

Pumpkin Spice Latte

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Servings: 1

Serving Size: 1 cup

Ingredients:

- 1/2 cup whole milk or non-dairy milk of choice
- 1 tablespoon 100% pure pumpkin puree (not pumpkin pie filling) from a can**
- 2 teaspoons honey or agave
- 1/4 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 1 cup hot brewed, strong coffee
- 2 tablespoons half and half or non-dairy creamer (if you like a creamier taste; optional)

Directions:

1. Place a small pot over medium heat and add the milk, creamer (if using), pumpkin puree, pumpkin pie spice, honey and vanilla, whisking until smooth. Heat for 3-5 minutes or until hot and bubbly. Alternatively you can microwave it for 1 to 2 minutes, watching closely so that you can remove it from the microwave when the milk is hot and frothing. If you want more froth, you can use a small handheld frother (\$15 at a kitchen store).
2. Pour hot coffee into a mug and then pour pumpkin milk in and give it a good stir.
3. Enjoy!

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 140.7
Fat: 4.2 g
Cholesterol: 10 mg
Sodium: 69.7 mg
Total Carbohydrate: 19.5 g
Dietary Fiber: 1.1 g
Sugars: 18.2 g
Protein: 4.8 g