

Ashley's Meal Prep Monday!



Iced Gingerbread Chai Latte

I am a sucker for Starbucks holiday flavors and this is a great dupe to make at home!

INGREDIENTS

Syrup:
½ cup maple syrup
½ TSP cinnamon
½ TSP ground ginger
¼ TSP allspice
¼ TSP nutmeg
⅛ TSP cloves

Latte:
3-4 oz Chai Concentrate
6-8oz Oat Milk
2-3 TSP gingerbread syrup

In a small sauce pan, add ingredients for syrup and whisk well to combine. Heat over med-low heat until all spices dissolve and it comes to a slow boil. Remove from heat and cool.

You can also buy Gingerbread Syrup - I like Jordan's Skinny Syrups or Torani.

Add 2-3 TSP gingerbread syrup to a large glass, add chai concentrate, add oat milk and stir to combine. Add ice and top with your own cold foam cream or just take the easy way out and top with whipped cream and a sprinkle of pumpkin pie spice!



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