

Name: Morgan Lambright
County: Jasper

Age: Intermediate
Food Category: Nutritious Snacks

Pumpkin Juice

1/2 cup canned pumpkin puree
3/4 cup vanilla yogurt
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon ginger
1/8 teaspoon ground cloves
2 teaspoon brown sugar
4 large ice cubes

Add all ingredients into blender, cover with lid. Puree until smooth, serve chilled, store in refrigerator.

Make two 1/2 cup servings.