

# Pumpkin Chai Smoothie



## Ingredients

- 1/2 cup ice
- 1 banana, medium, chopped
- 1/2 cup pumpkin puree
- 1 Tbs peanut butter (or other nut butter/alternative)
- 1 cup non-dairy milk
- 1 tsp maple syrup
- 1/4 cup water (plus more if needed)
- 3/4 tsp cinnamon
- 1/8 tsp cardamom
- 1/8 tsp allspice
- 1/2 tsp vanilla extract

## Directions

1. Peel and prep banana.
2. Measure out ingredients.
3. Place all ingredients into the blender.
4. Blend on high until creamy and smooth.
5. Add water as needed to achieve desired consistency.

## Nutrition Facts

- calories per serving: 156
- total fat: 6 g
- cholesterol: 0 mg
- sodium 128 mg
- total carbohydrates: 25 g
- total sugars: 13 g
- protein: 4 g

**TOTAL TIME: 15 MIN.**

**SERVINGS: 2**

**RECIPE FROM LIVINGPLATE**