



Creamy Pumpkin Smoothie



prep time
10 minutes



total time
10 minutes



servings
1

Ingredients

- 1 frozen banana ~ 1 carb serving
- 1/2 cup/140 grams plain or vanilla yogurt ~ 1 serving of protein
- 1/2 cup/140 grams pumpkin puree ~ 1 serving of carb or 2 servings of veggies
- 1 serving of Vanilla Protein Powder ~ 3.5 protein servings (assuming 25 grams of protein)
- 1/2 cup unsweetened almond milk
- 1 tablespoon almond butter ~ 1 serving of fat
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon of pumpkin pie spice

 simple breakfast

Instructions

- 1 Add all ingredients to a blender and blend until smooth.

This recipe is higher in protein. Feel free to reduce the protein powder serving to half if you want!

Whole Recipe Breakdown:

4.5 Servings Protein

1 Serving Carb

1 Serving Fat

2 Servings Veggies

