

Creamy Pumpkin Spice Milk

Indulge in this warm and creamy Pumpkin Spice Milk, perfect for cozy evenings or a delightful morning boost. This beverage combines the rich flavors of pumpkin with aromatic spices for a soothing drink.


10 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 cup milk (dairy or non-dairy)
- 1/4 cup pure pumpkin puree
- 1 tablespoon maple syrup (or to taste)
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon vanilla extract
- Pinch of salt
- Whipped cream (optional, for topping)

Steps

- 1 In a small saucepan, combine the milk and pumpkin puree over medium heat.
- 2 Stir in the maple syrup, pumpkin pie spice, vanilla extract, and a pinch of salt.
- 3 Heat the mixture, stirring frequently, until warm and well combined (do not boil).
- 4 Pour into a mug and top with whipped cream if desired.
- 5 Sprinkle a little extra pumpkin pie spice on top for garnish.
- 6 Serve warm and enjoy your creamy pumpkin spice milk!