



Pumpkin Spice Warm Smoothie

1 serving

5 minutes

Ingredients

119 milliliters Water
20 grams Oats (rolled)
123 grams Pureed Pumpkin
425 milligrams Pumpkin Pie Spice
16 grams Almond Butter
12 grams Chia Seeds
80 milliliters Unsweetened Almond Milk
1/2 Banana
7 grams Maple Syrup

Directions

- 1 Add the water and oats to a saucepan over medium-low heat. Bring to a simmer and cook for 4 minutes. Add the pumpkin and pumpkin pie spice and stir.
- 2 Add the pumpkin and oat mixture to a blender along with the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Serving Size: One serving is approximately 1 1/2 cups.

Nut-Free: Use another dairy free milk such as coconut.