

Pumpkin Spice Latte

Serves: 1 | Serving size: 1.5 cups

Ingredients Needed:

- 1 cup skim milk or milk alternative
- 2 teaspoons of preferred sweetener (sugar, honey, or maple syrup)
- 2 tablespoons pumpkin puree, canned or homemade (not pumpkin pie filling)
- ½ cup of brewed hot coffee or 2 shots of espresso
- ½ teaspoon pumpkin pie spice
- ½ teaspoon vanilla extract

Directions:

1. In a small pot, add the milk, sweetener, and pumpkin puree. Cook on medium until hot but not boiling.
2. Remove from heat and stir in the coffee, pumpkin pie spice, and vanilla.

Nutrition Facts

1 servings per container	
Serving size	1.5 cups (406g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 22g	
Includes 9g Added Sugars	18%
Protein 9g	
Vitamin D 3mcg	15%
Calcium 317mg	25%
Iron 1mg	6%
Potassium 449mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

3. Pour mixture into a mug.
4. (Optional) If you have a whisk, frother, or small blender you can use it to create foam.

Notes:

- Make it iced by letting the mixture cool in the refrigerator and add ice cubes.
- Nutrition facts label based on using skim milk and white granulated sugar in the recipe.