

Pumpkin Pie Smoothie

Blend all ingredients until smooth and creamy- Enjoy!!!!

Once the Holidays pass, we tend to forget about pumpkin, but this superfood deserves a place in our regular repertoire. Pumpkin is high in fiber and beneficial vitamins and minerals (the 1/2 cup below boasts only 50 calories with 3 grams of fiber), but even more importantly, pumpkin is loaded with a type of antioxidant called carotenoids. These powerful micro-nutrients fight inflammation and protect our skin from sun damage.

Tip: Cooked canned pumpkin is easily accessible year-round. Find it in the baking isle of your local market. Check the ingredient label to confirm that “pumpkin” is the one and only ingredient.