# Pumpkin Chai Smoothie

Prep Time 15 mins **Total Time** 30 mins

Meal Type Contributed By Breakfast.Snack.Side



Source Living Plate

Servings 2



## Ingredients



- 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
- 1tsp 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.

## **Nutrition Facts**

**Calories** 

156

per serving

Amount/serving	% Daily Value*
Total Fat 6.0g	9%
Saturated Fat 1.0g	5%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 128mg	5%

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6.0g	9%	Total Carbohydrates 25g	8%
Saturated Fat 1.0g	5%	Dietary Fiber 5g	18%
Trans Fat 0.0g		Total Sugars 13g	
Cholesterol 0mg	0%		
Sodium 128mg	5%	Protein 4g	
Vitamin D 1mcg 13% · Calciu	m 279mg 27% · Iron	2mg 8% · Potassium 503mg 10%	6

\* The percent Daily Value (DV) tells your how much a nutrient in a serving of food contributes to ta daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -

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