



## 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.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.