

# Pumpkin Pie smoothie

## Ingredients:

- ½ cup canned pumpkin (unsweetened)
- ¾ cup unsweetened almond milk
- ¼ cup Greek yogurt
- ½ tsp pumpkin pie spice
- ½ tsp vanilla
- Sweeten with a couple drops of stevia or monk fruit
- ice cubes

## Process:

- Blend all ingredients together until smooth.

## Nutritional information per serving:

Carbohydrates: 18g

Protein: 10g

High in fiber and vitamin A



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