

From the White County Extension Office:

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Pumpkin Spice Latte

- 1 cup milk of your choice (low-fat/fat-free milk, unsweetened almond milk, etc.)
- 2 Tablespoons pumpkin puree
- 1 tablespoon sugar (or sweetener of your choice)
- Spices – ¼ teaspoon cinnamon, ¼ teaspoon nutmeg
- ½ teaspoon Vanilla extract (optional)
- ¼ cup brewed coffee
- Whipped topping (optional)

Directions:

1. Wash hands with soap and water. Brew coffee.
2. Measure milk, pumpkin, sweetener, flavorings, coffee into microwaveable cup. Whisk together.
3. Cover with plastic wrap and vent with a small hole(s). Microwave until the milk is hot, about 1-2 minutes.
4. Whisk vigorously until the milk mixture is foamy, about 30 seconds. Top with whipped cream or topping, if desired.

Nutrition Information:

Calories 170, total fat 3g, saturated fat 2g, cholesterol 15mg, sodium 110mg, total carbohydrates 28g, dietary fiber 1g, total sugars 26g includes 12g added sugars, protein 9g.

Be sure and sign up to receive updates on the blog – Small Steps to Healthy Habits.

<https://www.uaex.edu/counties/white/small-steps-to-healthy-habits/>