



## **Pumpkin Pie Smoothie**

### ***Ingredients:***

1 cup canned pumpkin (Libby's 100% pure pumpkin)

2 scoops Natural PureNourish Protein Powder

1 cup vanilla almond milk

1/2 banana

5-6 ice cubes

Stevia for sweetening or Grade B Pure Maple Syrup

1 teaspoon pumpkin pie spice, more or less to taste

### ***Instructions:***

Add all ingredients to a blender and pulse until smooth.

Serve sprinkled with additional cinnamon or nutmeg if desired.