



### NUTRITION PER SERVING:

|              |        |
|--------------|--------|
| CALORIES     | 132    |
| PROTEIN      | 2.1 G  |
| CARBOHYDRATE | 21.7 G |
| TOTAL FAT    | 3.3 G  |

|             |            |
|-------------|------------|
| PREP TIME:  | 5 MINUTES  |
| COOK TIME:  | 5 MINUTES  |
| TOTAL TIME: | 10 MINUTES |

|           |           |
|-----------|-----------|
| SERVINGS: | 1 SERVING |
| CALORIES: | 132 KCAL  |

- 2 SHORTS** ESPRESSO (OR SUB 1/2 CUP HOT FRESHLY BREWED COFFEE OR YOU MAY PREFER ESPRESSO)
- 1 C** MILK OF CHOICE, PREFERABLY A MILK THAT FROTHS WELL (TRY OAT MILK)
- 3 TBSP** PUMPKIN PUREE
- 1-2 TBSP** MAPLE SYRUP, TO SWEETEN
- 1 TSP** PUMPKIN PIE SPICE
- 1 TSP** VANILLA EXTRACT
- WHIPPED CREAM FOR TOPPING (OPTIONAL)



## PUMPKIN SPICE LATTE

THE BEST HOMEMADE PUMPKIN SPICE LATTE MADE WITH REAL PUMPKIN PUREE AND PUMPKIN PIE SPICE.

YOU'LL LOVE THIS NATURALLY SWEETENED, DAIRY FREE PUMPKIN SPICE LATTE RECIPE FOR YOUR MORNING COFFEE OR A DELICIOUS AFTERNOON PICK-ME-UP!

- 01 Pour milk into a small pot and heat over medium-low heat until it is hot and almost simmering, but do not boil the milk.
- 02 Make your espresso and pour it into a large mug or glass mason jar. Add pumpkin puree, maple syrup, pumpkin pie spice and vanilla and stir until well combined.
- 03 Use a milk frother to froth your milk for about 30 seconds or until foamy, then pour into the mug on top of the pumpkin espresso mixture. Reserve the extra foam, and spoon it on top.
- 04 Feel free to top with whipped cream if you wanna get a little fancy. Sprinkle with a little extra pumpkin spice or cinnamon.

### RECIPE NOTES



**For the pumpkin pie spice:** If you don't have any pre-mixed pumpkin pie spice, feel free to add 1/2 teaspoon cinnamon, 1/8 teaspoon nutmeg and 1/8 teaspoon ginger and 1/8 teaspoon of ground cloves or allspice.

