

# Pumpkin Pie Protein Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### No Pumpkin Pie Spice

Use cinnamon instead.

### Toppings

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

### Warm it Up

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

## Ingredients

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**2 cups** Unsweetened Almond Milk

**1 cup** Pureed Pumpkin

**2** Banana (frozen)

**1 tsp** Vanilla Extract

**1 tsp** Pumpkin Pie Spice

**1/2 cup** Vanilla Protein Powder