

NYBG

HONEY & HARVEST WEEKEND



PUMPKIN SMOOTHIE

Prepared by Edible Academy Staff

Yield: 2 Servings

Ingredients

- 1/4 cup plus 2 tablespoons old-fashioned oats
- 1/4 cup canned pumpkin puree
- 1 medium apple, cut into pieces, left the skin on
- 1 banana, sliced and frozen
- 1 large leaf kale, substitute 1/2 cup spinach leaves
- 3/4 cup milk (almond, soy, dairy, etc. – whatever you prefer)
- 1/8 teaspoon cinnamon
- 1/2 tablespoon honey
- 1/2 cup ice cubes

Instructions

Add 1/4 cup oats to blender and pulse briefly. Add remaining ingredients except 2 tablespoons oats and blend until smooth. Garnish with 2 tablespoons oats; serve immediately.

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