



Pumpkin Pie Smoothie

INGREDIENTS

1 ½ cups almond milk
1 cup pumpkin puree
½ t cinnamon
Pinch of nutmeg
Pinch of cloves
2 T maple syrup or a couple drops
of stevia
2 scoops vanilla protein powder (I
use Nuzest)
2 T pecan butter (or can sub
almond butter)
Ice is optional

Let's get in the mood with this pumpkin pie smoothie! I get so excited when I start to see pumpkins at the farmers market and stores. This smoothie tastes like a treat but also great for a meal or snack. Loaded with fiber, protein and healthy fats. If you are in the South Bay, stop by the source to taste many of our pumpkin treats!