

Pumpkin Pie Smoothie

PREP TIME: 10 min
COOK TIME: n/a
SERVINGS: 3
SERVING SIZE: 1 cup



Adapted from: <https://www.chopchopfamily.org/recipe/pumpkin-pie-smoothie/>

INGREDIENTS

- 1/2 cup apple juice
- 1/4 cup milk
- 1/2 cup plain yogurt
- 1/2 cup canned pumpkin
- 1 frozen banana
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 Tablespoon honey (optional)
- Handful of ice cubes (optional)

DIRECTIONS

1. Put all ingredients in a blender.
2. Blend until smooth.
3. Enjoy!