



This week we're making pumpkin smoothies to celebrate the beginning of Fall!

Makes 1 smoothie

Ingredients

- 1 scoop vanilla protein powder OR 1 container of vanilla Greek or non-dairy yogurt
- ¼ cup canned pumpkin puree
- ½ teaspoon pumpkin pie spice
- ¼ teaspoon ground ginger
- 1/8 teaspoon salt
- ½ cup unsweetened vanilla almond milk (or other milk of choice, plus more as needed for thinning)
- 1-2 cups ice
- Optional: whipped cream to garnish

Instructions

1. Combine all ingredients in a blender and mix until smooth, thick, and creamy.
2. Garnish with whipped cream and serve!

*Tip: Garnish your smoothie with sweet, crunchy, or creamy topping of your choice! (try granola, graham cracker crumbs, gingersnap cookies, etc.!)

Source: <https://www.theseasonedmom.com/gingerbread-pumpkin-smoothie/#wprm-recipe-container-51138>