



## PUMPKIN PROTEIN SMOOTHIE

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Embrace the season with a smoothie recipe that packs a protein punch!

Serves one; if getting together with more friends or family simply double the ingredients!

### INGREDIENTS

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1/2 cup canned pumpkin	1/2 tsp vanilla extract
1/2 tsp pumpkin pie spice	1/2 cup milk (any variety)
1 scoop protein powder (vanilla works best)	

### DIRECTIONS

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- Mix all ingredients together in blender.
- Pour into glass and garnish with a sprinkle of pumpkin pie spice.

Then sit back and enjoy this healthy fall treat!