

HEALTHY EATING @ home

Recipe brought to you by Paolo Vaspolli, Executive Chef, Food Services

Pumpkin Smoothie



Ingredients

- ½ cup pumpkin
- ½ cup yogurt
- ¼ cup rolled oats
- Handful of frozen cranberries
- Drizzle of maple syrup
- Pie spice

Instructions

1. In a blender, combine pumpkin, yogurt, rolled oats and cranberries.
2. Blend until smooth.
3. Drizzle with maple syrup and top with pie spice (or just cinnamon, if preferred).

Note: If using canned pumpkin, leftovers can be frozen in an ice cube tray. When making smoothie, use frozen cubes of pumpkin so it will blend up cold and creamy.

Buon Appetito!!