



PUMPKIN PIE SMOOTHIE



INGREDIENTS

ITEM	QUANTITY
• Lactose-free Plain Greek Yogurt	¾ Cup
• Lactose-free Milk	½ Cup
• Pumpkin Purée	¼ Cup
• Certified Gluten-free Rolled Oats	¼ Cup
• Pure Vanilla Extract	1 Tsp.
• Pumpkin Pie Spice	½ Tsp.
• Maple Syrup (Optional)	1-2 Tsp.
• Ice	1 Cup

SERVING SIZE 1



PREPARATION

- Add all ingredients to a blender.
- Blend for 45-60 seconds until smooth and creamy.
- Add additional lactose-free milk if needed to reach the desired consistency.