

Pumpkin Spice Oat Milk Creamer

Makes 4 servings



Ingredients

- 2 cups oat milk, unsweetened
- 2 tbsp canned pumpkin puree
- 1 tbsp pure maple syrup
- 1 tsp vanilla extract
- 1/4 tsp pumpkin pie spice

Heat a small pot over medium heat.

Add oat milk, pumpkin puree, maple syrup, vanilla extract, and pumpkin pie spice to the pot.

Bring to a boil.

Pour into a glass container. Let the creamer come to room temperature before storing in the fridge.

Add to your favorite coffee or tea.

Enjoy!

Nutrition Facts Per Serving (1/2 cup)

Calories 39
Carbohydrates 7 g
Protein 0 g
Total Fat 0 g
Phosphorus 4 mg
Potassium 204 mg
Sodium 51 mg

