

Pumpkin Spice Chai Tea

Fragrant and warming chai tea is blended with creamy almond milk, ghee and coconut butter to give it a subtly sweet and ultra creamy texture – then taken over the top with pumpkin and spices for a satisfying treat any time of day.

🕒 Prep: 5 mins Cook: 5 mins Total: 10 mins



Servings: 1

1x

2x

3x

INGREDIENTS

- $\frac{2}{3}$ cup unsweetened almond milk
- $\frac{2}{3}$ cup double-strength brewed chai tea of choice (or unsweetened chai tea concentrate)
- $\frac{1}{2}$ tsp. unsalted grass-fed butter or ghee (we recommend Pure Indian Foods Coffee ++)
- 1 tsp. coconut butter
- 2 Tbsp. pumpkin puree
- $\frac{1}{2}$ tsp. pumpkin pie spice
- 1 tsp. honey (optional)
- 1 scoop Vital Proteins Collagen Peptides (optional)

INSTRUCTIONS

1. In a small saucepan over medium-high heat, combine almond milk, chai tea, butter or ghee, coconut butter, pumpkin puree, pumpkin pie spice and honey (if using). Stir to combine and bring just to a simmer.
2. Remove from heat. For a really frothy beverage pour tea mixture into the container of a blender. Add collagen peptides, if using. Blend until frothy. Pour into your favorite mug and enjoy.

NOTES

All photos and content are copyright protected. Please do not use our photos without prior written permission. If you wish to republish this recipe, please rewrite the recipe in your own unique words and link back to the source recipe here on The Real Food Dietitians. Thank you!

NUTRITION INFORMATION

Serving Size: 12 oz. with collagen Calories: 130 Fat: 8g Sodium: 145mg
Carbohydrate: 5g (Fiber: 2g Sugar: 1g) Protein: 11g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo

© The Real Food Dietitians Recipe By: The Real Food Dietitians

Find it online: <https://therealfooddietitians.com/pumpkin-spice-chai-tea/>

DO NOT SELL OR SHARE MY PERSONAL INFORMATION