

PUMPKIN SPICE SMOOTHIE

MAKES: 8 servings (2/3 cup each)

INGREDIENTS

- 1 can (15 oz) pumpkin puree
- 1 can (15 oz) coconut milk
- 1 frozen banana, peeled
- 1/2 cup Greek yogurt
- 2 Tablespoons maple syrup
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract (optional)

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DIRECTIONS

Add pumpkin puree, coconut milk, frozen banana, Greek yogurt, maple syrup, pumpkin pie spice, and vanilla extract (if desired) to a blender. Then blend together until smooth and creamy. Chill in the refrigerator for an hour before serving. Otherwise, add a handful of ice cubes and blend to quickly chill your smoothie. Portion out smoothie into 8 glasses and serve.

Note: This smoothie is rich and creamy and would make a great snack or dessert. Add a dollop of whipped cream on top to make it into a quick dessert that is healthier than most.

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