

PUMPKIN PIE BREAKFAST SMOOTHIE

A quick and delicious vegan breakfast smoothie recipe using frozen bananas and pumpkin, perfect for the fall season.

 5 minutes 2 portions

INGREDIENTS

- 1 cup of pumpkin, canned, without salt [245 g]
- 1 tbsp of syrups, maple [20 g]
- 1 tsp of vanilla extract [4 g]
- 1 tsp of spices, cinnamon, ground [3 g]
- 1/2 tsp of spices, ginger, ground [1 g]
- 1/4 tsp of spices, nutmeg, ground [1 g]
- 1 cup of milk, producer, fluid, 3.7% milkfat [244 g]
- 1/4 cup of oats [39 g]

COOKING METHOD

- ¹⁰ Add all ingredients to a blender and blend until smooth. Bananas should be frozen, but if using raw temperature bananas, add ice before blending.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (278 g)	% DRI
ENERGY	84 kcal	234 kcal	12 %
FAT	2 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	6 mg	17 mg	6 %
SODIUM	24 mg	68 mg	3 %
CARBOHYDRATE	13 g	37 g	12 %
SUGARS	4 g	10 g	—
FIBER	2 g	6 g	26 %
PROTEIN	3 g	9 g	—