

# Pumpkin Smoothie

Creamy pumpkin smoothie with banana, almond milk, and warm spices. Perfect healthy breakfast or snack. Ready in 5 minutes with simple ingredients.

5 min

PREP

5 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 banana
- 3 cup almond milk
- 1 tbsp maple syrup
- 1 tbsp peanut butter
- 1 cup pumpkin

## Instructions

- 1 Prepare the frozen banana**

Peel and slice 1 ripe banana into 1/2-inch rounds. Place slices on a parchment-lined baking sheet and freeze for at least 2 hours or until completely solid.
- 2 Blend the smoothie**

Add 1 cup almond milk to your blender first, followed by the frozen banana slices, 3/4 cup pumpkin puree, 1 tablespoon maple syrup, and 1 tablespoon peanut butter.
- 3 Blend on high speed for 60-90 seconds until completely smooth and creamy, stopping to scrape down the sides with a spatula if needed.**
- 4 Adjust consistency and serve**

If the smoothie is too thick, add additional almond milk 1 tablespoon at a time and blend briefly until you reach your desired consistency. Pour into a chilled glass and serve immediately.

## Tips

Freeze banana slices on a parchment-lined tray before storing in freezer bags to prevent clumping and ensure easy blending.

Use pure pumpkin puree, not pumpkin pie filling, to avoid added sugars and artificial flavors that can overpower the natural taste.

Add liquid ingredients first, then frozen fruits and puree to help your blender process everything smoothly without straining the motor.

Adjust sweetness gradually - start with less maple syrup and add more to taste, as the banana provides natural sweetness.

For extra nutrition, add a handful of spinach for a green smoothie variation - the pumpkin and banana will mask any vegetable taste.

Warm your spices like cinnamon and nutmeg in a dry pan for 30 seconds before adding to intensify their flavors.

If the smoothie is too thick, add liquid one tablespoon at a time until you reach desired consistency.

Make smoothie packs by pre-portioning all ingredients except liquid into freezer bags for quick weekday breakfasts.