

## **PUMPKIN PIE PROTEIN SMOOTHIE**

*Serves 2*

### **INGREDIENTS**

- 1 banana (fresh or frozen)
- ½ can pumpkin puree
- 2 Tbls. almond butter
- 1 tsp. pumpkin pie spice
- 1 tsp. vanilla
- 1 serving favorite protein powder
- ½ cup diced zucchini or cauliflower rice
- ½ cup plain kefir
- ½ cup (or more) unsweetened vanilla almond milk



### **INSTRUCTIONS**

1. Puree all ingredients in a blender until smooth.