

Hot Pumpkin Spice Latte

♥ lowcarblove.com/blog/hot-pumpkin-spice-latte

September 27, 2022



Servings: 1

Ingredients:

- ½ cup strong brewed coffee or 1 shot espresso
- 1 ½ cups almond or coconut milk
- 2 tbsp no sugar added pumpkin puree
- 3 tbsp dairy free condensed milk or sweetener of choice
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- 1 tsp vanilla extract
- Dairy free whipped cream and cinnamon to top!

Homemade dairy free condensed milk - this makes 8 servings

- 1 can full fat coconut milk
- $\frac{1}{4}$ cup Choczero maple syrup (discount code - lowcarblove)

Directions:

1. Start by making your dairy free condensed milk. In a saucepan, add your coconut milk and maple syrup. Stirring every 5 minutes, cook until this thickens up. It will take about 30-40 minutes.
2. In a small saucepan, add your milk substitute of choice. You're going to heat this up until it begins bubbling. You don't want this to boil, just until it simmers.
3. Add your pumpkin puree and condensed milk and mix.
4. Turn off the heat and add your pumpkin pie spice, cinnamon, vanilla and hot coffee.. Whisk until combined. Pour in your favorite mug.
5. Top with whipped cream, extra cinnamon or pumpkin spice and enjoy!

Nutrition:

- Calories - 198
 - Fat - 18g
 - Protein - 3g
 - Total Carbs - 10g
 - Net Carbs - 4g
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