

Featured Ingredient... Pumpkin



HIGH CALORIE PUMPKIN SPICED LATTE

Recipe from Stacey Fogarty-Brown MA, RD, CSP

INGREDIENTS

- 1 cup whole-fat milk
- 2-3 Tbsp pumpkin puree (not pumpkin pie filling)
- 1 Tbsp sugar or maple syrup (adjust to taste)
- ½ tsp pumpkin pie spice (or ¼ tsp cinnamon, ⅛ tsp nutmeg, ⅛ tsp ginger)
- ½ tsp vanilla extract
- ½ cup strong brewed coffee or 1 shot of espresso

Topped with a dollop of whipped cream (optional, but highly recommended!)

NUTRITION FACTS

Servings: 1

Calories: 220

Protein: 9 grams

Fat: 8 grams

To make this latte **higher in calories and healthy fats**, try these add-ins:

- Use half-and-half or heavy cream instead of milk (or a mix)
- Stir in 1 Tbsp coconut oil (~40 calories) or MCT oil for an extra calorie boost
- Add 1-2 Tbsp peanut butter or almond butter when heating the milk for a creamy, nutty flavor
- Top with extra whipped cream and a drizzle of caramel or maple syrup

Optional lower calorie swaps:

- Use low-fat dairy (skim milk, low-fat yogurt) OR non-dairy alternatives instead of whole-fat dairy or heavy cream
- Reduce portions of high calorie ingredients (ex: use 1/2 Tbsp syrup, ½ cup of milk)
- Use low/no-sugar sweeteners instead of syrup or honey

DIRECTIONS

1. Heat the milk mixture: In a small saucepan over medium heat, whisk together the milk, pumpkin puree, sugar, and pumpkin spice. Heat until steaming, but don't boil.
2. Add flavor: remove from heat, then whisk in vanilla extract.
3. Blend for froth (optional): for a creamy coffee shop feel, blend the hot milk mixture with a handheld frother or carefully in a blender.
4. Combine with coffee: pour hot coffee or espresso into a mug, then add the pumpkin milk mixture. Stir to combine.
5. Top and enjoy: add whipped cream and a sprinkle of pumpkin spice or cinnamon.