



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.

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