



Pumpkin and Apple Breakfast Smoothie

Fall is finally here! This month's smoothie is inspired by the warm and cozy season of fall. Pumpkin in a smoothie? Yes! Pumpkins are rich in vitamins and minerals yet low in calories. The potassium in pumpkins can have a positive impact on blood pressure. The antioxidants in pumpkins can help prevent degenerative damage to your eyes. This beta-carotene antioxidant can also help lower your risk for cancer, protect against heart disease, and slows aging of the body. It is also a great source of fiber!

Adding apple to this smoothie brings in a sweet, crisp taste. Along with the fruity flavor, apples supply vitamin C which is a powerful antioxidant that can boost your immune system and slow the ageing process. The B-complex vitamins in apples maintain healthy red blood cells and the nervous system. They are a great source of fiber which can help lower your cholesterol. Apples are also a source of minerals such as calcium, potassium, and phosphorus that are often lacking in the average American's diet.



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| <p>Pumpkin Benefits</p> <ul style="list-style-type: none">  Loaded with potassium for a positive impact on blood pressure  Contains a beta-carotene antioxidant to help lower risk of cancer, prevent heart disease, and slow aging of the body  Great source of fiber to maintain bowel health, lower cholesterol, and control blood glucose levels | <p>Pumpkin Tips:</p> <ul style="list-style-type: none"> • Preparing fresh pumpkin at home gives the most health benefits, but canned pumpkin is also a great option. • Pumpkins maintain the majority of these health benefits when they are canned. • AVOID canned pumpkin pie mix. This is often filled with added sugars and syrups. • Look at the ingredient label on the can. The only ingredient should be pumpkin. |
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Ingredients

- ¼ cup old fashioned oats
- ¼ cup pumpkin puree
- ½ cup vanilla nonfat yogurt
- ¾ cup frozen diced apple
- ½ cup soy milk
- 1 tsp pumpkin pie spice
- 1 cup ice

Directions

1. Add all ingredients into blender, cover and puree until smooth.
2. Enjoy!

Yields

Calories: 302
Fat: 4 g

Protein: 11 g
Sodium: 107 mg

Carb: 60 g
Fiber: 6 g