

Pumpkin Pie In A Glass

Serves: 1

It's like having a slice of pumpkin pie in a glass. YUM!

It's fast and easy too! Add all the ingredients to a blender.

Directions & Ingredients:

1/2 cup canned organic pumpkin
1/2 cup almond milk or coconut milk (which ever your prefer)
1 Scoop Vanilla Protein Powder
1/2 cup crushed ice
1 tablespoon honey
1 teaspoon pumpkin pie spice

Blend. Pour. Drink. Enjoy!

Note: To make pumpkin pie spice add 1 teaspoon cinnamon, 1/4 teaspoon ginger, 1/4 teaspoon nutmeg, and 1/8 teaspoon ground cloves

Calories: 225

