

## Jack-O-Lantern Smoothie Juice

*The recipe is courtesy of our friends at [Wedderspoon](#).*

*Prep Time: 5 Minutes*

*Serves 2*

### Ingredients

- 1 cup of ice
- 1/2 cup of pumpkin purée
- 1 banana, frozen
- 2 tbsp. Wedderspoon Manuka honey
- 1/2 tsp. pumpkin pie spice
- 1 cup unsweetened almond cashew milk
- Optional: 1 scoop vanilla protein powder



### Directions

1. Blend all ingredients in a blender until mixture reaches desired consistency. Pour into decorated cups (see below) and serve immediately.

## DIY Party Cups

### Supplies

- Orange plastic cups
- Black Sharpie marker

### Directions

1. Using Pinterest or Google Images, look up different jack-o-lantern faces and designs. Choose your favorite looks and draw them onto the plastic cups. Optional: customize the cups with the names of your party-goers.