

**SERVES 1-2**

# Sugar-Free Pumpkin Spice Vanilla Chai Latte

(Vegan, Keto, Low-Carb)

Isabellemckenzie.com | total time: 10 mins



## INGREDIENTS

- ¾ cup water
- 4 teaspoons chai blend loose leaf or 2 chai bags (unsweetened)
- 1 cup milk or unsweetened vanilla oat milk
- 2 teaspoons pure vanilla extract
- 1/2 to 1 tbsp pumpkin puree
- 1/3 tsp ground cinnamon
- pinch ground nutmeg
- pinch ground ginger
- 3 drops vanilla stevia, to taste

## INSTRUCTIONS

1. Pour water and add tea leaves or bags into a stove-top pan. Watch carefully and bring to a boil. Turn off and cover for 2 minutes. Remove the tea bags or strain the leaves.
2. Add the rest of your ingredients into the tea and heat on medium-low heat. Stir frequently, until the milk is heated and ingredients are combined.
3. Serve as is or I prefer to add the mix into a milk frother and pump until frothy and well combined. Optionally use sugar-free whipped cream or powdered cinnamon on top and serve in your favorite cozy mug or mason jar!

If you give this recipe a go, don't forget to tag me on Instagram @itsisabelle and using hashtag #cookingwithisabelle

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