

Spiced Pumpkin Latte (Caffeine-Free)



As colorful leaves and cooler temperatures arrive, it's time for pumpkin-spiced warm drinks! Here's a caffeine-free version of this autumn classic, made with the exquisite date seed coffee from [Création Délicia](#). Enjoy your favorite beverage at any time of the day without worrying about digestive issues or insomnia. This drink is even suitable for children!

Preparation 5 min
Cooking 5 min
Servings 2
Nutrition Facts (per serving)
Calories 115
Fat 2
Carbohydrates 22
Fibre 1
Protein 2
Sodium 120

Ingredients

- 375 ml (1 ½ cups) unsweetened vanilla almond milk
- 190 ml (¾ cup) canned pumpkin puree
- 30 ml (2 tbsp) maple syrup
- 5 ml (1 tsp) ground cinnamon

- 2.5 ml (½ tsp) ground nutmeg
 - 1 ml (¼ tsp) ground ginger
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- 400 ml (1 2/3 cups) water
 - 30 ml (2 tbsp) [Cœur de dattes \(roasted date seed beverage\) from Création Délicia](#)

Toppings (optional)

- 125 ml (½ cup) frothed hot milk
- 2 cinnamon sticks

Preparation

1. In a saucepan, mix all the ingredients except for the water, date seed coffee, and toppings.
2. Heat over medium heat for 5 minutes, continuously stirring with a whisk, without bringing it to a boil.
3. During this time, prepare the roasted date seed coffee using a drip or French press coffee maker.
4. *Optional:* The pumpkin puree provides a thicker and creamier texture to the coffee. At this point, you can blend the mixture to make it smoother or strain the milk mixture through a sieve to remove the pumpkin fiber, making the preparation more liquid and less thick.
5. Add the date seed coffee and distribute the drink into 2 cups.
6. If desired, garnish with frothed milk, sprinkle with cocoa, and add a cinnamon stick.

Notes

Best enjoyed immediately. Also delicious when served cold: store in an airtight container in the refrigerator for up to 3 days, without the toppings.



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