

Low-Carb Pumpkin Pie Creamer



Makes 1 1/2 cups

Adapted from MariaMindBodyHealth.com

Ingredients:

- 1 vanilla bean (or 1 tablespoon pure vanilla extract)
- 1 cup unsweetened almond milk (or coconut milk)
- 1/2 cup pumpkin puree (not pumpkin filling)
- 2 tablespoons Swerve (or 1 drop stevia glycerite) to desired sweetness
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon

Instructions:

1. Cut and split open the vanilla bean (if using). Heat almond milk, pumpkin, natural sweetener and vanilla bean over medium heat until bubbling vanilla beans are extracted from pod.
2. Remove from heat. Wisk in spices until well blended.



Nutrition per 2 tablespoons: Calories 11; Total Fat 0.3 g; Saturated Fat 0.0 g; Monounsaturated Fat 0.2 g; Polyunsaturated Fat: 0.1 g; Total Carbohydrates 3.8 g; Dietary Fiber 0.4 g; Sugar Alcohols 2.5 g; Sugars 0.5 g; Protein 0.2 g; Sodium 16 mg