

## CAROLYN WILSON'S EASY PUMPKIN SMOOTHIE

1 15-oz can organic pureed pumpkin (or equal amount steamed or roasted fresh pumpkin, butternut or similar hard winter squash)

2 c plain or vanilla yogurt

1-2 c almond milk, or other "milk" (dairy, flax etc) of choice

1 tsp almond extract (optional)

2 Tbsp (or to taste) honey, maple syrup or agave syrup

2 Tbsp cinnamon, or pumpkin pie spice mix

1/2 c chai tea concentrate (optional)

Blend all ingredients in a blender until smooth. Adjust seasonings to taste.

*Optional add-ins/substitutes:* Substitute prepared coffee for the chai tea and/or unsweetened cocoa powder.

Replace pumpkin with steamed and pureed sweet potatoes.

If you're a real sybarite, add a touch of rum.