

BLENDER REQUIRED

Almond Pumpkin Smoothie

With Ginger and Vanilla



It's pumpkin spice season y'all! If you're down with getting your autumnal flavor on—you'll love this smoothie. Aromatic ginger, smooth vanilla, and sweet honey give you all the satisfaction of a pumpkin pie, without the guilt.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

DIETARY



DAIRY-FREE



GLUTEN-FREE

NUTRITION

Calories: 184
Carbohydrates: 48g
Fat: 1g
Protein: 3g
Sodium: 14mg
per serving

DRINK PAIRING

Two words: whiskey shots.

INGREDIENTS

3 Tbsp. Honey
1 ½ tsp. Pumpkin Pie Spice
8 oz. Almond Milk, Plain,
Unsweetened
1 Cup Canned Pumpkin
¼ tsp. Ginger, Chopped
½ tsp. Vanilla Extract

WHAT YOU NEED

Ice

EQUIPMENT

Blender/Food Processor/
Immersion Blender

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Prepare the Ingredients

Place two tall glasses in the freezer to chill. Add **all ingredients** to the canister of a blender, but save a drizzle of **honey** and a pinch of the **pumpkin spice** for garnish.



Blend Ingredients

Add 2 cups of **ice** and blend on high for 2 minutes, or until smooth.



Drink and Enjoy!

Divide smoothie between chilled glasses. Sprinkle with reserved **pumpkin spice**, drizzle with **honey**, and enjoy!