



## A REAL PUMPKIN SPICE LATTE

### Ingredients

- 1 cup milk (dairy or non-dairy)
- 2 tbsp pumpkin puree
- 1 tsp maple syrup or raw sugar (optional)
- 1/2 tsp vanilla extract (optional)
- 1/4 tsp cinnamon (or toothpick swirl of dōTERRA's cinnamon oil)
- 1/4 tsp nutmeg
- 1 cup hot coffee
- Optional toppings: Whipped cream or coconut cream, cinnamon or pumpkin spice, pumpkin seeds, coconut flakes etc

### Directions

1. Add milk, pumpkin puree & syrup to a saucepan over medium heat. Heat until hot, but do not boil.
2. Remove the saucepan from the heat & whisk in the vanilla, spice & the coffee. Use a hand mixer if you'd like it frothy.
3. Divide the mixture between two mugs.
4. Garnish with cream, spice, pumpkin seeds or toppings of choice.

*Enjoy with a hearty pumpkin spice muffin or cookie*



**MAKES 2 SERVINGS**

**PREP TIME: 5 MINUTES**

**COOK TIME: 5 MINUTES**

**TOTAL TIME: 10 MINUTES**