

Homemade Pumpkin Lattes



Where service *and savings* matter.

SERVINGS: 2 large servings
(about 10 oz each)

NUTRITIONALS

Nutritional analysis per serving:
calories 140, calories from fat 10, total fat 1g, saturated fat 0.5g, trans fat 0g, cholesterol 5mg, sodium 115mg, total carbohydrate 26g, dietary fiber 1g, sugars 24g, protein 9g, vitamin A 60%, vitamin C 2%, calcium 30%, iron 2% IS2009

DIRECTIONS:

1. Add milk and espresso or coffee to 4-quart crock pot. Whisk in the pumpkin, sugar, vanilla, and spices.
2. Cover and cook on high for 2 hours. Whisk again.
3. Ladle into mugs and garnish with Cool Whip and ground cinnamon. If desired, serve with cinnamon stick.

Tip: *If you do not have pumpkin pie spice, substitute ¼ tsp ground cinnamon, 1/8 tsp ground cloves, 1/8 tsp ground nutmeg, and 1 pinch of ground ginger.

Source: Alicia Brown, MS, RD, CSSD, LD

INGREDIENTS:

- 2 cups fat free **or** 1% milk
- ½ cup brewed espresso **or** ¾ cup strong brewed coffee
- 2 Tbsp canned pumpkin
- 2 Tbsp granulated sugar **or** Splenda
- 2 Tbsp vanilla extract (without alcohol)
- ½ tsp pumpkin pie spice*
- 2 Tbsp Cool Whip Light and ground cinnamon for garnish

* If fat free milk and Splenda are used the nutritional analysis will contain 110 calories and 15 g sugar.

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