



Boozy Blended Pumpkin Pie



Entire recipe (about 18 oz.): 206 calories, 2g total fat (0.5g sat. fat), 126mg sodium, 12.5g carbs, 4g fiber, 3g sugars, 12g protein

Prep: 5 minutes



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Ingredients

1/2 cup unsweetened vanilla almond milk
1/4 cup canned pure pumpkin
1 1/2 oz. spiced rum
3 tbsp. vanilla protein powder with 100 calories or less per scoop
1-2 packets natural no-calorie sweetener
1/2 tsp. cinnamon
1/4 tsp. pumpkin pie spice
1/4 tsp. vanilla extract
1 1/2 cups crushed ice (about 12 ice cubes)
Optional topping: light whipped topping

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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