

# Spiced Pumpkin Smoothie Recipe



By Grace Mora (in <http://www.hungryforchange.tv/article/halloween-special-spiced-pumpkin-smoothie-recipe>)

With Autumn officially here, it means it's time to celebrate all things pumpkin! YAY! And for good reason! This popular fall vegetable is one of my favorites. It'll have your body giving you internal hugs with all it's amazing health benefits. Not only are pumpkins full of fiber which will make you feel full for longer, but they are also low in calories and packed with nutrients, in particular Vitamin A and C.

I love experimenting in the kitchen with new and nutritious recipes. So it got me thinking, what is something healthy and different I could make with this big lovable vegetable? I reminisced of all the home-cooked pumpkin dishes that my mom used to make in fall, and then it hit me! Why not make a healthy smoothie that would make me feel like I was having a family-favorite dessert!

This is one healthy treat that your whole family will love. It's perfect for a cool day curled up on the sofa, reading your favorite book.

### **Ingredients:**

- 1/2 cup almond or coconut milk
- 1/2 frozen banana
- 1/2 cup grated pumpkin
- 1 tsp cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp or less of ground nutmeg
- 1 tsp raw honey or a few dates to sweeten
- Ice

Pop all the ingredients into your blender, blend and enjoy!! I hope this recipe makes you feel warm and fuzzy and who knows, all that added Vitamin A, might give you X-ray vision (not guaranteed). ;-)

If you love my recipe and would like to see some of my other healthy and nutritious experimentation in the kitchen, follow the [Food Matters Instagram](#) account. (#Foodmatters)

Yours In Wellness,

Grace xx