

HEALTHY HOMEMADE PUMPKIN SPICE LATTE



Serves 1



INGREDIENTS

- 8oz brewed coffee or 1-2 shots of espresso
- 1/2 cup unsweetened vanilla almond milk
- 3 tablespoons or canned or homemade pureed pumpkin
- 1/2 teaspoon pumpkin spice
- 1/2 teaspoon vanilla
- 2 teaspoons maple syrup
- Sprinkle of cinnamon

DIRECTIONS

1. With a handheld frother or blender: In a cup or sauce pan, mix together almond milk and pumpkin.
2. Cook on medium heat on the stove top or microwave for 30-45 seconds.
3. Remove from heat
4. Stir in vanilla, spices and sweetener
5. Place in a cup and use a frother to foam the milk.
6. You can also use a blender — just process for 30 seconds or until foamy.
7. Pour coffee into a large mug, add the foamy milk mixture on top.
8. Sprinkle with cinnamon and enjoy!

notes
