

Pumpkin Spice Protein Smoothie

Ingredients

- ½ cup canned pumpkin puree (unsweetened)
 - 1 frozen banana
 - ¾ cup unsweetened almond milk (or milk of choice)
 - 1 scoop vanilla protein powder (plant-based or whey)
 - 1 tablespoon almond butter or peanut butter
 - ½ teaspoon pumpkin pie spice (or a mix of cinnamon, nutmeg, and ginger)
 - ½ teaspoon vanilla extract (optional)
 - 1–2 teaspoons maple syrup or 1 Medjool date (optional, for sweetness)
 - Ice cubes (optional, for a thicker texture)
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Instructions

1. Add all ingredients to a high-speed blender.
2. Blend until creamy and smooth (about 45–60 seconds).

3. Adjust spices or sweetness to taste.
 4. Serve immediately. Optional: top with cinnamon or chopped nuts.
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Health Benefits

- Pumpkin is high in vitamin A, antioxidants, and fiber — supports immunity and digestion.
- Banana provides natural sweetness and potassium for energy and muscle function.
- Protein powder helps with muscle recovery and keeps you full.
- Nut butter adds healthy fats and a creamy texture.
- Pumpkin spice gives warmth and anti-inflammatory benefits.
- Maple syrup/date offers natural sweetening without processed sugar.