



## Pumpkin Spice Collagen Latte

1 serving  
10 minutes

### Ingredients

- 1/2 cup Coffee
- 2 tbsps Pureed Pumpkin
- 1 tbsp Maple Syrup
- 2 tbsps Collagen Powder
- 1 tsp Pumpkin Pie Spice
- 1 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract

### Nutrition

Amount per serving	
Calories	144
Fat	3g
Saturated	0g
Carbs	18g
Fiber	2g
Sugar	13g
Protein	12g
Cholesterol	0mg
Sodium	168mg

### Directions

- 1 Brew your coffee and set aside.
- 2 Blend the pumpkin, maple syrup, almond milk, protein, collagen powder & pumpkin pie spice in a shaker cup or ninja. Heat in microwave or over low heat on the stovetop. Remove from heat. Stir in vanilla extract.
- 3 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 4 Top with a dollop of homemade whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

### Notes

**No Almond Milk:** Use coconut milk instead.

**No Blender:** Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

**Pumpkin Lover:** Add an extra 1 tbsp of pureed pumpkin per serving.

**Homemade Pumpkin Spice:** Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tsp ground allspice. Store in an air-tight container.

**Caffeine Free:** Replace coffee with additional almond milk.