



Pumpkin Pie Smoothie

(8 8-ounce servings)

- 1-15 ounce can of pure pumpkin
 - $\frac{3}{4}$ cup whole milk
 - $\frac{1}{4}$ cup half and half
 - 1 cup vanilla yogurt
 - $\frac{1}{4}$ cup of brown sugar, or more if you like it sweeter
 - $\frac{1}{2}$ teaspoon of pumpkin pie spice
 - 1 cup ice
 - Whipped cream and crumbled graham crackers for topping
1. Combine pumpkin, milk, half and half, yogurt, brown sugar, and pumpkin pie spice in blender. Blend until mixture is smooth. Add ice and blend again.
 2. Pour into glasses and top with whipped cream and crumbled graham crackers.

Nutrition Information
Pumpkin Pie Smoothie
Serving Size: 8 ounces
Servings per recipe: 8
Calories per serving 88
Total Fat 2.5g
Saturated Fat 2g
Cholesterol 9mg
Sodium 43mg
Total Carbohydrate 16g
Dietary Fiber 2g
Sugar 12g
Protein 3g