



WANDERLUST

Nature to table

A herb lover's guide to wellness inspired drinks,
in partnership with MasterChef Sarah Todd.



Welcome Wanderer,

At Wanderlust, we believe in the power of nutritious wholefoods just as much as we believe in the power of herbs to nourish your mind & body.

Herbs used in Traditional Chinese, Western Herbal & Ayurvedic medicine are just one of the many ways you can support your body on the path to finding your True North. Which is why we love nothing more than educating and inspiring our community to fall in love with the herbs we source from around the globe to make our plant-powered supplements & wholefoods. We want to show our community just how simple it is to add these to your daily rituals, because herbs have been powering wellness for thousands of years.

We have partnered with international Ayurvedic inspired MasterChef and restaurateur, Sarah Todd, to bring you a curated selection of simply delicious, plant-based drinks recipes. These elevated takes on everyday drinks harness the power of our cold-pressed liquid herbal supplements, all while complimenting their earthy taste profiles.



"Food fuels the soul and for me, finding ways to load recipes with herbs and spices is vital. It not only adds flavour but also boosts your nutrition intake.

Follow along with me as I show you how easy it is to elevate everyday drinks with Wanderlust Herbs.

Use these recipes for intentional self-care and to explore creatively in the kitchen."

- Sarah



PAGE 05

Why Elevate Everyday Drinks with Wanderlust Herbs?

PAGE 06

Stress-Busting Zesty Sgroppino
with Wanderlust Ginger and Wanderlust Ashwagandha

PAGE 09

Authentic Anti-Inflammatory Iced Chai Latte
with Wanderlust Turmeric

PAGE 12

Morning Beauty Berry Smoothie
with Wanderlust Collagen Booster and Prebiotic Gut Goodness

PAGE 15

Spicy Ginger Picante
with Wanderlust Ginger and Wanderlust Turmeric

PAGE 18

Mango Energy Booster Shot
with Wanderlust Siberian Ginseng and Wanderlust Milk Thistle

PAGE 21

Immune-Supporting Italian Affogato
with Wanderlust Reishi

PAGE 24

Floral Chamomile Sleep Tea
with Wanderlust Sleep Botanicals

PAGE 27

Herby Ice Cubes
with variety of Wanderlust herbal liquids



Why elevate everyday drinks with Wanderlust Herbs?

Many cultures, including Traditional Chinese, Ayurvedic & Western Herbal Medicine, understand that food is medicine. In fact, they don't distinguish between the two and have intentionally incorporated herbs and other plant nutrients into their cooking for decades to provide nourishment to the body.

In particular, herbs in a liquid format are rapidly absorbed by the body, ensuring you reap the full benefits of each herb.

Adding our Wanderlust cold-pressed liquid herbs and plant powders to the foods and beverages you already consume is one of the easiest and fastest ways to give your body that bit of extra support, whether preventatively as part of a holistic lifestyle, or if you are fighting a particular ailment. And let's not forget the incredible taste profile – these punchy little herbs and powders can turn an average dish into a delightful one!

All our herbal supplements are plant powered, minimally processed, and are free from over 20 avoidable ingredients (like fillers).



Remember on days where you don't feel like creating a full fancy recipe, you can still easily consume our Wanderlust herbs mixed in water, added to your tea or dropped directly under your tongue.

As you make any of the following recipes, please remember that the Wanderlust products being added are TGA-listed supplements. This means that you should stick to the recommended daily dosage (which can be found on the label or our website), or as directed by your healthcare practitioner. Always read the label and follow the directions for use.

Please also be mindful that all Wanderlust cold-pressed liquid herbal supplements contain a small amount of alcohol. Alcohol has traditionally been used to create extracts for centuries (like vanilla extract), and today it is still the best natural solvent for the widest range of plant actives. The amount of alcohol in a single dose of our liquid herbal extracts is on average, less than 10% of a standard drink.

Stress-Busting Zesty Sgroppino

Stress Support

Digestion

Immune




Always read the label and follow the direction for use.

Stress-Busting Zesty Sgroppino with Wanderlust Ginger and Wanderlust Ashwagandha

Typically made with lemon sorbet, prosecco and chilled vodka, Sgroppino is the perfect slushy after-dinner cocktail on a warm summer night. We have adapted this elegant Italian classic to a refreshing and relaxing alternative, for those looking for a more playful way to help support their stress levels.

