

Pumpkin Spice Smoothie

Yield: 2 servings

Ingredients

1 frozen banana

¼ cup canned pumpkin

1 cup unsweetened almond milk

½ teaspoon ground cinnamon

⅛ teaspoon nutmeg

1 tablespoon raisins

¼ cup fresh squeezed orange
juice

1 tablespoon honey

Instructions

1. Place all ingredients in blender and blend until smooth consistency.
2. Pour 1 cup serving into glass and top with additional cinnamon sprinkle if desired.

Nutrition Information **Serving Size: 1 cup**

Calories: 142 | Total Fat: 1.6 g | Saturated Fat: 0 g | Monounsaturated Fat: 0.8 g | Polyunsaturated Fat: 0.3 g
Sodium: 64 mg | Total Carbohydrate: 33 g | Dietary Fiber: 3.6 g | Sugars: 22 g | Protein: 1.8 g

Source: Caralynn Fish and Vidya Bhaskar, 2018 Dietetic Interns



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