



Pumpkin Pie Smoothie

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

Nutrition Information Per Serving

203.4 calories, 11.33 g carbohydrate, 3.55 g fiber, 7.78 g NET carbs, 26.66 g protein, 5.89 g fat

Ingredients

- 2 scoop(s) Jay Robb's Vanilla Whey Protein
- 1/2 tsp(s) Simply Organic Pumpkin Pie Spice
- 1 cup spring water
- 1 cup organic canned pumpkin
- 2 Tbsp(s) organic heavy cream

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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