

# Pumpkin Spice Latte

Makes 2 servings

## **Ingredients (Heavy S version):**

2 cups half and half

2 tablespoons canned pumpkin

2 tablespoons xes sweetener or gentle sweet

2 teaspoons vanilla extract

1/2 teaspoon pumpkin pie spice

1/2 cup strong brewed coffee (or 1/4 cup of espresso)

## **Ingredients (FP version):**

2 cups almond or cashew milk

2 tablespoons canned pumpkin

2 tablespoons xes sweetener or gentle sweet

2 teaspoons vanilla extract

1/2 teaspoon pumpkin pie spice

1/2 cup strong brewed coffee (or 1/4 cup of espresso)

## **Ingredients (S version):**

1 cup half and half

1 cup almond or cashew milk

2 tablespoons canned pumpkin

2 tablespoons xes sweetener or THM gentle sweet

2 teaspoons vanilla extract

1/2 teaspoon pumpkin pie spice

1/2 cup strong brewed coffee (or 1/4 cup of espresso)

### **Directions:**

In a saucepan stir together half and half, pumpkin and gentle sweet. Stir over medium heat until steaming. Remove from heat, stir in vanilla and pumpkin pie spice, transfer to a blender, and process for 15 seconds or use a handheld frother or whisk to blend well. Pour into two large mugs and stir in the coffee or espresso.

**\*\*Bonus party recipe instructions:** Choose your recipe above. Multiply that recipe by the number of servings you wish to make, (for example, if you want to serve 8 people, multiply the recipe by 4). Put all of the pumpkin, sweetener, vanilla, and pumpkin pie spice into a blender with 2 cups of liquid (either coffee or “milk” option). Blend well. Then pour that mixture along with the rest of the liquid for the recipe into a saucepan and heat over medium heat, stirring often, until steaming. Pour the warmed mixture into a crockpot set on warm. Now your party guests can have access to a pumpkin spice latte without you having to play barista!

## **Pumpkin Spice Creamer**

Honestly, as good as a pumpkin spice latte is, it's truly a bit much especially to have very often. And honestly, for me, it's not enough coffee flavor. I prefer my coffee to be in a larger proportion to my cream. Thankfully, you don't have to change this recipe at all to turn it into a creamer.

For making the creamer the only change I make is to double the amount of pumpkin. Because you are only using tablespoons of this at a

time you will want more pumpkin flavor in it. So using 4 tablespoons of pumpkin instead of two, put all of the ingredients, except the coffee, into a blender. No need to heat them. Blend the ingredients together put them in a jar and keep it in the fridge. No matter which recipe you choose you can have up to 2 tablespoons in any fuel setting. More than that and you'll want to keep the heavy s version in an s setting. The regular s version recipe could be used up to 4 tablespoons in any setting.