

Pumpkin Spice Smoothie

Servings 2

Prep Time 8 min

Cook Time 30 min



Nutrition Information

Calories	151
Fat	1 g
Saturated fat	0.5 g
Sodium	71 mg
Carbs	33 g
Fiber	5 g
Protein	6 g

Health Benefit

Low Calorie

Ingredients

1 cup [pumpkin puree](#)

1 [banana, frozen](#)

1 cup [non-fat milk](#)

1 [tsp honey](#)

1 generous dash [cinnamon](#)

1 dash [nutmeg](#)

1 dash [cloves](#)

Directions

1. Combine all ingredients in a blender and blend until smooth.
2. Divide mixture into two glasses and serve, or store one serving in the refrigerator for later use.
Top with an extra sprinkle of cinnamon.

Paige Greenfield