

Pumpkin Spiced Latte

Yield: 4 servings **Serving size:** 6 ounces

Ingredients

1 1/2 cups nonfat milk
2 Tbsp. pumpkin puree
1/2 tsp. pumpkin pie spice
1 tsp. vanilla extract
3 Tbsp. Splenda
1 cup strong brewed coffee
1/2 cup light whipped topping
Ground cinnamon, to taste

Preparation

1. Directions

1. Add the milk to a small saucepan over medium heat. Whisk in the pumpkin puree, pumpkin pie spice, vanilla, and Splenda. Let simmer for 2 to 3 minutes. Do not boil.
2. Add 1/4 cup of coffee to a medium coffee mug. Add 1/4 of the milk mixture, then top with 2 Tbsp. light whipped topping and a sprinkle of ground cinnamon.
3. Repeat for the remaining three servings.

Nutritional Information: Amount per serving: Calories: 65

Fat: 1 g Protein: 4g Carbohydrate: 10g

Fiber: 0g Cholesterol: 0mg Sodium: 50mg

