

PUMPKIN PIE SHAKE

Ingredients

- 2 cups vanilla reduced-fat ice cream (such as Healthy Choice), softened
- 1 cup fat-free milk
- 2/3 cup canned pumpkin
- 1/4 cup packed brown sugar
- 3/4 tsp pumpkin-pie spice
- 3 Tbsp frozen fat-free whipped topping, thawed
- Pumpkin-pie spice, optional

Directions

1. Place first five ingredients in a blender; process until smooth.
2. Pour 3/4 cup ice cream mixture into each of 4 glasses. Top each with about 2 teaspoons whipped topping; sprinkle with additional pumpkin-pie spice, if desired.

Serves 4