



Pumpkin Spice Warm Smoothie

1 serving

5 minutes

Ingredients

- 1/2 cup Water
- 1/4 cup Oats (rolled)
- 1/2 cup Pureed Pumpkin
- 1/4 tsp Pumpkin Pie Spice
- 1 tbsp Almond Butter
- 1 tbsp Chia Seeds
- 1/3 cup Unsweetened Almond Milk
- 1/2 Banana
- 1 tsp Maple Syrup

Directions

- 1 Add the water and oats to a saucepan over medium-low heat. Bring to a simmer and cook for 4 minutes. Add the pumpkin and pumpkin pie spice and stir.
- 2 Add the pumpkin and oat mixture to a blender along with the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Serving Size: One serving is approximately 1 1/2 cups.

Nut-Free: Use another dairy free milk such as coconut.