

## **PUMPKIN PIE SMOOTHIE**

*gluten & dairy free*

*serves 1*

- 1/2 cup LITE COCONUT MILK, canned (almond milk or choice milk)
- 1/2 cup WATER (or additional milk)
- 1/2 cup 100% PURE PUMPKIN, canned (I used Farmer's Market organic BPA free)
- 1 tsp PUMPKIN PIE SPICE
- 1/2 tsp GROUND CINNAMON
- 12 drops LIQUID STEVIA (maple syrup or honey, to taste)
- ICE (optional)

Add all ingredients to a blender with ice (if desired for a thicker consistency) and blend until smooth. Serve topped with a sprinkle of cinnamon, nutmeg, cinnamon stick or pumpkin seeds.

*Nutrition Boost Add-Ins: 1 scoop vanilla protein powder, dark chocolate chips, raw cacao nibs, ground flaxseed or 1/2 banana.*

***NUTRITION INFO PER SERVING: 150 Calories, Total Fat 8g, Saturated Fat 6g, Cholesterol 0mg, Sodium 35mg, Total Carbohydrate 14g, Dietary Fiber 5g, Sugars 6g, Protein 1g***