



## !IMPACT Recipe Share ...



### **Pumpkin Pie Protein Smoothie**

A delicious and healthy fall recipe!

#### **Ingredients:**

- 1 frozen banana
- 2 scoops of Vanilla Protein Powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon pumpkin pie spice<sup>2</sup>
- 2 Tablespoons (30ml) pure maple syrup or agave nectar
- 2/3 cup fresh pumpkin puree
- 1 cup ice

#### **Directions:**

- Make sure you have a good, powerful blender.  
Add all of the ingredients to the blender in the order listed.
- Blend on high for at least 3 minutes or until smooth - this may take longer if your blender isn't very strong. Scrape down the sides of the blender as needed.
- Add a couple more ice cubes for a thicker texture, if desired

**ENJOY!**