

# Pumpkin Spice Smoothie

*Recipe makes 1 smoothie*

## Ingredients

1 scoop Legion Vanilla Protein Powder  
3/4 cup Light Greek Vanilla Yogurt  
1/2 cup Fat Free Fairlife Milk  
1/2 cup Pumpkin Puree  
2 Tbsp Sugar Free Maple Syrup  
1/2 tsp Vanilla Extract  
1/2 tsp Cinnamon  
1/4 tsp Nutmeg  
1/4 tsp Pumpkin Spice  
100g Ice Cubes (about 6 cubes)

## Instructions

1. Add all of your ingredients to a blender and blend to your desired consistency.
2. Pour into a glass or shaker bottle.
3. Enjoy!



## Nutrition Profile

*- per smoothie -*

Calories - 280

Fat - 1g

Carbohydrates - 28g

Protein - 44g

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# Notes

- This smoothie is a great option for a high protein dessert, snack, or even a post workout protein shake.
- I used Legion brand protein powder, but you can use whatever brand you prefer or have access to. The serving size for 1 scoop of the protein I used is 31g.