

*Klamath's*

# HOME & OUTDOOR

Give 'em Pumpkin to Talk About

## Pumpkin Pie Shake

*compliments of Bonnie Nork*



Finish that can of pumpkin with the following smoothie recipe! To make this keto friendly, use Lakanto golden sweetener instead of maple syrup

The rest of the can of pumpkin (about 1 heaping cup)

1 teaspoon pie spice blend

½ teaspoon pure vanilla extract

3 frozen bananas (peeled and in chunks)

1 can of coconut milk

Maple syrup, to taste (about 1-2 tablespoon)

Add all ingredients to a blender. Blend and serve.