“This slushy Italian-inspired mocktail is a crowd favourite at my dinner parties.”

Serves: 1

 5 minutes

INGREDIENTS

100 mL of lemon ginger kombucha
(use non-flavoured kombucha for less of a kick)
1 scoop of lemon sorbet
3.5 mL **Wanderlust Ashwagandha**
2 mL **Wanderlust Ginger**
Sprig of fresh mint

METHOD

1. Add kombucha and 3.5 ml of Wanderlust Ashwagandha to a martini glass. Mix.
2. Add a scoop of lemon sorbet.
3. Add 2 ml of Wanderlust Ginger for additional zest and immune system/digestive support. Mix.
4. Top your drink with a sprig of fresh mint. Serve immediately.



WHAT PLANT POWERED SUPPLEMENTS HAVE BEEN ADDED?

Wanderlust Ashwagandha

Traditionally used in Ayurvedic Medicine to calm nerves and as an adaptogen to help the body adapt to stress.

Wanderlust Ginger

Traditionally used in Western Herbal Medicine to support immune system health and maintain digestive system health.

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Access Code: **WLTVST30**

Looking for additional
stress support?

Try Sam Hann's 'Yoga For Mental Health: Breath' flow on Wanderlust TV, which marries movement, breath and meditation to help you feel more grounded, connected and at ease.

SIGN UP AND WATCH HERE

Authentic Anti-Inflammatory Iced Chai Latte

Anti-Inflammatory



Always read the label and follow the direction for use.

Authentic Anti-Inflammatory Iced Chai Latte


with Wanderlust Turmeric

The best iced chai latte is the one made at home, from scratch. This allows you to experiment with the combination of herbs and spices to find the oh-so-perfect blend for yourself. We recommend starting with the amounts below as a baseline, and then experiment to find your preferred flavour intensity.

The spices used in traditional chai recipes are brimming with health benefits including anti-inflammation support, which is why this drink is a favourite amongst Ayurvedic cultures.

“My son’s Bibi (grandmother) would have a fragrant pot of chai simmering away on the stove every morning, filling the home with a comforting aroma. Now my son loves an iced masala chai, and this is precisely how he has it.”

Serves: 1

 25 minutes

INGREDIENTS

1-2 green cardamom pods	1 bay leaf
½ black cardamom pod	1 tbsp loose-leaf tea
½ cinnamon stick	1 cup oat milk
1-2 cloves	1.25 mL Wanderlust Turmeric

Optional sweetener of your choice (i.e honey, stevia or granulated sugar)

METHOD

Add spices and tea to 250 mL of water in a heavy-based saucepan and simmer for 20 minutes. This rolling boil will reduce the liquid by a third and create a deep tan colour and incredible fragrance. Keep in mind the longer you simmer, the more intense the flavour. 20 minutes is ideal for an iced latte as the intensity of flavour reduces when chilled.

Add oat milk and simmer for a further 5 minutes. Be careful when adding the milk, as it can boil over, so managing the stove’s heat is essential. If using stevia or granulated sugar, add now and stir to dissolve.

Using a fine mesh strainer, strain into a heat-proof pitcher. If using honey instead of stevia, add now.

Add Wanderlust Turmeric.

Serve over ice for an iced chai latte. Alternatively, keep as is for a warming drink

Optional: Top with whipped coconut cream. Serve immediately.

WHAT PLANT-POWERED SUPPLEMENTS HAVE BEEN ADDED?

Wanderlust Turmeric

Traditionally used in Ayurvedic Medicine as an anti-inflammatory to relieve inflammation.



Want to learn more about the origin oxidative stress and how the anti-inflammatory properties of turmeric can help?

[DISCOVER MORE HERE](#)

Morning Beauty Berry Smoothie

Skin Glow

Daily Prebiotic



Always read the label and follow the direction for use.


Morning Beauty Berry Smoothie

with Wanderlust Collagen Booster and Wanderlust Prebiotic Gut Goodness

Support your inner and outer beauty with this filling, fibre-rich berry smoothie. It includes healthy fats from the nut butter, plenty of antioxidants thanks to the berries, an extra dose of Vitamin E from spinach, collagen-boosting vitamin C, and a healthy dose of gut-loving prebiotics. The breakfast of champions? We think so!

