

Warming Pumpkin Spice Shake Recipe – 2 servings

- 1 – 1 1/2 cup macadamia nut milk or almond milk –mond or macadamia ar gently warmed or room temperature.
- 2 tsp coconut oil
- 1 tsp turmeric powder
- 1/2 tsp cinnamon powder
- 1/4 tsp dried ginger powder
- 1/2 tsp pure vanilla extract or 1/8 tsp fresh vanilla bean
- Pinch of black pepper
- 2 tbsp sprouted pumpkin seed butter or almond butter
- Pinch of sea salt
- 1-2 tsp raw honey, to taste, local if possible
- 1 safron strand
- 1/4 cup roasted or steamed pumpkin
- 1/2 banana for additional sweetness/thickness (kapha and pitta dosha can omit, most beneficial for vata doshas)

Combine all ingredients in a high speed blender and blend until smooth.