

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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Pumpkin Spice Smoothie

Serves 2 to 3

Ingredients:

1 cup coconut beverage
1/2 banana
1/2 tbsp pumpkin puree
1/4 tsp pumpkin spice
1/2 tbsp cocoa powder
1/2 tbsp maple syrup

Directions:

1. Place all ingredients in blender and blend until smooth

Can be enjoyed cold or warm

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