

Pumpkin Pie Smoothie

This smoothie is low in added sugar, while still satisfying that Halloween sweet tooth!

INGREDIENTS

- 1 medium frozen banana
- ½ cup unsweetened almond milk or other nut milk
- ⅓ cup plain whole-milk Greek yogurt
- ⅓ cup canned pumpkin puree
- ⅛ teaspoon pumpkin pie spice
- 1-2 teaspoons pure maple syrup

DIRECTIONS

Place banana, almond milk (or other nut milk), yogurt, pumpkin puree, pumpkin pie spice and maple syrup in a blender. Blend until smooth. Pour in a glass and enjoy!



NUTRITION FACTS

Serving Per Recipe: 1 smoothie
Serving Size: 247 calories, total carbohydrate 42g, dietary fiber 6g, total sugars 25g, added sugars 4g, protein 10g, total fat 6g, saturated fat 2g, cholesterol 11mg



Wisconsin Athletic Club

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