



Long Livo

Pumpkin Spice Hot Chocolate Recipe

10 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

20 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 cups whole milk (or plant-based alternative)
- ☐ 1/2 cup canned pumpkin puree
- ☐ 100 g dark chocolate (70% cacao), finely chopped
- ☐ 2 tbsp maple syrup
- ☐ 1 tsp vanilla extract
- ☐ 1/2 tsp ground cinnamon
- ☐ 1/4 tsp ground nutmeg

- ☐ 1/4 tsp ground ginger
- ☐ 1/8 tsp ground clove
- ☐ Pinch of sea salt

Optional Toppings

- ☐ Whipped cream
- ☐ Extra cinnamon dust
- ☐ Mini pumpkin seeds
- ☐ Marshmallows

Instructions

- 1 In a saucepan, combine milk and pumpkin puree over medium heat; whisk until smooth.
- 2 Add the spice blend (cinnamon, nutmeg, ginger, clove) and a pinch of salt; stir and let the mixture warm for 2-3 minutes, allowing the aromas to rise.
- 3 Reduce heat to low and whisk in the chopped dark chocolate until fully melted, creating a glossy surface.
- 4 Stir in maple syrup and vanilla extract, then taste; adjust sweetness if needed.
- 5 Pour into pre-warmed mugs, garnish as desired, and serve immediately.

Nutrition per serving

210 kcal

Calories

4 g

Protein

28 g

Carbs

9 g

Fat

Tips & notes

- Do not let the mixture boil, or the chocolate may seize.
- Taste before adding extra sweetener; pumpkin already contributes natural sweetness.
- For a richer mouthfeel, replace half the milk with half-and-half.