



Hungry Spice Girl Pumpkin Latte



Entire recipe (about 12 oz.): 97 calories, 3.5g total fat (2.5g sat. fat), 68mg sodium, 12g carbs, 1.5g fiber, 6g sugars, 3.5g protein

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Ingredients

- 1 tbsp. sugar-free French vanilla powdered creamer (like [the kind by Coffee-mate](#))
- 1 no-calorie sweetener packet (like Truvia)
- 2 tsp. instant coffee granules
- 1/4 tsp. pumpkin pie spice, or more for topping
- 2 tbsp. canned pure pumpkin
- 1/2 cup light vanilla soymilk
- 1/4 cup Fat Free Reddi-wip

Directions

Place powdered creamer, sweetener, coffee granules, and pumpkin pie spice in a tall microwave-safe mug or glass. Add 3/4 cup very hot water, and stir until creamer and coffee granules have dissolved.

Add canned pumpkin, and stir until blended. Add soymilk and mix well.

Microwave for 30 - 45 seconds, until hot.

Stir, and top with Reddi-wip.

MAKES 1 SERVING

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