

Pumpkin Pie Protein Shake

Autumn is for all things pumpkin and that includes protein shakes! This is like pumpkin pie in a glass! If you're macros allow, top it with Coco whip!



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Breakfast, Dessert, Gluten Free, Shakes, Snacks

SERVINGS

1 serving



CALORIES

250 kcal

INGREDIENTS

- 1 c Unsweetened Soy Milk unsweetened
- 1 scoop [Plant Fusion Vanilla](#)
- 1/2 lg Banana frozen and chopped
- 1/2 c canned pumpkin
- 1/2 tsp vanilla extract
- 1 tsp pumpkin pie spice
- to taste stevia
- to taste ice + water

INSTRUCTIONS

1. Blend all ingredients in a high powered blender until creamy, adding ice and water to desired consistency.
2. Top with cinnamon and vegan whip (if macros allow!)

NUTRITION

Nutrition Facts

Pumpkin Pie Protein Shake

Amount Per Serving

Calories	250	Calories from Fat	54
% Daily Value*			
Fat	6g		9%
Carbohydrates	19g		6%
Protein	30g		60%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!