



trifit

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Pumpkin Spice Smoothie

A festive morning smoothie or a snack after a hard workout. Treat yourself to cool and creamy pumpkin pie in a glass!

INGREDIENTS

½ cup (125mL) pumpkin puree
1 small ripe banana (frozen for extra creaminess!)
½ tsp (2mL) ground cinnamon
¼ tsp (1mL) ground ginger
Pinch ground nutmeg
1 scoop vanilla protein powder*
½ cup coconut milk
½ cup (125mL) water
6 ice cubes

DIRECTIONS

Place all ingredients into high-powered blender and blend until smooth. Pour into glass and sprinkle with cinnamon.
Pop in a big straw and enjoy!

Serves 1

*If using plain unflavoured protein powder, add ½ tsp (2mL) vanilla and 1 tsp (5mL) coconut sugar or molasses

Nutrition info unavailable.

Adapted from www.joyoushealth.ca