



Ashley's Meal Prep Monday!



Pumpkin Spice Smoothie

INGREDIENTS

1 medium frozen banana
1/3 cup pumpkin puree
1/4 TSP cinnamon
1/8 TSP ginger
1 TBSP nut butter
3/4 cup macadamia milk
(or milk of choice)
1/2 TSP vanilla
Sprinkle of pumpkin pie
spice

Normally, I'm not one to speed up the holiday food and drinks when it's still really warm outside. BUT, I love Fall and I can't seem to contain myself anymore. I give in. Give me all of the pumpkin, please and thank you!

Place all ingredients in a blender and blend until smooth. Feel free to add more milk if it's too thick or even some ice cubes if you want a frothier texture. You can also use different add-ins to up the game and flavor a bit! Chia seeds, whip cream on top, drizzle of peanut butter, etc.



CARTWRIGHT'S
MARKET