Pumpkin Latte

16 oz Pumpkin (not pie filling)

1/4 C Coconut Oil (Organic / Melted)

1 t Cinnamon

½ t Cloves

½ t Nutmeg

½ t Ginger

½ t Cardamom

½ t Allspice

2 t Vanilla

2 t Coconut Palm Sugar

10 drops Honey (or Stevia, Molasses, Maple Syrup)



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Circa 2014

Mix and store in refrigerator.

To Serve:

Add 2 - 3 Tablespoons to regular or decaf coffee.

Add 1 T of Hershey's powdered baking cocoa (option).

Add Milk (or Half & Half).

Top w/ dollop of Whipped Cream and a sprig of Mint.

Sprinkle w/ Nutmeg.

Serve & stir w/ Cinnamon Stick.

SPICES SUBSTITUTION: Pumpkin Pie Spice



