

Green Pumpkin Smoothie

RECIPE MAKES: 1 SERVING

INGREDIENTS

- 1 medium banana, ripe
- ¼ cup pumpkin puree
- ¾ cup almond milk
- ¼ cup plain Greek yogurt
- ½ tsp. pumpkin pie spice
- 1 cup spinach
- 1-2 Tbsp. vanilla protein powder* (optional)

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	1 Smoothie
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	11%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	29%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 551mg	40%
Iron 6mg	35%
Potassium 534mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

PREPARATION

1. Add all ingredients to a blender.
2. Process until smooth.
3. Add ice until desired consistency.
4. Serve immediately or store in refrigerator well covered for up to 2 days.
5. Enjoy!



Healthy Options