

# 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!