

# Apple Pumpkin Breakfast Smoothie



Pumpkin and apple are the perfect pairing in this breakfast smoothie. This healthy Apple Pumpkin Breakfast Smoothie is made with a pinch of pumpkin pie spice and will keep you full for hours!

Plus Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing cancer, hypertension, diabetes, and heart disease.

Pumpkin is an often-overlooked source of fiber, but with three grams per one-cup serving and only 49 calories, it can keep you feeling full for longer on fewer calories.

A fiber-rich diet seems to help people eat less, and thereby shed pounds. A 2009 study found that people who ate a whole apple before lunch (the fiber is in the skin) consumed fewer calories throughout the meal than people who ate applesauce or drank apple juice, WebMD reported.

## Ingredients

- 1 Tbls Coconut Oil*
- ¼ cup plus 2 tbsp. old-fashioned oats*
- ¼ cup canned pumpkin*
- ¾ cup Greek yogurt*
- 1 medium apple, cut into pieces (Leave the skin on)*
- ½ banana, sliced and frozen*
- ½ cup milk (we recommend almond milk )*
- ? tsp. pumpkin pie spice*
- 6 ice cubes*

## Directions

Place oats in blender and blend for about 30 seconds until finely chopped. Add remaining

ingredients and blend until smooth. Serve immediately.

Enjoy!