

**CHOCOLATE
PUMPKIN SPICE
MOON MILK**



MILK
LOVE WHAT'S REAL.

CHOCOLATE PUMPKIN SPICE MOON MILK

MAKES 2 SERVINGS

Ingredients

- 2 cups real chocolate milk
- 2 teaspoons cinnamon
- 1 teaspoon pumpkin spice
- 1 teaspoon maple syrup
- 1 teaspoon vanilla bean extract
- 10 mini marshmallows (optional)

Directions

1. Steam chocolate milk in small saucepan.
2. Add cinnamon, pumpkin spice, and vanilla into saucepan and whisk until mixed thoroughly.
3. Pour into mug, stir in maple syrup.
4. If desired, top with additional cinnamon and mini marshmallows - you can even draw ghost faces on them with an edible marker.
5. *Enjoy!*

Nutrition: 200 calories; 2.5 g fat; 1.5 g saturated fat; 10 mg cholesterol; 8 g protein; 37 g carbohydrates; 3 g fiber; 150 mg sodium; 325 mg calcium. Nutrition figures based on using lowfat chocolate milk and do not include optional ingredients.

