

# Recipe of the Month – November 2020

## Hot Pumpkin Drink

Serves 3

Serving Size: 1 cup

Cost per Serving: \$0.52

### Ingredients:

2 ½ cups milk\*

⅓ cup pumpkin puree

2 Tablespoons maple syrup or pancake syrup

1 teaspoon vanilla extract

½ teaspoon cinnamon



*\*Nonfat dairy milk was used in the analysis of this recipe.*

### Directions:

1. Combine all ingredients in a saucepan.
2. Stir constantly with a whisk or fork over medium heat until hot. This will take 6-8 minutes.
3. Froth the pumpkin drink right before serving if desired. Use an immersion blender, blender or food processor.

### Tips:

- Store leftovers in an airtight container in the refrigerator up to 4 days. Reheat on the stovetop (as in step 2 above) or in the microwave (stirring every 30 seconds until heated through).
- Use any type of milk.
- Strain through a fine mesh sieve before serving if you want a smoother drink.

**Nutrition Facts per Serving:** 120 calories, 0g total Fat (0g sat. fat), 5mg. Cholesterol, 90mg Sodium, 22g Carbohydrates, 1g Fiber, 19g Sugar, 7g Protein

*Recipe compliments of Iowa State University Extension and Outreach:  
Healthy & Homemade 2020 Nutrition & Fitness Calendar*



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