

Thirsty Thursday



This Thirsty Thursday, sip into the season with cozy November drinks! Warm up with spiced apple cider, blend a creamy pumpkin pie smoothie, or refresh with a cranberry citrus spritzer. Each one brings festive flavor and natural nutrition—perfect for staying cozy and hydrated all month long!

Cranberry Citrus Spritzer

- ½ cup 100% cranberry juice
- ½ cup sparkling water
- 1–2 orange or lime slices

Maple Cinnamon Latte

- ¾ cup low-fat milk
- 1 tsp pure maple syrup
- ¼ tsp ground cinnamon

Spiced Apple Cider

- 1 cup 100% apple cider
- 1 cinnamon stick
- 2–3 whole cloves
- 1 orange slice

Pumpkin Pie Smoothie

- ½ cup pumpkin purée
- 1 small banana
- ¾ cup low-fat milk or yogurt
- ¼ tsp pumpkin pie spice

Use warm or cold versions depending on the day.

Choose low-fat milk or unsweetened juice for lighter options.

Experiment with your favorite seasonal fruits and spices!