

SPICED PUMPKIN SMOOTHIE

Adapted from Cooking Light

Ingredients

- 1 cup low fat vanilla yogurt
- ¾ cup canned pumpkin
- 1/3 cup orange juice
- 1 tablespoon brown sugar
- ½ teaspoon ground cinnamon
- Pinch ground nutmeg
- Pinch ground cloves
- 1 banana

Instructions

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

Yield: 2 servings

NUTRITION FACTS PER SERVING (1 cup)

CALORIES: 240

PROTEIN: 8 grams

SODIUM: 90 milligrams

CARBOHYDRATE: 51 grams

FIBER: 5 grams

FAT: 2 grams

SATURATED FAT: 1 grams