



VEGAN PUMPKIN SPICE SMOOTHIE

This pumpkin spice smoothie tastes more like a vega-licious dessert! Bon Appetit!!

 5 minutes

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INGREDIENTS

- 8 fl oz of beverages, almond milk, sweetened, vanilla flavor, ready-to-drink (240 g)
- 1 medium unit (7" to 7-7/8" long) of bananas, raw (118 g)
- 1 tsp of vanilla extract, imitation, alcohol (4 g)
- 1/2 tsp of spices, pumpkin pie spice (1 g)
- 1/2 tsp of spices, cinnamon, ground (1 g)
- 95 grams of libby's Pumpkin Pie Mix, Canned
- 15 grams of simple Truth Organic Maple Syrup

COOKING METHOD

- 1° [Chop and freeze 1 medium banana the night before making the smoothie]
- 2° Add 1 cup of almond milk to blender [Cashew Milk can be used for a lower calorie alternative]
- 3° Add frozen banana slices
- 4° Add pumpkin pie filling
- 5° Add 1-2 tbs. of organic 100% pure maple syrup (coconut sugar can be used in its stead if preferred)
- 6° Add pumpkin pie spice and cinnamon
- 7° Vanilla extract is OPTIONAL, but can be used for additional sweetness
- 8° Ice cubes can also be added if the smoothie is not thick enough

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	84 kcal	4 %
FAT	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 %
CHOLESTEROL	0 mg	0 %
SODIUM	58 mg	2 %
CARBOHYDRATE	19 g	6 %
SUGARS	16 g	—
FIBER	1 g	4 %
PROTEIN	1 g	—