

Dessert | Snack

Pumpkin Pie Horchata

Side Effect: Weight Loss/Low Appetite

10 Mins
Prep Time

0 Mins
Cook Time

2
Servings

616 Calories **31g** Fat **72g** Carbs **13g** Protein



Ingredients

2 Servings **10 Mins** Total Time **Allergens:** Gluten, Nuts, Dairy

2 Cups Unsweetened, Vanilla Almond Milk, more if too thick

2 Cups Vanilla Ice Cream

2 Slices Pumpkin Pie, crust removed

1 Tsp Pumpkin Pie Spice

1 Cup Ice

Whipped Topping, optional

Allergen Swap

Gluten Replace regular pumpkin pie with a gluten-free version.

Nuts Replace the almond milk with a nut-free version such as soy or cow's milk.

Dairy Replace the ice cream with a dairy-free version; replace the whipped topping with a dairy-free version.

Nourishment Note



High-Calorie Beverages

High-calorie beverages provide additional calories to help prevent unwanted weight gain.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

Combine all ingredients in a blender, and blend until well combined.

3. Serve & Enjoy

Pour into a glass and enjoy.

4. Store

Beverage should be discarded if not consumed within 2 hours. Leftovers can be refrigerated for up to 3 days.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Chef, Chad Beuter

What You'll Need



Cutting Board



Knife



Measuring Spoons



Measuring Cups



Blender

Fatigue Buster

- Ask a friend or family member to help prepare this beverage.