Featured Recipe at The Nest in Louisville Hall



2tbs canned pumpkin

¼ tsp cornstarch

¼ tsp pumpkin pie

spice

to taste

Combine all ingredients except sweetener in a microwave-safe mug. Microwave on high for 2 ¼ tsp vanilla extract -3 minutes. Once it begins to froth, continue No-calorie sweetener, heating for a minute more and then carefully remove mug from microwave. Allow to cool

*Courtesy of Hungry Girl by Lisa Lillien

Featured Recipe at

The Nest in Louisville Hall

Mug O'Pumpkin Creme

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

Featured Recipe at

The Nest in Louisville Hall

7oz light vanilla soymilk

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

¼ tsp cornstarch ¼ tsp pumpkin pie spice ¼ tsp vanilla extract No-calorie sweetener,

2tbs canned pumpkin

to taste

mug from microwave. Allow to cool slightly and sweeten; sip with caution, it will be hot!

*Courtesy of Hungry Girl by Lisa Lillien

The Nest convenience stores located in Louisville Hall.

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located in Louisville Hall.

7oz light vanilla so7oz

light vanilla soymilk

2tbs canned pumpkin

¼ tsp cornstarch

spice

¼ tsp pumpkin pie

¼ tsp vanilla extract

No-calorie sweetener,

The Nest convenience store

located in Louisville Hall.







Mug O'Pumpkin Creme Mug O'Pumpkin Creme

Nutrition Facts

Serving Size 1 drink Serving per Recipe 1

Amount per Ser	Amount	per	Servino
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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 1	2.65g 4%
Dietary Fiber 1.69g	6%
Sugars 7.41g	
Protein 5.78g	11%
Est. Percent Calories F	rom:
Fat	20%
Carbs	56%
Protein	25%
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^{*} 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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Cholesterol 0mg		0%
Sodium 85.87mg		3%
Total Carbohydrate	12.65g	4%
Dietary Fiber 1.69g		6%
Sugars 7.41g		
Protein 5.78g	1	1%
Est. Percent Calories	From:	
Fat	2	20%
Carbs	5	6%

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25%





