

Pumpkin Chai Smoothie

Swick

Serves 1 | Active Time: 15 minutes | Total Time:

Chef's Notes

RECIPE TIPS

Frozen Bananas: Line a baking sheet with parchment paper. Freeze bananas on prepared baking sheet for at least 2 hours.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Step 1: MAKE SMOOTHIE

- 3 bananas sliced & frozen
 - 9 fl oz unflavored plant milk ($\approx 1 \frac{1}{4}$ cups)
 - 1/3 (15-oz) can pure pumpkin purée ($\approx 3/4$ cup)
 - 1/3 cup quick-cooking oats
 - 3 tablespoons dried cranberries
 - 3/4 teaspoon ground cinnamon
 - 3/4 teaspoon orange zest
 - 2 dashes ground nutmeg
 - 1 dash ground cloves
 - 1 1/2 tablespoons dried cranberries (optional)
- In a high-powered blender (or food processor), combine frozen bananas, plant milk, pumpkin purée, quick-cooking oats, 3 tablespoons dried cranberries, cinnamon, orange zest, nutmeg, and cloves. Purée until smooth.
- Pour into glasses and serve. Sprinkle each serving with dried cranberries, if desired.