



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
Fat	6g
Carbs	67g
Fiber	16g
Sugar	31g
Protein	13g
Cholesterol	0mg
Sodium	154mg
Vitamin A	12774IU
Vitamin C	67mg
Calcium	385mg
Iron	4mg
Selenium	13µg

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.