



# PUMPKIN PIE SMOOTHIE



This pumpkin smoothie is blended with pumpkin puree, banana, nut butter and yogurt along with warm spices of cinnamon, nutmeg and ginger. Enjoy for a Fall treat.

**PREPARATION TIME:** 10 minutes

**COOK TIME:** 0 minutes

**TOTAL:** 10 minutes

**SERVINGS:** 1 smoothie

## INGREDIENTS:

- 1 frozen banana
- ½ cup plain or vanilla Greek yogurt
- ½ cup pumpkin puree
- ½ cup unsweetened almond milk
- 1 Tablespoon of almond or pecan butter
- 1 teaspoon of vanilla extract
- ½ teaspoon of ground cinnamon
- Pinch of nutmeg, ginger and allspice

## NUTRITION FACTS:

### PER SERVING: 1 SMOOTHIE

320 calories; 17.1g protein; 10.4g fat; 0.6g sat fat; 38.5g carbohydrates; 8.8g fiber; 120mg sodium; 22.4g sugar

## DIRECTIONS:

### STEP 1

Add all of the ingredients to a blender and blend until smooth. Enjoy.

To Make Dairy Free: Use a Dairy Free Yogurt

For additional recipes, scan QR code, or visit:  
<https://ymcasouthflorida.org/nutritional-services/>

