

Pumpkin Spice Latte

Enjoy this fall favorite coffee drink with less sugar by making it at home – it's easier than you might think to create a coffeehouse quality latte that's full of pumpkin spice flavor!

YIELD 2 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

2 cups	Low-fat Milk (1%), <u>divided</u>
¼ cup	Pumpkin Puree, canned
2 Tbsp	Sugar
1 Tbsp	Vanilla Extract
1 tsp	Pumpkin Pie Spice (see below)
½ cup	Coffee, brewed strong (or 2 shots Espresso)

To make your own Pumpkin Pie Spice blend, combine the following spices in a small bowl:

4 ½ tsp	Cinnamon, ground
1 tsp	Ginger, ground
1 tsp	Nutmeg, ground
¾ tsp	Allspice, ground
¾ tsp	Cloves, ground

CHEF'S NOTES

When we use warm spices like cinnamon, nutmeg and ginger, our tastebuds associate those flavors with sweetness, meaning we can use less sugar in our recipes and still get the sweet taste we crave.

You can also use this pumpkin spiced milk mixture to add fall flavor to your iced coffee. Simply whisk the mixture until the sugar is fully dissolved.

Store any leftovers in the airtight container in the refrigerator for a few days.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Place ¼ cup of milk in a small jar or container with a tight-fitting lid and set aside.
3. In a small sauce pot, add the remaining milk (1 ¾ cup), pumpkin puree, sugar, vanilla, and pumpkin pie spice. Whisk to combine.
4. Heat the saucepot on medium until the mixture is hot, but do not allow it to boil. Remove the pot from the heat.
5. Shake the jar of milk vigorously until it becomes light and foamy.
6. To serve, add ¼ cup of coffee to two mugs and divide the pumpkin milk mixture between the mugs. Spoon half of the foamed milk on top of each mug and enjoy!

Nutrition Facts

2 servings per container

Serving size **10 oz (353g)**

	Per Serving	Per Container
Calories	190	380
	% Daily Value*	% Daily Value*
Total Fat	2.5g 3%	5g 6%
Saturated Fat	1.5g 8%	3.5g 18%
Trans Fat	0g	0g
Cholesterol	10mg 3%	25mg 8%
Sodium	120mg 5%	240mg 10%
Total Carb.	30g 11%	60g 22%
Dietary Fiber	1g 4%	2g 7%
Total Sugars	27g	54g
Incl. Added Sugars	12g 24%	25g 50%
Protein	9g	18g
Vitamin D	2.9mcg 15%	5.9mcg 30%
Calcium	330mg 25%	660mg 50%
Iron	0.5mg 2%	0.9mg 6%
Potassium	450mg 10%	900mg 20%

* The % Daily Value (DV) 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.

CONTAINS: MILK

Recipe adapted from *Inspired Taste* "The Best Homemade Pumpkin Spice Latte"



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