

Pumpkin Spice Latte

- 1 cup milk of your choice (low-fat/fat-free milk, unsweetened almond milk, etc.)
- 3 Tablespoons pumpkin puree
- Sweetener – sugar, or sweetener like sucralose or aspartame to taste
- Maple – 1-2 Tablespoons maple syrup (more sugar, calories) or ½ teaspoon maple flavoring/extract with sweetener to taste
- Spices – ¾-1 teaspoon pumpkin pie spice or your own options – cinnamon, nutmeg, allspice, ginger
- ½ teaspoon Vanilla extract (optional)
- 1-2 cups Brewed coffee
- Whipped topping (optional)

Directions:

1. Wash hands with soap and water. Brew coffee.
2. Measure milk, pumpkin, sweetener, flavorings into microwaveable cup. Whisk together.
3. Warm in microwave.
4. Add to brewed coffee. Mix. Top with whipped cream or topping, if desired. Finish off with a little cinnamon or pumpkin pie spice.

Makes enough for 1-2 people. Leftover pumpkin mix can be refrigerated and used the next day. Very flexible – you decide! You can tweak it to your liking!

Pumpkin Pie Spice Mix: make your own batch to keep on hand with 2 teaspoons ground cinnamon, 1 teaspoon ground ginger, 1 teaspoon ground allspice, and 1/2 teaspoon ground nutmeg.

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