

FREE RECIPE BOOK

The 21-Day Coffee Glow-Up Recipe Book

21 coffee-shop-style recipes you can make at home - hot, iced, creamy, cozy, and Java Burn-friendly.

21

RECIPES

7

DAY PLAN

0

HYPE

What makes this download feel different

It gives readers something they actually want to save: recipes, flavor formulas, a shopping list, and a simple plan for making better coffee at home. Java Burn stays optional and label-directed.

Important: This is educational content, not medical advice. Java Burn is a dietary supplement. Follow the product label and ask a qualified health professional before using supplements if you are pregnant or nursing, caffeine-sensitive, taking medication, or managing a medical condition.

How to Use This Recipe Book

Pick one base coffee, choose a flavor lane, and keep the routine repeatable for a week. The goal is not a dramatic reset. The goal is a morning cup you actually look forward to.

Part	What you get	Why it converts
21 recipes	Hot, iced, creamy, mocha, spiced, and cold brew ideas.	Immediate value beats a vague promise.
7-day plan	A simple sequence for trying different coffee styles.	Readers can picture themselves using it tomorrow.
Java Burn notes	Label-directed, coffee-compatible guidance with no miracle claims.	Keeps the affiliate bridge useful and compliant.

The rule

Make the coffee delicious first. Then, if the reader chooses to use Java Burn, it becomes an optional add-in to a routine they already like.

The Flavor Formula

Use this formula when you want to improvise without turning the cup into a dessert.

Layer	Options	Smart move
Coffee base	Drip, espresso, cold brew, Americano	Keep size and timing consistent.
Creamy layer	Milk, oat milk, almond milk, coconut milk	Measure it for one week.
Flavor	Vanilla, cocoa, cinnamon, citrus zest, mint, lavender	Use aroma to reduce sugar pressure.
Sweetness	Maple, honey, brown sugar, jam, caramel	Start with 1 tsp or less.
Optional add-in	Java Burn or other supplement only if appropriate	Follow the label. Do not stack or freestyle.

Tiny shopping list

Coffee, milk of choice, cocoa powder, vanilla, cinnamon, maple syrup, cold brew jar, and one wildcard flavor such as coconut, lavender, orange zest, or peppermint.

The 21 Coffee Recipes

Save the ones that sound irresistible. The plan later in the book turns them into a 7-day sequence.

1. Vanilla Cinnamon Cloud Cold Brew

Creamy, cozy, low-drama

Ingredients: 8 oz cold brew; 2 tbsp milk or oat milk; 1/4 tsp vanilla; pinch cinnamon; ice.

Make it: Shake milk, vanilla, and cinnamon. Pour over cold brew and ice.

Java Burn-friendly note: Keep sweetener optional. Add any supplement only as directed on its label.

2. Salted Maple Oat Latte

Coffee-shop energy, cleaner pantry

Ingredients: 2 espresso shots or 4 oz strong coffee; 6 oz oat milk; 1 tsp maple syrup; tiny pinch sea salt.

Make it: Warm milk, whisk until foamy, then pour over coffee and maple.

Java Burn-friendly note: Use measured maple instead of a syrup free-pour.

Coffee-shop trick

Shake or froth the milk layer separately. Texture makes a low-sugar drink feel more indulgent.

3. Mocha Almond Iced Coffee

Chocolate without the sugar spiral

Ingredients: 8 oz coffee; 1 tsp cocoa powder; 1/4 tsp almond extract; milk to taste; ice.

Make it: Whisk cocoa with a splash of hot coffee, then build over ice.

Java Burn-friendly note: Cocoa adds depth without turning the cup into dessert.

4. Brown Sugar Shaken Espresso Light

The viral drink, dialed back

Ingredients: 2 espresso shots; 1 tsp brown sugar; cinnamon; 3 oz milk; ice.

Make it: Shake espresso, sugar, cinnamon, and ice. Top with milk.

Java Burn-friendly note: The shake creates texture, so you need less sugar.

Flavor shortcut

Use vanilla, cinnamon, citrus zest, cocoa, or mint before adding more sweetener.

5. Toasted Coconut Cold Brew

Vacation coffee, weekday simple

Ingredients: 8 oz cold brew; 2 tbsp coconut milk; toasted coconut extract or flakes; ice.

Make it: Stir coconut milk into cold brew and finish with a tiny extract drop.

Java Burn-friendly note: Use unsweetened coconut milk if you want the cleanest version.

6. Honey Lavender Latte

Soft, floral, evening-cafe feel

Ingredients: 4 oz strong coffee; 6 oz milk; 1 tsp honey; tiny pinch culinary lavender.

Make it: Steep lavender in warm milk for 3 minutes, strain, then combine.

