

PUMPKIN PIE BREAKFAST SMOOTHIE

A quick and delicious vegan breakfast smoothie recipe using frozen bananas and pumpkin, perfect for the fall season.

🕒 5 minutes

🍴 2 portions

INGREDIENTS

- 1 cup of pumpkin, canned, without salt [245 g]
- 1 tbsp of syrups, maple [20 g]
- 1 tsp of vanilla extract [4 g]
- 1 tsp of spices, cinnamon, ground [3 g]
- 1/2 tsp of spices, ginger, ground [1 g]
- 1/4 tsp of spices, nutmeg, ground [1 g]
- 1 cup of milk, producer, fluid, 3.7% milkfat [244 g]
- 1/4 cup of oats [39 g]

COOKING METHOD

- 1° Add all ingredients to a blender and blend until smooth. Bananas should be frozen, but if using raw temperature bananas, add ice before blending.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (278 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 84 kcal | 234 kcal | 12 % |
| FAT | 2 g | 6 g | 10 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 3 g | 16 % |
| CHOLESTEROL | 6 mg | 17 mg | 6 % |
| SODIUM | 24 mg | 68 mg | 3 % |
| CARBOHYDRATE | 13 g | 37 g | 12 % |
| SUGARS | 4 g | 10 g | — |
| FIBER | 2 g | 6 g | 26 % |
| PROTEIN | 3 g | 9 g | — |