



## From the Kitchen of Executive Chef Jessica VanRoo

### Pumpkin Spice Mocktail

Serves 2

*21 calories per serving*

**Description from Live Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

It's pumpkin spice season but unlike those traditional lattes, these mocktails are low-cal and are sure to add some fun for kids, teens and even adults who don't drink alcohol.

#### Ingredients

- 2 tablespoons 100% pure canned pumpkin puree
- 4 tablespoons apple cider
- ¼ teaspoon pumpkin pie spice
- ½ teaspoon ginger, freshly grated
- 2 cans flavored sparkling water (lemon, lime or orange)
- 2 sticks cinnamon (optional)
- Ice as needed

#### Instructions

1. Whisk — or combine in a shaker — the pumpkin puree, apple cider, spice and ginger.
2. Mix well then strain the mixture evenly between two serving glasses.
3. Top with ice and flavored water.
4. Garnish with a cinnamon stick, if desired, and serve.