

Toasted Pumpkin Spice Chai



Easy quick vegan
pumpkin chai

Ingredients

- 2 cups non dairy milk
- 1 tbsp Signature healthy protein scoop at home
- 2 tbsp loose black tea / 2-3 bags black tea bags
- 2 inch crushed Ginger
- 2 tbsp Pumpkin Puree
- 2 tsp allspice
- 2 tsp vanilla essence



Brew your Chai

- To a cup of boiling water add crushed ginger, tea, allspice.
- Once it is aromatically brewed, turn off heat
- ✨ Close the lid for 5 mins.

Steam the milk

- In a saucepan, add pumpkin puree with the protein mix and thicken up, add milk to the hot pan and stir until everything combines and steamy.
- Turn off the heat and add vanilla. ✨ ✨



Spice up, Sip and Slurp

- Strain the brewed chai into the steamed milk.
- Stir and pour it into your favourite cup and sip away making that sipping noise, while having a hot brew on a cold morning.

