



## October 5- Banana Pumpkin Smoothie

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=314621>

### Recipe

*Ingredients:*

- 1 cup low-fat vanilla yogurt
- $\frac{3}{4}$  cup canned pumpkin
- $\frac{1}{2}$  cup ice cubes
- $\frac{1}{3}$  cup fresh orange juice
- 1 Tablespoon brown sugar
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon ground nutmeg
- 1 ripe banana
- Dash of ground cloves

*Directions:*

1. Combine all ingredients in blender and process until smooth.
2. Garnish with a dash of cinnamon, if desired.

Yield 2 servings

### Nutrition Facts

Serving Size 1 cup (319.58g)  
Servings Per Container 2

#### Amount Per Serving

Calories 240      Calories from Fat 20

% Daily Value\*

**Total Fat** 2g      3%

Saturated Fat 1g      6%

*Trans Fat* 0g

**Cholesterol** 5mg      2%

**Sodium** 90mg      4%

**Total Carbohydrate** 47g      16%

Dietary Fiber 5g      19%

Sugars 35g

**Protein** 8g      16%

Vitamin A 290%      •      Vitamin C 50%

Calcium 25%      •      Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.