

Hot Drink And Treat Combinations For Winter

It's that time of the year where we all want to climb into bed earlier. When we get home from work, we instantly turn the heat up before anything. The chill gets everywhere, into every nook and cranny.



Rather than pulling on the layers and layers of clothes, sometimes what's best is to warm up from the inside out. A hot drink during the winter time can incredibly boosting to your morale and help you to stop shivering. If you want to eat something while you sip a hot drink, you can also add a nice little treat that is buttery, sweet and unique in flavor. More often than not, the drinks themselves will take a little getting used to as the recipes are something that you have to try out, make mistakes and learn from them to improve. However the benefits far outweigh any negatives regarding the manual and mental labor, so don't be afraid to

start experimenting.



Espresso and cannoli



There's nothing more Italian than a good hot shot of espresso that truly seeps through to your bones to warm you up. Not only does this gorgeous coffee drink give you a boost of energy, but the flavor is wonderfully raw and powerful. You can have an espresso every day now with high-quality home appliances. Take a look at the best espresso machine under 500 dollars. The way the machines work is, simply put your flavor of choice in the machine, and, by pushing a few buttons, you instantly get a frothy, nice hot, smooth espresso to go.

This kind of classic drink goes great with a nice, creamy cannoli you can make yourself! There are recipes all over the internet that make this once out of reach treat, now available to enjoy in the comfort of your own home. The crisp and the smooth cream goes so well with a strong shot of espresso.

Hot apple cider and scones



Alcohol is a staple in the winter because the molecules break down very slowly. This taxes our digestive system, using up energy making us feel tired and sleepy, but also burns the fat cells slower giving you slightly more energy. Hot apple cider recipes are all over the internet, and it's really easy to make (and not to mention delicious). All you need is cinnamon, a little bit of nutmeg to give it a little lift around the edges. Add a good quality cider either made from a single variety or a variation apples.

Scones are a traditional British teatime treat which are easily made with a minimum of ingredients. Baking them is stress free! And there is very little mess to clean up afterwards – and the end result is a robust and crumbly treat! You can have them with jam inside or perhaps even clotted cream.

A nice hot drink on a cold winter day is one of the best things in life. The chill soon leaves you when the espresso or apple cider touches your lips. Together with a treat you can take out the chill and warm up your body and your spirit.

