

Healthy Pumpkin Spice Latte



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 1 serving

INGREDIENTS

- 1 cup dark coffee
- ½ cup full-fat coconut milk
- 1 ½ tbsp canned pumpkin
- ¼ tsp pumpkin pie spice

INSTRUCTIONS

1. Place all of the ingredients in a blender, and process until well mixed.
2. Serve immediately.