

# Pumpkin Milk

Ingredients (makes 5-6 servings, serving size: 8 ounces)

- ½ (15 ounce) can Pumpkin puree
- 5 cups Low-fat milk
- ¼ cup Brown sugar
- 1 teaspoon Cinnamon



## Directions

1. Mix ingredients together in a blender or shake vigorously by hand until well mixed and enjoy!
  - Shake just before serving.

## Nutrition Information- Per serving

Calories	115	Total Sugars	18.5g	Sodium	130mg
Protein	5.8g	Total Fat	1.7g	Cholesterol	8mg
Carbohydrate	20g	Saturated Fat	1g	Fiber	1.3g

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