



## Pumpkin Pie Smoothie - Allon-Z!

2 servings

10 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
1 cup Pureed Pumpkin  
2 Banana (frozen)  
1 tsp Vanilla Extract  
1 tsp Pumpkin Pie Spice  
1/3 cup Hemp Seeds

### Nutrition

Amount per serving	
Calories	351
Fat	18g
Carbs	41g
Fiber	9g
Sugar	19g
Protein	13g
Cholesterol	0mg
Sodium	171mg
Vitamin A	19645IU
Vitamin C	16mg
Calcium	516mg
Iron	5mg
Vitamin B12	0µg
Magnesium	289mg

### Directions

- 1 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

### Notes

**No Pumpkin Pie Spice:** Use cinnamon instead.

**Toppings:** Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

**Warm it Up:** To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.