

# Pumpkin Chai Smoothie



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## Ingredients

- 1 cup milk of choice
- 1/2 banana (frozen preferred)
- 1/2 cup pumpkin purée
- 1 tsp chai spice mix
- 1 Tbsp maple syrup
- 1 tsp vanilla extract

## Directions

- Combine ingredients and mix in blender
- Add additional milk if needed for a thinner smoothie

## Tips

To make your own chai spice mix combine:

- 4 tsp ground cinnamon
- 3 tsp ground ginger
- 2 tsp ground nutmeg
- 2 tsp ground cardamom
- 1 tsp ground allspice
- 1 tsp ground cloves

## Notes