

Pumpkin Pie Smoothie

Try this pumpkin recipe to get all of the nutrients and none of the added sugars of traditional pumpkin desserts!

Pumpkin is high in fiber; there are 7.5 g of fiber in 1 cup of pumpkin puree. It is a source of beta-carotene, an antioxidant that is converted to vitamin A in the body, and it can also help with blood sugar control. In addition, pumpkin contains magnesium, calcium, and vitamins B, C, and E.

Ingredients:

- 1 cup almond milk (unsweetened)
- 1/3 cup pumpkin puree
- 1 scoop vanilla protein powder
- 1/2 frozen banana
- 1 tsp pumpkin pie spice (cinnamon, ginger, nutmeg, allspice, and cloves)
- Dash of ground cinnamon
- 1 - 2 tsp almond butter (optional)
- 2 - 3 ice cubes

Directions:

1. Blend all ingredients in a blender until smooth.



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