



## Pumpkin Spice Latte

1 serving

10 minutes

### Ingredients

- 1/2 cup Organic Coffee
- 1/2 tsp Pumpkin Pie Spice
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract

### Nutrition

Amount per serving	
Calories	32
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	1g
Sodium	124mg
Potassium	94mg
Calcium	347mg
Iron	0mg
Phosphorous	5mg

### Directions

- 1 Brew your coffee and set aside. (Instant coffee works, too)
- 2 Warm Almond Milk. Add pumpkin spice and vanilla.
- 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 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 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.