

# Frappés

Frappés were invented in Greece when a thirsty vendor, lacking hot water, prepared his instant coffee in a shaker with milk. The result was a surprisingly foamy and satisfying beverage: the café frappé was born. Still widely popular as a coffee drink, recipes with fruit juices, spices, tea and herbs, blend just as well for delicious frappé alternatives. Start shaking and give these a try!

## **CITRUS-MINT FRAPPE** (*Caffeine Free*) 1, 16 oz. serving

1 Numi Moroccan Mint tea bag

$\frac{3}{4}$  cup freshly-boiled water

$\frac{3}{4}$  cup orange juice

16 oz. ice

$\frac{1}{2}$  cup regular organic yogurt

1 pump agave syrup

1. Steep tea in water for 10 minutes

2. Chill tea

3. Blend ingredients and serve

*Credit: Diana Agtane and Ahmed Rahim*

## **ROOIBOS CHAI FRAPPE** (*Caffeine Free*) 1, 16 oz. serving

1 Numi Rooibos Chai tea bag

$\frac{3}{4}$  cup freshly boiled water

$\frac{3}{4}$  cup unsweetened vanilla soymilk

16 oz. ice

$\frac{1}{2}$  cup regular organic yogurt

1 tsp. agave syrup

1. Steep tea in water for 10 minutes

2. Chill tea

3. Blend all ingredients and serve

*Credit: Diana Agtane and Ahmed Rahim*