

Pumpkin Blueberry Smoothie

Amy Symington

Preparation Time: 5 minutes

- Equipment: Blender

Ingredients

6 servings

2 cups pumpkin puree
2 cups (255 g) frozen blueberries
1 (211 g) medium banana
3 cups (750 mL) unsweetened almond or soy milk
2 tbsp (30 mL) pumpkin seed butter
1 tsp (5 mL) vanilla extract
¼ cup (36 g) hemp seeds

Directions

1. Place all ingredients into a blender and blend until smooth, about 5 minutes.

Tips:

- 1) Any nut or seed butter could be substituted here to give the smoothie a different taste profile.

Nutritional Information

| Nutrition Facts | |
|---|------------------------------|
| Valeur nutritive | |
| Per 1 cup (250 mL) | |
| par 1 tasse (250 mL) | |
| Calories 150 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 8 g | 11 % |
| Saturated / saturés 0.5 g | 3 % |
| + Trans / trans 0 g | |
| Omega-3 / oméga-3 0 g | |
| Carbohydrate / Glucides 15 g | |
| Fibre / Fibres 4 g | 14 % |
| Sugars / Sucres 9 g | 9 % |
| Protein / Protéines 4 g | |
| Cholesterol / Cholestérol 0 mg | |
| Sodium 90 mg | 4 % |
| Potassium 200 mg | 4 % |
| Calcium 125 mg | 10 % |
| Iron / Fer 1.25 mg | 7 % |
| Vitamin A / Vitamine A 20 mcg | 2 % |
| Vitamin C / Vitamine C 5 mg | 6 % |
| Vitamin E / Vitamine E 5 mg | 33 % |
| *5% or less is a little , 15% or more is a lot | |
| *5% ou moins c'est peu , 15% ou plus c'est beaucoup | |