



Ingredients:

1 scoop Vanilla Allmax Isoflex protein powder
1 C 30 calorie almond milk
1/2 Banana
1 TSP pumpkin pie spice
1/4 TSP cinnamon
1/2 C ice cubes

Directions:

In a blender, blend all ingredients together on high speed until ice is finely pureed.
Serve immediately.

We recommend a Vit-a-Mix or other high quality blender to crush ice to fine consistency.

Calories: 208
Protein grams: 29
Carb grams: 17
Fat grams: 3
Fiber grams: 3
Sodium mg: 290

Pumpkin Pie Protein Smoothie

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