

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Pumpkin Spice Smoothie



1/2 cup pumpkin puree

1/2 very ripe medium-sized
banana

3/4 cup vanilla flavored coconut
milk

1 tbsp honey

1/2-3/4 tsp pumpkin pie spice

1/4 tsp vanilla extract

1 cup crushed ice

Place all ingredients in a blender and blend until desired consistency is reached. Pour into individual glasses and enjoy.