

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	5	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Pumpkin Smoothie

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.