



Bryanna's Pumpkin-Spice Soynog



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 Tablespoons brown sugar
- ☐ 0.4 teaspoon cinnamon
- ☐ 6 servings garnish: nutmeg; cinnamon sticks freshly-ground
- ☐ 12.3 oz extra-firm silken tofu (1 box)
- ☐ 0.8 cup rich full-fat soymilk organic (one reader said maybe hempmilk!)
- ☐ 0.1 teaspoon ground cloves generous ()
- ☐ 15 ice cubes
- ☐ 0.8 cup pumpkin pureed canned (NOT pumpkin pie filling!)

- ☐ 0.5 cup optional: rum canned (or you can use bourbon or brandy) (can be spiced rum) (In Peru they would use Pisco, a Peruvian grape brandy)
- ☐ 0.1 teaspoon salt generous ()
- ☐ 1.5 cups soymilk
- ☐ 1 Tablespoon vanilla extract pure

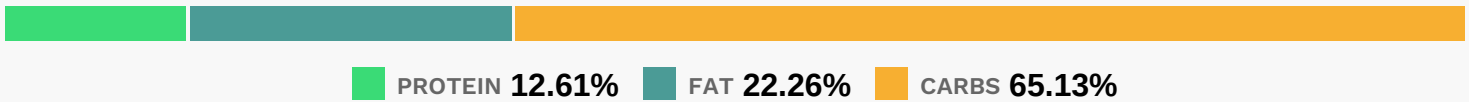
Equipment

- ☐ blender

Directions

- ☐ Crumble the tofu into a blender.
- ☐ Add the nondairy milk, pumpkin, sugar, cinnamon, cloves, and salt. Blend until smooth.
- ☐ Add the creamer, optional rum (if using), vanilla, and the ice cubes. Blend until smooth and frothy and thickened.
- ☐ Serve immediately in small glasses or cups, garnishing with grated nutmeg and a cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:9.74, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:11.303913028344%

Nutrients (% of daily need)

Calories: 260.62kcal (13.03%), Fat: 5.35g (8.23%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 30.96g (11.26%), Sugar: 23.27g (25.85%), Cholesterol: 0mg (0%), Sodium: 212.37mg (9.23%), Alcohol: 7.43g (100%), Alcohol %: 3.64% (100%), Protein: 6.81g (13.63%), Vitamin A: 3043.28IU (60.87%), Manganese: 0.55mg (27.59%), Fiber: 4.24g (16.95%), Calcium: 153.62mg (15.36%), Copper: 0.24mg (11.95%), Vitamin E: 1.78mg (11.89%), Vitamin B3: 2.27mg (11.33%), Vitamin B2: 0.18mg (10.64%), Vitamin B12: 0.64µg (10.62%), Vitamin B6: 0.21mg (10.46%), Phosphorus: 95.56mg (9.56%), Iron: 1.67mg (9.27%), Potassium: 313.7mg (8.96%), Folate: 31.01µg (7.75%), Vitamin C: 5.51mg (6.68%), Magnesium: 24.71mg (6.18%), Vitamin B1: 0.09mg (5.99%), Vitamin D: 0.71µg (4.72%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.42mg (4.16%), Selenium: 2.34µg (3.35%), Vitamin K: 1.47µg (1.4%)