



Pear & Pumpkin Cinnamon Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Soy Milk
- 1 Pear (cored and chopped)
- 1/3 cup Pureed Pumpkin
- 1 cup Frozen Cauliflower
- 1/4 cup Oats (rolled)
- 1/4 tsp Cinnamon

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 347 |
| Carbs | 67g |
| Fiber | 16g |
| Sugar | 31g |
| Protein | 13g |
| Cholesterol | 0mg |
| Sodium | 154mg |
| Vitamin A | 12774IU |
| Vitamin C | 67mg |
| Calcium | 385mg |
| Iron | 4mg |
| Vitamin D | 0IU |

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is about 1 3/4 cups.

More Flavor: Add vanilla extract.

More Protein: Add collagen and/or vanilla protein powder.

Soy-Free: Use any other type of milk.