



Warm Spiced Pumpkin Seed Milk

serves 1

- 1 cup pumpkin seed milk
- 1/2 teaspoon vanilla
- 1 tablespoon brown rice syrup
- 1 teaspoon ghee
- 1 teaspoon Moon Juice Body Dust, or 1/2 teaspoon raw cacao and 1 teaspoon powdered maca
- 1/8 teaspoon freshly grated nutmeg
- 1/8 teaspoon ground cinnamon
- Pinch sea salt

Place pumpkin seed milk in a small pot over medium-low heat. Stir in remaining ingredients and heat gently until thoroughly warmed through, whisking to combine everything and make it frothy. Pour into a mug and enjoy!