



Superfat Pumpkin Smoothie

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

Nutrition Information Per Serving

451.2 calories, 12.43 g carbohydrate, 2.66 g fiber, 9.77 g NET carbs, 26.01 g protein, 32.26 g fat

Ingredients

- 8 tbsp(s) Let's Do Organic Heavy Coconut Cream
- 2 scoop(s) Jay Robb's Vanilla Whey Protein
- 1/2 tsp(s) Simply Organic Pumpkin Pie Spice
- 2 Tbsp(s) Bulletproof XCT Oil
- 3/4 cup(s) organic canned pumpkin
- 1/2 cup(s) spring water

Preparation

1. Add all ingredients to a blender or a Magic Bullet with 4-5 ice cubes.
2. Blend until smooth. Add water to achieve desired consistency.
3. Serve.

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.