

Early Fall Pumpkin Pie Smoothie

Ingredients:

Makes: Serves 2 (1 cup)

- 1 frozen or fresh banana
- 1 cup (120ml) 1% milk
- 1/4 cup oats
- 1/2 cup (150g) pumpkin puree (can or fresh)
- 2 tsp of sweetener (honey or brown sugar or maple syrup)
- 4 ice cubes

Spices to taste

- 1/4 tsp pumpkin pie spice
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- Splash of vanilla

Resources: San Antonio Food Bank and USDA

Recipe adapted from: <https://chefsavvy.com/pumpkin-banana-smoothie/>

Image: <https://chefsavvy.com/pumpkin-banana-smoothie/>



Method:

1. Combine ingredients and blend.
2. Pour 1 cup of the smoothie into glass.
3. Top off with crushed cinnamon graham crackers. (Optional)
4. Serve and Enjoy.

Tip: To make bananas last longer, cut, peel, and slice banana. Place banana slices in a freezer bag and store in freezer until ready to use. Frozen bananas are great for making smoothies and ice cream.



Tips on Sweet Potato

How To Store:

Cover cut pumpkin in foil or plastic wrap, store in refrigerator, up to 2-4 days. Pureed pumpkin can be frozen, up to 3 months.



How To Use:

Add puree to pancakes or bread mixes. Dice into casseroles or rice dishes for a savory fall dish.



Fun Fact:

Pumpkins is indigenous to North America.