

## Low-Point Pumpkin Smoothie

Ingredients:

- 1/2 cup pumpkin butter
- 1/2 cup 1% milk
- 1/2 cup crushed ice
- 6 oz. Dannon Light and Fit Vanilla yogurt
- 2 tsp. vanilla
- 1/2 tsp. pumpkin spice or cinnamon (or both)
- 2 tsp. brown sugar

Put all ingredients in a blender and blend until smooth.

Total servings = About 2 cups

Serving size -1

Total points per serving = 3

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))