

Pumpkin Pie Smoothie

Ingredients

- 1/3 cup pumpkin puree
- 1 medium banana, frozen
- 1 Tbsp honey
- 1/4 tsp pumpkin pie spice
- 1/4 tsp cinnamon
- 1 cup vanilla soy milk (or milk of choice)
- 1 Tbsp ground flaxseed (can omit if you don't have)
- **OPTIONAL:** 2 Tb granola or graham crackers for topping

Nutrition Tip:
Pumpkin is rich in vitamin A and C, potassium, and fiber.



Directions

Add everything to a blender and blend until smooth. You may need to stop to stir once or twice. If the smoothie is too thick, add a touch more soy milk or even a little water. Top with granola or crushed graham crackers

Recipe adapted from www.budgetbytes.com

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