



Make your Own Fall Beverage



Pumpkin Spice Latte Recipe

- $\frac{3}{4}$ cup whole milk (or unsweetened nut, soy, hemp or oat milk)
- 3 tbsp. pumpkin puree
- 1 tsp. pure maple syrup
- $\frac{1}{4}$ tsp. ground nutmeg, plus more for garnish
- 1 cinnamon stick
- 1 shot espresso or strong coffee (about $\frac{1}{4}$ - $\frac{1}{3}$ cup)



Sugar Content:

Total Sugars: 14g, Added Sugars: 4g

Directions: Place milk in a small pot over medium heat. Whisk in pumpkin, maple syrup and nutmeg. Add cinnamon stick. Heat just to a simmer (do not boil). Remove from heat.

Use a milk frother to create a foamy consistency, if desired. Place espresso (or coffee) in a mug; pour in the milk mixture. Garnish with the cinnamon stick and a pinch of nutmeg.

Adapted from Eating Well

Sweetened Beverages



Did you know?

Sweetened beverages can be large source of added sugars.

Research suggests that consuming excess added sugars could potentially increase chronic disease or adverse health outcomes for some individuals.

The American Heart Association recommends women consume less than 25 g of added sugar per day and men consume less than 36 g per day.