

Pumpkin Pie Protein Smoothie

A perfect, Fall smoothie for that post-workout fuel! A warm combination of pumpkin, cinnamon, and spices blended until smooth and creamy. It is packed with 22 grams protein to assist with muscle recovery post workout or a quick protein source for an on-the-go meal. If you need more protein, simply use a full scoop instead of the ½ scoop. Enjoy!

Ingredients:

½ large	Banana, frozen
½ Scoop	Vanilla Protein Isolate (I used Driven Nutrition Whey isolate)
½ cup	Non-fat Greek yogurt (I used vanilla)
½ tsp	Ground cinnamon
½ tsp	Pumpkin pie spice
½ cup	Unsweetened vanilla almond milk (or milk of choice)
2 tbsp	Stevia
2/3 cup	Pumpkin puree (canned or fresh)
1 cup	Ice

Directions:

1. Blend all ingredients until smooth! Add more spices as desired.
2. Enjoy 😊

Servings: 1

Serving size: 1 whole recipe/smoothie

Pumpkin Pie Protein Smoothie		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving		% Daily Value*
Calories	278.5 kcal	14 %
Total Fat	3.2 g	5 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	27.5 mg	9 %
Sodium	167.3 mg	7 %
Total Carbohydrate	41.5 g	14 %
Dietary Fiber	6.7 g	27 %
Sugars	23 g	
Protein	22 g	44 %
Vitamin A	306 %	Vitamin C 15 %
Calcium	45 %	Iron 12 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>