“It’s essential to find out what works for your body, so don’t hesitate to play around with the ingredient quantities. When I have this smoothie for breakfast, I like it quite thick, so I won’t add lots of liquid and instead add more seeds and nut butter. But when I have this as an afternoon snack, I may add more liquid instead. Find what works for you!”

Serves: 1

 25 minutes

INGREDIENTS

2 ½ tsp (5 g) Wanderlust Collagen Booster	1 tbsp almond or peanut butter
1 ½ tsp (4 g) Wanderlust Prebiotic Gut Goodness	½ cup frozen berries of your choice
2 tbsp LSA mix	½ cup unsweetened almond milk
1 tbsp chia seeds	Pinch of sea salt
½ tsp cinnamon, ground	1 tbsp toasted coconut

Optional:

½ cup spinach leaves
1 tsp sweetener of choice

METHOD

Add all ingredients to a high-speed blender and blend until smooth, scraping down sides if needed. You may need to add more liquid to get the blender moving and to achieve your desired consistency. Top with toasted coconut and chia seeds. Serve immediately.

WHAT PLANT POWERED SUPPLEMENTS HAVE BEEN ADDED?

Wanderlust Collagen Booster

A delicious beauty blend with vitamin C derived from Acerola, Camu Camu, Baobab and other superfruits to support collagen formation for glowing skin.

Wanderlust Prebiotic Gut Goodness

With inulin derived from organic Jerusalem Artichoke and resistant starch derived from organic Green Banana as natural sources of prebiotic fibre.

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Once you have nourished your body with Sarah's Morning Beauty Berry Smoothie, why not take your morning ritual to the next level with Rosie Acosta's 'Morning Practice' class on Wanderlust TV?

Your body will be brought to life with the gentle tunes and you'll feel grounded and energised for the rest of the day.

[SIGN UP AND WATCH HERE](#)

Spicy Ginger Picante

Anti-Inflammatory

Digestion

Immune



Always read the label and follow the direction for use.

Spicy Ginger Picante


with Wanderlust Ginger and Wanderlust Turmeric

What's better than a cocktail? A spicy mocktail* with extra health benefits! An adaption from the classic Picante, enjoy this "healthified" Spicy Ginger Picante bursting with the flavours of coriander, chilli, lime and everything else that screams of a tropical holiday.

*the recipe has a small amount of alcohol due to the alcoholic content of the liquid herbal extracts.

"Refreshing, spicy and slightly sour, this fun mocktail is one of my all-time favourites. You'll find it hard to stop at one!"

Serves: 1

 5 minutes

INGREDIENTS

1 tbsp cayenne pepper	30 mL lime juice, freshly squeezed
1 tsp fine salt	200 mL non-alcoholic ginger beer
2 cm chilli pepper	2 mL Wanderlust Ginger
10 coriander leaves, with stem	1.25 mL Wanderlust Turmeric
20 mL agave nectar	

METHOD

Mix cayenne pepper and salt onto a plate and, using a lime wedge, coat the rim of the rocks glass with juice and coat with the cayenne salt mix.

Fill with ice.

Cut a 1cm round of chilli, add into the shaker, and press it with a muddler.

Handclap the coriander and drop it in.

Add Wanderlust Ginger, agave nectar, and lime juice, then shake and fine strain into the ice-filled rocks glass.

Top with lemon, lime and bitters.

Top with Wanderlust Turmeric for additional anti-inflammatory benefits.

Cut another 1cm round of chilli pepper and add to the drink to garnish. Serve immediately.

WHAT PLANT POWERED SUPPLEMENTS HAVE BEEN ADDED?

Wanderlust Ginger

Traditionally used in Western Herbal Medicine to support immune system health and maintain digestive system health.

Wanderlust Turmeric

Traditionally used in Ayurvedic Medicine as an anti-inflammatory to relieve inflammation.

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If you like your yoga practice as spicy as your cocktails, then Donovan McGrath's 'Hot Twist' class on Wanderlust TV has your name all over it.

This sweaty sequence takes you through a challenging array of twists and standing poses, accompanied to groovy music that will get you in the flow.

