

# Joyous Pumpkin Spice Latte

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 2 cups unsweetened nut milk (I prefer coconut milk for it's natural sweetness)
- 4 tbsp pureed pumpkin
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 tsp ground nutmeg
- 2 tbsp real maple syrup



## Instructions:

1. Warm nut milk with a milk steamer or on low heat on stove top. Be careful not to scald the milk.
2. Once warmed, pour into a blender and add pureed pumpkin, spices and maple syrup. Blend until fully combined.
3. Divide between 2 glasses, sprinkle with cinnamon and enjoy!