



Pumpkin Pie Protein Meal Smoothie

When you're in a rush and need a quick meal on the go, there are tons of great recipes on the internet like this one that come together in a few minutes. Here's one I developed at home that tastes like pumpkin pie and has everything you need to feel satiated and calm until your next meal. Don't be put off by the green tinge - you can't taste the greens powder or spinach but it adds essential phytonutrients.

Ingredients:

½ cup roasted pumpkin or squash flesh
½ cup oat milk (more for a thinner smoothie)
One serving vanilla protein powder containing 20-30 grams protein
One serving greens powder or handful of raw spinach
One small banana
Small handful of pecans
1 tsp cinnamon
½ tsp turmeric
½ tsp ground or grated ginger
¼ tsp cardamom (or nutmeg)
¼ tsp allspice

Method:

- Put all ingredients in a high powered blender and blend until smooth
- Top with fresh grated nutmeg, optional