

Mojolicious Pumpkin Chai Shake



“Pumpkin Spice” is everywhere! Do it right for your whole body with this autumnal bevvy. Pumpkin is easy to digest, high in fibre, perfect for gut-healing plans; and carotenoids, which serve to improve skin condition, liver and immune function, and eye health. Chai spices like cardamom and ginger are also fantastic for aiding digestion, plus provide an inflammation-busting kick alongside brain-boosting turmeric and blood sugar-balancing cinnamon. Adding maca, a deliciously malty-tasting adaptogen, and matcha, a rich source of anxiety-taming theanine, helps this already comforting treat become a real mood- & mojo-boosting powerhouse. I’m definitely into this trend!

Ingredients:

- 1¼ cup unsweetened almond milk
- ¾ cup organic pumpkin puree or pumpkin pie filling (with real pumpkin!!)
- ½ cup vanilla almond-cashew yogourt
- 2 Tbsp. walnut butter
- 1 tsp. chia seeds
- ¼ tsp. cinnamon
- ⅛ tsp. each ground cardamom, ginger, & turmeric
- pinch cayenne, to taste
- 1 tsp. maca powder
- optional: 1 scoop vanilla plant protein (I used Iron Vegan); 1 tsp. black matcha OR 1 chilled shot espresso

Add all ingredients to your blender and blend until smooth. This is a thick one! Makes one large or 2 small servings. Serve immediately and enjoy.