



- 1 scoop Bombshell Nutrition Glam Pro Protein (Breakfast in Bed)
- 1/4 cup canned pumpkin
- 1/4 cup low-fat cottage cheese
- 2oz frozen banana
- 1 tsp pumpkin pie spice
- 8oz unsweetened vanilla almond milk
- 1 packet stevia

## **DIRECTIONS:**



