

Spiced Pumpkin Latte

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This drink is a little bit more involved, but we think it’s worth it. It’s popular in the cold parts of the United States (think Seattle in the winter), and for good reason. It will store well in the fridge or freezer for a quick winter warm-up, and it can be made dairy-free using almond or coconut milk instead of cow’s milk.

Serves	4	Per serve (1 cup)	
Prep time	15 minutes	Carbs	10.4 g
Cook time	30 minutes	Protein	5.2 g
Difficulty	●●●	Fat	11.0 g
		Energy	163 Cal

INGREDIENTS

- 2 cups peeled and roughly diced pumpkin
- 2 tbsp coconut oil or butter, melted
- 1 tsp mixed spice
- ½ tsp ground cinnamon
- 1 tbsp instant coffee
- 2 cups full-fat milk (any type)
- 2 cups water

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line an oven tray with baking paper.

Place the pumpkin on the prepared tray, drizzle with the oil or butter and sprinkle over the spices. Toss to coat well. Roast for about 25 minutes, until tender and lightly caramelized.

Transfer to a blender and add the remaining ingredients. Blend until smooth, and pour into mugs to serve. If you only have a smoothie blender, allow the pumpkin to cool before blending the latte, and reheat it gently in a small pot.

Store in a container with a well-fitting lid in the fridge for up to 1 week, or freeze in portions for up to 1 month. Reheat in the microwave or in a pot.

