

# CAFFEINE-FREE ICED PUMPKIN COOLER



SUPPORT your **OVERALL WELLNESS** naturally while sipping on pumpkin spice fall flavors!

## INGREDIENTS



1 Serving  
MaryRuth's Organic  
Pumpkin Seed Oil Liquid Drops



1 Cup  
Plant Based Milk



4 Tbsp  
Pumpkin Puree



1 Tsp  
Pumpkin Pie Spice



1 Tbsp  
Maple Syrup

## INSTRUCTIONS

1. Place all ingredients into a glass, then whisk or mix with an immersion blender.
2. Add ice cubes, and top with MaryRuth's Dairy-Free Coconut Whipped Cream if desired!