

Featured Recipe at

The Nest in Louisville Hall



- 7oz light vanilla soymilk
- 2tbs canned pumpkin
- ¼ tsp cornstarch
- ¼ tsp pumpkin pie spice
- ¼ tsp vanilla extract
- No-calorie sweetener, to taste

Combine all ingredients except sweetener in a microwave-safe mug. Microwave on high for 2-3 minutes. Once it begins to froth, continue heating for a minute more and then carefully remove mug from microwave. Allow to cool slightly and sweeten; sip with caution, it will

*Courtesy of Hungry Girl by Lisa Lillien

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Mug O'Pumpkin Creme

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Mug O'Pumpkin Creme

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Nutrition Facts	
Serving Size 1 drink	
Serving per Recipe 1	
Amount per Serving	
Calories 90	Calories from Fat 16.3
	% Daily Value
Total Fat 1.81 g	2%
Saturated Fat 0.03g	0%
Cholesterol 0mg	0%
Sodium 85.87mg	3%
Total Carbohydrate 12.65g	4%
Dietary Fiber 1.69g	6%
Sugars 7.41g	
Protein 5.78g	11%
Est. Percent Calories From:	
Fat	20%
Carbs	56%
Protein	25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.	

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