Java Burn-friendly note: Best before noon if caffeine affects your sleep.

Better iced coffee

Chill the coffee base first when you can. Less ice melt means a fuller-tasting cup.

7. Mexican Mocha

Bold cocoa, cinnamon heat

Ingredients: 8 oz coffee; 1 tsp cocoa; cinnamon; tiny pinch cayenne; milk to taste.

Make it: Whisk cocoa and spices with a splash of hot coffee, then finish the cup.

Java Burn-friendly note: Skip cayenne if reflux or spice sensitivity is an issue.

8. Vanilla Bean Iced Americano

Clean, bright, almost zero effort

Ingredients: 2 espresso shots; 6 oz cold water; 1/4 tsp vanilla; ice.

Make it: Pour espresso over ice, add water and vanilla, stir.

Java Burn-friendly note: A strong choice when you want flavor without milk or sugar.

Cafe-style finish

Dust cocoa or cinnamon on top right before serving. Aroma is part of the experience.

9. Pumpkin Spice Cold Foam Coffee

Fall flavor, not a sugar bomb

Ingredients: 8 oz coffee; 3 tbsp milk; 1 tsp pumpkin puree; pumpkin spice; optional 1 tsp maple.

Make it: Froth milk, pumpkin, spice, and maple. Spoon over coffee.

Java Burn-friendly note: Pumpkin adds body, so the drink feels richer.

10. Tiramisu Cold Brew Light

Dessert mood, breakfast restraint

Ingredients: 8 oz cold brew; 2 tbsp milk; 1 tsp cocoa; 1/4 tsp vanilla; pinch cinnamon.

Make it: Shake milk and vanilla, pour over cold brew, dust with cocoa.

Java Burn-friendly note: Use aroma and texture instead of heavy sweetener.

Routine builder

Make one cold brew concentrate on Sunday and you have the base for five fast recipes.

11. Cinnamon Roll Drip Coffee

The bakery-cup shortcut

Ingredients: 8 oz hot coffee; cinnamon; 1/4 tsp vanilla; 1 tbsp half-and-half or milk.

Make it: Stir vanilla into coffee and finish with milk and cinnamon.

Java Burn-friendly note: Add sweetness only after tasting.

12. Dark Chocolate Orange Coffee

Bright, grown-up mocha

Ingredients: 8 oz coffee; 1 tsp cocoa; orange zest; milk to taste.

Make it: Rub orange zest with cocoa, whisk with hot coffee, and finish with milk.

Java Burn-friendly note: Orange aroma makes the cup feel sweeter than it is.

Smart sweetener
rule

Start with 1 tsp, stir, taste, then decide. Most drinks need less than the cafe version.

13. Caramel Macchiato-ish Iced Coffee

The familiar favorite, cleaned up

Ingredients: 8 oz coffee; 3 oz milk; 1 tsp caramel sauce; vanilla; ice.

Make it: Build coffee and ice, add vanilla milk, then drizzle measured caramel.

Java Burn-friendly note: Measure the caramel. That is the whole trick.

14. Gingerbread Latte

Spiced, warm, holiday-level good

Ingredients: 4 oz strong coffee; 6 oz milk; ginger; cinnamon; 1 tsp molasses or maple.

Make it: Warm milk with spices, whisk, and pour over coffee.

Java Burn-friendly note: Spices do most of the flavor work.

Coffee-shop trick

Shake or froth the milk layer separately. Texture makes a low-sugar drink feel more indulgent.

15. Mint Mocha Cold Brew

Peppermint cafe vibes

Ingredients: 8 oz cold brew; 1 tsp cocoa; 1 drop peppermint extract; milk to taste; ice.

Make it: Whisk cocoa with a splash of coffee, add mint, then pour over ice.

Java Burn-friendly note: Use peppermint carefully. One drop is plenty.

16. Maple Pecan Coffee

Nutty, cozy, brunch-worthy

Ingredients: 8 oz coffee; 1 tsp maple syrup; 1/4 tsp pecan or almond extract; milk to taste.

Make it: Stir maple and extract into hot coffee, then add milk.

Java Burn-friendly note: A tiny extract amount makes it taste bakery-level.

Flavor shortcut

Use vanilla, cinnamon, citrus zest, cocoa, or mint before adding more sweetener.

17. Raspberry Mocha Iced Coffee

Chocolate-covered berry energy

Ingredients: 8 oz coffee; 1 tsp cocoa; 1 tsp raspberry jam or puree; milk; ice.

Make it: Whisk cocoa and raspberry with hot coffee, then chill over ice.

Java Burn-friendly note: Jam works because the amount is small and flavorful.

