

Pumpkin Spice Smoothie

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1/2 cup pumpkin puree
- 1 banana
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground cloves
- 1 scoop vanilla plant-based protein powder*
- 1 cup water or coconut milk
- 6 ice cubes
- *If using plain unflavoured protein powder, then add 1/2 tsp vanilla.
- I used Genuine Health Vegan Proteins+ (it's my faves!)

Instructions:

1. Place all ingredients into high powered blender and blend until smooth. Pour into glass and sprinkle with cinnamon and coconut sugar. And of course if you have one, sip with a glass straw!