



From the Blender: Pumpkin Spice Smoothie



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



2

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup vanilla almond milk homemade (or purchased)
- ☐ 1 medium banana frozen
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 cup ice cubes
- ☐ 2 medjool dates pitted

- ☐ 0.5 cup pumpkin puree frozen homemade (or purchased)
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ blender

Directions

- ☐ Combine all ingredients in blender and puree until perfectly smooth. Divide between two glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.39, Glycemic Load:6.57, Inflammation Score:-10, Nutrition Score:12.232173898946%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 162.14kcal (8.11%), Fat: 1.98g (3.04%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 31.94g (11.61%), Sugar: 25.47g (28.3%), Cholesterol: 0mg (0%), Sodium: 169.93mg (7.39%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 2.41g (4.82%), Vitamin A: 9607.6IU (192.15%), Manganese: 0.45mg (22.5%), Fiber: 5.52g (22.09%), Calcium: 190.47mg (19.05%), Vitamin B6: 0.31mg (15.61%), Potassium: 510.01mg (14.57%), Magnesium: 44.56mg (11.14%), Copper: 0.21mg (10.6%), Vitamin K: 11µg (10.47%), Vitamin C: 7.77mg (9.42%), Iron: 1.27mg (7.06%), Vitamin B5: 0.64mg (6.37%), Folate: 22.94µg (5.73%), Vitamin B2: 0.09mg (5.41%), Vitamin B3: 1.02mg (5.09%), Phosphorus: 50.06mg (5.01%), Vitamin E: 0.73mg (4.83%), Vitamin B1: 0.05mg (3.06%), Zinc: 0.32mg (2.11%), Selenium: 0.86µg (1.22%)