



BeFit

Be Fit. Eat Healthy. It's your choice.

## Be Fit Basics: Banana Pumpkin Smoothie

Adapted from Cooking Light

- 1 cup low fat vanilla yogurt
- ¾ cup canned pumpkin
- 1/3 cup orange juice, freshly squeezed (the juice from about 2 oranges)
- 1 tbsp brown sugar
- ½ tsp cinnamon, ground
- Pinch of nutmeg, ground
- Pinch of cloves, ground
- 1 banana, ripened

### Instructions:

Combine all ingredients, along with ½ cup ice cubes, in a blender. Process until smooth.

### Notes:

If you don't have freshly squeezed orange juice you can substitute the bottled or carton variety.

**Yield:** 2 servings (1 cup each)



### NUTRITION INFORMATION PER SERVING:

CALORIES: 240 calories	PROTEIN: 8 g	SODIUM: 90 mg
	CARBOHYDRATE: 51 g	FIBER: 5 g
	FAT: 2 g	Sat Fat: 1 g

### MAKE IT A MEAL:

**Fruit and dairy:** 1 cup banana pumpkin smoothie

**Starch:** 1 slice whole wheat bread (100 calories)

**Protein:** 1 tbsp peanut butter (95 calories)

### GROCERY SHOPPING LIST

- Low fat vanilla yogurt
- 1 can pumpkin puree
- Oranges (about 2 or simply buy orange juice)
- Banana
- Whole wheat bread
- Peanut butter
- Condiment Pantry:* brown sugar, cinnamon, nutmeg, cloves

### Quick Tip

-Short on time in the morning? Consider making a batch (or a few batches) ahead of time and freeze the smoothie into individual portions. Slightly defrost the smoothie in the microwave and blend the mixture before drinking it or simply take it from the freezer straight to work.