

Pumpkin spice latte



10 min.



119 kcal



SteviaSweet Liquid

Preparation

Warm the milk and prepare the espresso. Place all the ingredients into a bowl or blender and blend until smooth. Enjoy warm.

Ingredients for 2 servings

300 ml	milk
50 ml	espresso
100 g	ripe butternut squash or pumpkin puree
1/2 tsp	ground cinnamon
1/2 tsp	ground vanilla
1/4 tsp	ground cardamom
1/4 tsp	ground ginger
1/4 tsp	ground cloves
20 drops	SteviaSweet Liquid

Nutritional information per portion

119	kcal
502	kJ
5.5	g Protein
11	g Carbohydrates
6	g Fat