

Pumpkin Spice Latte Protein Shake



TOTAL TIME

10 mins



COURSE

Drinks, Shakes, Snack



SERVINGS

1 serving

CALORIES

255 kcal

EQUIPMENT

- 1 blender

INGREDIENTS

- 1 cup strong brewed coffee room temperature
- ½ cup soy milk unsweetened
- 2 Tbsp Tru Nutrition protein powder french vanilla flavor
- 3 Tbsp pumpkin puree
- ¼ tsp cloves
- ¼ tsp ground nutmeg
- 1 tsp ground cinnamon
- 1 tsp maple extract
- 1 tsp vanilla extract
- pinch salt
- 1 banana
- 2 cups ice or to taste

Optional garnishes

- non-dairy Reddi-Wip
- cinnamon

INSTRUCTIONS

1. Add everything except for the toppings into the blender, starting with the coffee and almond milk (to minimize clumping in the blender). Add the ice last, immediately before blending for the best icy shake consistency.
2. Blend in a high quality smoothie blender.
3. Optional: Top with Reddi Wip, almond milk whipped topping. Then sprinkle a pinch of cinnamon on top.

NUTRITION

Nutrition Facts

Pumpkin Spice Latte Protein Shake

Amount Per Serving

Calories 255 Calories from Fat 36

% Daily Value*

Fat 4g **6%**

Carbohydrates 35g **12%**

Protein 22g **44%**

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



KEYWORD

gluten free, protein, smoothie

Tried this recipe?

Let us know how it was!