

RECIPE OF THE WEEK: PALEO EDITION

Paleo Spiced Pumpkin Latte

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Ingredients:

4 cups of unsweetened coconut milk
¼ cup canned pumpkin without added sugar
2 Tbsp of natural vanilla extract
½ tsp cinnamon
a sprinkle of cloves and nutmeg
1 cup of strong coffee or ¾ cup espresso
heavy cream for whipping (optional) – *Note: you can also use the cream that accumulates at the top of a can of coconut milk.

Instructions:

1. Pour all ingredients except heavy cream into crock pot
2. Use immersion blender or whisk to mix well
3. Turn crock pot on high for 2 hours until hot and flavors are incorporated.
4. Whip cream in blender or by hand with a dash of vanilla and top lattes

Notes:

1. This can also be heated on the stove top for a faster version, though the spices don't incorporate as well and it tends to thicken
2. For times when you will want it out for longer than a couple of hours, just use the "low" or "keep warm" setting instead of high.
3. If you are using canned pumpkin and won't use the whole can, freeze the rest in ice cube trays and keep in a bag for future batches
4. The iced version is pretty good too

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