Nested NUTRITION

Purely Pumpkin Creamer

Homemade · 5 minutes on the stove · Makes about 2 cups

SERVINGS	CALORIES	FAT	CARBS	PROTEIN
8	65	3.6 g	6.5 g	1.7 g
¼ cup each	per serving	per serving	per serving	per serving

INGREDIENTS

- 1 cup A2 whole milk (or milk of your choosing)
- ¾ cup organic half-and-half
- ¼ cup plain pumpkin purée (not pumpkin pie filling)
- 2 tbsp pure organic maple syrup
- 1 tsp vanilla extract
- ½ tsp pumpkin pie spice
- Tiny pinch of salt

INSTRUCTIONS

1. **Warm and whisk.** Add everything to a small saucepan and whisk over low heat for 3–5 minutes, just until smooth and warm. Don't let it boil.
2. **Cool.** Take it off the heat and let it cool completely.
3. **Bottle it.** Pour into a clean jar or bottle with a lid and refrigerate.
4. **Shake and pour.** Shake well before each use, since the pumpkin naturally settles.

HOW TO ENJOY

Stir ¼–⅓ cup into hot coffee, or pour over cold brew and ice for an easy fall latte at home.

MAKE IT YOUR WAY

Taste before adding any extra sweetener; the maple and spice may be all you need. For a lighter version, use more milk and less half-and-half.

STORAGE

Keep refrigerated at 40°F or below and use within 3–4 days.

Macros are estimates per ¼ cup, made with A2 whole milk.