

## PUMPKIN SPICE PROTEIN SHAKE



### INGREDIENTS:

- 1 Scoop Vanilla protein powder
- 1 cup unsweetened almond milk
- 1/4 cup pumpkin puree
- 1 tsp pumpkin pie spice
- 1/2 tsp vanilla extract
- 1 cup Ice

### DIRECTIONS:

- 1) Blend all ingredients

Enjoy!



\*Macros will vary depending on your protein choice\*

Makes 1 Shake

Calories: 175 | Protein: 26 gm | Carbs: 8 gm | Fat: 3 gm