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*
½ 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