

PUMPKIN SPICE LATTE

Michelle Briceno, Obesity Medicine Certified Registered Dietitian at Terrebonne General Weight Management, shares a lower sugar option for everyone's fall favorite.

Ingredients

- 1 cup skim milk
- 1 tablespoon pumpkin puree
- ½ teaspoon pumpkin pie spice
- ½ teaspoon cinnamon
- 2 shots espresso or ½ cup cold brew
- A few drops liquid stevia or monk fruit sweetener

Directions

1. In a small pot, heat the milk, pumpkin puree, and spices over medium heat. Stir until warm.
2. Pour into a blender and blend until frothy.
3. Add your espresso or cold brew into a cup and add the pumpkin mixture on top. Add ice for iced coffee.
4. Sweeten with stevia or monk fruit to keep added sugar low.

Nutrition

Calories: 102 calories

Total Fat: 1 g

Total Carbohydrates: 14 g; 0 g Added Sugar

Total Protein: 9 g

