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# Pumpkin Spice Latte

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**1 cup milk**

**2 tablespoons pure pumpkin puree'**

**tablespoon sugar**

**teaspoon pumpkin pie spice**

**1/4 teaspoon pure vanilla extract**

**1/4 cup hot espresso or strong brewed coffee**

**sweetened whipped cream (for serving)**

**pumpkin pie spice (for sprinkling)**

In a medium microwave-safe bowl, combine the milk, pumpkin puree', sugar, pumpkin pie spice and vanilla. Cover the bowl with plastic wrap and vent with a small hole.

Microwave until the milk is hot, 1 to 2 minutes.

Whisk vigorously until the mixture is foamy, about 30 seconds.

Pour the espresso or coffee into a large mug and add the foamed milk.

Top with whipped cream and a sprinkle of pumpkin pie spice.

## **Beverages**

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*Per Serving (excluding unknown items): 150 Calories; 8g Fat (48.6% calories from fat); 8g Protein; 11g Carbohydrate; 0g Dietary Fiber; 33mg Cholesterol; 120mg Sodium. Exchanges: 1 Non-Fat Milk; 1 1/2 Fat.*