

Spiced Pumpkin Cider Smoothie

1/2 cup milk (*I used coconut but soy, hemp, rice or your favorite alternative will work*)
1/2 cup apple cider
1 cup 100% pumpkin puree (*not pumpkin pie mix*)
1 teaspoon pumpkin pie spice
1/4 teaspoon ginger
1/4 teaspoon vanilla
1/2 frozen banana
4 or 5 ice cubes
1 tablespoon maple syrup or brown sugar (more or less to your liking)

Place all the ingredients in the blender and blend away until everything is smooth and creamy.
Serve immediately. Enjoy.
Makes one large single serving.

You might try adding a teaspoon of flax meal and a tablespoon of protein powder.