

Pumpkin Smoothie



Ingredients:

- 1 banana
- 1 cup pumpkin puree
- 1/2 cup applesauce
- 1 tablespoon brown sugar
- 1/2 cup low-fat milk
- 1 teaspoon pumpkin pie spice
- 2 cups ice

Directions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour smoothie into two tall glasses and serve immediately.

Makes 2 servings.



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