

Pumpkin Spice Herbal Latte

Preparing and enjoying a pumpkin spice herbal latte is a perfect way to welcome autumn. This herbal latte is deeply nourishing and tastes delicious.



Ingredients

- 3 T dried dandelion root
- 1 T dried burdock root
- 2 cups water
- 8 T pumpkin puree
- 2 T maple syrup
- 2 tsp. butter
- 1 tsp. Cinnamon powder (+ a dash for the top)
- 1/4 tsp. Ginger powder
- 1/4 tsp. Nutmeg powder
- 1/4 tsp. Allspice powder
- 1 1/2 cups milk, oat milk, or other non-dairy milk of your choice

Yield: 2 large mugs

Note: You can replace the tea with your favorite coffee or espresso and use this same recipe for a coffee pumpkin spice latte if you so desire.

- 1 Measure the dandelion and burdock root into a small dry skillet and roast over medium low heat, stirring often. You will know when the roots are fully roasted when they have turned a slightly darker color and are releasing their rooty aroma. It is important to keep them moving in the skillet so they do not burn.
- 2 Transfer the roasted roots into a small saucepan along with 2 cups of water. Bring the water to a boil and then turn down the heat to low. Cover and simmer gently for 20 minutes.
- 3 While the roots are simmering, mix the pumpkin puree, maple syrup, butter, and spices together in a small bowl.
- 4 Transfer the pumpkin mixture to a blender.
- 5 After the root tea has simmered for 20 minutes, strain out the roots, reserving the liquid. Measure 1 cup of the root tea into the blender and blend with the pumpkin mixture.
- 6 Gently heat the milk, removing it from the burner just before it starts to boil.
- 7 Froth milk using a frother or by pouring it into a quart mason jar with a tight lid and shaking it for one minute until the milk has roughly doubled in volume. I found that holding the jar with a towel was helpful since the milk was very hot.
- 8 Pour the blended tea into 2 cups (1/2 in each).
- 9 Pour the milk over the tea to fill the cups.
- 10 Stir gently and top with a dash of cinnamon or whip cream if you want to be extra decadent.