

Pumpkin Spice Smoothie

1 serving

Blend in food processor:

1 cup milk

½ ripe avocado

½ cup pureed, cooked pumpkin

1 tsp agave nectar or sweetener of choice

¼ tsp each ground cinnamon, cloves & ginger

Adjust milk to desired consistency/thickness.

I had pureed pumpkin leftover after making two pies from my fresh pumpkin, so I decided to try making a smoothie. *Oh, my goodness!* Now I have to go buy and bake another pumpkin. This is heavenly! In spite of making the pumpkin color a bit yellowed, the avocado gives a perfect, smooth texture. A healthy taste of “pumpkin pie”!

