



Pumpkin Pie Smoothie (Dairy Free)

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 2

Nutrition Information Per Serving

81.6 calories, 10.41 g carbohydrate, 4.05 g fiber, 6.36 g NET carbs, 8.85 g protein, 1.09 g fat

Ingredients

- 4 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 2 scoop(s) Now Foods Organic Pea Protein
- 1/2 tsp(s) Simply Organic Pumpkin Pie Spice
- 2 cup(s) filtered or spring water
- 1 cup organic canned pumpkin

Preparation

1. Add all ingredients to a blender or a Magic Bullet with 2-3 ice cubes. Add water to achieve desired consistency.
2. Blend until smooth.

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