

# PUMPKIN PIE Spice ICE CREAM Shake



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*MOLBECK'S*  
Health & Spice Shop

**Ingredients:**

- 4 cups vanilla ice cream
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 teaspoon Pumpkin Pie Spice
- Whipped cream

**Directions:**

- Blend all ingredients except whipped cream in blender until smooth.
- Pour into serving glasses and top with whipped cream.

**Servings:** 4

**Chef Suggestions:**

- Add 1/4 cup graham crackers and 1/4 cup canned pumpkin for extra flavor.
- Substitute 1/4 cup chilled green or black tea for 1/4 cup of the milk to make Pumpkin Chai Tea shakes.

**Nutrition Facts:**

- As prepared, each serving contains 290 calories, 15g total fat, 60mg cholesterol, 140mg sodium, 35g total carbohydrate and 7g protein.