

Pumpkin Pie Breakfast Smoothie

Ready in **5 min or less**

Serves **1 person**

266 calories Total per serving

Ingredients

- ½ Frozen Banana
- ½ cup Pumpkin Puree
- ¾ cup non-fat Greek Yogurt
- ¼ cup fat-free Milk
- 5 tsp Agave 5 Sweetener
- 1 tsp Pumpkin Pie Spice
- ¼ tsp Vanilla Extract

Preparation

1. Peel, cut and freeze your bananas into individual portion sizes for easy access in the morning.
2. Add all ingredients to a blender and blend until smooth.
3. Enjoy!

Tips

- Agave is a fructose rich sweetener and the Agave 5 produce is also mixed with stevia and monk fruit which as not digestible by our

bodies. This means that insulin levels will spike much less than if we were to consume as much as regular sugar, honey, or maple syrup. And, it only has 5 calories per tsp!

Budget

\$1.52 Total per Serving

All items are SNAP eligible

Nutrition

1 Protein

0 Whole Grain

1 Vegetables

1 Fruit

1.5 Dairy

Pumpkin Pie Breakfast Smoothie		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving		% Daily Value*
Calories	265.7 kcal	13 %
Total Fat	1.7 g	3 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	10.4 mg	3 %
Sodium	98.4 mg	4 %
Total Carbohydrate	39.4 g	13 %
Dietary Fiber	4.8 g	19 %
Sugars	26.6 g	
Protein	22.5 g	45 %
Vitamin A	253 %	Vitamin C 13 %
Calcium	31 %	Iron 10 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

5 g Added Sugars

Storage

Smoothie will last in Fridge **1-2 days**
(but will change consistency)



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