Bubbie's Space

Herbs for the Body • Peace for the Soul
Live Well • Naturally • Everyday

Bubbie's Pumpkin Spice Chai Latte

A cozy, aromatic blend of traditional chai spices with the warm, comforting flavor of pumpkin spice.



Ingredients

Makes 2 servings.

- 2 cups water
- 2 black tea bags (or 2 teaspoons loose-leaf black tea)
- 1 2 cup pumpkin purée (100% pumpkin, not pumpkin pie filling)
- 1 1/2 cups milk or your favorite non-dairy milk
- 2 tablespoons maple syrup or honey, or to taste
- 1 teaspoon vanilla extract

Bubbie's Chai Spice Blend

- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- A tiny pinch of ground black pepper
- Optional: a pinch of allspice

Optional Toppings

- Whipped cream
- A sprinkle of cinnamon or pumpkin pie spice
- Cinnamon sticks



Instructions



1 Brew the Tea

Bring 2 cups of water to a boil. Remove from the heat, add the tea bags, and steep for 4–5 minutes. Remove the tea bags.



2 Add Pumpkin and Spices

In a small saucepan, whisk together the pumpkin purée, cinnamon, ginger, cardamom, cloves, nutmeg, black pepper, and optional allspice until smooth.



3 Make It Creamy

Gradually whisk in the milk, maple syrup or honey, and vanilla. Heat over medium-low heat for 3–5 minutes, stirring frequently. Do not let it boil.



4 Combine and Serve

Pour the brewed tea into the pumpkin milk mixture and whisk well. Divide between two mugs, top with whipped cream and cinnamon if desired, and serve warm.



Bubbie's Tips

- **Make it stronger:** Steep the black tea for an extra minute or add another tea bag.
- **Make it dairy-free:** Use oat milk, almond milk, or your preferred plant-based milk.
- **Make it iced:** Let the mixture cool, refrigerate, and serve over ice.
- **Make a quick version:** Substitute 1–2 teaspoons of prepared chai spice blend for the individual spices, adjusting to taste.
- **Storage:** Refrigerate leftovers promptly in a covered container and use within 3 days. Reheat gently.

Enjoy a little autumn comfort in every cup!