

# 6 DRINKS TO REPLACE YOUR Morning Coffee and Still Boost Energy

kimcubitt.alphalifestylecademy.com

## 6 Drinks to Replace Your Morning Coffee and Still Boost Energy

Coffee is the go-to drink for anyone in search of an energy boost. Most of us start our mornings with coffee and use it to maintain our focus throughout the day.

According to studies, more than [50% of Americans](#) over the age of 18 drink coffee every day.

Though the occasional cup of java isn't going to do any damage to your health, you might decide that it's time to cut down if you simply can't function without a latte.

Too much caffeine can also lead to jitters, dehydration, headaches, and even trouble sleeping. **The more you rely on your coffee fix, the worse the symptoms can get.**

The good news? Coffee isn't the only drink that gives you an energy boost!

**Try these great drinks to replace your morning coffee:**

1. **Matcha Tea.** Matcha Tea is a delicious drink made from green powder. When young tea leaves are ground down, the resulting paste or powder is Matcha. This product is very popular throughout the Eastern world, and it's a fantastic coffee alternative.

- Matcha contains a natural dose of caffeine, for those who aren't ready to give up entirely.
- You also get a healthy [dose of L-Theanine](#). **This amino acid helps to relax the mind without causing drowsiness**, so it's a little easier to focus. Some experts believe that L-theanine could be valuable for improving cognition.

- If you want an energy boost without the jittery side effects, Matcha is a great choice. Plus, you also get a small dose of fiber from Matcha too.

2. **Yerba Mate tea.** Another tea alternative to your coffee fix, Yerba Mate is a South American drink created from the twigs and leaves of the Yerba Mate plant. A drink made from twigs might not sound appealing, but it's actually quite delicious, and it contains the same caffeine as your coffee.

- With Yerba Mate, you also get plenty of theobromine, a substance found in chocolate, which is a [naturally-occurring stimulant](#).
- **A delicious drink of Yerba Mate will give you more long-lasting energy without the jittery feelings common from coffee.**
- Yerba Mate tea is also packed full of antioxidants for reducing blood pressure too.

3. **Green tea.** Green tea comes in a huge selection of flavors and styles. People around the world love green tea for its wide selection of health benefits. The substance also offers a great alternative to coffee if you're looking for a healthy energy boost.

- There are plenty of [studies to show](#) that people who drink green tea are much less likely to suffer from breast, lung, stomach, and colorectal cancer.
- You can even find research out there indicating that green tea reduces the risk of heart disease and type 2 diabetes.

- **Your caffeine boost from green tea will help to boost your mental acuity and enhance your metabolism.** There's also little risk in drinking multiple cups.

4. **Smoothies.** Smoothies are a delicious way to start the day if you're looking for an alternative to your standard breakfast. You can pack your home-made smoothies full of virtually any ingredient you like.

- For example, you might choose kale and spinach smoothies to strengthen your overall health and nutrition.
- Smoothies are excellent ways to get a quick serving of fruit and vegetables, particularly if you don't get many of these substances in your typical diet. You can also add proteins like yogurt to keep you feeling fuller until lunch time.
- Stay away from ingredients with too much natural sugar, if you're trying to manage your weight. Also, be aware of the calories you're adding to your smoothies with yogurts.

5. **Kombucha.** For those in search of a healthy alternative to coffee, this delightful substance uses tea as a fermentation medium. This means that you get the benefits of L-theanine alongside a natural caffeine boost whenever you take a drink.

- Like many of the coffee alternatives we've mentioned above, Kombucha can give you the energy and focus you need to manage a tough day at work.

- However, unlike coffee, you won't have to worry about sudden crashes or jitters. **Kombucha contains a little less caffeine than coffee (or even a plain cup of tea).**
- With that in mind, if you're struggling to give up caffeine, Kombucha might not do the job for you straight away. You might need to cut down over time.

6. **Water.** Keep it simple with a tall glass of H<sub>2</sub>O. Water might not seem like the most exciting way to start your day, but **a lack of hydration can cause feelings of exhaustion and issues with cognition.** You might find that your brain is fuzzy because you haven't had enough water yet.

- If you want to be more creative, you can also substitute coconut water for standard water. Coconut water is low in calories and high in electrolytes, making it great for rehydration.

If you like your morning drink to give you some energy, but you don't like the side effects that you feel from coffee, give these drinks a try. You might find that they're the perfect solution you've been seeking.