

Recipes



Coffee *Coffea* spp.

Tips for Use:

- Unroasted coffee seeds, known as beans, are green prior to roasting.
- Roasting at a high heat then cooling prepares them for brewing. Roasting levels can range from light to dark. Lighter roasts create lighter brews which are more acidic than darker brews.
- Darker roasts have less acidity and a bitter roasted flavor. Lighter roasts have a slightly higher concentration of caffeine than darker roasts.
- Beans are ground before brewing and range from fine for deeper flavors like espresso, to medium for automatic drip coffee makers and coarse for use in a coffee press.
- Store beans, whole or ground, in an airtight opaque container at room temperature away from sunlight. The flavor of stored beans or ground coffee degrades with exposure to moisture, air, heat, and light.
- Coffee can be frozen if in an airtight container.
- Coffee grinds can only be brewed one time as a bitter flavor will result.
- Remove lingering smells on your hands after cooking (fish, garlic, onions, etc.) by scrubbing your hands with coffee grounds. Rinse with warm water.

Iced Pumpkin Spice “Latte” Smoothie

1 cup coffee
½ cup milk of choice
2 teaspoons pumpkin pie spice (or ½ teaspoon each ground cinnamon, nutmeg, ginger and allspice)
1 teaspoon vanilla extract
½ cup canned plain pumpkin
4 ice cubes

Blend all ingredients to create a seasonally inspired drink. Using pumpkin adds beneficial fiber. Limit sweeteners, try pure maple syrup in a small quantity (starting with 1 teaspoon).

Johns Hopkins nutritionists
Hopkinsmedicine.org

DIY Coffee Scrub for Face and Body

½ cup fresh ground coffee (fresh are best, but dry used grounds will work too)
½ cup brown sugar
½ cup melted coconut oil
1 teaspoon vanilla extract

Mix together ½ cup fresh ground coffee and ½ cup brown sugar.
Add ½ cup coconut oil into the coffee mixture and 1 teaspoon vanilla extract. Mix until well combined.

Gently rub the mixture over your body – avoid areas around the eyes. Leave it on for several minutes. Rinse thoroughly. (Be careful if using the scrub in the shower, as the oil can make the floor a bit slippery.)

Dana Meredith and Camryn Rabideau
TasteofHome.com

Whipped Mocha Body Butter

20 whole coffee beans
1 cup organic refined coconut oil
1 cup organic refined shea butter
1 cup organic roasted cocoa butter (or wafers)
1 cup organic sunflower oil

Pour whole coffee beans into coconut oil and heat on stovetop over low heat for 10-20 minutes. Once the oil has developed the desired fragrance, remove from heat and strain through a metal strainer.

Melt coffee-infused coconut oil with remaining ingredients in a double boiler. Allow to cool slightly before pouring mixture into a large bowl. Put the bowl in the refrigerator until mixture begins to harden around the edges (about 45 minutes). The mixture should look cloudy.

Whip with a hand mixer on high speed for 8 to 10 minutes, until thick and fluffy. Put the bowl back in the refrigerator for another 5 to 10 minutes to set, then transfer to pantry jars.

Store in a cool, dark place for up to 6 months. Makes about 2 quarts.

Pro Tips:

- Strain coffee beans right away for a subtle scent. For a more potent fragrance, allow beans to sit in coconut oil at room temperature in a cool, dark place for a few days before straining.
- Another way to create a more potent fragrance is to crack or grind the coffee beans before heating, but before you do this, make sure you have a good strainer that will keep rough coffee grounds out of your finished product.
- You can store body butter in the refrigerator, but it may be less easy to scoop out when you want to use it.

Megan, Mountain Rose Herbs Blog
Mountainroseherbs.com

Do you have a recipe using coffee to share?
email educator@herbsociety.org