

# Pumpkin smoothie

1 c. bottled pumpkin

1 c. milk

1 ripe medium-sized banana

1/2 c. plain or vanilla yogurt

2 T honey or 1/4 c. sugar

1 T pumpkin pie spice (or to taste)

1/4 tsp. vanilla extract

6 ice cubes

Place all ingredients in a blender and puree until smooth, making sure the ice is completely crushed. Makes two servings.

*Want fancy?* Top with a dollop of whipped cream sprinkled with pumpkin pie spice

