**Halloween Treats to Trick Young Ghouls into Healthier Eating!**

**Spiced Pumpkin Green Smoothie Sludge**

**Serves 1**

**Prep time: 5 minutes**

**Ingredients**

* 1 small frozen banana
* 50g pumpkin puree (available tinned from most supermarkets)
* 40g watercress
* 40g baby spinach
* 60ml coconut milk
* 80ml unsweetened almond milk
* ½ tsp mixed spice

**Method**

1. Add all ingredients to a blender or smoothie maker and blend on high until smooth.  Scrape down sides to make sure everything is incorporated and pulse again.
2. Taste and adjust flavour as needed, adding more almond milk if too thick.
3. Serve immediately or keep in the fridge for up to two days.

For other equally delicious but definitely less gruesome recipes featuring the chairman of the chopping board, visit [www.watercress.co.uk](http://www.watercress.co.uk/).