



Pumpkin Spice Protein Drink

Jacob · 29/09/2024



Prep Time

2

Difficult

Medium

Servings

2 servings

Description

Quick and easy protein drink for those on the go. The protein powder will keep you full longer. You can substitute 2 tablespoons peanut butter for the dates.

Ingredients

- 1 cup unsweetened almond milk - 2 bananas
- sliced and frozen - ½ cup canned pumpkin - 2 dates
- pitted - 1 scoop vanilla protein powder - ½ teaspoon vanilla extract - 1 pinch ground nutmeg - 1 pinch ground cinnamon - 1 pinch ground cloves - 1 pinch ground ginger

Instructions

1. Blend almond milk
2. bananas
3. pumpkin
4. dates
5. protein powder
6. vanilla extract
7. nutmeg
8. cinnamon
9. cloves
10. and ginger together in a blender until smooth.