



## PUMPKIN SPICE LATTE



GF



NF



SF



RSF



OF

ReShape.



# PUMPKIN SPICE LATTE



2 servings



5-10 min



easy

## Ingredients

**187.5 ml (¾ cup)** strong brewed coffee  
/or/ caffeine-free coffee like carob coffee

**312.5 ml (1 ¼ cup)** plant-based milk (best barista styled)

**40 g (2 Tbsp)** almond /or/ sunflower seed  
/or/ cashew butter

**86 g (5 Tbsp)** pumpkin puree

**3 g (1½ tsp)** pumpkin spice

**a drizzle of** maple or date syrup

## For serving

**a generous amount** of coconut whipped cream /or/ store bought vegan whipped cream

**a dash of** pumpkin spice

## Instructions

1. In a small saucepan place coffee, milk, nut or seed butter, pumpkin puree and 1 tsp of pumpkin spice.
2. Mix everything well until fully combined and give it a taste. You can add more pumpkin spice, and, if needed, some maple syrup.
3. Heat the mixture up and once it's warm enough to your liking take it off the heat and pour into cups.
4. Top with vegan whipped cream and sprinkle some pumpkin spice on top. Enjoy while it's still warm!

## Notes & Tips

**1. Vegan whipped cream** - there are 3 ways to get this nice fluffy cloud on top. One is to use the thick layer from canned coconut milk (place in the fridge beforehand!). Just whip it with electric mixer adding some maple syrup if needed. Another option is to just use store-bought vegan whip (like soy whip). The last option is to make sure you use barista styled plant-based milk (I love [Oatly Barista](#)) and either put everything in a [high-speed blender](#) after heating the mixture, so the milk whips a bit, or heating in the saucepan all the ingredients but the milk and whipping the milk separately to add it in at the end. Every single of those options is delicious!

**2. Pumpkin Spice** - I am using a homemade pumpkin spice ([click for the recipe](#)). But if you are using one from another recipe or from the store the intensity might differ, so it's best to add pumpkin spice gradually.

**3. Nut/seed butter** - it adds creaminess to the Pumpkin Spice Latte, but you can skip it if you want.

**4. Pumpkin puree** - you can use store-bought or make it at home ([see the recipe here](#)).

**5. Maple/date syrup** - you can skip it, I prefer my latte without it.

**6. Coffee** - just use your favorite one (best buy organic and fair-trade if possible). I cannot have caffeine, and I recently discovered carob coffee (also known as 'carofoe'). It's caffeine-free, super healthy, and tastes amazing!

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by Kate Bartel

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