

Pumpkin Spice Latte

THM-Friendly: S

- 8 oz. espresso or strong coffee
- 2 Tbsp. half and half
- 2 Tbsp pumpkin puree
- 2 Tbsp. Brown Swerve (or 2 tsp. THM Super Sweet)
- 1/4 cup nut milk
- 1/2 tsp. cinnamon
- a little shake of cloves
- a little shake of ginger
- 1/2 tsp. maple extract
- 1 Tbsp. MCT oil

(You could sub pumpkin pie spice for the cinnamon/cloves/ginger if you have it.)

Zing these ingredients up in the blender (or use a stick blender). Pour into a large mug, leaving room for the froth. Microwave this mixture if isn't as hot as you like it.

Make some froth with 1/2 cup nut milk, 2 Tbsp. half and half, 1/4 tsp. cinnamon and 1/8 tsp. maple extract. Pour carefully over the hot coffee.

enJOY!

