



Easy Pumpkin Pie Smoothie

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 12 ounces vanilla-flavored almond milk
- ☐ 1 banana
- ☐ 0.5 cup brown sugar
- ☐ 1 cinnamon graham cracker divided crushed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup ice cubes
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 8 ounces pumpkin puree frozen

- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons wheat germ

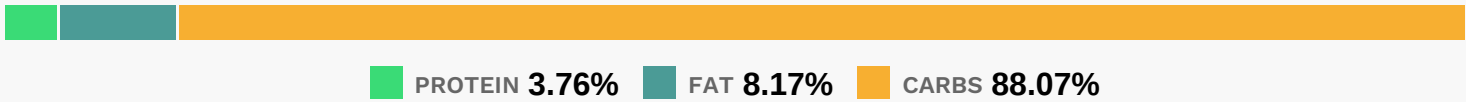
Equipment

- ☐ blender

Directions

- ☐ Blend almond milk, pumpkin, ice cubes, banana, brown sugar, 1/2 the crushed cinnamon graham cracker, wheat germ, vanilla, pumpkin pie spice, and cinnamon together in a blender until smooth.
- ☐ Garnish individual servings with remaining graham cracker crumbs.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:5.15, Inflammation Score:-10, Nutrition Score:9.8782608249913%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 183.79kcal (9.19%), Fat: 1.74g (2.68%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 39.17g (14.24%), Sugar: 33.21g (36.9%), Cholesterol: 0mg (0%), Sodium: 147.85mg (6.43%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 1.8g (3.61%), Vitamin A: 8845IU (176.9%), Manganese: 0.37mg (18.67%), Calcium: 151.86mg (15.19%), Fiber: 3.06g (12.23%), Vitamin K: 9.44µg (8.99%), Vitamin B6: 0.16mg (8.2%), Potassium: 275.51mg (7.87%), Iron: 1.36mg (7.54%), Magnesium: 28.28mg (7.07%), Vitamin C: 5.07mg (6.15%), Copper: 0.12mg (5.75%), Vitamin E: 0.65mg (4.31%), Folate: 16.13µg (4.03%), Phosphorus: 39.52mg (3.95%), Vitamin B2: 0.06mg (3.81%), Vitamin B5: 0.37mg (3.74%), Vitamin B3: 0.62mg (3.1%), Vitamin B1: 0.04mg (2.73%), Zinc: 0.3mg (2.01%), Selenium: 1.3µg (1.86%)