

# Autumn Green Smoothie



## COURSE

Gluten Free, Shakes



## SERVINGS

1 serving

## CALORIES

264 kcal

## INGREDIENTS

- 3/4 cup spinach
- 1 cup cashew milk unsweetened
- 3/4 c cooked butternut squash or pumpkin (peeled, cooked and cooled)
- 1/2 medium pear
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1 scoop Tru Protein in Vanilla or Chai or similar vegan protein

## INSTRUCTIONS

1. Put all ingredients in a blender and blend until smooth adding water until reaching the desired texture.
2. Add ice if you want a cold shake.

## NUTRITION

# Nutrition Facts

Autumn Green Smoothie

Amount Per Serving

Calories 264      Calories from Fat 51

% Daily Value*	
Fat 5.7g	9%
Carbohydrates 36.4g	12%
Protein 24.5g	49%

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



Tried this recipe?  
Let us know how it was!