



HARVEST OF THE MONTH

Ingredient: Winter Squash

Pumpkin & Banana Smoothie

PREP TIME: 5 minutes
TOTAL TIME: 5 minutes
SERVINGS: 1 serving
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INGREDIENTS

1 frozen banana
½ cup pumpkin puree
½ cup plain yogurt
¼ cup milk
¼ tsp pumpkin pie spice
1 tbsp maple syrup or honey, optional

INSTRUCTIONS

1. Place all ingredients in blender and blend until smooth and creamy.
2. Pour into a glass, dust with extra pumpkin pie spice and enjoy!