PUMPKIN PEACH SPICE
PLANT POWERED SUPER SMOOTHIE

Made exclusively for Sprout by Sharon Palmer, Plant Powered Dietitian
This plant-based, kid-approved smoothie made with Sprout Organic Pumpkin Apple Red Lentil with Cinnamon has no sugar added and is sure to be a hit!

1 pouch
Sprout Organic Pumpkin Apple Red Lentil with Cinnamon

1 carrot
small, organic, sliced (about 1/4 cup)

1 cup
frozen, unsweetened, organic sliced peaches

3/4 cup
organic almond milk, unsweetened, plain

1 tablespoon
organic raw sunflower seeds

1. Place all items in a blender and process until smooth.

2. Pour into serving containers. May garnish with pinch of cinnamon, if desired. Serve immediately.

Makes 1-1/2 cups; 4 small (1/3 cup) servings or 2 medium (3/4 cup) servings.

Nutrition Information per 3/4 cup serving: 145 calories, 4.5g total fat, 2g saturated fat, 0mg cholesterol, 56mg sodium, 22g carbohydrate, 4g fiber, 14.5g sugar, 5g protein