

# Pumpkin Spice Smoothie

**Source:** Leanne Vogel

**Servings:** 1

**Ingredients:**

- 1 cup non-dairy milk (i.e. unsweetened almond milk, coconut milk)
- ½ cup canned pumpkin (or steamed, roasted pumpkin or winter squash)
- ½ banana
- 1 tbsp raisins or ½ tsp maple syrup
- ½ tsp gluten-free, alcohol-free pure vanilla extract
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger
- pinch ground nutmeg
- pinch ground cloves
- pinch all spice
- ice
- whipped topping ( optional - see Leanne's recipe for coconut whipped topping, rice whip or mimic creme)

**Directions:**

1. Place everything but whipped topping in the blender.
2. Blend until smooth.
3. Pour into your favorite glass and place a couple tablespoons of non-dairy whipped cream on top.
4. Sprinkle with cinnamon if you'd like!