

Pumpkin Smoothie

1 serving

Approximately: 175 calories

1 cup Skim or unsweetened almond milk, (the vanilla would work well too!)

½ c. canned pumpkin

½ frozen banana (med. sized) or a reg. banana and add a few ice cubes (it will not be as creamy)

½-1 tbsp. pure maple or agave syrup to suit your taste

¼-1/2 tsp. pumpkin pie spice or cinnamon to suit your taste

Mix all in blender and serve.

YUM!!!!