



# Pumpkin Pie Shake

## Ingredients:

- 1/3 banana
- 1 cup Pumpkin puree, pure
- 4 teaspoon maple syrup
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon pumpkin pie spice
- 2 1/4 cup nonfat milk
- 1/2 cup of Greek vanilla yogurt
- 6 ice cubes
- 2 tablespoons fat-free whipped cream

## Instructions:

1. Combine all ingredients into a blender and blend until smooth; stir if necessary.
2. Pour into glass and top with fat-free whipped cream. Sprinkle with additional pumpkin pie spice if desired.

## Variations:

- Substitute nonfat milk for soy milk or almond milk
- Swap maple syrup for honey.
- For a richer shake add sugar free vanilla ice cream.

**Prep Time:** 5 minutes

**Cooking Time:** 5 minutes

## Equipment:

Blender  
Measuring cups and spoons

**Servings:** 3

**Serving Size:** 1 1/2 cup



<b>Nutrition Facts:</b>	00g	00g Saturated	00g	00g	00g
	Calorie Fat	Fat,	Carbohydrates,	Protein,	Fiber,
	s,				
	00g	00mg			
	Sugar,	Sodium.			

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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