18. Coconut Cream Iced Americano

Light, tropical, sharp

Ingredients: 2 espresso shots; 6 oz cold water; 1 tbsp coconut cream; ice.

Make it: Build the Americano over ice and float coconut cream on top.

Java Burn-friendly note: Stir before sipping if you want a silkier texture.

Better iced coffee

Chill the coffee base first when you can. Less ice melt means a fuller-tasting cup.

19. Almond Joy Cold Brew

Candy-bar flavor, coffee-first build

Ingredients: 8 oz cold brew; 1 tsp cocoa; almond extract; 2 tbsp coconut milk; ice.

Make it: Whisk cocoa into coffee, add extract, coconut milk, and ice.

Java Burn-friendly note: Big flavor, small add-in footprint.

20. Golden Vanilla Coffee

Soft spice, sunny cup

Ingredients: 8 oz coffee; vanilla; pinch turmeric; pinch cinnamon; milk to taste.

Make it: Whisk spices into a splash of hot coffee, then build the cup.

Java Burn-friendly note: Use a tiny turmeric pinch so it stays coffee-forward.

Cafe-style finish

Dust cocoa or cinnamon on top right before serving. Aroma is part of the experience.

21. Sunday Prep Cold Brew Concentrate

The base that makes the week easy

Ingredients: 1 cup coarse coffee; 4 cups cold water; jar; filter.

Make it: Steep 12 to 16 hours, strain, chill, and dilute to taste.

Java Burn-friendly note: A ready base makes the 7-day plan much easier to follow.

Smart sweetener
rule

Start with 1 tsp, stir, taste, then decide. Most drinks need less than the cafe version.

The 7-Day Coffee Glow-Up Plan

This turns the recipe book into a mini challenge. Readers get a reason to keep the PDF open all week.

Day	Theme	What to do
Day 1	Baseline	Drink your normal coffee. Write down time, add-ins, and how you feel.
Day 2	Creamy	Try Vanilla Cinnamon Cloud or Salted Maple Oat Latte.
Day 3	Mocha	Try Mocha Almond, Mexican Mocha, or Mint Mocha.
Day 4	Iced	Try Vanilla Bean Iced Americano or Toasted Coconut Cold Brew.
Day 5	Cafe treat	Try Brown Sugar Shaken Espresso Light or Caramel Macchiato-ish.
Day 6	Cozy	Try Gingerbread, Maple Pecan, or Cinnamon Roll Coffee.
Day 7	Keep or tweak	Pick the winner and write what made it work.

Make the opt-in feel worth it

A reader can download this, shop from it, make recipes from it, and use it as a mini challenge. That is the kind of lead magnet people forward to themselves.

What Java Burn Says

This is the soft-sell page: useful if a reader is curious, easy to skip if they just came for the recipes. The claims below are attributed to Java Burn and are not guaranteed outcomes from The Golden Lamb Coffee.

Java Burn claim	How to read it
Java Burn says it is a tasteless, instantly dissolvable nutritional formula designed to work with coffee.	That makes it an optional coffee add-in, not a replacement for the coffee routine in this book.
Java Burn says it works with coffee to support metabolism, energy, well-being, fat-burning, and reduced hunger.	Treat these as supplement marketing claims. Results vary, and no recipe or supplement guarantees weight-loss results.
Java Burn support lists suggested use as one stick pack per day in hot or cold coffee, stirred until dissolved.	If you use it, follow the current label and do not exceed suggested use.
Java Burn support lists Vitamin D, Vitamin B6, Vitamin B12, chromium, green tea extract, green coffee bean extract, L-carnitine, and L-theanine.	Read the label for the current formula and talk with a qualified professional if supplements are not a simple yes for you.

Curious about Java Burn?

[See the current Java Burn offer here.](#) The Golden Lamb Coffee may earn a commission if you buy through this link, at no extra cost to you.

Not medical advice. Java Burn is a dietary supplement. Not intended for use by persons under 18. Consult a physician before use if pregnant or nursing, caffeine-sensitive, taking medication, or managing a medical condition.

Before You Buy Anything

This page protects the reader and the brand. It keeps the Java Burn offer framed as an optional product to evaluate, not a guaranteed outcome.

Question	Why it matters
Do I tolerate caffeine well?	Coffee plus any add-in is still part of a caffeine routine.
Did I read the label?	Directions, ingredients, and warnings matter more than sales copy.
Can I repeat the routine?	Consistency makes any personal test more meaningful.
Am I expecting a miracle?	If yes, pause. Supplements are not magic shortcuts.

Affiliate disclosure

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This guide does not diagnose, treat, cure, or prevent any disease. Results vary. Always follow product labels and seek qualified professional advice when needed.