

Pumpkin Pie Smoothie

Ingredients:

- ¼ cup pumpkin puree
- ¼ banana
- 2 medjool dates, pitted
- ¼ cup cinnamon
- ¼ tsp powdered ginger
- Pinch of nutmeg
- Pinch of cloves
- Pinch of Allspice
- 1 Tbsp walnuts
- 2 Tbsp light coconut milk
- ½ cup unsweetened organic soy milk
- 1 scoop of your favorite protein powder
- 3 ice cubes

Directions:

1. Add all ingredients to a blender. Puree until smooth. A high-speed blender works the best to create the "smoothest" of smoothies.
Makes 2.