

Pumpkin Pie Smoothie

Prep Time: 5 minutes Number of Servings: 1

Ingredients

- 1/3 cup 100% pumpkin puree
- 1 medium sliced banana (*frozen)
- 1 tablespoon ground flaxseed
- 1 tablespoon honey
- 1/4 teaspoon pumpkin pie spice
- 1/4 teaspoon cinnamon
- 1 cup unsweetened vanilla almond milk or cow's milk



*Freeze sliced, ripe bananas ahead of time for smoothies

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Directions

1. Add all ingredients to a blender.
2. Blend together until smooth stirring a few times if needed.
3. If the smoothie is too thick, add a touch more almond milk and blend until you reach your desired thickness.
4. Taste and adjust honey or spices as needed.

Nutrition Facts (per serving):

Calories: 259 Protein: 5gm Total Carbohydrates: 54gm
Fiber: 10gm Total Fat: 5.5gm Cholesterol: 0mg Sodium: 176mg