

Blueberry Pumpkin Smoothie

Servings: 4

Prep Time: 8 min

Cook Time: N/A



INGREDIENTS

- 2 cups skim milk
- 1 cup frozen blueberries
- 1 banana
- 3/4 cup canned pumpkin purée
- 1/4 cup almond butter
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 cup ice cubes

INSTRUCTIONS

- 1 In a blender, combine milk, blueberries, banana, pumpkin purée, almond butter, maple syrup, vanilla, cinnamon, and ice cubes; purée until smooth.
- 2 Divide among 4 glasses.

Variations

- For a dairy-free version, substitute almond milk, soy milk or oat milk for milk.



Grab a
boost of
blue