

RECIPE – Spiced Pumpkin Latte

Very Easy, Sugar Free Spiced Pumpkin Latte

A healthy & delicious pumpkin latte, inspired by the celebrations of Halloween.

I have created this easy pumpkin tea latte recipe – sorry, no coffee here – that takes about 5 minutes to make.

It tastes delicious but without any added sugars, sweeteners and flavourings – compared to the coffee shop versions.

Prep time
2 mins

Cook Time
5 mins

- Gluten Free
- Dairy Free
- Suitable for Vegetarians and Vegans
- Free of artificial colourings and flavourings



Ingredients (per Latte)



- 5g of Spiced Pumpkin Tea (approx. 2 heaped table spoons)
- 175ml Almond Milk (or other – if preferred)
- ¼ teaspoon ground cinnamon
- ¼ of vanilla pod (cut in half; add scraped seeds + pod to the milk)

TIP - Add 1 teaspoon of sugar, honey or maple syrup for more sweetness

Method

1. Take 5g of loose leaf tea (per Latte) and put in a tea strainer. Fill cup up only half way with boiling water and brew for 8-10 minutes (aiming for a strong brew)
2. Prepare the Milk. Add the almond milk, vanilla (pod + vanilla seeds) and cinnamon to a sauce pan and bring to the boil. Stir occasionally
3. Just before the milk comes to the boil, reduce the temperature and let it simmer
4. Remove the tea strainer from your cup/glass
5. Take the milk off the stove and pour the mixture, through a strainer, into another cup/glass
6. Use a milk frother and blend till frothy
7. Add the milk and froth to the pumpkin tea, stir
8. Sprinkle a little cinnamon or nutmeg over the top and enjoy!

TIP – If you fancy a real treat, add a dollop of whipped cream on top.....delicious



1.



5.



6.



8.



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