

Vegan Pumpkin Spice Smoothie

Makes about 3 cups

Ingredients

- 1 cup vanilla soymilk
- ½ cup canned pumpkin
- ½ cup vanilla coconut or soy yogurt
- ¼ tsp. pumpkin pie spice
- 1/3 cup dates
- 1 tbsp. pure maple syrup or agave
- 1-2 cups ice

Directions

- 1) Blend all ingredients until smooth.

