

Pumpkin Spice Latte

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There is nothing more comforting than a warm and tasty beverage on a chilly fall morning. Fall is the perfect time to incorporate pumpkin into your diet. Pumpkins are great for carving but also adding to your coffee. Pumpkins contains a lot of vitamin A which can boost immunity. This form of squash is loaded with antioxidants which helps reduce chronic disease risk.

Ingredients:

- 4 cups hot coffee of choice
- 1 cup non-dairy milk
- 3 tablespoon pumpkin puree
- ½ teaspoon pumpkin pie spice
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract

Directions:

1. Brew coffee of choice
2. While coffee is brewing, heat a small sauce pan on the stove. Add milk, pumpkin pure, pumpkin pure, pumpkin pie spice, maple syrup and vanilla to the pan
3. Stir to concorporate together until smooth and steaming
4. Pour desired amount of hot coffee into a mug and pour ½ of the pumpkin mixture on top

Yield: 2 servings (1/2 cup mixture bowl cup)

Nutrition Facts: 70 Calories; 1.5 g Fat (0g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 105 mg Sodium; 10 g Carbohydrate (1 g Fiber, 7g Sugar, 6 g Added Sugar); 2 g Protein; 6% Daily Value (DV) Vitamin D; 286% DV Calcium; 6% DV Iron; % DV; 2% DV Iron; 8% DV Potassium

Notes:

- Use 1% milk for a creamier latte
- For extra pumpkin flavor, use pumpkin flavored coffee
- Optional- top with cinnamon
- With the remainder of the can of pumpkin use it to make a [pumpkin smoothie](#) or [pumpkin pancakes](#)
- Double the recipe to have pumpkin spice through the week (keep in an air tight container for up to 4 days in the fridge)