

## PUMPKIN PIE SMOOTHIE

*Pumpkin puree is inherently an inspired smoothie ingredient: It's creamy, thick, and slightly sweet! This recipe is a fabulous (and healthy) way to enjoy a version of the favorite holiday treat all year round.*

Makes 2 20-ounce servings



### INGREDIENTS:

- 1 cup canned pumpkin puree
- 1/4 cup Medjool dates, pitted (about 3-4 fruits)
- 1 tablespoon almond butter
- 2 tablespoons hemp seeds
- 2 tablespoons flaxseeds
- 1 teaspoon pumpkin pie spice powder
- 1 1/2 cups unsweetened almond milk
- 3 cups coconut ice sweetener, to taste (optional)

### DIRECTIONS:

Blend together all ingredients, except the coconut ice, until creamy. Add the ice and blend until frosty. Taste, and sweeten as desired.

### SUPERFOOD BOOST

Add 1/2 teaspoon wheatgrass powder for a plethora of additional vitamins and minerals.

source: *Superfood Smoothies* by Julie Morris