

Pumpkin Pie Smoothie

This smoothie is a healthier way to enjoy the flavors of pumpkin pie. In addition, the pumpkin in this treat provides your entire daily value of vitamin A!

Serves 3



Ingredients

- 1 cup non-fat, vanilla yogurt
- ½ cup pumpkin puree
- ¼ cup orange juice
- ½ teaspoon pumpkin pie spice
- ½ teaspoon vanilla
- 1 ripe banana
- 3-4 ice cubes (optional)

Nutrition Facts

Serving Size About ¼ Cup
Servings Per Recipe 3

Amount Per Serving

Calories 130 from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 28g 9%

Dietary Fiber 2g 8%

Sugars 21g

Protein 5g

Vitamin A 130% • Vitamin C 30%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Measure all ingredients into a deep bowl or pitcher.
2. Puree until smooth using an immersion blender.

