

Purition Pumpkin & Pecan moothie

Ingredients

- 40g Purition Pecan & Cinnamon
- 200-250ml your preferred milk
- 4 tbsp pumpkin purée
- 1 tbsp yoghurt (optional)
- Pecans (optional)

Method

1. Add the milk, Purition & pumpkin purée to the blender cup
2. Blend for 20-30 seconds
3. Top with a dollop of Greek or coconut yoghurt and some pecans, if you'd like to!

Tips & swaps

- No Pecan & Cinnamon? This recipe would work well with Vanilla or Almond, too! You could add ground mixed spice or cinnamon for natural autumnal pumpkin spice flavour
- Not sure how to purée pumpkin? Try out this simple recipe by BBC Good Food: <https://www.bbcgoodfood.com/recipes/pumpkin-puree>