[SIGN UP AND WATCH HERE](#)

Mango Energy Booster Shot

Energy & Adaptogen

Cleanse & Detox

Always read the label and follow the direction for use.


Mango Energy Booster Shot

with Wanderlust Siberian Ginseng and Wanderlust Milk Thistle

Looking for that afternoon pick-me-up? This is it! This quick-to-make mango-flavoured shot includes Wanderlust Siberian Ginseng for energy support and Wanderlust Milk Thistle to support natural liver cleansing. Coconut water is a delicious, electrolyte-filled source of hydration – making it the perfect addition to this drink.

“Struggling to peel your mangoes? Try this quick hack: cut off the cheeks of the mango and slice them in half lengthways. Cut off the other two sides of the mango. Using a tall glass, place a slice of mango on the rim with the flesh facing in. With a firm grip on the skin side, slowly slide the mango down the glass to separate the skin from the flesh.”

Serves: 1

 5 minutes

INGREDIENTS

- 1/3 whole mango, peeled
- ½ tsp lime juice
- 1/8 cup coconut water
- 4.5 mL **Wanderlust Siberian Ginseng**
- 4.5mL **Wanderlust Milk Thistle**

METHOD

- Add all ingredients to a high-speed blender and blend until smooth.
- Pour into shot glass. Serve immediately.



WHAT PLANT POWERED SUPPLEMENTS HAVE BEEN ADDED?

Wanderlust Siberian Ginseng

Traditionally used in Western Herbal Medicine to support energy levels as an adaptogen to help the body adapt to stress.

Wanderlust Milk Thistle

Traditionally used in Western Herbal Medicine to support natural liver cleansing and detoxification processes.



As an adaptogenic herb, based on traditional Western Herbal Medicine, **Wanderlust Siberian Ginseng** isn't here to mess around, with benefits such as maintaining energy, immune support and helping your body adapt to stress.

If you want to learn more about this wonderful herb, **read up here.**



Immune-Supporting Italian Affogato

Immune & Vitality


Always read the label and follow the direction for use.

Immune Supporting Italian Affogato with Wanderlust Reishi

Dreaming of an Italian vacation? You can get close to it in spirit with this refreshing Reishi-infused Affogato dessert. Using only coconut, banana, and almond butter, you can create your own #nicecream, or use a store-bought ice-cream for a quicker alternative. An immune-supporting sweet treat? It's a yes from us.

“Simple desserts are always the best! I can't go past an affogato. We've made this extra nice with a simple banana nice-cream which adds the most marvellous flavour. Topped with textures of coconut and cacao nibs this really is an incredible twist on the classic.”

Serves: 1

 30 minutes

INGREDIENTS

4.5 mL **Wanderlust Reishi**

25 mL brewed coffee or espresso

For the coconut nice-cream:

25 mL coconut cream

1/8 cup shredded coconut, toasted

1 frozen banana, chopped

2 tsp almond butter

METHOD

Brew coffee and place it in the fridge to chill for 20 minutes. Add the Wanderlust Reishi to the chilled coffee.

To make the coconut nice-cream, add all ingredients into a high-speed blender and blend until smooth.

Pour into a container and pop in the freezer for approximately of 20 minutes before serving. It will firm quite quickly so it does not need to be in the freezer for longer than that.

Add the coconut nice-cream to a glass, top with chilled coffee and Wanderlust Reishi, finish with cacao nibs and toasted coconut. Serve immediately.

WHAT PLANT POWERED SUPPLEMENTS HAVE BEEN ADDED?

Wanderlust Reishi

Used in Traditional Chinese Medicine to replenish Qi, support vitality and maintain healthy immune system function.

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Access Code: **WLTVST30**

Did you know that the simple act of breathing has the ability to heal our nervous system and strengthen our immunity?

Learn all about the benefits of Pranayama and other breathing techniques in Ravi Dixit's four-part course to holistically support your immune system.

[SIGN UP AND WATCH HERE](#)

Floral Chamomile Sleep Tea

Relax & Sleep



Always read the label and follow the direction for use.

