



SNACK
OR
BREAKFAST

PUMPKIN SPICE SMOOTHIE

INGREDIENTS

- 1 cup of pumpkin puree
- 1 frozen banana
- 1 Tbsp hemp seeds
- 1 Medjool date
- juice of 1/2 lime
- 1 tsp pumpkin spice mix or cinnamon
- plant based milk

PREPARATION

1. Prepare all the ingredients.
2. Put everything in a high speed blender and give it a good stir.
3. Enjoy! 🍁