

Ingredients:

4 Organic Bananas – Peeled

1 Cup 100 % Pumpkin Puree (Not Pumpkin Pie Filling and no added sugar)

1/3 Cup Maple Syrup

1 TSP of Pumpkin Pie Spice

Place all ingredients in blender and blend until smooth. Place in freezer safe container and cover. Ready to serve in 2-4 hours.

