

Healthy Pumpkin Smoothie

In a blender, puree the following ingredients until smooth:

- ½ cup pumpkin pie filling
- ½ very ripe medium-sized banana (frozen if possible)
- ¾ cup fat-free vanilla yogurt
- 1 tbsp honey
- 1 tsp pumpkin pie spice
- ¼ tsp vanilla extract
- 1½ cup crushed ice

Makes two servings.

This recipe is provided by SHS Wellness Programs.
All of our recipes can be found online at www.uvu.edu/wellnessed

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