



## Pumpkin Pie Smoothie (Dairy Free, High Protein)

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

### Nutrition Information Per Serving

161.6 calories, 13.91 g carbohydrate, 3.55 g fiber, 8.36 g NET carbs, 25.35 g protein, 0.34 g fat

### Ingredients

- 2 Scoop(s) Jay Robb Vanilla Egg White Protein
- 4 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 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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