



FRESH

PUMPKIN PIE SMOOTHIE

Ingredients:

- 1 frozen banana
- 1 cup milk of choice
- 1/2 cup pumpkin purée
- 1/3 cup Greek yogurt
- 1/4 tsp of pumpkin spice
- 1 tsp of maple syrup

Directions:

1. Add 1 frozen banana, 1 cup of milk of choice, 1/2 cup of pumpkin purée, 1/3 cup of Greek yogurt, 1/4 tsp of pumpkin spice, 1 tsp of maple syrup to a blender and blend for 30 seconds
2. Serve and enjoy!

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Notes:

- Great for a quick breakfast or snack
- Easy to drink on the go



CONTACT US

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