



BeFit

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

Be Fit Basics: Spiced Pumpkin Smoothie

Adapted from Cooking Light

1 cup low-fat vanilla yogurt
¾ cup canned pumpkin (unsweetened)
1/3 cup freshly squeezed orange juice
1 tbsp brown sugar
½ tsp ground cinnamon
Pinch of ground nutmeg
Pinch of ground cloves
1 ripe banana

Instructions:

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

Notes:

-If you don't have freshly squeezed orange juice you can substitute a bottled or carton variety.
-Sub in Greek yogurt for more protein.

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 (1-2)
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.