

Pumpkin Pie Smoothie

Breakfast/Snack

Items Needed: Blender, Measuring Cups, Measuring Spoon

Serves: 2

Ingredients:

- 1 banana (fresh or frozen)
- ½ cup pumpkin puree
- 1/8 tsp cinnamon (can use more if you prefer)
- Pinch of nutmeg
- ½ cup oats
- ½ cup-2/3 cup unsweetened plant based milk
- ½ serving protein powder (either unflavored or a vanilla flavor)
- 1 tsp pumpkin seeds
- 1/3 cup ice cubes

Directions:

1. Add all the ingredients into the blender.
2. Puree until smooth and creamy.
3. Adjust to taste: add a little more cinnamon if you prefer, a drop of stevia.

Nutrition Information (per 1/2 recipe):

Calories: 211 Fat: 4.4 g Carbs: 28.1 g Protein: 10.9 g Fiber: 5.9 g Sodium: 93.4 mg

<https://wexnermedical.osu.edu/nutrition-services>

