



Mission's Kitchens

## Pumpkin Smoothie

Yield: 2 10-ounce smoothies

### INGREDIENTS

- 1 sliced, frozen banana
- 1 cup nonfat or low-fat vanilla yogurt
- 1 cup pumpkin puree
- 1/4 teaspoon cinnamon
- 2 teaspoons maple syrup or other sweetener
- dash ginger
- dash nutmeg

### PREPARATION

- 1 In the jar of a blender, combine the banana, yogurt, pumpkin puree, cinnamon, maple syrup, ginger and nutmeg. Blend on low speed until the ingredients are chopped.
- 2 Scrape down the sides of the jar and increase the blender speed gradually to medium or high, blend until frothy, about 1 minute.
- 3 Pour into two tall glasses, scraping the sides with the spatula to make sure that all the smoothie is used.

Decorate with a dash of cinnamon.