

How to Make: Pumpkin Pie Smoothie

With Cynthia from Down to Earth

[Music Playing]

Cynthia: Welcome to our Down to Earth kitchen!

My name is Cynthia...

And today, I'm going to be showing you how to make a...

Pumpkin pie-spiced smoothie.

I love eating pumpkin pie...

I probably could eat it every day...

Which is probably not the healthiest thing for you.

So this is my healthy substitution...

So I can enjoy the flavor all season long.

Alright, so let's get started...

First thing you want is a cup of pureed pumpkin.

You can buy these in these really great cans that we have...

On sale all the time during the season.

So we're going to put our organic pumpkin puree straight into our blender.

So you need about a cup...

So you'll have more than enough in one can.

You can always just refrigerate the rest...

And use it for the next time you make this smoothie.

Put a cup of that in there...

We have some banana that we've chopped up.

You can use it fresh or frozen...

Either one is fine.

You have a ton of different holiday spices...

So we have ginger, cinnamon, nutmeg and cloves.

Those are all kind of classic pumpkin pie spices.

We also have some ice...

Make sure it's nice and cold and smooth.

And we're going to add about a couple tablespoons of maple syrup.

You can also use Agave or Stevia or honey.

But maple syrup sounds really good...

Because it's the holidays.

And then we're going to top it off with a cup of non-dairy milk.

I'm going to use almond milk, here...

You can use whatever you like.

Put that straight into the blender...

I forgot one more thing...

Forgot my vanilla extract...

So just a half a teaspoon of that in there...

I'm going to put the cover on, and...

We're going to blend until its really smooth and creamy.

[Blending Sound]

Once your smoothie is super smooth and creamy...

You are ready to serve it.

Hope you enjoyed today's smoothie recipes...

To find more smoothie recipes...

You can visit our website at DowntoEarth.org ...

We hope you have a really happy, healthy holiday season!

Cheers!

[Music Playing]