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Pumpkin Simple Syrup

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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	 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.				
			CCP: Hold and serve at 41° F or below.				
			CCP: No bare hand contact with ready to eat food.				
Serving:		•	Microwave Directions				
1 1/2 Tbsp syrup per 8 oz fat free white milk.			1. Place sugar, water, pumpkin puree, and pumpkin spice in a microwave safe				
12 fl oz simple syrup per 1 fat free gallon white milk.			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.				
Notes:							
Store simple syrup in cooler up to one week. Make sure container is clean and airtight.			3. Add vanilla extract. Cool syrup and store in an airtight container in refrigerator.				
			CCP: Hold and serve at 41° F or below.				
			CCP: No bare hand contact with ready to eat food.				

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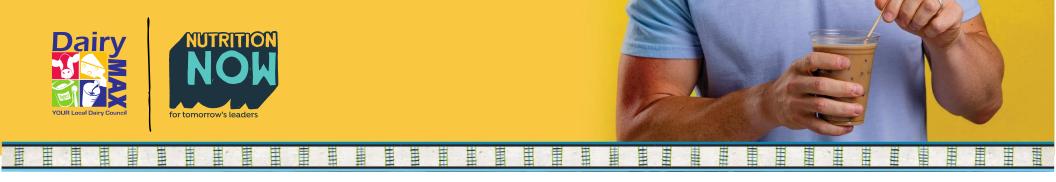
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Pumpkin Simple Syrup Nutrient Analysis

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 <u>FNS Q&A</u> question 15 and 16.

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