

INGREDIENTS

- 1 ½ cups Almond Milk
- ½ cup Pumpkin Puree
- 3 tsp Vanilla Peanut Butter
- ½ tsp Cinnamon
- ¼ tsp Nutmeg
- ¼ tsp Ginger
- Pumpkin Seeds, optional

DIRECTIONS

1. Combine all items in a blender and mix to your desired consistency. Add more water for hydration and a smoother texture.

Tips:

You can add/replace with any nut butter or add vanilla separately. For added protein use your favorite protein powder!



Pumpkin Smoothie

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
1 Servings

Prep Time:
5 Min

Cook Time:
5 Min