

Pumpkin Pie Smoothie Bowl

Ingredients

1 ½ sliced	frozen banana
½ cup	canned pumpkin
¾ cup	coconut milk
1 tablespoon	almond butter or cashew butter
1 tablespoon	pure maple syrup
2	medjool dates, pitted
2 teaspoons	cinnamon
1 teaspoon	pumpkin pie spice
	handful of ice cubes
2 scoops	collagen powder (<i>optional</i>)

Recipe by Mariah Fredritz, CHES, ACE

Directions

1. Add all ingredients to your blender and blend until smooth.
2. Pour into bowl and add your favorite toppings, like granola, chia seeds or unsweetened coconut flakes. Make it more of a dessert with a dollop of coconut whipped topping!

