

PUMPKIN PIE SMOOTHIE



It's pumpkin time!...

It's that time of year when everything is pumpkin pie spice, and we love it! Red and gold leaves are blowing, the air is crisp, the fireplace is crackling, and somehow everything tastes and smells better with a pinch of pumpkin pie spice. Erin's smoothie was born during a freak snowstorm on one of those blustery fall days! She loves it... and so will you.

Pumpkin Pie Smoothie

- 1/2 large 25 oz. can of Libby's 100% canned pumpkin, or 1-1/2 cups fresh cooked squash or pumpkin, partially frozen or cold.
- 1 cup SCD yogurt
- 1/2 cup honey
- 1 cup SCD nut milk (preferably almond or cashew milk for mild flavor)
- 1 Tbs. SCD legal vanilla
- 4 tsp. cinnamon
- 1/2 tsp. *each*; cloves and nutmeg
- 1/4 tsp. ground ginger
- walnuts, chopped, for topping

Directions:

Combine all ingredients except walnuts in a blender, reserving the chopped walnuts for topping at the end. Serve cold. Erin's comment: My son said it tasted like pumpkin pie thrown into the blender, which is just what I was aiming for! It's delicious! Serves 4.