

Pumpkin Spice Green Smoothie



I love smoothies. They're a super fast, easy, tasty way to fill up and get a lot of nutrition. Unfortunately, cooler fall days don't always leave us craving a big frozen drink, which means this mainstay of my diet suddenly becomes a lot less appealing. Enter, the pumpkin spice green smoothie: because pumpkin spice anything is totally appealing in the fall. What makes this smoothie even better than most is pumpkin puree is

crazy filling, and it does a great job covering up the spinach taste too. Note that I use plain, unflavored Greek yogurt here. I do that mostly because it's cheaper for me to buy big containers of that and then I can use it for recipes, or to replace sour cream, etc. and if I want it for a smoothie or just to eat, I add my own vanilla and sweetener. The real, high quality vanilla and maple syrup give it a very rich, delectable flavor that you don't get from pre-made vanilla yogurt, but of course it does add some extra steps. If you use vanilla yogurt, you can omit the vanilla and some or all of the maple syrup.

Pumpkin Spice Green Smoothie

- 1/2 can pumpkin puree (not pumpkin pie filling)
- 3/4 cup unflavored Greek yogurt
- 1 t vanilla extract*
- 1 T maple syrup*
- 1 cup spinach
- 1.5 cups unsweetened vanilla almond milk
- 1 t pumpkin pie spice
- 1/2 cup ice

Place all ingredients in blender. Blend until smooth.

*If using sweetened vanilla flavored yogurt, you can omit the vanilla extract and reduce the maple syrup to 1/2 T