



Pumpkin Coconut Smoothie

*Use Organic Ingredients when possible

Ingredients:

- 1 Cup Coconut Milk
- ¼ Cup Organic Pumpkin Puree
- 2 Tsp Pumpkin Pie Spice
- 1 Frozen Banana (sliced)
- 1 Cup Ice

Instructions:

1. Add coconut milk, pumpkin puree, pumpkin pie spice, banana slices, and ice to a blender.
2. Blend on “smoothie cycle” or high speed until smooth.

Note:

For a low carb, keto version: omit the banana and sweeten with Stevia.

Prep Time: 5 minutes **Total Time:** 5 minutes **Servings:** 2