

# 'Warm + Cozy'

*pumpkin spice and everything nice....*

## Beautifying Pumpkin Spice Latte

- 1 tsp. #ItsBlume Pumpkin Spice Blend
- 1-2 tsp. #ItsBlume Bettermilk blend
- 1 shot of espresso (or 1 cup of coffee)
- 1 Tbsp. Collagen powder (Keto)
- 1Tbsp. Coconut oil
- 1 cup of coconut milk heated (or milk of choice)
- cinnamon to garnish

1. Whisk pumpkin spice blend, coconut oil, collagen powder + better milk blend into espresso (or coffee).
2. Top with heated milk and a pinch of cinnamon.



## Pumpkin Spice Donut Holes

- 1/2 cup almond meal
- 1/2 cup oat flour
- 1 tsp. baking powder
- 2-3 tsp. #ItsBlume Pumpkin spice Blend
- 1/2 cup pumpkin puree
- 1/4 cup maple syrup
- 1 egg (or flax egg)
- 3/4 cup almond milk
- 1Tbsp. coconut oil
- 1/2 tsp. vanilla extract
- cinnamon (garnish)

1. Preheat oven to 350.
- Mix all dry ingredients in a bowl.
3. Add wet ingredients and mix thoroughly. Pour batter into cake pop mold (or silicone donut hole pan)
4. Bake for 12-15 minutes.
5. Let cool then dust with cinnamon.

## Pumpkin Pie Mousse

- 1 15oz can pumpkin puree
  - 1 Tbsp. Its Blume Pumpkin Spice Blend
  - 1/4 cup monk fruit sweetener or stevia
  - 1 tsp. vanilla extract
  - 1 14oz can coconut milk (full fat)
1. Mix all ingredients in a food processor.
  2. Pour into a container (with a lid) and place in the fridge. Let it sit overnight.
  3. When ready to eat, top with cinnamon and crushed pecans.

