



Maple Pecan Pumpkin Pie Smoothie

INGREDIENTS:

- 1 cup almond milk (or your favorite non-dairy milk)
- ½ cup pumpkin puree
- ¼ cup almond butter
- 2 tablespoons raw pecans
- 1 tablespoon ground flax seed
- 2 tablespoons maple syrup
- 1 teaspoon pumpkin pie spice (or 1 teaspoon cinnamon, ¼ teaspoon ground nutmeg and a pinch of ground ginger, ground cloves and all-spice)
- ½ cup of ice



DIRECTIONS:

1. Combine all ingredients into blender and blend until smooth.
2. Top with pecans, hemp seeds, pumpkin seeds or granola.
3. Slurp it down!