

## 15 Healthiest Pumpkin Spice Products To Get Your Fall Flavor Fix

A registered dietitian shares the tastiest ways to enjoy pumpkin spice without the usual sugar overload.

Pumpkin spice is practically synonymous with fall at this point. From pastries to chewing gum, there seems to be a pumpkin spice version of almost everything.

The problem? Many of these products are also loaded with sugar, artificial sweeteners, and artificial flavors. ([This homemade pumpkin spice latte is healthier, tastier, and even quicker than Starbucks.](#))

But don't panic, pumpkin spice fanatics! There are some healthier options that deserve to stand out from the crowd of bad-for-you buys. From sweet to savory, here are the best ways to get your fall fix without taking in too many calories or added sugars.

*(Burn fat around the clock with the naturally sweet, salty, and satisfying meals in [Eat Clean, Lose Weight & Love Every Bite.](#))*



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### Daiya Foods Pumpkin Spice Cheezecake

Nope, that's not a typo. This "cheezecake" has a funky spelling because it's a plant-based alternative to regular cheesecake, making it a great choice if you're dairy-free or vegan. It's also free of gluten and soy, other common allergens. But how does it taste? Rich and creamy with delicious hints of the spices you crave: cinnamon, ginger, and nutmeg. ([Here are 10 dairy-free ways to get more calcium.](#))

**Buy it:** in major grocery stores, using [this locator](#)

9/29/17