

## **Pumpkin Smoothie**

### **Serves 2**

*1 banana  
1 cup ice cubes  
1 cup pumpkin  
2 cups almond milk (unsweetened)  
2 Tbsps Hemp Hearts  
1 Tbsp Chia Seeds  
1 Tbsp Almond Butter  
1 Tsp cinnamon*

*Blend well then add:*

*2 scoops of 100% whey isolate  
protein powder (I use Vanilla) -  
sweetened with Stevia*

## **Pumpkin Smoothie**

### **Serves 2**

*1 banana  
1 cup ice cubes  
1 cup pumpkin  
2 cups almond milk (unsweetened)  
2 Tbsps Hemp Hearts  
1 Tbsp Chia Seeds  
1 Tbsp Almond Butter  
1 Tsp cinnamon*

*Blend well then add:*

*2 scoops of 100% whey isolate  
protein powder (I use Vanilla) -  
sweetened with Stevia*

## **Pumpkin Smoothie**

### **Serves 2**

*1 banana  
1 cup ice cubes  
1 cup pumpkin  
2 cups almond milk (unsweetened)  
2 Tbsps Hemp Hearts  
1 Tbsp Chia Seeds  
1 Tbsp Almond Butter  
1 Tsp cinnamon*

*Blend well then add:*

*2 scoops of 100% whey isolate  
protein powder (I use Vanilla) -  
sweetened with Stevia*

## **Pumpkin Smoothie**

### **Serves 2**

*1 banana  
1 cup ice cubes  
1 cup pumpkin  
2 cups almond milk (unsweetened)  
2 Tbsps Hemp Hearts  
1 Tbsp Chia Seeds  
1 Tbsp Almond Butter  
1 Tsp cinnamon*

*Blend well then add:*

*2 scoops of 100% whey isolate  
protein powder (I use Vanilla) -  
sweetened with Stevia*