

Pumpkin Pie Smoothie



15 oz can pumpkin puree
2 cups of milk, your choice
2 cups of ice
2 tbsp maple syrup
1 tsp vanilla extract
1 tsp pumpkin pie spice

Directions

Combine all ingredients in a blender.
Blend until fully incorporated.

Nutritional Information

Calories per serving 95

Total Fat 1g

Saturated Fat .4g

Cholesterol 0

Sodium 51mg

Total Carbohydrates 16.8g

Dietary Fiber 3g

Protein 3.7g

Servings 6