

pumpkin pie smoothie

Makes 1 serving

RECIPE ADPATED FROM: [Veganosity](#)

PREP TIME: 5 minutes

1 cup milk of choice

½ cup organic pumpkin puree

½ medium banana, frozen

1 small to medium carrot

1 tsp [pumpkin pie spice](#)

1 scoop unsweetened clean protein powder of choice, optional

1-2 tsp pure maple syrup, optional

1 tsp cacao nibs, optional

ADD milk, pumpkin puree, banana, carrot, pumpkin pie spice and (optional) protein powder to a blender.

BLEND until smooth.

TASTE and add maple syrup or another half frozen banana for additional sweetness, if desired.

ADD water as needed for desired consistency.

TOP with cacao nibs for a fun crunch, if desired.

