

Delicious Coffee Recipes



Alzheimer's: The warm drink that could reduce your risk – the more you drink the better.

ALZHEIMER'S disease is the most common type of dementia, making up more than 50 percent of diagnosed cases. It causes progressive loss of brain function that becomes more severe over time.

A recently published study in Australia aimed to quantify the impact of a popular beverage on the development of cognitive impairment in aging people. Following 200 people over a decade, the participants who drank greater amounts of coffee saw a significantly reduced risk. Coffee intake was linked to a lower build-up of amyloid protein in the brain, a key marker in the development of Alzheimer's disease. The researchers believe this could provide a simple lifestyle change to help people who are at risk.

"It's a simple thing that people can change," said lead author doctor Samantha Gardener. "It could be particularly useful for people who are at risk of cognitive decline but haven't developed any symptoms. "We might be able to develop some clear guidelines people can follow in middle age and hopefully it could then have a lasting effect."

The UK currently drinks 95 million cups of coffee per day, according to the British coffee association. Larger amounts of coffee produced increased benefits, although the study did not establish a maximum amount to achieve the health benefits. Two cups seem to be a good amount according to the data so far.

Doctor Gardener explained: "If the average cup of coffee made at home is 240g, increasing to two cups a day could potentially lower cognitive decline by eight percent after 18 months. "It could also see a five percent decrease in amyloid accumulation in the brain over the same time period."

Drinking more coffee saw improvements to several specific areas of cognitive function. The most notable was executive function, which affects your ability to construct and carry out plans, exercise self-control and concentrate on tasks.

Problems with executive function are characterised by difficulty managing tasks, keeping track of belongings and organising thoughts. In Alzheimer's disease, the first symptom is typically problems with memory, although in rare cases it may impact vision or language first. The study was not able to collect exhaustive data on how and what types of coffee people were drinking.

Caffeinated and decaf coffee were both taken by participants and a variety of brewing methods were used. Future research might unveil the optimal beverage, whether caffeinated or decaf, milk or sugar and the type of filter used.

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Caffeine has been linked in other studies to reducing cognitive impairment but it may not be the only active ingredient in coffee to produce this effect. Alzheimer's and other forms of dementia are one of the leading causes of disability in later life, beating out cancer, heart disease and strokes.

The burden of care is expected to rise for dementia sharply over the next two decades, according to the Alzheimer's Society. Despite this, they explain dementia research is broadly underfunded compared to conditions such as cancer. They say: "For every person living with dementia, the annual cost to the UK economy is over £30,000 and yet only £90 is spent on dementia research each year."



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A Warm Welcome

We've assembled a huge collection of some of the most popular and well-known coffee recipes you've come to know and love. As an extra bonus we've also included delicious melt in your mouth coffee related pastries that you, your friends and your family will love and enjoy for many years to come!

OK, now that all that stuff is out of the way, let's make some delicious coffee drinks and coffee desserts...

Frappuccino

Serves: 1

INGREDIENTS 1 teaspoon sugar 1/4 teaspoon dry pectin 1/4 cup cold 2% milk 3/4 cup espresso coffee

Flavors: 1 teaspoon unsweetened cocoa or Quick drink mix, 1 Tablespoon of liquid coffee flavoring (vanilla, hazlenut, almond, almond roca, raspberry, Irish crème) 1 Teaspoon liquid baking flavorings (i.e. cinnamon, praline, etc.)

PREPARATION Get blender out and ready. Add 3/4 cup of hot coffee and mix with your sugar for 30 seconds at a low speed (too high and you get too much froth) to give sugar a chance to dissolve. While running pour in the cold milk, add the remaining ingredients and choice of flavorings, blend for 1 minute and serve!

Mocha Coconut Frappuccino

Serves: 1

INGREDIENTS 1/2 cup shredded coconut 3/4 cup strong coffee (chilled) 1 cup low-fat milk 1/3 cup Hershey's Chocolate Syrup 3 tablespoons granulated sugar 2 cups ice 1/2 cup whipped cream, canned

PREPARATION Preheat oven to 300 degrees. Spread shredded coconut on a baking sheet and toast coconut in the oven. Stir the coconut around every 10 minutes or so for even browning. After 15 to 20 minutes the shredded coconut should be light brown. Cool it off. Make double-strength coffee by brewing with twice the coffee required by your coffee maker. That should be 2 tablespoons of ground coffee per each cup of coffee. Chill before using. To make the drinks, combine cold coffee, milk, 1/3 cup of the toasted coconut, 1/3 cup chocolate syrup, and sugar in a blender. Blend for 15 to 20 seconds to dissolve sugar. Add ice and blend until ice is crushed and the drink is smooth. Pour drinks into two 16-ounce glasses. Garnish each drink with whipped cream, a drizzle of chocolate, and a pinch of some of the remaining toasted coconut. Add a straw to each one.