



Pumpkin Spice Protein Smoothie

Ingredients

- 1 to 1 1/2 cups almond or oat milk
- 1 medium frozen banana
- 2 scoops protein powder, I like this [one](#)
- 1/4 cup organic canned pumpkin
- 1 tablespoon peanut butter
- Handful of ice
- 1/2 tsp vanilla extract
- Cinnamon to taste
- Dash of salt
- Your Favorite Topping!

Preparation:

Notes: Light whipped cream, granola, or crushed nuts make great toppings.

Directions:

Place ingredients in blender, blend until smooth. Add extra ice if necessary to reach desired thickness for consistency. Pour into your glass and top with your favorite topping!

Serving Size: 1

Calories/Macros (Entire Recipe): Approx. 386 Calories, 26.3g Protein, 51.4g Carbs, 12.9g Fat 12.4g

