

# Pumpkin Spice Smoothie

## Ingredients:

½ c. vanilla yogurt (not plain)  
2 oz. frozen pumpkin puree or 2 pumpkin puree "ice cubes"  
½ frozen banana cut into 1-inch chunks  
1-2 Tbsp. maple syrup  
¼ tsp. pumpkin pie spice  
1 cinnamon stick for garnish

## Pumpkin Pie Spice

4 Tbsp. ground cinnamon  
4 tsp. ground nutmeg  
4 tsp. ground ginger  
3 tsp. ground allspice

- Pre-freeze pumpkin puree by dividing 1 (15 oz.) can into an ice cube tray and freezing. (You will have enough to fill more than one tray.)
- Combine all ingredients (except cinnamon stick) in blender and blend until smooth.
- Pour into glass; garnish with a cinnamon stick.

