



Simple Pumpkin Pie Smoothie



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1.5 cups vanilla almond milk
- ☐ 0.3 cup granola. i used a vanilla macaroon granola
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups ice cubes
- ☐ 3 tablespoons vanilla pudding mix instant
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 cup pumpkin puree
- ☐ 0.5 teaspoon vanilla extract pure

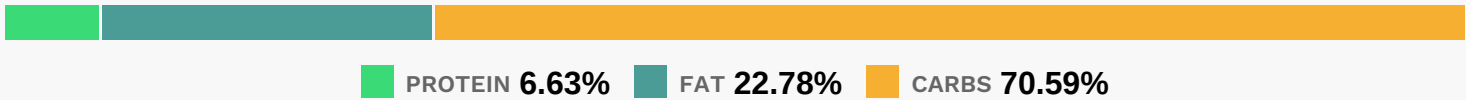
Equipment

☐ blender

Directions

- ☐ Place all ingredients into a high powered blender. Blend until well combined.
- ☐ Pour into your favorite glasses and sprinkle with additional cinnamon.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.02, Inflammation Score:-9, Nutrition Score:5.0273913480341%

Nutrients (% of daily need)

Calories: 69.26kcal (3.46%), Fat: 1.79g (2.75%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 11.25g (4.09%), Sugar: 7.71g (8.57%), Cholesterol: 0mg (0%), Sodium: 134.9mg (5.87%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 1.17g (2.34%), Vitamin A: 3178.02IU (63.56%), Manganese: 0.2mg (9.98%), Calcium: 89.28mg (8.93%), Fiber: 1.19g (4.78%), Vitamin K: 3.54µg (3.37%), Iron: 0.53mg (2.93%), Vitamin E: 0.42mg (2.77%), Copper: 0.05mg (2.62%), Magnesium: 10.4mg (2.6%), Phosphorus: 22.54mg (2.25%), Potassium: 64.76mg (1.85%), Selenium: 1.03µg (1.48%), Vitamin B1: 0.02mg (1.4%), Vitamin B2: 0.02mg (1.27%), Vitamin B5: 0.11mg (1.11%), Vitamin C: 0.87mg (1.06%), Folate: 4.25µg (1.06%), Zinc: 0.15mg (1.01%)