

Pumpkin Spice Sauce (Starbucks Style)

Makes 8- 1 oz servings

Prep Time: 5 minutes

Ingredients:

½ c canned pumpkin puree
½ c vegan coffee creamer or milk
1 t pumpkin pie spice or pumpkin spice extract
½ t vanilla bean paste or extract
2 T maple syrup, or to taste
⅛ t salt
⅛ t ground cardamom

Directions:

1. Blend or whisk together ingredients until smooth. Store in the refrigerator for up to a week.



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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 41	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 35 mg	1 %
Potassium 0 mg	0 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 0 g	2 %
Sugars 5 g	
Protein 0 g	0 %
Vitamin A	31 %
Vitamin C	1 %
Calcium	0 %
Iron	1 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	