



Healthdor

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## Pumpkin Latte ♦♦

A delicious and comforting latte made with pumpkin and skim milk. Perfect for cozy mornings or chilly evenings.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>100 g</b>	Pumpkin Puree
<b>400 ml</b>	skim milk
<b>1 tsp</b>	Ground Cinnamon
<b>0.5 tsp</b>	ground nutmeg
<b>1 tsp</b>	Vanilla Extract
<b>2 tbsp</b>	Maple syrup

## Directions

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### Step 1

Stove

In a small saucepan, combine the pumpkin puree, skim milk, ground cinnamon, ground nutmeg, vanilla extract, and maple syrup.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Heat the mixture over medium heat, stirring occasionally, until hot but not boiling.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 3

Pour the pumpkin latte into mugs and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 0 g

**Protein:** 8 g

**Carbohydrates:** 30 g

## Nutrition Facts

### 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	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	30 mg	3%	3%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall Winter

### Kitchen Tools

Slow Cooker Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast Lunch Snack Supper Brunch

### Course

Breads Snacks Drinks

### Events

Christmas Halloween Valentine's Day Anniversary Barbecue

## Difficulty Level

Medium

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