



Coffee fix
Aussies drink
nine cups of
coffee a week,
on average

5 CAFFEINE-FREE WAYS TO BOOST YOUR energy

Trying to kick your coffee habit? Master those mid-morning cravings with these healthy ideas.

Many people love to wake up and smell the coffee. But if you're in search of caffeine-free ways to power through your morning, try these five dietitian-approved ideas to get an energy boost.

1 ROOIBOS TEA

If you want to cut the caffeine but a warm drink still takes your fancy, try a cup of rooibos tea. You can enjoy this delicious caffeine-free tea in a range of flavours, so you'll easily find one that suits. Office tea party, anyone?

2 YOGHURT

Yoghurt is a go-to morning snack at HFG – one that tastes good and is good for you!

Reduced-fat yoghurt is a great source of calcium, important for maintaining strong bones and teeth. It's also a source of hunger-busting protein, which will help to keep you feeling full and focused at work and throughout the day.

3 FRESH FRUIT

If your regular coffee order includes a few spoons of sugar, try this smart swap. The natural sweetness of fruit should help keep your sweet tooth at bay and provide an abundance of fibre, vitamins and antioxidants. Pop an apple or banana in your bag to enjoy as a mid-morning snack – much more nourishing than your usual cafe order!

4 SMOOTHIE

For something a little more substantial to replace your cup of coffee, start your day with a tasty, homemade fruit smoothie. Blitz ½ cup of frozen fruit, such as banana, mango or berries, with 1 cup of reduced-fat milk and a handful of oats or nuts. It's a meal-in-a-cup that's packed with healthy fats, fibre and protein.

5 HOUMMOS & VEGIES

If savoury foods are more to your taste, pair some veggie sticks with a healthy dip like hummos or tzatziki. Not only will it help you reach your five daily serves of veg, you'll get a good dose of fibre to support a healthy gut. Chop up, dip in! [hfg](#)