

The Cacao *Ritual.*

20 bedtime cacao recipes to make your nightly cup your own.



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Your cup, *your way.*

Hi, it's Quin, founder of SF Zero™.

Your nightly cup doesn't have to taste the same every night. Some evenings you want it simple. Other nights you're in the mood for something cozy, something sweet or something ice cold.

Maybe you're looking for a little inspiration. Maybe you'd like to switch things up. Or maybe you just haven't found the flavor that's perfect for you yet. Whatever brought you here, there's a cup in this book for you.

You drink SF Zero™ to sleep better. But that doesn't mean it has to be boring. When your cup is something you truly look forward to at the end of the day, it's easy to make it a habit. And that's what helps you sleep better, night after night.*

Inside you'll find 20 easy recipes: warm classics, cozy treats, cold drinks for warm nights and a few seasonal favorites. Most are ready in under ten minutes, with ingredients you probably already have at home.

Every recipe uses **one scoop** of SF Zero™, your full nightly serving. Everything else is just flavor, and none of the recipes contain caffeine. The best time for your cup is **30 to 60 minutes before bed**.

Try a few, find your favorites and make them your own. Came up with a version we haven't thought of? I'd love to hear about it. Just reply to any of our emails. They come straight to me.

Sleep well,

Quin

Founder, SF Zero™



CHAPTER 01

Warm *classics.*

Where every ritual starts. Simple, warm and ready in minutes.

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The Classic

🕒 5 MIN | 🔥 WARM | 🍵 1 CUP

Where every ritual starts. Rich, smooth cacao and warm milk, nothing more.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice

INSTRUCTIONS

1. Heat the milk until it starts to steam. Don't let it boil.
2. Add one scoop and froth for about 30 seconds, until smooth and creamy.
3. Pour into your favorite mug and sip it slowly, 30 to 60 minutes before bed.

Good to know: Oat milk gives you the creamiest foam.

PER CUP* | 70 KCAL | 5 G FAT | 3 G CARBS | 3 G PROTEIN



Cinnamon Comfort

🕒 8 MIN | 🔥 WARM | 🍵 1 CUP

The Classic, wrapped in warm cinnamon. Like a cozy blanket in a mug.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- 1 cinnamon stick
- ½ tsp ground cinnamon

INSTRUCTIONS

1. Warm the milk with the cinnamon stick over low heat for 3 to 4 minutes, so it soaks up the flavor.
2. Take out the cinnamon stick. Add the scoop and half of the ground cinnamon, then froth for about 30 seconds.
3. Pour into your mug and dust the rest of the cinnamon on top.
4. Sip slowly, 30 to 60 minutes before bed.

Good to know: Keep the cinnamon stick in your mug as a stirrer. It keeps adding flavor while you sip.

PER CUP* | 75 KCAL | 5 G FAT | 4 G CARBS | 3 G PROTEIN



Vanilla Cloud

🕒 5 MIN | 🔥 WARM | 🍵 1 CUP

Soft, sweet vanilla under a thick cloud of foam. Light as air, smooth as silk.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- ½ tsp pure vanilla extract

INSTRUCTIONS

1. Heat the milk until it starts to steam. Don't let it boil.
2. Pour a third of the milk into a small jug and froth it on its own until thick and airy. Set aside.
3. Add the scoop and vanilla to the rest of the milk and froth for about 30 seconds.
4. Pour into your mug, spoon the foam cloud on top and sip 30 to 60 minutes before bed.

Good to know: Froth warm milk, not hot. That's how the foam holds best.

PER CUP* | 75 KCAL | 5 G FAT | 3 G CARBS | 3 G PROTEIN



Golden Cacao

🕒 6 MIN | 🔥 WARM | 🍵 1 CUP

Golden milk meets hot chocolate. Earthy turmeric, a touch of ginger and rich cacao.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- ½ tsp ground turmeric
- ¼ tsp ground ginger
- A pinch of black pepper

INSTRUCTIONS

1. Whisk the turmeric, ginger and black pepper into the milk.
2. Heat over low heat until it steams. Don't let it boil.
3. Add the scoop and froth for about 30 seconds, until smooth.
4. Pour into your mug and sip slowly, 30 to 60 minutes before bed.

Good to know: The black pepper helps your body take up the turmeric.

