



## VEGAN PUMPKIN PROTEIN SMOOTHIE

*Gluten-free • Vegan • Soy-free • Sugar-free*

This pumpkin smoothie is a perfect treat for the holiday season that will nourish and energize your body *and* satisfy your sweet tooth.

*Makes 2 servings*

### Ingredients

½ cup pure pumpkin puree

1½-2 cup unsweetened almond milk

2-3 fresh Medjool dates

½ tsp. cinnamon

¼ tsp. cardamom

½ tsp. organic vanilla extract

1 tbsp. chia seeds

1½ tbsp. hemp seeds

½ scoop vegan protein (I used Vega Sport performance vanilla)

1 banana, sliced and frozen

Ice

### Directions

1. Place all ingredients in a blender and blend until smooth!
2. Add more ice if you want it more chilled or more almond milk if you like a thinner smoothie. Enjoy!



GLUTEN-FREE



VEGAN



MADE WITH  
LOVE



ORGANIC



RAW-VEGAN