


Pumpkin Chai Smoothie

Prep Time 15 mins
Total Time 30 mins

Meal Type Breakfast, Snack, Side
Contributed By 

Source [Living Plate](#)

Servings 2



Ingredients

☐ lb, c ☐ g, ml

- 1/2 cup ice
- 1 banana, medium, *chopped*
- 1/2 cup pumpkin puree (serving size is considered low-FODMAP)
- 1 Tbs peanut butter (or other nut butter/alternative)
- 1 cup non-dairy milk
- 1 tsp maple syrup
- 1/4 cup water (plus more if needed)
- 3/4 tsp cinnamon
- 1/8 tsp cardamom
- 1/8 tsp allspice
- 1/2 tsp vanilla extract

Directions

Prep

1. Peel and prep banana.
2. Measure out ingredients.

Make

1. Place all ingredients into the blender. Blend on high until creamy and smooth. Add water as needed to achieve desired consistency.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

- Show all nutrients -

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