Thickened Pumpkin Spice Latte

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5 - 10 MINS IDDSI LEVELS 2 OR 3

NUTRITION

Serving Size: Serving Size: about 12 fl oz (about 1 1/2 cups)

Calories: 210

Total Fat: 8g

Saturated Fat: 5g

Cholesterol: 25mg

Sodium: 140mg

Total Carb: 27g

Dietary Fiber: 1g

Sugars: 18g

Added Sugars: 8g

Protein: 5g

Vitamin D: 0% DV

Calcium: 10% DV

Iron: 4% DV

Potassium: 6% DV

*Nutrition calculated using Nectar (Level 2) varieties of milk and coffee

INGREDIENTS

	1 Serving	6 Servings	12 Servings
T&E® Thickened Dairy Drink*	1/2 cup	3 cups	6 cups
Pumpkin puree, canned	3 Tbsp	1/3 cup + 1 Tbsp	3/4 cup
Sugar	2 tsp	1/4 cup	1/2 cup
Pumpkin pie spice blend	1/4 tsp	1 1/2 tsp	1 Tbsp
Vanilla extract	1/8 tsp	3/4 tsp	1 1/2 tsp
Extra nutmeg, optional	dash	1/4 tsp	1/2 tsp
T&E® Thickened Coffee Powder (PREPARED)*	1/2 cup	3 cups	6 cups
Whipped topping for garnish	2 Tbsp	3/4 cup	1 1/2 cups
Nutmeg, cinnamon or pumpkin pie spice (for garnish)	As needed	As needed	As needed

*Use THICK & EASY® Thickened Coffee Powder, Nectar (Level 2) and THICK & EASY® Thickened Dairy Drink, Nectar (Level 2)

OR

THICK & EASY® Thickened Coffee, Honey (Level 3) and THICK & EASY® Thickened Dairy Drink, Honey (Level 3) to get required consistency.

DIRECTIONS

1. Pour 1/2 cup prepared THICK & EASY® Thickened Coffee into a mug.
2. Stir together THICK & EASY® Thickened Dairy Drink, pumpkin, sugar, vanilla and pumpkin pie spice. Heat just to boiling, careful not to allow boil over.
3. Add hot milk mixture to thickened coffee in mug and stir well.
4. Garnish with whipped topping and a sprinkle of spice of choice.

RECIPE NOTES

- Milk thickened to appropriate consistency with thickener can be used in place of THICK & EASY® Thickened Dairy Drink.