

# Pumpkin Spice Shake



<b>Serves</b>	1
<b>Ingredients</b>	4 fluid ounce Minute Maid Smoothies Vanilla Non-Fat Yogurt, thawed 2 fluid ounce pumpkin spice syrup 2 cups ice
<b>Garnish</b>	Whipped cream Pumpkin pie spice
<b>Method</b>	1. Combine all ingredients in a blender; process until smooth 2. Pour into a 16-oz. glass 3. Garnish with whipped cream and pumpkin pie spice
<b>Nutritional Information</b>	369 calories
<b>Brands</b>	<b>Minute Maid Smoothies</b>
<b>Primary Flavor Profile</b>	Fruity
<b>Drink Style</b>	Blended , Seasonal , Spicy
<b>Food Pairing and Recommendation</b>	<b>BBQ, Breakfast / Brunch - Savory , Breakfast / Brunch - Sweet, Mexican / Latin , Salads - Lighter Protein , Salads - Richer Protein , Sandwiches - Lighter Protein , Sandwiches -</b>

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**Richer Protein , Sandwiches - Vegan , Snacks - Salty**

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