



# Thickened Pumpkin Spice Latte



## INGREDIENTS

	1 Serving	6 Servings	12 Servings
T&E® Thickened Dairy Beverage*	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

## IDDSI LEVELS

\*Use THICK & EASY® Thickened Coffee Powder, Mildly Thick (Level 2) and THICK & EASY® Thickened Beverage Drink, Mildly Thick (Level 2) OR THICK & EASY® Thickened Coffee, Moderately Thick (Level 3) and THICK & EASY® Thickened Dairy Beverage, Moderately Thick (Level 3) to get required consistency.

**NUTRITION** 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 Mildly Thick (Level 2) varieties of milk and coffee

## DIRECTIONS 5 - 10 MINS

1. Pour 1/2 cup prepared THICK & EASY® Thickened Coffee into a mug.
2. Stir together THICK & EASY® Thickened Dairy Beverage, 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.

**NOTES:** Milk thickened to appropriate consistency with thickener can be used in place of THICK & EASY® Thickened Dairy Beverage.