

TASTES BETTER FROM SCRATCH

Pumpkin Protein Smoothie

YIELDS 1

INGREDIENTS:

1 small frozen banana	1 1/2 teaspoons pumpkin spice, or more, to taste
2 Tablespoons pumpkin butter*	pinch of nutmeg
1 scoop vanilla protein powder (my favorite is Clean Simple Eats - Simply Vanilla)	1/4 teaspoon cinnamon
2 Tablespoons rolled oats	1 cup almond milk
	4-6 ice cubes

INSTRUCTIONS:

1. Add ingredients to a blender and use blend tamper to press ingredients around and blend until smooth.
2. Pour into a glass and enjoy!

NOTE: Pumpkin Butter: you can substitute 1/3 cup pumpkin puree for the pumpkin butter, and add an additional 1 teaspoon of pumpkin pie spice, and 1/4 teaspoon of ground cinnamon.

PUMPKIN PUREE RECIPE:



CLEAN SIMPLE EATS PROTEIN POWDER:

