



PUMPKIN SPICE COFFEE

By Dr. Cindy Tanzar
(Standard)

Doesn't count as part of your meal, Enjoy!



INGREDIENTS

2 tbsp heavy cream
8 oz. hot or cold coffee
Liquid pumpkin spice stevia
1 cup ice, if cold
1/2 tsp pumpkin pie spice

DIRECTIONS

Place all ingredients into a cup and stir to mix. Use a frothier for a creamier texture.