

Pumpkin Spice Smoothie



This pumpkin smoothie contains blackstrap molasses which is an excellent source of iron, calcium, magnesium, vitamin B6, and selenium.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 600 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 68.5%

Protein: 14.9%

Fat: 16.6%

Make it for the whole family:

This recipe is great for tube feeders but can also be enjoyed as a smoothie by the whole family!

Pumpkin Spice Smoothie

Ingredients

- 1 large banana
- 1 cup of pumpkin puree, canned
- 2.5 ounces of vanilla greek yogurt, whole milk
- ½ cup rolled oats
- 1 cup of 2% milk
- ½ tablespoon blackstrap molasses
- ½ tablespoon brown sugar
- ⅛ teaspoon of salt
- ½ teaspoon of pumpkin pie spice

Preparation

1. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

- Can opener
- Measuring cups:
 - 1 cup, ½ cup
 - ½ tablespoon, ½ teaspoon, ⅛ teaspoon

Tips

Using whole milk greek yogurt makes a thicker more rich and wholesome smoothie than nonfat or reduced fat yogurt.

If making the smoothie to sip, using a frozen banana makes the smoothie more creamy and smooth.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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