

Pumpkin Pie Smoothie

Serves 2, 8oz each

Ingredients:

- 1/4 cup orange juice
- 1/4 cup non-fat milk
- 6 oz plain yogurt
- 1/2 cup pumpkin puree
- 1/2 ripe banana
- pinch of ground cinnamon
- 1/2 teaspoon vanilla extract
- 4 ice cubes



Directions:

- Put all ingredients in a blender
- Put lid on tightly. Blend on medium speed until ice is chopped and mixture is smooth, 30-60 seconds
- Pour smoothie into 2 glasses and serve!

Nutrition facts: Calories-112, Fat-1gm, Sodium-27mg, Carbohydrates-24gms, Protein-3gm



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