



## BeBOLD PUMPKIN SMOOTHIE

### Ingredients:

- 1 BeBOLD Cashew Sea Salt Cashew Butter Bar
- 1 frozen banana
- 1/2 cup pumpkin puree (chilled)
- 1/2 tsp. pumpkin pie seasoning
- 1/2 cup oat milk (or other milk of your choice!)
- 1 medjool date, pitted (OPTIONAL, for additional sweetness)
- Cinnamon (for serving)

### Directions:

1. Combine frozen banana, pumpkin puree, pumpkin pie seasoning, and oat milk in a blender. Blend until smooth.
2. Add BeBOLD bar in small, crumbled chunks and medjool date if using. Blend again until smooth.
3. Top with a dash of cinnamon & enjoy!

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