

# 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***

- pumpkin purée (1 15-ounce can)
- plant milk of your choice, or to taste (2 cups)
- ice (2 cups)
- maple syrup, or to taste (2 tablespoons)
- vanilla extract, or to taste (1 tablespoon)
- pumpkin pie spice, or use a combination of cinnamon, nutmeg, and allspice (1 tablespoon or to taste)

## Directions

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

## Nutrition Facts

*Per serving (1 cup)*

**Calories:** 95

**Fat:** 1.7 g

**Saturated fat:** 0.4 g

**Calories from fat:** 14.5%

**Cholesterol:** 0 mg

**Protein:** 3.7 g

**Carbohydrates:** 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