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Activities at Home

Pumpkin Spice Smoothie

Here's what you'll need:

- 1 cup of frozen pineapple chunks
- 1 small carrot, peeled and chopped
- 1 T. sweetener
- 1 t Pumpkin Pie Spice
- 1 cup of milk (dairy, oat, soy, etc.)



Here's what you do:

Use a blender and put in all your ingredients in the order you see above. Hit the blend button and blend until smooth. You may need to stop and scrape down the sides a few times to get it all well-mixed. Pour into a glass and enjoy!

Variations:

Don't have pumpkin pie spice? You can use a blend of $\frac{1}{2}$ cinnamon, $\frac{1}{4}$ cloves, and $\frac{1}{4}$ nutmeg. Adjust the spice to your taste adding depending on how you like it!

Want to make it healthier? You can leave out the sweetener altogether or use something natural like honey or maple syrup.

Experiment with the frozen fruit! You could freeze ripe bananas to try or check the freezer section at the grocery store for other options besides pineapple.

For an extra kick, add a tablespoon of freeze-dried coffee or espresso powder.