



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

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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

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