

Pumpkin Smoothie

Ingredients:

1 1/2 cups fat free half and half
1 (15 ounce) can pure pumpkin puree, chilled
1 cup non fat vanilla frozen yogurt or vanilla ice cream, softened
2 tablespoons sugar
3/4 teaspoon cinnamon, divided
1/8 teaspoon nutmeg
Cool Whip, thawed

Directions:

In a food processor or blender, add half and half, pure pumpkin, frozen yogurt or ice cream, sugar, 1/4 teaspoon cinnamon and nutmeg. Blend together until it is smooth and creamy. Evenly divide the mixture among four glasses. Top each one with Cool Whip and remaining cinnamon.

Amy Lynn's Kitchen
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