



HOME CHEF

BLENDER REQUIRED

Pumpkin Pie Smoothie

With Honey and Vanilla



We couldn't help but jump on the bandwagon—'tis the season for all pumpkin everything! This awesome smoothie uses real pumpkin puree (no fake stuff here!), an apple, a touch of honey, and the spices used in pumpkin pie to make a really decadent drink you'll want again and again.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 322
Carbohydrates: 64g
Fat: 5g
Protein: 6g
Sodium: 625mg
per serving

DIETARY



GLUTEN-FREE



NUT-FREE



SOY-FREE

INGREDIENTS

1 Apple
1 Cup Canned Pumpkin
8 oz. Whole Milk
2 oz. Honey
1 tsp. Vanilla Extract
1 ½ tsp. Pumpkin Pie Spice



Prepare the Ingredients

Rinse, core, and cut **apple** into 1" pieces.



Blend the Smoothie

Place **all ingredients** and 2 cups of **ice** in a blender. Blend for 1-2 minutes or until smooth.

WHAT YOU NEED

Ice



Drink Up!

Pour into two tall glasses and enjoy!

EQUIPMENT

Blender/Food Processor/
Immersion Blender

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