

Protein Pumpkin Spice Latte



With its fall-inspired flavours and high protein content, this pumpkin spice latte is a great way to start the day—even on busy mornings. Created by a dietitian to be both nourishing and comforting, it's ready in just a few minutes. It pairs beautifully with our [apple spice muffins](#). This duo might just become your new favourite fall breakfast or snack!

Preparation 5 min
Cooking 5 min
Servings 2
Nutrition Facts (per serving)
Calories 145
Fat 3
Carbohydrates 21
Fibre 1
Protein 9
Sodium 40

Ingredients

- 250 ml (1 cup) 2% M.F. high-protein milk (such as Natrel Plus)
- 60 ml (¼ cup) pumpkin purée
- 60 ml (¼ cup) water
- 30 ml (2 tbsp) maple syrup

- 2 ml (½ tsp) ground cinnamon*
- 1 ml (¼ tsp) ground nutmeg*
- 60 ml (¼ cup) espresso (about 2 shots)

Preparation

1. In a small saucepan, combine the milk, pumpkin purée, water, maple syrup, vanilla, and spices.
2. Heat over medium heat, whisking until the mixture is hot and smooth, without bringing it to a boil.
3. Add the espresso and stir gently.
4. Divide the mixture between two cups.
5. If desired, top with frothed milk or sprinkle with a bit of cinnamon.

Notes

The pumpkin milk mixture keeps for 5 days in the refrigerator.

This recipe can also be enjoyed cold.

*You can replace the cinnamon and nutmeg with 4 ml (¾ tsp) of pumpkin pie spice.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City