

Pumpkin Pie Smoothie

Prep Time: 10 min

Servings: 2 - 3

There is no reason to wait until Fall to pumpkin up your life! Our easy recipe brings you the pumpkin pie flavors you love without the crust. Pumpkins are rich in vitamins C and A, packed with potassium and taste good in just about anything. Bananas provide an energy boost, adding sweetness and additional vitamin C, magnesium, folate and potassium.



Ingredients

- 1 cup pumpkin puree, or cooked pumpkin
- 1 cup ice cubes
- 1 cup milk, or non-dairy alternative
- 2 bananas, ripe
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice (cinnamon, nutmeg, cloves, ginger, allspice)
- 1 Tbsp honey or maple syrup for added sweetness

Steps

1. Place ice in blender first, followed by remaining ingredients.
2. Blend until smooth or until desired consistency is reached.
3. Enjoy immediately!