PER CUP* | 75 KCAL | 5 G FAT | 4 G CARBS | 3 G PROTEIN



Chai Spice

🕒 8 MIN | 🔥 WARM | 🍵 1 CUP

All the warmth of a chai latte, without the tea. Cinnamon, cardamom and ginger.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- ¼ tsp ground cinnamon
- ⅛ tsp ground cardamom
- ⅛ tsp ground ginger
- A pinch of ground cloves

INSTRUCTIONS

1. Whisk all the spices into the milk.
2. Heat over low heat for 3 to 4 minutes, so the spices can bloom. Don't let it boil.
3. Add the scoop and froth for about 30 seconds.
4. Pour into your mug, dust with cinnamon and sip 30 to 60 minutes before bed.

Good to know: No black tea, so no caffeine. Just the cozy chai flavor, perfect before bed.

PER CUP*

75 KCAL

5 G FAT

4 G CARBS

3 G PROTEIN



Lavender Honey

🕒 10 MIN | 🔥 WARM | 🍵 1 CUP

Floral, soft and gently sweet. A calming cup for the end of a long day.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- 1 tsp dried culinary lavender
- 1 tsp honey

INSTRUCTIONS

1. Heat the milk with the lavender until it steams. Turn off the heat and let it steep for 5 minutes.
2. Strain out the lavender.
3. Add the scoop and honey and froth for about 30 seconds.
4. Pour into your mug and sip slowly, 30 to 60 minutes before bed.

Good to know: Use culinary lavender and don't steep longer than 5 minutes, or it tastes soapy.

PER CUP* | 90 KCAL | 5 G FAT | 9 G CARBS | 3 G PROTEIN



CHAPTER 02

Cozy & *indulgent.*

For the nights you want a little treat. Richer, creamier and a bit more special.

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The Nightcap

🕒 7 MIN | 🔥 WARM | 🥛 1 CUP

Your treat-yourself cup. Nutty, creamy and finished with a soft swirl of cream.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- 1 tsp almond butter
- 2 tbsp whipped cream
- 1 tsp maple syrup

INSTRUCTIONS

1. Heat the milk until it starts to steam. Don't let it boil.
2. Whisk in the almond butter until it melts into the milk.
3. Add the scoop and froth for about 30 seconds.
4. Pour into your mug, top with the whipped cream and a drizzle of maple syrup. Sip 30 to 60 minutes before bed.

Good to know: Cashew butter works too and gives a softer, sweeter taste.

PER CUP*

135 KCAL

9 G FAT

10 G CARBS

4 G PROTEIN



Peanut Butter Cup

🕒 5 MIN | 🔥 WARM | 🥛 1 CUP

Your favorite peanut butter cup, melted into a warm mug.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- 2 tsp creamy peanut butter
- A pinch of salt

INSTRUCTIONS

1. Heat the milk until it starts to steam. Don't let it boil.
2. Whisk in the peanut butter and salt until melted. Keep a little peanut butter aside for on top.
3. Add the scoop and froth for about 30 seconds, until smooth.
4. Pour into your mug, drizzle with the last bit of peanut butter and sip 30 to 60 minutes before bed.

Good to know: Smooth peanut butter blends in best.

PER CUP* | 135 KCAL | 10 G FAT | 6 G CARBS | 5 G PROTEIN



Salted Date Caramel

🕒 6 MIN | 🔥 WARM | 🥛 1 CUP

Naturally sweet caramel from a single date, with a pinch of sea salt on top.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- 1 Medjool date, pitted
- A pinch of flaky sea salt

INSTRUCTIONS

1. Heat the milk until it starts to steam. Don't let it boil.
2. Pour the milk into a blender with the date and the scoop.
3. Blend for 30 to 45 seconds until smooth. Keep the lid vented and covered with a towel.
4. Pour into your mug, sprinkle with sea salt and sip 30 to 60 minutes before bed.

Good to know: No blender? Mash the date into a paste with a fork, then whisk it into the hot milk.

PER CUP*

135 KCAL

5 G FAT

22 G CARBS

3 G PROTEIN



Chocolate Orange

🕒 8 MIN | 🔥 WARM | 🍵 1 CUP

Rich cacao with a bright hint of orange. The holiday favorite, made for bedtime.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- 1 wide strip of orange peel
- A little fresh orange zest

INSTRUCTIONS

1. Warm the milk with the orange peel over low heat for 4 to 5 minutes.
2. Take out the peel. Add the scoop and froth for about 30 seconds.
3. Pour into your mug, top with a little fresh zest and sip 30 to 60 minutes before bed.

