

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 loss.

Instructions

1. Wash Hands

Wash hands with soap and water.

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 Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

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.