

Pumpkin Pie Smoothie

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Serves: 1

Ingredients:

- ½ cup pumpkin puree
- 1/3 cup vanilla or pumpkin yogurt
- ½ cup skim milk
- 1 tablespoon oats
- ¼ frozen banana
- 1 tablespoon powdered peanut butter
- 1 tablespoon peanut butter
- 1 tsp pumpkin pie spice

Directions:

1. Add all ingredients to blender and blend until smooth.

Nutrition:

Calories: 331, total fat 9g, carbohydrates 42g, protein 22g, fiber 7g and sodium 219mg

