



## Pumpkin Spice Latte

1 serving  
10 minutes

### Ingredients

1/2 cup Coffee  
2 tbsps Pureed Pumpkin  
1 tsp Maple Syrup  
1/2 tsp Pumpkin Pie Spice  
3/4 cup Unsweetened Almond Milk  
1/2 tsp Vanilla Extract

### Nutrition

Amount per serving	
Calories	59
Fat	2g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	1g
Vitamin C	1mg
Calcium	362mg
Iron	1mg
Vitamin D	76IU
Folate	6µg
Vitamin B12	0µg
Magnesium	26mg
Zinc	0mg

### Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

### Notes

**No Sugar:** Replace the maple syrup with a natural sweetener such as stevia. Be sure to get pure stevia e.g.

[https://naturaldispensary.co.uk/products/Natural\\_Stevia\\_Liquid\\_Sweetener\\_50ml-17323-0.html](https://naturaldispensary.co.uk/products/Natural_Stevia_Liquid_Sweetener_50ml-17323-0.html) [Use code pc15 to get 15% off at the end of your order]

**No Almond Milk:** Use coconut milk or oat milk (Oatley Barista is the best!) instead.

**No Blender:** Whisk vigorously by hand when the milk mixture starts to simmer on the stove.

**Pumpkin Lover:** Add an extra 1 tbsp of pureed pumpkin per serving.

**Homemade Pumpkin Spice:** Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tsp ground allspice. Store in an air-tight container.

**Caffeine Free:** Replace coffee with additional almond milk.

**Like it sweeter:** Add more maple syrup.