



# THE ingles TABLE

with Lindsay Moore  
Pumpkin Pie Smoothie Bowl

## Shopping List

- 1 Cup unsweetened almond milk
- 1 Cup Frozen Banana Slices
- 1/2 16oz Can Pumpkin Puree
- 4 Pitted Dates
- 2 Tsp agave or Honey, plus more if needed
- 1 Tsp Cinnamon
- 1/4 Tsp Pumpkin Pie Spice
- 1 Handful of Ice Cubes
- 1 Tbsp Chia Seeds
- 1 Tbsp Pumpkin Seeds
- 1 Tbsp Pecans

## Cooking Instructions

- 1) Place all ingredients in blender and blend until smooth.
- 2) Serve in your favorite bowl and add your favorite toppings. Enjoy!



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