
COMMUNITY TABLE • LOWES FOODS

Feel the chill in your glass with this taste of fall! Serving Size: 2

PUMPKIN PIE SMOOTHIE

INGREDIENTS:

- 1 cup pumpkin puree
 - 6 ounces vanilla yogurt
 - 2 tablespoons cinnamon sugar
 - 1 large banana
 - 1 1/2 teaspoons pumpkin spice
 - 1/2 tsp vanilla extract
 - 1 1/2 tablespoon honey
 - 1 cup crushed ice
- Combine all ingredients in blender. Blend until smooth.
- Hint: Add flax or protein and use Light or Greek yogurt for a healthier variety.