



Perfect Pumpkin Shake



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Entire recipe (about 18 oz.): 112 calories, 2.5g total fat (0.5g sat. fat), 163mg sodium, 10.5g carbs, 3.5g fiber, 3g sugars, 11g protein



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Ingredients

3/4 cup unsweetened vanilla almond milk
1/4 cup canned pure pumpkin
3 tbsp. plain protein powder with 100 calories or less per serving
2 no-calorie sweetener packets
1/2 tsp. cinnamon
1/4 tsp. pumpkin pie spice
1/4 tsp. vanilla extract
1 1/4 cups crushed ice (about 10 ice cubes)

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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