



# Pumpkin Pie Smoothie

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Creamy, protein-packed pumpkin pie smoothie blended with pumpkin puree, banana, yogurt, nut butter and cozy spices for a delicious breakfast or snack! This healthy pumpkin smoothie recipe will be your new favorite to make for fall.

**Course** Breakfast, Gluten Free, Grain Free, Snack  
**Cuisine** American

**Keyword** healthy pumpkin smoothie, pumpkin pie smoothie, pumpkin smoothie

**Prep Time** 10 minutes

**Cook Time** 0 minutes

**Total Time** 10 minutes

**Servings** 1 serving

**Calories** 320 kcal

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## Ingredients

- 1 frozen banana
- ½ cup plain or vanilla yogurt
- 1/2 cup pumpkin puree
- 1/2 cup unsweetened almond milk
- 1 tablespoon almond or pecan butter
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- pinch each of nutmeg, ginger & allspice

## Instructions

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

## Recipe Notes

Feel free to use pumpkin pie spice in place of the cinnamon, ginger and nutmeg.

**To make dairy free:** use your favorite dairy free yogurt.

Nutrition Facts	
Pumpkin Pie Smoothie	
<b>Amount Per Serving (1 smoothie)</b>	
<b>Calories</b> 320	Calories from Fat 94
<b>% Daily Value*</b>	
<b>Fat</b> 10.4g	<b>16%</b>
Saturated Fat 0.6g	<b>4%</b>
<b>Carbohydrates</b> 38.5g	<b>13%</b>
Fiber 8.8g	<b>37%</b>
Sugar 22.4g	<b>25%</b>
<b>Protein</b> 17.1g	<b>34%</b>
* Percent Daily Values are based on a 2000 calorie diet.	