

Fun Fact of the Week

5 Hot Drinks that Will Keep You Healthy This Winter*

By Kylie Mikuta

These 5 delicious hot drinks will keep you warm, boost your immune system and keep you healthy this winter.

Buttered Coffee

Go ahead and enjoy your morning cup of coffee with this healthy twist. Cut out the caffeine jitters, gain more extended energy throughout the day and boost your daily intake of [healthy, beneficial fats](#). The blender emulsifies the MCT oil (or coconut oil) and butter giving your coffee a nice creamy latte effect.

Get the [recipe](#).



Golden Milk

This beautiful golden-colored warm drink is both soothing and creamy. [Turmeric](#) has countless health benefits including anti-inflammatory, antimicrobial, liver detoxifying and [potent anti-cancer](#) properties. It is also good for brain function, lowers triglycerides, promotes digestive health, helps regulate metabolism and strengthens the immune system. [Ginger](#) is anti-inflammatory, improves the absorption and assimilation of essential nutrients in the body, and is a potent cancer fighter. It's the perfect warm drink to enjoy before bed.

Get the [recipe](#).



Pumpkin Latte

Every year we celebrate the return of Pumpkin Lattes; it's a sign that fall has arrived. The combination of spices in "pumpkin spice" ([cinnamon](#), nutmeg, [ginger](#), allspice) fights cancer, lowers blood sugar, is anti-inflammatory and helps digestion. [Pumpkin](#) is known to boost vision, help with weight loss, lower blood pressure, reduce cancer risk, and support the immune system. So, stop spending your dollars at the local coffee shop and enjoy this warm, delicious and creamy drink at home instead!

Get the [recipe](#).



Lemon Ginger Tea

A great tasting and immune-boosting drink, Lemon Ginger Tea helps you fight off colds, keep healthy, and relieve sore throats. It can be served hot or cold. And this homemade syrup makes a great gift for the holidays. [Ginger](#) is a natural remedy for nausea, is incredibly anti-inflammatory, improves the absorption and assimilation of essential nutrients in the body and fights cancer.

Get the [recipe](#).



Apple Cider Vinegar Cinnamon Tea

This tart and highly detoxifying drink can be enjoyed warm or over ice. Apple Cider helps with [detoxification](#), digestive issues, sore throat, [weight loss](#) and bad breath. [Cinnamon](#) lowers cholesterol, keeps your arteries healthy, manages blood sugar and works as a cancer-fighter.

Get the [recipe](#).



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