

Pumpkin Smoothie

Amy Tackett, RDN

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A quick and easy smoothie perfect for fall!

Total Time: 5 minutes

Servings: 1 serving

Ingredients:

- 1/2 cup pure pumpkin puree
- 1/4 of a frozen banana
- 1/2 cup fat free vanilla Greek yogurt
- 1/4 scoop vanilla protein powder (optional)
- 1 tsp cinnamon
- 8 ice cubes
- 1/4 cup water or unsweetened vanilla almond milk
- Sweetener of choice for a sweeter smoothie

Instructions: Place all ingredients into blender, mix and enjoy!
Sprinkle some cinnamon on top for some extra goodness!

Nutritional Information per serving (with protein powder):

180 calories: 0g fat, 28g carb, 19g protein

