

Pumpkin Smoothie

What's more fall than sitting outside watching the leaves fall while drinking a pumpkin spice smoothie? Not much. This is my healthy spin on a pumpkin spice latte.

Prep:
5 minutes

Cook:
0 minutes

Ready In:
5 minutes

Servings:
1



Ingredients

1/2 cup full fat coconut milk (divided in half)

1 cup water

2 frozen bananas

3 dates, pitted

1 cup canned pumpkin puree

1/2 tsp vanilla extract

1/4 tsp pumpkin pie spice

1/4 tsp cinnamon

Instructions

1 In your blender combine 1/2 of your coconut milk plus the rest of your ingredients. Blend on high until smooth and pour into a jar.

2 Add the other half of the coconut milk on top and press down with a spoon to create swirls.