# Healing Tonics Cooking Course Syllabus

This 5-hour course curriculum covers both essential basic - advanced plant-based beverage techniques. Over the course of 5 modules you will learn how to prepare 30+ recipes, time & money saving kitchen hacks, health benefits, and gain the confidence to create your own delicious recipes every time. Go at your own pace, on your own time.

## **MODULE 1: Introduction & Basic Staple Recipes**

- LESSON 1** Introduction
- LESSON 2** Welcome + Key Resources
- LESSON 3** Intro to Essential Oils
- LESSON 4** Plant Mylk (we'll go over many varieties of plant-based mylks & soaking times)
- LESSON 5** Turmeric Paste
- LESSON 6** Ginger Juice (& talk about juicers)
- LESSON 7** Soaked Dates (and talk about sweeteners)
- LESSON 8** Frozen Bananas

## **MODULE 2: Cooling Libations**

- LESSON 1** Maple Lemonade (3+ ways)
- LESSON 2** Peppermint Choco-Chia Cooler
- LESSON 3** Chocolate Temple
- LESSON 4** Vanilla Maca Love
- LESSON 5** Strawberry Maca Rose
- LESSON 6** Popeye Power



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(Continued)

## MODULE 3: Hot Elixirs

- LESSON 1** Matcha Latté
- LESSON 2** Golden Mylk
- LESSON 3** Basic + Superhero Hot Chocolates
- LESSON 4** Red Velvet Hot Chocolate
- LESSON 5** Ojas Building Drink
- LESSON 6** Lavender Latte

## MODULE 4: Fresh Pressed Juices

- LESSON 1** Capple + Immunity
- LESSON 2** Rainbow
- LESSON 3** Green Goddess
- LESSON 4** Thai Vibe
- LESSON 5** Watermelon Mint Fresca
- LESSON 6** Pear Fennel Cucumber Romaine
- LESSON 7** Grapefruit Jalapeño Cucumber Basil

## MODULE 5: Superfood Smoothies

- LESSON 1** Green Giant
- LESSON 2** Funky Monkey
- LESSON 3** Superberry Dream
- LESSON 4** Golden Goddess
- LESSON 5** Holy Cacao

## CLOSING