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## Pumpkin Pie Iced Cappucino ♦♦

A delicious and refreshing iced cappucino with the flavors of pumpkin pie. Perfect for a hot summer day or as a dessert drink.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>2 shots</b>	Espresso
<b>1 c</b>	Milk
<b>4 tbsp</b>	Pumpkin Puree
<b>2 tbsp</b>	Sugar
<b>1 tsp</b>	Pumpkin Pie Spice
<b>2 dollop</b>	whipped cream

2	caramel sauce
drizzle	

2 c	Ice
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## Directions

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### Step 1

Brew the espresso shots and let them cool.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blending

In a blender, combine the cooled espresso, milk, pumpkin puree, sugar, and pumpkin pie spice. Blend until smooth.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Fill two glasses with ice. Pour the blended mixture over the ice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Top each glass with a dollop of whipped cream and a drizzle of caramel sauce.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Serve immediately and enjoy!

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 5 g

**Protein:** 8 g

**Carbohydrates:** 20 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

**Seasonality**

Fall

**Kitchen Tools**

Blender

## Events

Picnic

New Year

## Course

Drinks

## Diet

Anti-Inflammatory Diet

Low Sodium Diet

Nutrient Timing Diet

The Swiss Secret Diet

The Mayo Clinic Diet

The Rice Diet

The F-Plan Diet

The Breatharian Diet

The Werewolf Diet

The Ice Cream Diet

The Cambridge Diet

The CICO (Calories In, Calories Out) Diet

The Pritikin Diet

The Starch Solution Diet

The Dr. Sebi Diet

## Meal Type

Brunch

Supper

## Difficulty Level

Easy

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