

sweet potato pie smoothie

Makes 2 servings

RECIPE ADAPTED FROM: [Ambitious Kitchen](#)

PREP TIME: 5 minutes

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- 1 cup frozen cooked sweet potatoes
 - $\frac{3}{4}$ – 1 cup frozen cooked carrots
 - 1 frozen banana
 - $\frac{3}{4}$ cup milk
 - 1 $\frac{1}{2}$ cups plain Greek yogurt
 - 2 Tbsp almond butter
 - 1 tsp vanilla extract
 - 1 tsp [pumpkin pie spice](#), or more to taste
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Optional add-ins:

- 1 Tbsp flax, hemp or chia seeds
 - 1-2 cups fresh baby spinach
 - 1 cup frozen cauliflower
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NOTES: Steam sweet potatoes and carrots ahead of time, cut into chunks and freeze along with the banana for easy access later.

ADD all ingredients to a high-powered blender.

BLEND on high for 1-2 minutes or until all ingredients are well combined.

ADD more milk to thin, if needed, until desired consistency is reached.

