



## pumpkin pie smoothie

Get your Fall fix with this Pumpkin Pie Smoothie, a protein-packed breakfast blend of almond milk, pumpkin and spices that are guaranteed to get you going.

SERVES: 1

## ingredients

- 1 cup unsweetened vanilla almond milk
- 1/2 cup canned pumpkin puree
- 1 tbsp vanilla protein powder
- 1 tsp honey
- 1/4 tsp pumpkin pie spice
- 1/4 tsp cinnamon
- 1 cup ice

## directions

1. Place all ingredients in a blender and puree until smooth.



julie albert & lisa gnat

