KIKKOMAN

Pumpkin spice latte with nuts

Total time **10 mins** **7 mins** preparation time **3 mins** cooking time

Nutritional facts (per portion):
1,065 kJ / 255 kcal

Fat: **13 g** Protein: **7 g**
Carbohydrates: **20.9 g**

INGREDIENTS

2 portion(s)

4 tbsp	Hokkaido pumpkin purée
2 tbsp	maple syrup
2 tsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 tsp	ground cinnamon
0.5 tsp	ground cloves
0.5 tsp	ground cardamom
0.5 tsp	ground ginger
1 pinch	of ground nutmeg
4	shots espresso
400 ml	pea protein drink
2 tbsp	pumpkin seeds
2 tbsp	pecans

PREPARATION

Step 1

4 tbsp Hokkaido pumpkin purée - **1 tbsp** maple syrup - **1 tsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tsp** ground cinnamon - **0.5 tsp** ground cloves - **0.5 tsp** ground cardamom - **0.5 tsp** ground ginger - **1 pinch** of ground nutmeg
Mix the pumpkin purée with the maple syrup, Kikkoman Gluten-free Soy Sauce and spices. Divide the mixture between two mugs.

Step 2

4 shots espresso - **400 ml** pea protein drink
Pour the hot espresso and frothed pea protein drink over the spiced pumpkin mixture.

Step 3

2 tbsp pumpkin seeds - **2 tbsp** pecans - **1 tsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tbsp** maple syrup
Toast the pumpkin seeds and pecans in a dry pan. Reduce the heat, then add the maple syrup and Kikkoman Gluten-free Soy Sauce. Once coated in the syrup, serve as a topping for the latte.