

**INGREDIENTS** 🍂

- 1 drop Nutmeg Essential Oil
- 1 drop Ginger Essential Oil
- 1 drop Cinnamon Essential Oil
- 1 tbsp Vanilla Maple Syrup (this can be adjusted to your likeness)
- Milk of Choice
- Coffee

**DIRECTIONS** 🍂

- Mix essential oils into maple syrup and pour into coffee!

**RECOMMENDATIONS** 🍂

- Use Three Rivers Farm Maple Syrup: [threeriversfarm.com](http://threeriversfarm.com)

## Pumpkin Spice Coffee

RECIPE



**BENEFITS OF NUTMEG**

- Supports the adrenal glands for increased energy
- Supports the immune system and nervous system

**BENEFITS OF CINNAMON**

- Supports the immune system
- Calming

**BENEFITS OF GINGER**

- Supports the digestive system and nervous system

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