Good to know: Use a vegetable peeler and skip the white part of the peel. It tastes bitter.

PER CUP* | 70 KCAL | 5 G FAT | 4 G CARBS | 3 G PROTEIN



Coconut Dream

🕒 6 MIN | 🔥 WARM | 🥛 1 CUP

Silky coconut and cacao with a crunchy, toasted topping. A little vacation in a mug.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- 1 tbsp canned coconut milk
- 1 tsp unsweetened coconut flakes

INSTRUCTIONS

1. Toast the coconut flakes in a dry pan for 1 to 2 minutes until golden. Set aside.
2. Heat the milk with the coconut milk until it steams. Don't let it boil.
3. Add the scoop and froth for about 30 seconds.
4. Pour into your mug, sprinkle with the toasted coconut and sip 30 to 60 minutes before bed.

Good to know: Shake the can of coconut milk well before you open it.

PER CUP* | 110 KCAL | 9 G FAT | 4 G CARBS | 3 G PROTEIN



Banana Bread Cocoa

🕒 6 MIN | 🔥 WARM | 🍵 1 CUP

All the cozy flavor of fresh banana bread, in a warm and creamy mug.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- ½ small ripe banana
- ¼ tsp ground cinnamon
- ¼ tsp pure vanilla extract
- A pinch of nutmeg

INSTRUCTIONS

1. Heat the milk until it starts to steam. Don't let it boil.
2. Pour the milk into a blender with the banana, scoop and spices.
3. Blend for about 30 seconds until smooth. Keep the lid vented and covered with a towel.
4. Pour into your mug, dust with a little cinnamon and sip 30 to 60 minutes before bed.

Good to know: The riper the banana, the sweeter your cup. Brown spots are perfect.

PER CUP* | 120 KCAL | 5 G FAT | 16 G CARBS | 3 G PROTEIN



CHAPTER 03

Cool & *creamy.*

Warm night? Same ritual, served cold. Iced, blended or by the spoon.

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The Cool Down

🕒 3 MIN | ✳ COLD | 🥛 1 GLASS

Your ritual on warm nights. Smooth, chilled cacao over ice.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) cold milk of your choice
- A handful of ice cubes

INSTRUCTIONS

1. Add the cold milk and the scoop to a shaker or jar.
2. Shake for about 20 seconds until smooth, or use a frother.
3. Fill a glass with ice.
4. Pour over the ice and sip 30 to 60 minutes before bed.

Good to know: A frother or shaker bottle gives the smoothest result with cold milk.

PER GLASS* | 70 KCAL | 5 G FAT | 3 G CARBS | 3 G PROTEIN



Frozen Cacao

🕒 5 MIN | ✳ FROZEN | 🥛 1 GLASS

Frozen hot chocolate, made for summer evenings. Thick, icy and creamy.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) cold milk of your choice
- 1 cup ice cubes
- 2 tbsp whipped cream

INSTRUCTIONS

1. Add the milk, scoop and ice to a blender.
2. Blend for 30 to 45 seconds until thick and slushy.
3. Pour into a glass, top with whipped cream and enjoy 30 to 60 minutes before bed.

Good to know: Too thick? Add a splash of milk. Too thin? A few more ice cubes.

PER GLASS* | 85 KCAL | 6 G FAT | 4 G CARBS | 3 G PROTEIN



Cacao Banana Shake

🕒 5 MIN | ✳ COLD | 🥛 1 GLASS

A creamy chocolate shake with frozen banana and a hint of almond.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) cold milk of your choice
- ½ small frozen banana
- 1 tsp almond butter

INSTRUCTIONS

1. Add the milk, scoop, banana and almond butter to a blender.
2. Blend for about 45 seconds until smooth and creamy.
3. Pour into a glass and sip 30 to 60 minutes before bed.

Good to know: Slice your bananas before you freeze them. They blend much easier.

PER GLASS*

150 KCAL

8 G FAT

16 G CARBS

4 G PROTEIN



Sleepy Chia Pudding

🕒 5 MIN + 4 HRS | ✨ COLD | 🥛 1 JAR

Make it in the morning, enjoy it at night. A chocolate pudding that waits for you.

