



PUMPKIN CHEESECAKE SMOOTHIE



INGREDIENTS

1 cup	Pureed Pumpkin
1 cup	Low-fat Vanilla Yogurt
1 cup	Low-fat Milk
1 tsp	Cinnamon
1/4 tsp	Vanilla Extract
2 tsp	Sugar
Pinch	Nutmeg

DIRECTIONS

1. Combine all ingredients except nutmeg in a blender or food processor.
2. Blend until smooth.
3. Pour smoothie into two glasses and garnish with a sprinkle of nutmeg.
4. Enjoy!

SUPPLIES & EQUIPMENT

- Can opener
- Measuring cups and spoons
- Blender ~or~ food processor
- 2 Glasses for serving

*Recipe found at eatright.org