

Dessert | Snack

Pumpkin Pie Horchata

Side Effect: Weight Loss/Low Appetite

10 Mins Prep Time

0 Mins **Cook Time** 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

Nourishment Note



Migh-Calorie Beverages

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

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.



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

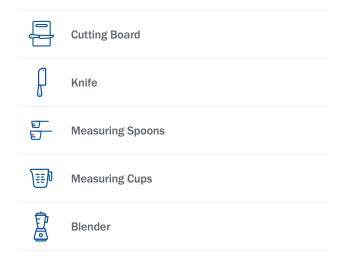
Beverage should be discarded if not consumed within 2 hours. Leftovers can be refrigerated for up to 3 days.

5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Fatigue Buster

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