



## pumpkin pie smoothie

*Homemade smoothies taste great and are more affordable than ordering out.*

### Blend until smooth:

- 1/3 cup pumpkin puree
- 1 medium banana, sliced and frozen
- 1/3 cup vanilla yogurt
- 1/2 cup milk
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon cinnamon

*Makes 12 ounces*



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## batida de pastel de calabaza

*Las batidas caseras tienen un gran sabor y son más económicas que las de la tienda.*

### Bata hasta que quede suave:

- 1/3 taza de puré de calabaza
- 1 banano mediano, rebanado y congelado
- 1/3 taza de yogur de vainilla
- 1/2 taza de leche
- 1/2 cucharadita de especias de pastel de calabaza
- 1/4 de cucharadita de canela

*Rinde 12 onzas*



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