

## Pumpkin Smoothies

### Ingredients:

2 Bananas, peeled and frozen

1 Apple, cored and sliced

1 cup Pumpkin Puree (chilled)

1 cup Vanilla Greek Yogurt

½ cup ice

1 tsp Cinnamon

¼ tsp ground Cloves

1 tsp Nutmeg

Crushed Graham Crackers (optional)

Add ingredients to a blender, except graham crackers. Whizz until frothy! Top with crushed graham crackers. Makes about 10 small smoothies. Enjoy!!

