

# Pumpkin Spiced Coffee



**Plan Z Phase:** This is a Z2 (ZReduction) recipe. The commercials are everywhere in the fall. Pumpkin this and pumpkin that. Starbucks is famous for their pumpkin spiced latte. But get this. A tall (which most know is their smallest size) comes in at 40 whopping grams of carbohydrates. That's disgraceful and disgusting! Double that for a venti and you've now hit the carb jackpot and hit a number of carbs that is higher than most folks can handle for an entire day without gaining weight. People don't often count the calories or the carbs in their coffee. They've destroyed their carb intake for the day with a pumpkin spiced latte and they haven't even eaten food yet!

So we came up with this reasonable facsimile. We hope you enjoy! Dieter Carolyn who is a pumpkin latte mega-fan enjoyed this and is now converted! And she's saving money too!

**Servings:** Serves up to 12 (cups of coffee)

## **Ingredients:**

- coffee for a full pot
- 1 – 2 tsp of pumpkin pie spice mix
- Truvia to taste
- 1 Tbl of cream per cup of coffee

## **Instructions:**

Fill your coffee filter basket with your normal amount of coffee to make a full pot. Now sprinkle on 1 – 2 tsp of pumpkin pie spice over the coffee grounds. Fill with water and brew as usual. You'll have pumpkin spice-flavored coffee.

If you want sweetened coffee put Truvia in your cup of brewed coffee. A half teaspoon will do it for most folks. Then add a Tbl of cream if you want it creamier (latte style). If you're not trying to lose weight you can add more cream. Remember it's not the cream that will make you fat. It's the sugar – the carbs.

## **Variations:**

Want cinnamon coffee? Sprinkle the same amount of cinnamon over the coffee grounds

Want vanilla coffee? Sprinkle 2 tsp of vanilla over the grounds and proceed as usual.

There are all kinds of spices hanging around in your spice drawer that could make an exotic cup of coffee if you want to experiment. I think of things like cardamon. That would make an interesting kick. Apple pie spice might be a go-to for me. Nutmeg sounds nice and homey. If you are using stevia drops you can put any of those flavors either directly into your brewed coffee or sprinkle them over the grounds to make a whole pot at once. I used to use the toffee flavored stevia drops in my coffee. Since then, I've gone back to plain but I did my experimenting. I'm not a caffeine drinker so I'm not an expert. Maybe you have more ideas you share with me!

Enjoy!

Cheers