Pumpkin Smoothie

Source: Recipe by Mary Ohno

Pumpkin is a wonderful source of vitamin A and beta-carotene, making it a tasty and healthy addition to your diet.

About the Recipe

95 Calories · 3.7 g Protein · 3.1 g Fiber
Smoothie

Ingredients

Makes 6 Servings

- 1 15-oz (425-g) can or 2 c (475 mL) pumpkin puree
- 2 c (475 mL) low-fat nondairy milk
- 2 c (460 mL) ice
- 2 tbsp (30 mL) maple syrup, or to taste
- 3 tsp (15 mL) vanilla extract, or to taste
- 3 tsp (15 mL) pumpkin pie spice, or use a combination of cinnamon, nutmeg, and allspice

Directions

1. Combine all ingredients in blender.
2. Blend for 1 to 2 minutes until everything is incorporated. Adjust amounts as needed.

Nutrition Facts

Per serving (1 c):

Calories: 95

Fat: 1.7 g

- Saturated Fat: 0.4 g
- Calories From Fat: 14.5%

Cholesterol: 0 mg

Protein: 3.7 g

Carbohydrate: 16.8 g

Sugar: 8.7 g

Fiber: 3.1 g

Sodium: 51 mg

Calcium: 129 mg

Iron: 2.1 mg

Vitamin C: 3.4 mg

Beta-Carotene: 4,920 mcg

Vitamin E: 1.9 mg