

LiveWell

## Pumpkin Spice Smoothie

Yield: 3 servings



### Ingredients:

- 1 cup fat-free milk
- 1 cup 100% pumpkin puree
- 1 banana, frozen
- ½ cup shredded carrots
- 1 Tablespoon honey
- 1 teaspoon ground cinnamon
- 2 teaspoons pumpkin spice
- 1 teaspoon vanilla extract
- ½ cup plain nonfat Greek yogurt

### Directions:

1. Place fat-free milk, pumpkin puree, banana, shredded carrots, honey, cinnamon, pumpkin spice, vanilla extract and Greek yogurt in a blender. Cover with lid, and blend until smooth.
2. Pour into three glasses and enjoy.

### Nutrition information per serving:

Calories: 165

Fat: 1 gram

Saturated fat: 0 grams

Cholesterol: 2 mg

Sodium: 87 mg

Carbohydrates: 31 grams

Fiber: 4 grams

Protein: 9 grams

Food exchanges:

½ milk, 2 vegetable, 1 fruit