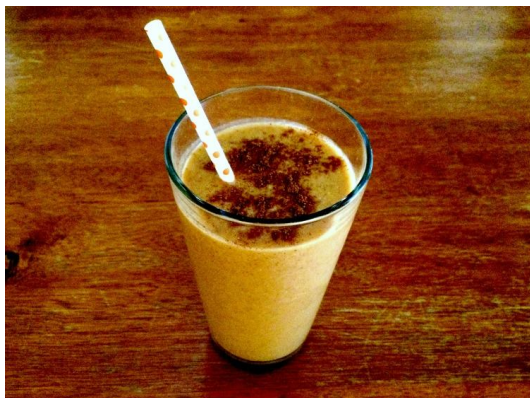


Pumpkin Spice Smoothie & Pumpkin Pie Spice Mix

A QUICK AND HEALTHY BREAKFAST ON-THE-GO OR AFTERNOON SNACK
FROM WELLPAST40.NET



PUMPKIN SPICE SMOOTHIE

Makes 2 servings

- 1 1/2 cups unsweetened vanilla or plain almond milk
- 1 cup pumpkin puree (not pumpkin pie filling)
- 1 frozen banana (or 1 banana + 1 cup ice cubes)
- 1 tablespoon ground flax seed
- 1 teaspoon pumpkin pie spice mix, recipe below (or substitute 1 teaspoon cinnamon)

Blend almond milk and pumpkin puree together completely. Add the banana, flax seed, cinnamon and nutmeg and blend for an additional 1 to 2 minutes, until completely liquefied and creamy.

PUMPKIN PIE SPICE MIX

Makes about 2 tablespoons

- 1 tablespoon ground cinnamon
- 2 teaspoons ground ginger
- 1/2 teaspoon allspice
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves

Measure out all ingredients into a small bowl. Mix thoroughly. Store in an airtight container for up to one year.