

# Pumpkin Smoothie

*A favorite from the kitchen of Toni Truesdell*

Pumpkin is a wonderful source of vitamin A and beta-carotene. With autumn in full swing and pumpkin in season, pick some up at your local grocery to make this delicious smoothie, reminiscent of homemade pumpkin pie!



## Directions:

Makes six 1-cup servings

- 1 15-ounce can pumpkin purée
- 2 cups soymilk, or to taste
- 2 cups ice
- 2 Tbsp maple syrup, or to taste
- 1 Tbsp vanilla extract, or to taste
- 1 Tbsp pumpkin pie spice, or to taste  
(alternatively, can use a combination of cinnamon, nutmeg, and allspice)

Combine all ingredients in blender. Blend for 1 to 2 minutes until everything is incorporated.

## Nutrition Information:

Per serving (1 cup): 95 calories

1.7 g fat	0.4 g saturated fat
14.5% calories from fat	0 mg cholesterol
16.8 g carbohydrate	3.1 g fiber
8.7 g sugar	3.7 g protein
51 mg sodium	3.4 mg vitamin C
4920 mcg beta-carotene	1.9 mg vitamin E
129 mg calcium	2.1 mg iron

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