

## Hot Pumpkin Spice Milk

Makes 2 servings

### Ingredients

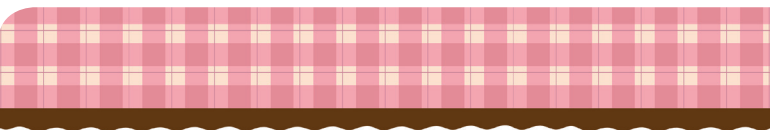
- 2 cups fat-free milk
- 1 ½ cups 100% pure pumpkin puree
- 2 tablespoons brown sugar
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon ground allspice
- ⅛ teaspoon ground cloves

### Directions

1. In a small saucepan, heat all ingredients over medium heat, stirring the entire time, until just before boiling.
2. Pour into mugs and enjoy warm!



APPETIZER OR SNACK



### TIP

You can also top this beverage with whipped topping just before serving, if desired.\*

\*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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### Nutrition Facts

Serving Size 1 cup (443g)  
Servings Per Container 2

Amount Per Serving  
**Calories 200**    **Calories from Fat 10**

	% Daily Value*
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 115mg</b>	<b>5%</b>

<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 8g	<b>32%</b>

Sugars 32g

**Protein 11g**

Vitamin A 460%    •    Vitamin C 4%

Calcium 35%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk

Carb choices per serving: 3