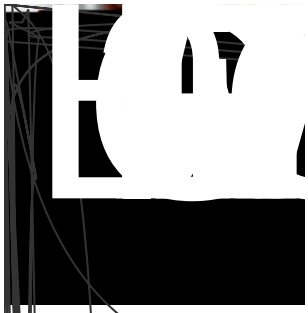

y, pr ein acked pumpk p. smoothie blended with pumpk puree, ba ana, t, nut tt and coz s ces for delicious breakfast or snack! s healthy pumpkin smoothie recipe will be your new favorite to make for fall.

Breakfast, Gluten Free, Grain Free, Snack
American
healthy pumpkin smoothie, pumpkin pie smoothie, pumpkin smoothie

10 minutes
0 minutes
10 minutes

1 serving
320 kcal
Monique Volz of AmbitiousKitchen.com

Feel free to use pumpkin pie spice in place of the cinnamon, ginger and nutmeg.
use your favorite dairy free yogurt.