



Pumpkin Smash Smoothie

Ingredients

- 2 cups vanilla frozen yogurt
- ½ cup canned pumpkin
- 1 cup light vanilla soy, coconut, or almond milk
- 2 tablespoons sugar (optional)
- ½ teaspoon pumpkin pie spice
- ½ teaspoon cinnamon
- 2 cups ice



Instructions

1. In a blender, add all the ingredients. Blend on high until smooth.
2. Divide smoothie among 2 tall glasses.

Makes 2-16 oz smoothies or 4-8 oz (1 cup) servings

Food Facts

Jamba Juice rolls out this smoothie every fall and offers it until January.

This recipe was shared on Weekend Potluck-<http://thebetterbaker.blogspot.com/>

Healthy Benefits

Pumpkin is a great source of beta-carotene, which the body turns into vitamin A. It also contains a hefty amount of fiber, a good amount of vitamin C and iron.

Soy milk contains about the same proportion of protein as milk. It's a good source of lecithin and vitamin E.

Source:<http://www.skinnykitchen.com/recipes/jamba-juices-pumpkin-smash-smoothie-is-back-and-so-is-our-home->