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Pumpkin Pie Smoothie

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Traditional indulgences of the season truly add to autumn's ambience. Spicy scents and flavors, cravings for comfort in fall foods and warm, cozy recipes to savor. I adore all of it, especially with my favorite wrap around my shoulders while I'm cuddled on the couch.

While I love all the indulgences of fall, the shorter days and my less active ways open the door to eating for all the wrong reasons.

Yep...this season certainly carries with it potential for me to start reaching out for more when it comes to old habits of comfort eating. You know how it is, right? *When the environment or emotions are ripe for consuming for comfort, it's easy to fall into over-indulgence.*

We find ourselves satisfying mind cravings with cookies and creating soul-nourishment from foods unable to fill our real needs. ***Our stomachs stuffed full but hearts still empty, it's entirely too simple to spiral into unhealthy habits.***

That's why it's so important to me to discover real nourishing ways to enjoy the flavors of fall without falling into a wellness abyss. It's become a passion of mine to make foods feel like indulgences without the sense of guilt that follows some of the traditional ways treats are made.

My house still smells wonderful from pumpkin muffins [1], warm soup [2] still comforts us on a cool evening and healthy yet hearty dinners [3] adorn our plates. So, no, we're not missing out!

The ingredients I use are **real** and ready to fill your body with nutrients, your minds with satisfaction and your souls with a sense of peace. I believe it's possible to indulge WELL, without compromising physical or emotional health. (read here about my take on REAL food nutrition. [4])

One way I've recently been enjoying the spices of the season is in this smoothie. While everyone's talking about pumpkin spice lattes, I decided to take a cool spin on things.

I love a latte, don't get me wrong. But, when we need something a little more filling and a lot more nutrient dense, a smoothie simply satisfies. Give this one a whirl when you wake up or for a

midafternoon fill-up. I hope you enjoy it!

Recipe category

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Ingredients

- 1 cup milk (I enjoy unsweetened almond or coconut milk with this smoothie)
- ½ cup pumpkin puree (canned or fresh) *SEE NOTE
- ½ ripe banana
- 1 to 2 teaspoons pure maple syrup (depending on how sweet you like it)
- ½ teaspoon pure vanilla extract
- 1 teaspoon cinnamon (plus more for garnish if desired)
- ½ teaspoon nutmeg
- ¼ teaspoon each ginger and cloves
- 2 teaspoons milled flax or chia seeds

Recipe Instructions

Put all the ingredients in a blender and give them a whirl until smooth! Pour in your favorite glass, add a couple shakes of cinnamon on top and enjoy immediately!

Featured Image



Recipe Description

This is the perfect fall smoothie! Too much pie can drag you down or go to your hips but you don’t need to deny yourself the pie flavor with this scrumptious treat. It’s creamy, light and nourishing with tons of potassium, vitamin A, good fats and fantastic flavor!

Recipe Notes

*Two things about pumpkin puree: If you use canned, please buy cans FREE of BPA. And, I like to freeze pumpkin puree in ice cube trays for this recipe. It acts as 'pumpkin ice' when you blend to create a thicker, colder smoothie.

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Links
[1] https://www.livinghappilywhole.com/content/pumpkin-spice-muffins-simple-healthy-gluten-free
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