

Breakfast Pumpkin Pie Smoothie

Yield: 2 min
Total Time: 7 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-and-oatmeal-recipe>

Ingredients:

- 1 cup milk
- 1 bananas medium
- 1 cup ice
- 3/4 cup pumpkin purée unsweetened
- 1/2 cup oatmeal instant
- 1/2 cup greek yogurt vanilla
- 3 tablespoons maple syrup
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1 pinch nutmeg

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 20 milligrams
4. Fat: 6 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. SaturatedFat: 3 grams
8. Sodium: 400 milligrams
9. Sugar: 39 grams

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