

Maple & Pumpkin Autumn Bliss

Serves: 1

Ingredients:

1 scoop vanilla protein powder of your choice (Whey, egg, pea, hemp, or rice)

1/4 cup pumpkin puree,

3 tablespoons real maple syrup

1/8 teaspoon ground cloves

1 cup almond milk

2 cups vanilla nonfat frozen yogurt

1 1/2 cups ice cubes

Directions:

Blend. Drink. Enjoy!

Calories: About 288

