



# Pumpkin Pie Smoothie

**Prep Time:** 5 minutes

**Cost per serving:** \$0.42

## What you need:

### Utensils:

- Blender
- Can Opener
- Measuring Cups
- Measuring Spoons

### Ingredients:

- 1 15-ounce can 100% pure pumpkin
- 1 8-ounce can evaporated fat free milk, chilled
- 1 8-ounce container vanilla low fat or fat free yogurt
- 1 cup 100% orange juice
- 1 banana
- ¼ teaspoon nutmeg (optional)
- 6-8 ice cubes

### What to do:

1. Wash your hands and clean your cooking area.
2. Combine all ingredients in blender and cover.
3. Blend until mixture is smooth.
4. Serve immediately



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## Nutrition Facts

Serving Size 8 oz (236g)  
Servings Per Container 6

Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 20g	
Protein 6g	