



## Pumpkin Simple Syrup

Recipe Type: Coffee Bar

Meal Components: None

Preparation Time: 6 minutes

Cook Time: 6 minutes

Total Time: 12 minutes

Ingredients	12 fl oz	72 fl oz	Stovetop Directions
Sugar, granulated	3/4 cup + 2 Tbsp	1 qt + 1 1/4 cup	1. Place sugar, water, pumpkin puree, and pumpkin spice in medium saucepan over medium-high heat. Stir occasionally to keep sugar from sticking to the bottom. Bring the mixture to a simmer, 2 to 4 minutes or until sugar has completely dissolved. Remove from stovetop. Add vanilla extract.
Water	1 cup	1 qt + 2 cups	
Pumpkin puree	1/4 cup	1 1/2 cup	
Pumpkin spice	2 tsp	1/4 cup	
Vanilla extract	1 tsp	2 Tbsp	
			2. Cool syrup and store in an airtight container in refrigerator.
			<b>CCP: Hold and serve at 41° F or below.</b>
			<b>CCP: No bare hand contact with ready to eat food.</b>
Serving:			Microwave Directions
1 1/2 Tbsp syrup per 8 oz fat free white milk. 12 fl oz simple syrup per 1 fat free gallon white milk.			1. Place sugar, water, pumpkin puree, and pumpkin spice in a microwave safe container. 2. Heat for 2 minutes. Using potholders, safely remove syrup from microwave and stir. If sugar has not dissolved, continue to heat in 30 second increments until done. 3. Add vanilla extract. Cool syrup and store in an airtight container in refrigerator.
<b>Notes:</b>			
Store simple syrup in cooler up to one week. Make sure container is clean and airtight.			
			<b>CCP: Hold and serve at 41° F or below.</b>
			<b>CCP: No bare hand contact with ready to eat food.</b>



## Pumpkin Simple Syrup Nutrient Analysis

Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
0.75 fl oz	45 kcal	0.04 g	0.02 g	4.90 mg	0.88 mg	11.51 g	0.14 g	11.18 g	0.05 g

*Nutrient analysis does not include milk and coffee as these are allowable beverages and do not need to be included in the smart snack beverage evaluation. The calories from sweeteners noted above must be included in the evaluation under “other beverages” and are limited to 60 calories per 12 fluid oz. Please see [FNS Q&A](#) question 15 and 16.*

Nutrients generated with NUTRIKIDS® Menu Planning and Nutritional Analysis software and should not be used for medical conditions or food allergies.