



## 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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