

Kids in the Kitchen



PUMPKIN SMOOTHIE

from Stacey Fogarty-Brown MA, RD, CSP

INGREDIENTS

- ½ cup canned pumpkin puree (not pumpkin pie filling)
- ½ cup whole milk
- ½ cup vanilla whole-fat Greek yogurt (or full-fat regular yogurt)
- 1 medium frozen banana
- 2 Tbsp peanut butter (or any nut butter of choice)
- 2 Tbsp maple syrup or honey (optional, for sweetness)
- 1 Tbsp ground flaxseed or chia seeds (optional, for added fiber & heart-healthy fats)
- ½ tsp pumpkin pie spice (or a mix of cinnamon, nutmeg, ginger)
- ½ cup ice cubes (optional, for thickness)
- A sprinkle of salt to balance flavors and support electrolyte needs

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth and creamy.
2. Taste and adjust sweetness or spice as needed.
3. Pour into a glass and top with a little whipped cream or cinnamon for extra flair.

NUTRITION FACTS

Servings: 1

Calories: 680

Protein: 25 grams

Fat: 28 grams

CF NUTRITION BOOSTING TIPS

ADD MORE CALORIES

- 1 scoop protein powder (vanilla works well, each scoop is ~ 25-30 grams of protein)
- 1-2 Tbsp heavy whipping cream (each Tbsp = ~ 50 calories)

REDUCE CALORIES

- Use low-fat dairy (skim milk, low-fat yogurt) OR non-dairy alternatives instead of whole-fat dairy or heavy cream
- Reduce portions of high calorie ingredients (ex: use 1 Tbsp nut butter)
- Use low/no-sugar sweeteners instead of syrup or honey

