

## Pumpkin Pie Smoothie

1 can (15 oz) canned pumpkin	¼ cup brown sugar
1 cup skim milk	¼ tsp cinnamon
1 cup (8 oz) lowfat vanilla yogurt	¼ tsp nutmeg, optional
	1 tsp vanilla extract

1. Chill canned pumpkin and evaporated milk in refrigerator for 1 – 2 hours before making smoothies.
  2. Pour pumpkin puree, milk, spices and vanilla extract into a blender container and blend until smooth.
  3. Pour into glasses and enjoy. Top with 2 tablespoons whipped topping, if desired. Makes 4 servings. Refrigerate any leftovers.
- \*Best served cold or with crushed ice.

<b>Nutrition Facts per serving</b>	<b>Serving size: ¼ recipe (about 1 ½ cups)</b>
Total calories	98
Total fat	1 g
Total carbohydrate	16 g

Adapted from VeryBestBaking.com at [www.verybestbaking.com/recipe\\_template](http://www.verybestbaking.com/recipe_template).

