



Pumpkin Spice Smoothie

- ◇ 1/2 cup canned pumpkin (not pie filling)
- ◇ 1/3 cup fat-free, plain yogurt
- ◇ 1/3 cup skim milk
- ◇ 2 Tbsp. rolled oats
- ◇ 2 tsp. honey
- ◇ 1/2 tsp pumpkin pie spice
- ◇ 3-4 ice cubes

Into a blender, add pumpkin, yogurt, milk, oats, honey, pumpkin pie spice, and ice cubes. Blend smooth and frothy, about 1 minute. Pour into a glass and serve!



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