



October 1 - Pumpkin Spice Smoothie

Not Smart Snack

Link: <http://greatist.com/health/healthy-smoothie-recipes>

Recipe

Ingredients:

- 1 cup canned pumpkin
- 1 Tablespoon honey
- 1 frozen banana
- 1 cup unsweetened soy milk
- 2 Tablespoons ground flax seed
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger

Directions:

1. Combine ingredients in blender and blend until smooth.
2. Refrigerate leftovers.

Yield 2 servings (¾ cup per serving)

Nutrition Facts	
Serving Size ¾ cup (321.32g)	
Servings Per Container 2	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 8g	31%
Sugars 21g	
Protein 7g	14%
Vitamin A 390%	• Vitamin C 15%
Calcium 20%	• Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	