

Golden Pumpkin Spice Smoothie

PREP TIME 40 OR 5 mins	COOK TIME 0 mins	TOTAL TIME 45 OR 5 mins	SERVES 2
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INGREDIENTS & EQUIPMENT

- 1 frozen banana
- 1 cup hemp 'milk' or ½ cup coconut milk
- 1 cup pumpkin/winter squash puree (canned or fresh)
- 1 Tbsp fresh ginger
- 1-2 tsp pumpkin pie spice (OR 1/2 tsp ground cinnamon, ¼ tsp ground nutmeg, ¼ tsp ground clove, ¼ tsp ground cardamom)
- 2 tsp ground turmeric
- 2 Tablespoons raw honey (optional)
- 1 tsp of pure vanilla extract
- Dash black pepper
- 1 small handful of ice

Make it a bowl (toppings)

- 1 tsp each desiccated coconut flakes
- 1 Tbsp each walnut/pecan pieces
- 1 Tbsp each hemp seeds

PREPARATION

1. Slice or chop and freeze the bananas for at least 2 hours for a creamy smoothie texture.
2. Roast the squash or pumpkin pieces for 40 minutes at 400F until soft. Store extras in the fridge for later use. *Alternatively, use premade puree.*
3. Add all of the ingredients to the blender in the order listed. Blend on high for at least 2 minutes or until creamy and smooth. This may take longer if your blender isn't very strong. Scrape down the sides of the blender as needed.
4. Add more milk to thin out if it is too thick. Add a couple more ice cubes for a thicker texture, if desired.
5. Add more spices to taste, if desired.
6. To make it a smoothie bowl, pour into 2 small bowls and decorate as you wish. Otherwise, pour into glasses and enjoy. The recipe stores well in the fridge for up to 2 days.