

RECIPE

Pumpkin Pie Smoothie

Start to Finish: 5 minutes Servings: 1

Ingredients:

- 1/2 cup pumpkin puree
- 1/3 cup non-fat, plain Greek yogurt
- 1 scoop no-carb vanilla-flavored protein powder
- 1 tablespoon ground flax seed
- 1/2 cup vanilla almond milk
- 1/4 teaspoon pumpkin pie spice
- 1/4 cup ice
- 2 tablespoons fat-free whipped topping
- 1/4 teaspoon ground flax seed

Directions:

1. Combine pumpkin puree, Greek yogurt, protein powder, 1 tablespoon ground flax seed, almond milk, pumpkin pie spice and ice in a blender. Blend until smooth.
2. Pour smoothie into a glass, top with whipped topping and sprinkle with 1/4 teaspoon ground flax seed.

Chef Tip: Be sure to purchase pumpkin puree and not canned pumpkin pie filling. There is a big difference in calories and carbohydrates between the two.
MAKE IT GLUTEN-FREE: Ensure your ingredients are gluten-free.



Nutrition Information Per Serving:

285 Calories; 7 g Total Fat; 1.5 g Saturated Fat; 55 mg Cholesterol; 180 mg Sodium;
29 g Carbohydrates; 29 g Protein; 6 g Fiber