

Pumpkin Pie Protein Smoothie

Ingredients

- ½ cup canned pumpkin (not pie filling)
- 1 scoop Protein Powder
- ½ banana
- ½ cup ice
- ½ cup skim milk
- 1 tsp pumpkin pie spice
- 2 tsp Splenda Brown Sugar (or regular brown sugar)
- 1 tsp cinnamon

Blend all ingredients together until smooth.