

## Pumpkin Spice Tea Latte

From the Teas.co.uk wiki

A pumpkin spice latte, coffee-free, on a soursop and ginger tea base. Real pumpkin puree is simmered into the tea with cinnamon, nutmeg, ginger and cardamom, so it has good body and proper spice, not just sweetness. Frothed milk goes on top, and it tastes as autumnal as anything from the coffee shop, with no caffeine at all.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Pumpkin Spice Tea Latte recipe. Canonical: <https://teas.co.uk/recipes/cocktails/pumpkin-spice-tea-latte/>*

A cosy one for an autumn evening, finished with a dust of cinnamon and a little maple syrup.

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