



Pumpkin Protein Smoothie (VEGAN)

Ingredients:

1 serving ~390 calories

1 ½ cups almond milk

½ cup pumpkin puree

3 tbsp vanilla peanut butter

½ tsp cinnamon

¼ tsp nutmeg

¼ tsp ginger

Add pumpkin seeds as topping!



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

Directions:

1. Combined all items in a blender and mix to your desired consistency.
2. You can always add water for more hydration and a smoother texture.

Interested in learning more about nutrition and health? Call the Wellness Center at 719-255-4444 and schedule an appointment with one of our dietitians.