

Pumpkin Spice Latte Smoothie

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1 cup cold brew coffee
1/2 cup regular ice
3/4 cup canned pumpkin puree'
1 small frozen sliced banana
2/3 cup milk
2 tablespoons packed light brown sugar
1/4 teaspoon pumpkin pie spice
2 tablespoons vanilla yogurt

Freeze one cup of cold brew coffee in an ice cube tray.

In a blender, combine the cold brew ice cubes and regular ice with the pumpkin puree', banana, milk, brown sugar and pumpkin pie spice. Blend until smooth.

Pour into a glass.

Swirl in the vanilla yogurt with a spoon.

Per Serving (excluding unknown items): 223 Calories; 6g Fat (25.4% calories from fat); 6g Protein; 36g Carbohydrate; trace Dietary Fiber; 26mg Cholesterol; 104mg Sodium. Exchanges: 0 Grain(Starch); 1 Non-Fat Milk; 1 Fat; 2 Other Carbohydrates.