

Homemade Pumpkin Spice Latte

The Ingredients

- 1/2 cup unsweetened vanilla almond milk
- 3 tablespoons pumpkin puree
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla
- 2-3 drops of Sor low-calorie sweetener of choice
- 8 ounces brewed coffee (or 1-2 shots of espresso)
- Sprinkle of cinnamon

Directions

- In a cup or saucepan, mix together almond milk and pumpkin. Cook on medium heat on the stovetop or microwave for 30-45 seconds.
- Remove from heat, stir in vanilla, spices and sweetener, place in a cup and use a frother or blender until foamy.
- Pour coffee into a large mug; add the foamy milk mixture on top. Sprinkle with cinnamon.



Low-Fat Pumpkin Bread with Pepitas

The Ingredients

- 1 1/2 cups pumpkin puree
- 1 1/4 cups all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking soda
- 2 teaspoon pumpkin pie spice
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 2 tablespoon vegetable oil
- 2 large egg whites
- 1 1/2 teaspoon vanilla extract
- 2 tablespoon pepitas

Directions

- Preheat oven to 350°.
- Spray a 9 x 5-inch loaf pan with baking spray.
- In a medium bowl, combine flour, sugar, baking soda, pumpkin spice, nutmeg, cinnamon and salt with a wire whisk. Set aside.
- In a large bowl, mix oil, egg whites, pumpkin puree and vanilla; beat at medium speed until thick.
- Add flour mixture, then blend at low speed until combined.
- Pour batter into loaf pan, top with pepitas and bake on the center rack for 50-55 minutes, or until a toothpick inserted in the center comes out clean.
- Let the pan cool at least 20 minutes, bread should be room temperature before slicing.

Whole Wheat Pumpkin Cookies



The Ingredients

2 ½ cups whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
2 teaspoons ground cinnamon
¾ teaspoon ground nutmeg
¾ teaspoon ground cloves
½ teaspoon salt
½ cup butter, softened
1 ½ cups raw (turbinado) sugar
1 cup canned pumpkin puree
1 egg
1 teaspoon vanilla extract
Powdered sugar, for dusting

Directions

- Preheat oven to 350° F (175° C). In a medium bowl, whisk together your dry ingredients (flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves and salt).
- In another medium bowl, cream together butter and sugar. Add pumpkin, egg and 1 teaspoon vanilla; beat until creamy. Mix in dry ingredients and stir just until combined. Use a cookie dough scoop or two spoons to drop one tablespoon of dough onto a parchment paper-covered cookie sheet. Flatten each cookie slightly.
- Bake for 15 to 20 minutes. Sprinkle the baked cookies with a light dusting of powdered sugar and transfer the cookies to a rack to cool.