

Thirsty Thursday

Add all ingredients to an electric blender. Process until smooth and creamy. Serve in a tall glass and enjoy!

Top with a dollop of whipped cream and a sprinkle of cinnamon for a special treat:)

Thank you, April



Fall is in the air and pumpkin spice flavored foods are everywhere . Don't get lured into high calorie coffeehouse drinks. This figure-friendly version of the seasonal favorite Pumpkin Spice Frappachino is packed full of real "superfood" pumpkin, and at only 46 calories, it is a truly harmless splurge.