

# VANILLA PUMPKIN SEED MILK LATTE | V

RECIPE BY: LINDSEY LOVE | DOLLY AND OATMEAL

## INGREDIENTS

1 cup raw pumpkin seeds, soaked for at least 3 hours or overnight  
3 cups filtered water  
1-2 vanilla beans, scraped  
maple syrup, to taste (optional)

## LATTE

1 teaspoon ceremonial grade matcha powder  
1 cup boiling filtered water  
1/2 cup pumpkin seed milk, warmed

## METHOD

rinse and drain the seeds. then add them to a high speed blender with the water, and vanilla bean (add the sweetener if using). blend on high for 1 minute, until very frothy and smooth.

strain the milk through a nut milk bag over a large bowl, squeeze until there is no more liquid. discard the nut pulp, or dry it out and use it as flour. pour the milk into lidded milk containers or jars and refrigerate for up to 2 days.

for the latte. carefully blend the matcha powder with the boiling water for 30-40 seconds, until completely combined. pour into a mug. rinse out your blender container or use a milk frother to froth the warm pumpkin seed milk. pour over top of your latte.