

Pumpkin Spice Latte

6 ingredients · 10 minutes · 1 serving



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 homemade whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk

Use coconut milk instead.

No Blender

Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

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 tbsp ground allspice. Store in an air-tight container.

Caffeine Free

Replace coffee with additional almond milk.

Ingredients

1/2 cup Coffee

2 tbsps Pureed Pumpkin

1 1/2 tbsps Maple Syrup

1/2 tsp Pumpkin Pie Spice

3/4 cup Unsweetened Almond Milk

1/2 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	120	Vitamin C	1mg
Fat	2g	Calcium	385mg
Saturated	0g	Iron	1mg
Carbs	24g	Vitamin D	76IU
Fiber	2g	Vitamin B6	0mg
Sugar	19g	Folate	6µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	31mg
Sodium	129mg	Zinc	1mg
Potassium	220mg	Selenium	0µg
Vitamin A	5143IU		