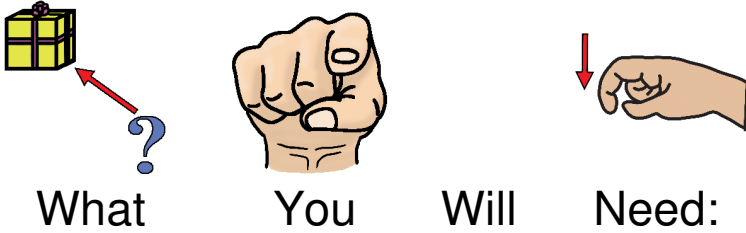
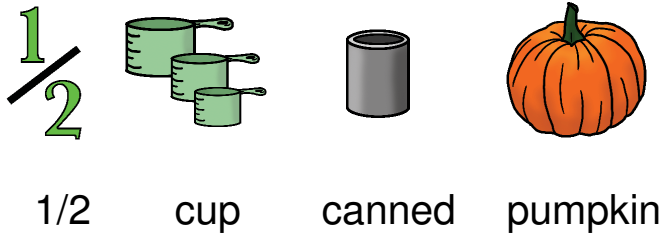




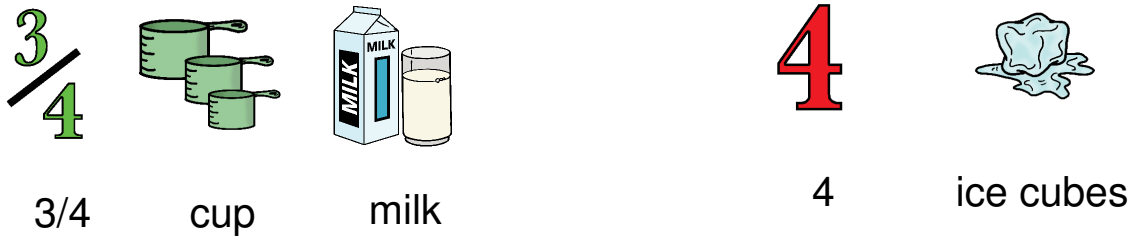
Pumpkin Smoothie



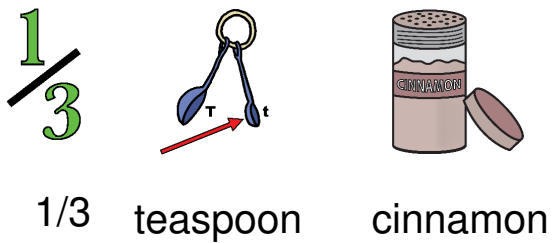
What You Will Need:



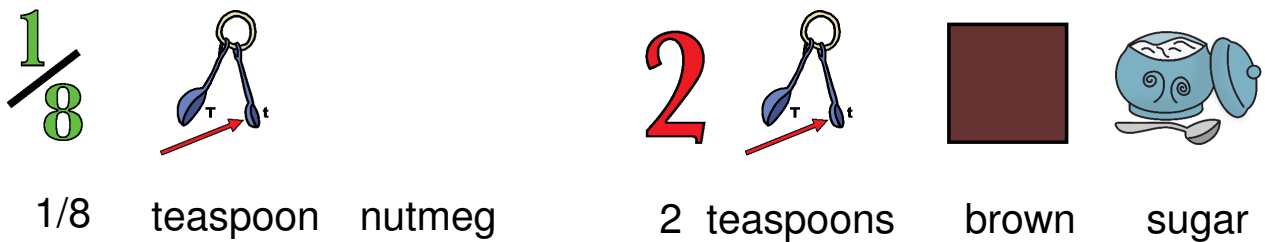
1/2 cup canned pumpkin



3/4 cup milk 4 ice cubes



1/3 teaspoon cinnamon



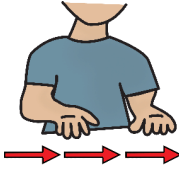
1/8 teaspoon nutmeg 2 teaspoons brown sugar



What

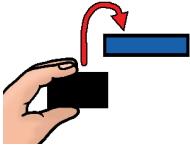


You



Will

Do:



1)

Put

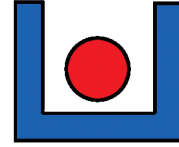


all

the

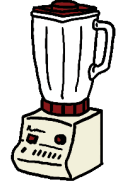


ingredients



into

a



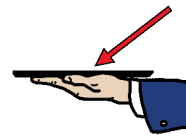
blender.



2)

Blend

until

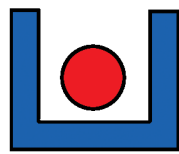


smooth.

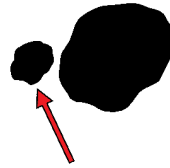


3)

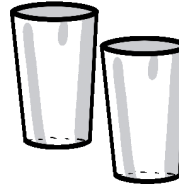
Pour



into



small



glasses.



4)

Add

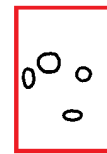


whipped topping

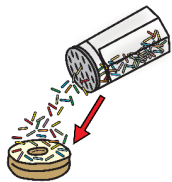


and

a



few



sprinkles.



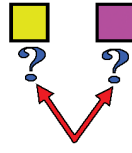
Makes



enough for

2

2



or

3

3



drinks.