

# DIY pumpkin spiced lattes

pumpkin  
— season —  
is here!

## ingredients

espresso .....	2 shots
milk .....	½ cup
pumpkin puree .....	3 tbsp
maple syrup .....	1 tbsp
mixed spice .....	¼ tsp (cinnamon, nutmeg, cardamom)
vanilla extract .....	2 drops

## topping

whipped cream  
cinnamon



## method

- 1 Add your espresso shots to a bowl with your pumpkin, spices, vanilla extract and maple syrup and whip together with a whisk or hand blender.
- 2 Heat your milk in a pan or steam in your coffee maker (if you have one).
- 3 Combine and pour into your coffee cup, top with whipped cream and dust with cinnamon.
- 4 Enjoy with a graze flapjack for extra heart-warming goodness!

