

# Pumpkin Pie Smoothie

## Ingredients:

- 1/2 cup pumpkin\* (canned or fresh)
- 1/2 frozen banana\*
- 3/4 cup milk\* (or milk substitute)
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon pumpkin pie spice
- Pinch of ground ginger

## Preparation:

1. Put all ingredients in the blender and blend until smooth.

*\*Ingredient is WIC (Women, Infants, and Children) Nutrition program approved.*



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