



Iced Pumpkin Spice Latte (Whole30, Paleo)



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Fall is almost here and it's my favorite time of the year! I'm an Autumn baby so I really enjoy the cooler weather, slurping on soups, getting spooky on Halloween, and most of all...Pumpkin Spice Lattes! If we're being honest, I enjoy just about any latte, but there's something nostalgic about a PSL that lets you know all things Fall are on their way!

My Iced Pumpkin Spice Latte recipe is super creamy, has the perfect amount of sweetness, and if you use a milk frother, you'll get some INCREDIBLE sweet foam action! It's #MealPrepSunday in my kitchen today, so I'll be getting next week's food together while sipping on one of these babies all afternoon long! 🍵

INGREDIENTS:

- 4 Dates
- 1/4 Cup Pumpkin Spice Nutpods
- 2 Tbsp Coconut Butter
- 1 to 2 tsp Pumpkin Spice
- 1/4 cup + 8 oz Coffee

INSTRUCTIONS:

1. In a Small Food Processor, blend your Dates, Nutpods, Coconut Butter, & Pumpkin Spice until smooth and well blended. Divide mixture in half and save the other portion for a future use (or a larger latte)
2. Add 1/4 cup of Coffee to a small mug. Next, add your Pumpkin Spice mixture in and whisk together until foamy using a milk frother, about 1 minute. (You can use a regular whisk, but you're not going to get the incredible foam action you see in the photo! They're less than \$10 and totally worth it!)
3. Pour 8 oz of Coffee over ice and top it with your Pumpkin Spice Coffee Concentrate. Stir to combine. Add a dash of Pumpkin Spice on top of that sweet foam, garnish with a Cinnamon Stick and Enjoy!

MAKES TWO 12-OZ ICED LATTES (3 Tbsp Mixture per Serving)

