

Pumpkin Orange Smoothie

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Ingredients for Pumpkin Orange Smoothie

1 c greek yogurt

3/4 c canned pumpkin puree chilled

1/2 ice

1/3 c orange juice

drop of honey

1/2 tsp cinnamon

1/8 tsp nutmeg

dash of ground cloves

1 banana frozen

Instructions for Pumpkin Orange Smoothie:

Mix all ingredients until smooth and garnish with cinnamon