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# Pumpkin Gingerbread Smoothie \*

This Pumpkin Gingerbread Smoothie is a delicious and nutritious drink that combines the flavors of pumpkin and gingerbread. It is a perfect fall treat that can be enjoyed for breakfast or as a snack. The smoothie is made with pumpkin puree, almond milk, banana, gingerbread spices, and a touch of honey. It is creamy, smooth, and packed with warm and cozy flavors.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: N/A Total Time: 10 mins

Recipe Yield: 500 grams Number of Servings: 2

Serving Size: 250 g

### **Ingredients**

200 g	Pumpkin Puree
400 ml	almond milk
100 g	Banana
2 tsp	gingerbread spices

2 tsp

honey

### **Directions**

#### Step 1

Blender

In a blender, combine the pumpkin puree, almond milk, banana, gingerbread spices, and honey.

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

### Step 3

Pour into glasses and serve chilled.

Prep Time: 3 mins

Cook Time: 0 mins

### **Nutrition Facts**

Calories: 150 kcal

**Fat:** 2 g

Protein: 3 g

Carbohydrates: 30 g

### **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### **Carbohydrates**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

#### **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## **Recipe Attributes**

Seasonality

Fall

**Kitchen Tools** 

Slow Cooker Blender

**Nutritional Content** 

Low Calorie

Cuisines

Italian

Diet

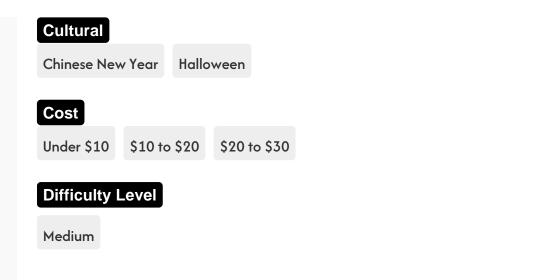
Anti-Inflammatory Diet

Meal Type

Breakfast Brunch Lunch Snack Supper

Course

Drinks Salads Snacks Sauces & Dressings



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