INGREDIENTS

- 1 scoop SF Zero™
- ½ cup (125 ml) milk of your choice
- 1½ tbsp chia seeds
- 1 tsp maple syrup

INSTRUCTIONS

1. Whisk the milk, scoop and maple syrup in a jar until smooth.
2. Stir in the chia seeds. Wait 5 minutes and stir again so they don't clump.
3. Cover and place in the fridge for at least 4 hours, or overnight.
4. Give it a stir and enjoy 30 to 60 minutes before bed.

Good to know: Top with a few berries or some chopped nuts for crunch.

PER JAR*

155 KCAL

9 G FAT

15 G CARBS

5 G PROTEIN



Cacao Nice Cream

🕒 5 MIN | ✳ FROZEN | 🍽 1 BOWL

Soft-serve chocolate ice cream made from one frozen banana. That's it.

INGREDIENTS

- 1 scoop SF Zero™
- 1 ripe banana, sliced and frozen
- 2 to 3 tbsp milk of your choice

INSTRUCTIONS

1. Add the frozen banana, scoop and 2 tbsp milk to a blender or food processor.
2. Blend, scraping down the sides, until smooth and creamy like soft-serve. Add the last spoon of milk only if needed.
3. Scoop into a bowl and enjoy right away, 30 to 60 minutes before bed.

Good to know: Want it firmer? Freeze it for 30 minutes before serving.

PER BOWL*

140 KCAL

3 G FAT

29 G CARBS

3 G PROTEIN



CHAPTER 04

Seasonal *favorites.*

Flavors for the time of year. Fall spice, holiday baking and fresh mint.

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Pumpkin Spice

🕒 6 MIN | 🔥 WARM | 🍵 1 CUP

Fall in a mug. Real pumpkin, warm spices and a touch of maple.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- 2 tbsp pumpkin purée
- ½ tsp pumpkin pie spice
- 1 tsp maple syrup

INSTRUCTIONS

1. Whisk the pumpkin purée, spice and maple syrup into the milk.
2. Heat until it starts to steam, stirring now and then. Don't let it boil.
3. Add the scoop and froth for about 30 seconds, until smooth.
4. Pour into your mug, dust with a pinch of spice and sip 30 to 60 minutes before bed.

Good to know: Use plain pumpkin purée, not pumpkin pie filling. That one has added sugar.

PER CUP*

95 KCAL

5 G FAT

11 G CARBS

3 G PROTEIN



Gingerbread

🕒 6 MIN | 🔥 WARM | 🥛 1 CUP

The taste of holiday baking. Warm ginger, cinnamon and a hint of molasses.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- ½ tsp ground ginger
- ¼ tsp ground cinnamon
- A pinch of cloves and nutmeg
- 1 tsp molasses

INSTRUCTIONS

1. Whisk the spices and molasses into the milk.
2. Heat until it starts to steam. Don't let it boil.
3. Add the scoop and froth for about 30 seconds.
4. Pour into your mug and sip slowly, 30 to 60 minutes before bed.

Good to know: No molasses? Use 1 tsp maple syrup instead.

PER CUP*

90 KCAL

5 G FAT

10 G CARBS

3 G PROTEIN



Mint Chocolate

🕒 8 MIN | 🔥 WARM | 🍵 1 CUP

Fresh mint and rich cacao. Cool, clean and calming.

INGREDIENTS

- 1 scoop SF Zero™
- 8 oz (250 ml) milk of your choice
- A small handful of fresh mint leaves (about 8)
- 1 mint sprig to garnish

INSTRUCTIONS

1. Warm the milk with the mint leaves over low heat for 5 minutes.
2. Strain out the leaves. Add the scoop and froth for about 30 seconds.
3. Pour into your mug, top with a mint sprig and sip 30 to 60 minutes before bed.

Good to know: No fresh mint? Use ⅛ tsp pure peppermint extract. A little goes a long way.

PER CUP*

70 KCAL

5 G FAT

4 G CARBS

3 G PROTEIN

Here's to *better nights.*

Found a favorite, or made your own? We'd love to hear about it.

support@sf-zero.com · www.sf-zero.com

Use one scoop of SF Zero™ per day, as directed on the label. Nutrition values are estimates per serving, made with unsweetened almond milk and rounded. They vary by brand and ingredients. Some recipes contain nuts, dairy or other common allergens, so check the ingredients if you have a food allergy. Take care when blending hot liquids: vent the lid and cover it with a towel.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider before use if you are pregnant, nursing, taking medication or have a medical condition. Individual results may vary.