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## Pumpkin Spice Smoothie ♦♦

A delicious and creamy smoothie made with pumpkin puree and warm spices like cinnamon, nutmeg, and ginger. Perfect for fall!

**Recipe Type:** Vegetarian

**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

<b>200 g</b>	Pumpkin Puree
<b>100 g</b>	Banana
<b>250 ml</b>	almond milk
<b>2 tbsp</b>	maple syrup
<b>1 tsp</b>	Cinnamon
<b>0.5 tsp</b>	Nutmeg

<b>0.5 tsp</b>	Ginger
<b>1 c</b>	Ice

## Directions

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### Step 1

Blender

In a blender, combine the pumpkin puree, banana, almond milk, maple syrup, cinnamon, nutmeg, and ginger.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Blender

Add ice and blend again until well combined.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Step 4

Pour into glasses and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 4 g

**Protein:** 2 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

## 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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Fall Winter Spring

### Kitchen Tools

Slow Cooker Blender Oven

### Nutritional Content

Low Calorie

### Cuisines

Italian

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Snack

Supper

Brunch

Dinner

### Course

Sauces & Dressings

Drinks

### Cultural

Chinese New Year

### Events

Halloween

Christmas

### Difficulty Level

Medium

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