



## Pumpkin Pie Protein Smoothie

2 servings

10 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
1 cup Pureed Pumpkin  
2 Banana (frozen)  
1 tsp Vanilla Extract  
1 tsp Pumpkin Pie Spice  
1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	270
Fat	4g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	40g
Fiber	9g
Sugar	19g
Protein	23g

### Directions

- 1 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

### Notes

**No Pumpkin Pie Spice,** Use cinnamon instead.

**Toppings,** Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

**Warm it Up,** To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.