



PUMPKIN PIE SMOOTHIE

Yield: 1 smoothie

Ingredients:

- ❖ 1 banana
- ❖ 4 tablespoons pumpkin puree
- ❖ 3-4 pitted dates, finely chopped
- ❖ 1 cup almond milk
- ❖ 1 tablespoon hemp seeds or flaxseeds
- ❖ ½ teaspoon cinnamon
- ❖ ¼ teaspoon nutmeg
- ❖ ¼ teaspoon ground cloves
- ❖ 1 cup of ice



Procedure:

Blend ingredients in a blender until smooth and creamy. Enjoy!