



# Pumpkin Smoothie

SERVINGS: 2

PREP TIME: 5 MIN

COOK TIME: N/A

## INGREDIENTS

- 1/2 cup Pumpkin puree
- 1 Apple, red variety
- 1 Banana
- 1 cup Nut milk of choice
- 1/2 teaspoon Pumpkin pie spice
- 1/2 teaspoon Cinnamon
- 1 scoop Protein powder
- 1/2 tablespoon Flaxseed
- 1/2 tablespoon Chia seeds

## DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until desired consistency.

## NOTES

Using a frozen banana helps thicken up the smoothie. If the smoothie is too thick add more nut milk or water. I like to use unsweetened cashew milk, it's thicker than almond milk and helps make the smoothie nice and creamy. When blending, start on a slower speed and gradually increase to ensure ingredients blend well.