

Jill's Joyful Kitchen



Pumpkin Pie Delight Smoothie

- ½ frozen banana
- 1 medjool date, pitted
- ¼ cup pumpkin puree
- 1 cup almond milk
- 1 tablespoon almond butter
- 1 tablespoon chia seeds
- 1 tablespoon Maca powder (optional)
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1-2 tablespoons maple syrup
- ½-¾ cup crushed ice

Place all ingredients in a blender and blend until smooth.

Joyful News:

- ❖ Maca is related to the turnip root and grown in volcanic soil in Peru
- ❖ Maca has a maple-butterscotch-like taste
- ❖ Research has shown that Maca has aphrodisiac-like qualities
- ❖ Legend has it that Maca was eaten by Incan warriors before going into battles and it gave them tremendous strength and endurance