

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

- 01 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.
- 02 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.