

Pumpkin Spice Smoothie

8 ingredients · 10 minutes · 2 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cup.

Nut Free

Use pumpkin seed butter.

More Protein

Add collagen or protein powder.

More Fiber

Add frozen cauliflower, ground flax, and/or chia seeds.

Soy-Free

Use any other milk alternative.

Ingredients

- 1 1/2 cups Soy Milk
- 1 cup Pureed Pumpkin
- 1/4 cup Hemp Seeds
- 1/4 cup Almond Butter
- 2 tbsps Maple Syrup
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon (plus more for garnish)
- 1/8 tsp Sea Salt