|  |  |
| --- | --- |
| 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.

|  |  |
| --- | --- |
| **Ingredients:** |  |
| |  |  | | --- | --- | | 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 | |  |
|  |  |

Top of Form

Bottom of Form

**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!**

Top of Form



Bottom of Form

**Nutritional Info**

|  |  |
| --- | --- |
| 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

Recipe copyright © 2015 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart ® Program. For more simple, quick and affordable recipes, visit [heart.org/simplecooking](http://www.heart.org/simplecooking).