

Pumpkin Pie Smoothie



Directions

Yields: 2 large glasses

Instructions:

Ingredients:

2 cups almond milk
1/2 cup rolled oats
2 tablespoons chia seeds
1 cup canned pumpkin
1/2 tablespoon blackstrap molasses
1 organic banana
2 teaspoons cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
2 tablespoons pure maple syrup
1 whipped coconut milk

Steps:

In a medium-sized bowl whisk together the almond milk, rolled oats, and chia seeds. Place in freezer for 30 mins.

Add soaked oat mixture to blender along with the pumpkin, blackstrap molasses, pure maple syrup, frozen banana, and spices. Blend until smooth. Add about 1 cup of ice cubes and blend until ice cold.

Add Coconut Whipped Cream to top it off!