

PUMPKIN PIE SMOOTHIE



Food Fact:-

Smoothies are a quick simple way to get the benefits of eating fruit; vitamins, minerals and fibre.

Also can provide calcium and energy.

Preparation time 5 mins

Cooking time 0 mins

Serves 3

**REAL FOOD
WORKS**

PUMPKIN PIE SMOOTHIE

Ingredients

1. Place all the ingredients in a large jug or plastic container.
2. Using a hand blender puree the mixture until a smooth consistency is achieved.
3. Pour and enjoy.

250ml Fruit juice (apple, orange, grape)

250ml Low fat Soya Milk or Semi Skimmed milk

¼ cup cooked pumpkin, cold

¼ cup cooked eating apple, cold

Pinch of mixed spice

(alternatively you could use two tbsp of our pumpkin spread)

Optional:

30ml (2 tbsp) Low fat yoghurt

