



## Pumpkin Smoothie

Makes 2 servings | Serving size: 1 cup

Ingredients Needed:

- ½ cup canned pumpkin
- ¾ cup skim milk or low-fat vanilla yogurt (you can use both ingredients)
- ¼ teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 teaspoon brown sugar (optional)
- 4 ice cubes
- ½ cup crushed graham crackers

Directions:

1. Combine ingredients in blender and puree until smooth.
2. Pour into glasses and serve.