

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

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| <ul style="list-style-type: none">• 3 bananas sliced & frozen• 9 fl oz unflavored plant milk ($\approx 1 \frac{1}{4}$ cups)• $\frac{1}{3}$ (15-oz) can pure pumpkin purée ($\approx \frac{3}{4}$ cup)• $\frac{1}{3}$ cup quick-cooking oats• 3 tablespoons dried cranberries• $\frac{3}{4}$ teaspoon ground cinnamon• $\frac{3}{4}$ teaspoon orange zest• 2 dashes ground nutmeg• 1 dash ground cloves• $1 \frac{1}{2}$ tablespoons dried cranberries (optional) | <p>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.</p> <p>Pour into glasses and serve. Sprinkle each serving with dried cranberries, if desired.</p> |
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