



## 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.