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