

Material List:

Pumpkin Spice Latte

- ☐ Access to stove top or microwave
- ☐ Mug
- ☐ Spoon
- ☐ Whisk or electric milk frother
- ☐ Small sauce pan
- ☐ Measuring cups and spoons

Pumpkin Spice Truffles

- ☐ Small bowl
- ☐ Small plate
- ☐ Measuring spoons
- ☐ Spoon



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Pumpkin Spice Latte

Ingredients

- ☐ 3/4 cup coconut milk
- ☐ 1/2 cup water
- ☐ 1/2-1 tsp pumpkin pie spice
- ☐ 1 TBSP coconut sugar
- ☐ 1-2 tsp instant coffee or 1 TBSP herbal coffee (Dandy Blend)*
- ☐ Pinch of salt



Instructions

- Add coconut milk and water to a small sauce pan and bring to a simmer.
- Remove from heat and add pumpkin pie spice, salt and coconut sugar. Whisk until smooth.
- Then add instant coffee or herbal coffee and whisk again.
- Pour into a mug and enjoy!

*Can also sub for: 1/4 cup strongly brewed coffee or 1 shot espresso.
Leave out 1/4 cup water in recipe if making these replacements.



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Pumpkin Spice Bites

Ingredients

Makes six 1 inch balls

- ☐ 1/4 cup almond flour
- ☐ 3 TBSP sunflower butter
- ☐ 1 TBSP honey
- ☐ 1-1.5 tsp pumpkin spice powder
- ☐ 1 TBSP cacao nibs



Instructions

- Add almond flour and pumpkin spice powder, to a bowl and mix with a spoon. Then add sunflower butter and honey. Mix thoroughly.
- Consistency of the mixture should be somewhat moist, so that all ingredients can stick together. If your mixture is too dry, add a bit more honey or sunflower butter.
- Roll your mixture into 1 inch balls.
- Roll the balls in cacao nibs to coat OR shape them into pumpkins. Use a knife to carefully make decorative lines along the side. Place a cacao nib at the top as a stem.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture.
- Store in an airtight container in the fridge. Eat within 1 week.



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Pumpkin Spice Powder Recipe

Ingredients

- 1 tablespoon ground cinnamon
- 2 teaspoons ground ginger
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground mace
- 1/2 teaspoon ground nutmeg



Instructions

- Measure out all ingredients into a small bowl.
- Whisk or stir to combine. Store in an airtight container at room temperature for up to 1 year.



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