



Perfect Pumpkin Shake



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



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Single Serving](#), [30 Minutes or Less](#)

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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