

P U M P K I N B A N A N A S M O O T H I E

Ingredients:

For the Smoothie:

- 1 ripe banana, sliced
- 1/2 cup canned or freshly cooked pumpkin puree (unsweetened)
- 1 cup milk of your choice (almond milk, coconut milk, or dairy milk)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg (optional)
- 1/2 teaspoon vanilla extract (optional)
- Ice cubes (optional for a thicker texture)



Optional Toppings:

- A sprinkle of cinnamon or pumpkin spice
- Chopped nuts (such as walnuts or pecans)
- Sliced bananas or pumpkin seeds



Instructions:

Step 1: Prepare the Ingredients.

If you're using fresh pumpkin, start by cooking it until soft and then mashing it into a smooth puree. If you're using canned pumpkin, ensure it's pure pumpkin with no added sugars or flavors.



Step 2: Blend the Ingredients. In a blender, combine the sliced banana, pumpkin puree, milk, cinnamon, nutmeg, and vanilla extract. Blend on high speed until all ingredients are well combined and the mixture is creamy. If you prefer a thicker smoothie, add ice cubes and blend again until smooth.

Step 3: Taste and Adjust. Taste your smoothie and adjust the flavors as needed. If you prefer it sweeter, you can add a bit of pure maple syrup or honey (though the banana should provide enough sweetness). Blend again if any adjustments are made.

Step 4: Serve. Pour the Pumpkin Banana Smoothie into a glass or bowl. If desired, add your favorite toppings such as a sprinkle of cinnamon, chopped nuts, or pumpkin seeds for added texture and flavor.

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