

Pumpkin Spice Latte Smoothie

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-brunch-recipe>

Ingredients:

- 4 ounces brewed espresso frozen in cubes
- 1/2 cup pumpkin puree
- 1/4 cup vanilla yogurt
- 3 tablespoons pure maple syrup to taste
- 1/2 inch fresh ginger piece of, peeled
- 1/8 teaspoon ground cinnamon plus extra for garnish
- 1/2 cup milk
- 2 teaspoons toasted pumpkin seeds for garnish, optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 220 milligrams
9. Sugar: 25 grams

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