

Pumpkin Smoothie Bowl



This pumpkin smoothie bowl is perfect for warming up winter mornings while giving you a boost of energy! Rich in fiber and protein, it can help manage [cholesterol](#) and [diabetes](#) while also aiding in [weight management](#). Creamy, nourishing, and bursting with autumnal flavours, it's a simple and balanced breakfast that will make you want to start the day right!

*This recipe provides **5 mg of iron** per serving, mainly from pumpkin seeds, chia seeds, and pecans.*

Preparation 5 min
Cooking 0 min
Servings 1
Nutrition Facts (per serving)
Calories 415
Fat 18
Carbohydrates 39
Fibre 11
Protein 25
Sodium 100

Ingredients

- 125 ml (½ cup) canned pumpkin purée
- 125 ml (½ cup) plain 0% Greek yogurt

- 125 ml (½ cup) unsweetened soy beverage (or cow's milk)
- 15 ml (1 tbsp) whole chia seeds
- 3.75 ml (¾ tsp) pumpkin spice
- 5 ml (1 tsp) maple syrup
- 2.5 ml (½ tsp) vanilla extract

Topping

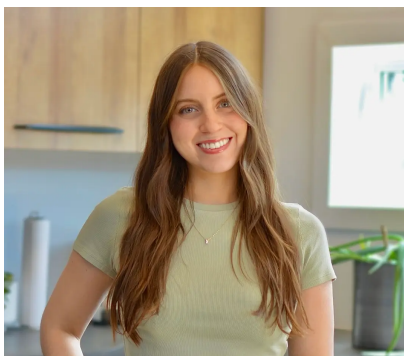
- ½ apple, diced
- 15 ml (1 tbsp) pumpkin seeds
- 15 ml (1 tbsp) pecans, chopped

Preparation

1. In a blender, purée all the smoothie ingredients until smooth.
2. Pour the mixture into a bowl and top with apples, pumpkin seeds, and pecans.
3. Enjoy immediately!

Notes

Keeps for 24 hours in an airtight container in the refrigerator. Stir well before serving.



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