



Pumpkin Pie Smoothie with Greek Yogurt

This smoothie is super easy to make and is a healthy alternative to having a piece of calorie-laden pumpkin pie. The Greek yogurt adds lots of protein, calcium, and vitamin D, while the pumpkin adds only 26 calories and provides lots of vitamin A, C, K and E, as well as antioxidants like alpha- and beta-carotene.

Prep: 5 minutes • Total: 5 minutes

Ingredients:

Pureed pumpkin, chilled or frozen in ice cube tray	5 Tbsp	76 g
Greek yogurt, 0% fat	4 Tbsp	57 g
Water	4 Tbsp	60 mL
Banana, medium ripeness, chopped, frozen	½ each	59 g
Maple syrup	½ Tbsp	7 mL
Cinnamon	¼ tsp	0.65 g
Nutmeg	1/8 tsp	0.28 g

Directions:

1. Combine all ingredients in a blender and blend until smooth. Serve immediately for best flavor and consistency. Enjoy!

Nutrition Facts

Serving Size (262g)

Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 29g **10%**

Dietary Fiber 4g **16%**

Sugars 18g

Protein 7g

Vitamin A 240% • Vitamin C 15%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Group Recipes

Makes 1 servings (262 g / serving) • 1 serving = 1 cup

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