

Pumpkin Spice Smoothie

This is the taste of pumpkin pie in a glass, with fewer calories.



INGREDIENTS

- 1/2 cup canned pumpkin (not pie filling)
- 1/3 cup fat-free, plain yogurt
- 1/3 cup fat-free milk
- 2 tablespoons rolled oats
- 2 teaspoons honey
- 1/2 teaspoon pumpkin pie spice
- 3-4 ice cubes



SERVINGS: 1 | COST PER SERVING: \$1.63

CALORIES

199 Per Serving

PROTEIN

11g Per Serving

FIBER

6g Per Serving



STEP 1: In a food processor or blender, process all the ingredients for one minute, or until smooth and frothy.



STEP 2: Pour into a glass. Serve immediately.

QUICK TIPS

Tip: Keeping the can of pumpkin in the refrigerator before using it isn't necessary, but it helps make a colder smoothie.

Tip: Make sure to buy 100% pure pumpkin and not pumpkin pie filling or mix, which looks similar but can have added sugar.

Tip: Fat-free plain Greek yogurt, which has a more tangy taste and more protein than non-Greek yogurt, can be substituted for the fat-free plain yogurt.



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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