Floral Chamomile Sleep Tea with Wanderlust Sleep Botanicals

Ever felt snappy in the morning after a restless night? This may be a tell-tale sign you are missing out on deep quality sleep. Enter: a new evening ritual consistent of tea infused with a sleep-supporting herbal blend. The combination of chamomile, California poppy, passionflower, rose petals and fennel will help you wind down, fall asleep easier and get a non-disrupted good night's sleep.

Serves: 1

L 1 minute + 10 minutes steeping

INGREDIENTS

4 mL **Wanderlust Sleep Botanicals**

1 ½ tsp dried chamomile

½ tbsp dried rose petals

½ tsp fennel seeds

METHOD

Add all ingredients to a teapot.

Top with 600 mL of boiling water.

Allow steeping for 10 minutes.

Using a tea strainer, pour the tea into a cup. Enjoy warm.



WHAT PLANT POWERED SUPPLEMENTS HAVE BEEN ADDED?

Wanderlust Sleep Botanicals

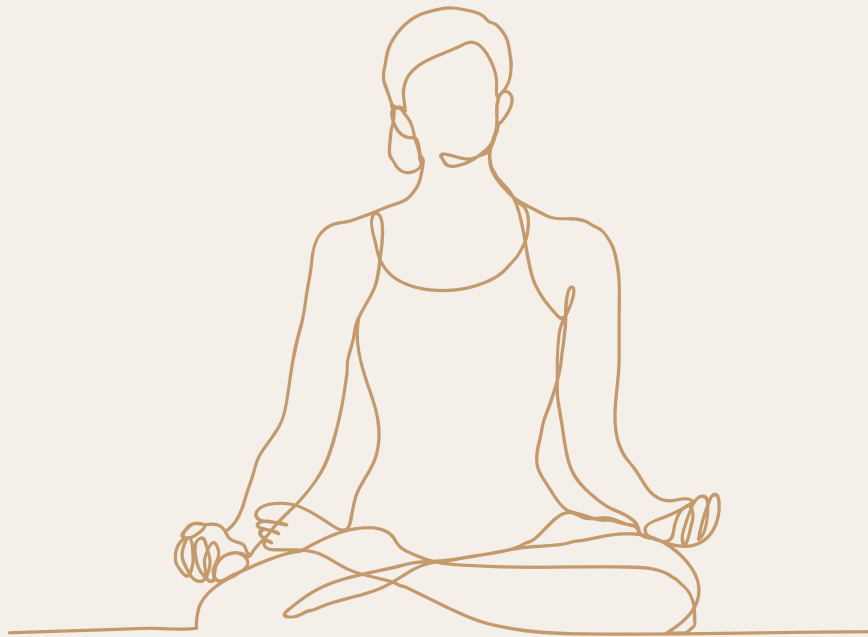
With California Poppy, traditionally used in Western Herbal Medicine to assist with mind relaxation and support refreshing sleep.

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Access Code: **WLTVST30**



To help you get a good night's rest,
give Valerie Oula's 12-minute
'Guided Sleep Meditation' a go.

SIGN UP AND WATCH HERE

Herby Ice Cubes

Multi-Tasking



Always read the label and follow the direction for use.

Herby Ice Cubes

variety of Wanderlust herbal liquids

Not only are these fruit & herb ice cubes a lovely way to liven up drinks, they also inject a little extra nutrition into your daily ritual. There are so many delicious combinations – these are only suggestions so don't be afraid to experiment.

INGREDIENTS

A selection of seasonal fruits and herbs you like.

We used:

Blueberries

Raspberries

Blackberries

Mint

Basil

Thyme

Sparkling or filtered water

A selection of your favourite Wanderlust liquid herbal extract you like. Great options that enhance flavour are:

Wanderlust Ginger

Wanderlust Siberian Ginseng

Wanderlust Turmeric

Optional:

edible flowers for extra sparkle

METHOD

1. Fill an ice-cube tray with a variety of ingredients. Top each with a daily dose of your choice of Wanderlust products and fill with sparkling or filtered water. Freeze for eight hours.
2. Add to your favourite chilled drink.



If you have fallen in love with the idea of liquid herbs, but want to get a better understanding of how exactly they are made and work within the body, head here to for a 101 on all things Wanderlust liquid herbs.



Inspire others to elevate their everyday wellness rituals.
Take a MasterChef worthy shot of your herbal creation & tag us.

@wanderlustausnz #ritualwanderlust