Pumpkin Pie Smoothie



Recipe photo may include ingredients that are not a part of this recipe and not included in the nutrition information.

Directions

- Combine Greek yogurt, 1 Tbsp. ground flax seed, pumpkin puree, almond milk, pumpkin pie spice and ice in a blender.
- Blend until smooth.
- Pour smoothie into a glass, top with whipped topping and sprinkle with ¼ Tsp. ground flax seed.

Ingredients

- Plain Nonfat Greek yogurt (⅓ cup)
- Flax seed (1 tbsp)
- Pumpkin puree (½ cup)
- Unsweetened almond milk (½ cup)
- Pumpkin pie spice (¼ tsp)
- Ice (crushed) (2 cubes)
- Whipped topping (fat-free) (2 tbsp)

Nutritional Information

Calories..... 170
Total Fat..... 5g
Saturated Fat..... 0g
Sodium..... 135mg
Total Carbohydrate..... 20g
Dietary Fiber..... 5g
Protein..... 11g

Serving Size..... 1 smoothie
Recipe Yields..... 1 serving

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Adapted from Diabetes Food Hub