

Sweet Potato Pie Smoothie

Serves 2 - 3

Ingredients:

- 1 large sweet potato or ½ pie pumpkin (Use fresh or fresh frozen)
- 4 -6 Medjool dates (Add more to taste if you like it sweeter)
- 2 – 4 tsp pumpkin pie spice (Add more if you like it spicier)
- 3 cups coconut water (Add more if too thick)
- Sprinkles of [ground cinnamon](#) for a topping (optional)

Directions:

Place all the ingredients in a blender and blend until smooth. Sprinkle with cinnamon if you like and serve immediately.