



# HEALTHY FALL DRINKS

## PUMPKIN SPICE LATTE

1 CUP UNSWEETENED COCONUT MILK  
2 TABLESPOONS PUMPKIN PUREE  
1 TABLESPOON MAPLE SYRUP (OR MORE, TO TASTE)  
1/2 TEASPOON PUMPKIN PIE SPICE (OR CINNAMON, NUTMEG, CLOVES)  
1/2 TEASPOON VANILLA EXTRACT  
1/2 CUP BREWED COFFEE OR ESPRESSO  
WHIPPED COCONUT CREAM (OPTIONAL, FOR TOPPING)

- IN A SMALL SAUCEPAN, HEAT THE MILK, PUMPKIN PUREE, AND MAPLE SYRUP OVER MEDIUM HEAT.
- STIR IN THE PUMPKIN PIE SPICE AND VANILLA EXTRACT. WHISK UNTIL FROTHY.
- POUR IN THE COFFEE OR ESPRESSO AND STIR UNTIL COMBINED.
- POUR INTO A MUG, TOP WITH WHIPPED COCONUT CREAM IF DESIRED, AND SPRINKLE WITH EXTRA CINNAMON OR NUTMEG.

## SPICED CHAI LATTE

2 CUPS WATER  
2 BLACK TEA BAGS (OR 2 TABLESPOONS LOOSE BLACK TEA)  
1 CINNAMON STICK  
2-3 WHOLE CLOVES  
3-4 CARDAMOM PODS (CRACKED OPEN)  
1 SMALL PIECE OF FRESH GINGER (ABOUT 1 INCH, SLICED THINLY)  
1 STAR ANISE (OPTIONAL)  
1-2 BLACK PEPPERCORNS (OPTIONAL, FOR A LITTLE EXTRA SPICE)  
1-2 TABLESPOONS MAPLE SYRUP, HONEY, OR SWEETENER OF CHOICE  
1 CUP COCONUT MILK  
1/2 TEASPOON VANILLA EXTRACT

- **BOIL THE SPICES:** IN A MEDIUM SAUCEPAN, BRING 2 CUPS OF WATER TO A BOIL. ADD THE CINNAMON STICK, CLOVES, CARDAMOM PODS, GINGER, AND OPTIONAL STAR ANISE AND PEPPERCORNS. REDUCE THE HEAT AND LET THE SPICES SIMMER FOR ABOUT 5 MINUTES.
- **BREW THE TEA:** ADD THE BLACK TEA BAGS (OR LOOSE TEA) TO THE SIMMERING WATER AND LET STEEP FOR 3-5 MINUTES, DEPENDING ON HOW STRONG YOU LIKE YOUR TEA. REMOVE FROM HEAT AND STRAIN THE TEA TO REMOVE THE SPICES AND TEA BAGS.
- **HEAT THE MILK:** IN A SEPARATE SMALL SAUCEPAN, HEAT THE MILK OVER MEDIUM HEAT UNTIL HOT, BUT NOT BOILING. STIR IN THE VANILLA EXTRACT AND SWEETENER OF YOUR CHOICE.
- **COMBINE AND FROTH:** POUR THE HOT MILK INTO THE TEA MIXTURE. IF YOU HAVE A MILK FROTHER OR WHISK, FROTH THE MILK UNTIL IT'S LIGHT AND FOAMY.
- **SERVE:** POUR YOUR CHAI LATTE INTO A MUG AND SPRINKLE WITH A LITTLE CINNAMON ON TOP IF DESIRED. ENJOY!

Choosing healthier fall beverages, like spiced herbal teas, chai lattes made with coconut milk, or pumpkin-flavored drinks sweetened naturally, can provide comfort without the excess sugar. Opting for drinks rich in antioxidants and nutrients helps support your immune system while still embracing the flavors of the season. Small, mindful choices can make a big difference in your overall wellness.