

# Powerful Pumpkin Pie Smoothie

SERVES 1-2

Enjoy one of my favorite holiday treats! This high-fiber energizing smoothie is an excellent way to help curb those sugar cravings.

## Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup 100% Pure Pumpkin
- 1 small frozen ripe banana, cut into chunks before freezing
- 3 Medjool dates, pitted
- 1/4 teaspoon ground turmeric or 1 1/4-inch piece fresh turmeric, grated
- 1 tablespoon raw almond butter
- 1 teaspoon pumpkin pie spice
- 2-3 tablespoons Hemp Seeds for additional protein (optional)

## Directions

Combine all the ingredients in a high-speed blender and blend until smooth. Serve and enjoy!

*My name is Michelle Joy Kramer, and I am a board-certified Holistic Health Practitioner and Integrative Nutrition Health Coach. I assist individuals and corporate teams in achieving their optimal health through healthy lifestyle choices regarding nutrition, exercise, spirituality, relationships, and careers. Learn more about my programs and how we can work together by contacting me at [michelle@michellejoykramer.com](mailto:michelle@michellejoykramer.com) or by visiting [michellejoykramer.com](http://michellejoykramer.com)*

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