

RECIPE OF THE MONTH: Pumpkin Pie Smoothie

INGREDIENTS:

- 1 frozen banana
- 1/2 cup plain yogurt
- 1/2 cup pumpkin puree
- 1/2 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- Pinch of nutmeg, ginger & all spice

INSTRUCTIONS:

Add all ingredients to a blender and blend until smooth.

Source: <https://www.ambitiouskitchen.com/pumpkin-pie-smoothie/>

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Family Health Team