

Dr. May's Pumpkin Spiced Latte

Ingredients

- 4 Tablespoons pure maple syrup
- 4 Tablespoons organic pure pumpkin puree
- 1 cup unsweetened plant milk
- 1 cup brewed coffee or 2 shots of espresso
- .6ml Dr. May 1000mg Tincture
- 1 tsp pumpkin spice (3/4 cinnamon, pinch of nutmeg, cloves, ginger)
- Vegan Whipped Cream- optional

Instructions

1. In a small pot, over medium heat, mix plant milk, pumpkin puree, maple syrup, and pumpkin spice. Blend well and heat until warm but not boiling.
2. Add in coffee or espresso shots and stir.
3. Remove from heat and add Dr. May 1000mg tincture of choice.
4. Stir well until fully combined.
5. Pour into your favorite mug, top with vegan whipped cream and a dash of cinnamon.
6. Sit back and enjoy. 🍂

Dr. May Tincture Selection (choose 1 option)



.6 ml Focus Formula
1000mg Tincture =
10mg CBD and .25mg
THC per serving



.6 ml Balance Formula
1000mg Tincture =
5mg CBD and 5mg THC
per serving



.6 ml Relax Formula
1000mg Tincture =
.25mg CBD and 10mg THC
per serving