

## Pumpkin Spice Latte

Save some money, calories, and sugars by making your own at-home PSL with 6 basic ingredients. Now, of course, there are two optional ingredients: protein powder and/or whipped topping. For those who struggle with protein intake, the powder could be an easy way to increase protein intake. I even reveal the key to making NON clumpy protein-packed latte. As for the whipped topping if you enjoy it then have some. If not, don't. Regardless, this latte is packed with spice and pumpkin for a lovely day.

### Ingredients:

- 1 cup Strong coffee, HOT
- 2 cups Milk of choice, HOT (2% or a creamy non-dairy option work best; I used unsweetened almond)
- 2 tbsp Stevia
- 1 tsp Vanilla extract
- 1 tsp Pumpkin pie spice (more for stronger flavor)
- 1 tbsp Pure pumpkin puree (can be canned or homemade)

### Optional

- 1 scoop Protein Isolate (I use Vanilla Whey Isolate, but feel free to use another flavor/type of protein)
- 1 tbsp Whipped topping

### Directions:

1. Place all ingredients into an electrical blender, except the whipped topping. Blend on high for 20-30 seconds. I have the Ninja Blender with the individual cup, so I use that. This method also makes the top a little frothy (YUM). If you do not have a blender, add all ingredients into a saucepan, whisk together, and heat over medium high until boiling-then, remove from heat.
2. Pour and divide between two cups. If using whipped topping, add that to the top now. Sprinkle a little bit of pumpkin spice on the top and serve! Enjoy.

Servings: 2 lattes  
 Serving size: 12 oz latte (does not include optional additions)

Pumpkin Spice Latte		
<b>Nutrition Facts</b>		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	55.4 kcal	3 %
<b>Total Fat</b>	2.5 g	4 %
Saturated Fat	0.3 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	176.1 mg	7 %
<b>Total Carbohydrate</b>	6.6 g	2 %
Dietary Fiber	1.3 g	5 %
Sugars	2.7 g	
<b>Protein</b>	1.2 g	2 %
<b>Vitamin A</b>	16 %	<b>Vitamin C</b> 1 %
<b>Calcium</b>	45 %	<b>Iron</b> 5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>