

# 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**

<b>Calories</b>	264	Calories from Fat	51
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		<b>% Daily Value*</b>	
<b>Fat</b>	5.7g	9%	
<b>Carbohydrates</b>	36.4g	12%	
<b>Protein</b>	24.5g	49%	

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



**Tried this recipe?**

Let us know how it was!