



## Perfect Pumpkin Spice Latte



Entire recipe: 70 calories, 2g total fat (<0.5g sat fat), 111mg sodium, 6.5g carbs, 1.5g fiber, 1.5g sugars, 7g protein

**Green Plan [SmartPoints](#)® value 1\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 5 minutes    **Cook:** 5 minutes or less



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### Ingredients

- 2 tbsp. vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))
- 1 packet no-calorie sweetener (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 unsweetened vanilla almond milk
- Optional: natural light whipped topping

### Directions

Place protein powder, sweetener, coffee granules, and pumpkin pie spice in a tall microwave-safe mug or glass. Add 3/4 cup water, and mix well. Microwave for 45 seconds, or until hot.

Stir until protein powder and coffee granules have dissolved. Add canned pumpkin, and stir until uniform.

Add almond milk, and mix well. Microwave for another 45 seconds, or until hot.

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.