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PUMPKIN SPICE CREAMER

INGREDIENTS

- 12 fl oz of beverages, almond milk, sweetened, vanilla flavor, ready-to-drink (360 g)
- 32 grams of libby's Pumpkin Pie Mix, Canned
- 1/2 tsp of spices, pumpkin pie spice (1 g)
- 1/2 tsp of spices, cinnamon, ground (1 g)
- 1 tsp of vanilla extract, imitation, alcohol (4 g)
- 28 grams of simple Truth Organic Maple Syrup

COOKING METHOD

1º Combine ingredients in a blender and store in the fridge!

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	86 kcal	4 %
FAT	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 %
CHOLESTEROL	0 mg	0 %
SODIUM	64 mg	3 %
CARBOHYDRATE	19 g	6 %
SUGARS	18 g	–
FIBER	1 g	2 %
PROTEIN	0 g	–