**BANANA PUMPKIN SMOOTHIE**

5 minutes
2 servings

**Ingredients:**
- 1 c. vanilla yogurt
- ¾ c. canned pumpkin, chilled
- ½ c. ice cubes
- 1/3 c. orange juice
- 1 Tbsp. brown sugar
- ½ tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- Dash of ground cloves
- 1 ripe banana, sliced and frozen

**Directions:**
- Place all ingredients in blender and process until smooth.

**Did you know?** Pumpkin is actually a vegetable, and some varieties may be green, red, or gray.

**Benefits:** Pumpkin is rich in antioxidants, including vitamins A, C, and E.

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