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| Pumpkin Spice Smoothie Recipe from American Heart Association |  |

This Simple Cooking with Heart recipe is the taste of American pumpkin pie in a glass, with fewer calories.

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| **Ingredients:** |  |
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| 1/2 cup | canned pumpkin, (not pie filling) |
| 1/3 cup | plain Greek yogurt |
| 1/3 cup | Low-fat milk |
| 2 Tbsp. | rolled oats |
| 2 tsp | honey |
| 1/2 tsp. | Greek Yogurt |
| 1/2 cup | pumpkin pie spice |
| 3-4 | Ice cubes |

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**Video**

[View this video on YouTube](https://www.youtube.com/watch?v=rwLQBp9fsJY" \t "_blank)

**Directions**

1. Into a blender, add pumpkin, yogurt, milk, oats, honey, pumpkin pie spice, and ice cubes.
2. Blend until smooth and frothy, about 1 minute. Pour into a glass and serve.

**Additional Tips**

**Cooking Tip:** Keeping the can of pumpkin in the fridge before using isn’t necessary, but helps make a colder smoothie.

**Keep it Healthy**: Make sure to buy 100% pure pumpkin and not pumpkin pie filling or mix, which looks similar but can have added sugar.

**Tip:** Plain nonfat Greek yogurt, which has more of a tangy taste as well as more protein, can be substituted for the light plain yogurt.

**Leftover ingredients?
Search for the ingredient below and use the remaining amount in those recipes!**

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**Nutritional Info**

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| Nutritional Analysis |  |
| Calories Per Serving | 199 |
| Total Fat | 1.5 g |
| Saturated Fat | 0.3 g |
| Trans Fat | 0.0 g |
| Polyunsaturated Fat | 0.2 g |
| Monounsaturated Fat | 0.3 g |
| Cholesterol | 3.3 mg |
| Sodium | 106 mg |
| Carbohydrates | 38 g |
| Fiber | 6 g |
| Sugars | 26 g |
| Protein | 11 g |

**Dietary Exchanges**

1 fat-free milk, 1 vegetable, 1 other carbohydrate

**Price Per Serving**

$1.63

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