



pumpkin pie smoothie

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

Blend until smooth:

- $\frac{1}{3}$ cup pumpkin puree
- 1 medium banana, sliced and frozen
- $\frac{1}{3}$ cup vanilla yogurt
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ teaspoon pumpkin pie spice
- $\frac{1}{4}$ teaspoon cinnamon

Makes 12 ounces



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