

## **Pumpkin Smoothie**

(Scale to give each student 6 oz of smoothie.)

15- 12 oz smoothies

3  $\frac{3}{4}$  cup Pears

3  $\frac{3}{4}$  cup Pumpkin

1 quart, 3  $\frac{1}{2}$  cup Milk, Lowfat

1 quart 3  $\frac{1}{2}$  cups Yogurt

2 teaspoon cinnamon

Place pears in the blender jar. Place the lid onto the blender jar. Blend pears.

Add pumpkin, milk, yogurt and cinnamon to blender jar. Place the lid back onto the blender jar. Blend until smooth.

Enjoy!

