



# pumpkin pie smoothie

## INGREDIENTS

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1 c milk of choice  
1/2 c Greek yogurt  
1 frozen banana  
1/2 can pumpkin

1 tsp pumpkin spice seasoning  
1 serving vanilla protein of choice  
1 tsp vanilla extract  
Drizzle of maple syrup

## INSTRUCTIONS

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In a blender, combine all ingredients and blend until smooth.

Bottoms up!