Brew Up Better Health



Coffee is one of the most popular beverages in the world, and your daily cup may do more than boost your energy. When enjoyed in moderation and with minimal added sugar, coffee can be part of a healthy lifestyle and provide several potential health benefits.

More than just a morning pick-me-up

May Promote Heart Health:
Research suggests moderate coffee consumption may be associated with a lower risk of heart disease and stroke.

Rich in Antioxidants:
Coffee contains antioxidants that help protect cells from damage caused by harmful molecules called free radicals.

Supports Brain Function:
The caffeine in coffee can help improve alertness, focus, concentration, and mental performance.

May Support Healthy Aging:
Studies have linked regular coffee consumption with a lower risk of certain neurodegenerative conditions, such as Parkinson's and Alzheimer's disease.

Sip Smart:

Coffee offers several health benefits, but it's important not to overdo it. Keep an eye on portion sizes and added sugars, creamers, and flavorings, which can add extra calories and reduce some of the health benefits.



Cinnamon Vanilla Protein Coffee

Skip the coffeehouse line and try this healthier homemade coffee treat. It's creamy, delicious, and packed with protein to help fuel your day.

Ingredients:
- 1 cup brewed coffee, cooled
- ½ cup unsweetened almond milk
- 1 scoop vanilla protein powder
- ¼ teaspoon cinnamon
- Ice

Directions:
1. Add coffee, almond milk, protein powder, and cinnamon to a shaker or blender.
2. Mix until smooth.
3. Pour over ice and enjoy!

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