



Pumpkin Spice Smoothie

2 servings

10 minutes

Ingredients

- 1 1/2 cups Soy Milk
- 1 cup Pureed Pumpkin
- 1/4 cup Hemp Seeds
- 1/4 cup Almond Butter
- 2 tbsps Maple Syrup
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon (plus more for garnish)
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	479
Fat	30g
Saturated	3g
Polyunsaturated	13g
Monounsaturated	12g
Carbs	41g
Fiber	8g
Sugar	25g
Protein	19g
Sodium	246mg
Potassium	1000mg
Vitamin A	19071IU
Vitamin C	5mg
Calcium	412mg
Iron	5mg
Vitamin E	9mg
Vitamin B12	1.6µg
Magnesium	289mg
Zinc	4mg

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cup.

Nut Free: Use pumpkin seed butter.

More Protein: Add collagen or protein powder.

More Fiber: Add frozen cauliflower, ground flax, and/or chia seeds.

Soy-Free: Use any other milk alternative.