



## Pumpkin Pie Smoothie

**Yield:** 2 servings

### Ingredients:

- 1 ripe banana, best if frozen
- 1 cup pumpkin puree
- 2 cups almond milk (can also use soy milk or rice milk)
- 1 tsp. pumpkin pie spice
- 5-10 dates
- 1 tbsp. chia seeds
- handful of ice

### Directions:

1. Add the frozen banana, pumpkin, nut milk, dates, spices, chia seeds and ice to a high-powered blender.
2. Blend on high for 1-2 minutes or until smooth and creamy.
3. Pour into a glass and serve. Enjoy!