



Pumpkin Green Smoothie

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 2

Serving Size: ½ of recipe

Ingredients:

1 cup spinach
1-1 1/2 cups romaine lettuce
1 scoop protein powder of choice*
2 tablespoons ground flaxseed
1 tablespoon almond butter**
1/4 cup 100% pure pumpkin puree
3/4 teaspoon pumpkin pie spice
1/4 teaspoon ground ginger or 1/2 teaspoon grated fresh ginger
1 1/2 cups unsweetened almond milk
1/2 cup - 1 cup ice cubes (depending on how cold and icy you like it)

Directions:

1. Place all ingredients into a blender and process on high until smooth.
2. Pour into two glasses and enjoy!

Tips and Tricks:

*I like to use a vanilla flavored protein powder in this smoothie. Always use the 15/15 rule when choosing a smoothie and find something that is 15 grams or less total carbohydrates and 15 grams or more of protein. For anyone on an anti-inflammatory diet, shoot for something in the 5- 10 grams of carbs per serving range.

**As an alternative if you don't have or don't want to use protein powder, just replace the powder with an additional tablespoon of almond butter.

Nutritional Information Per Serving: (Includes protein powder using 15/15 rule)

Calories: 194.8
Fat: 10.4 g
Cholesterol: 0.0 mg
Sodium: 323.8 mg
Total Carbohydrate: 11.6 g
Dietary Fiber: 6.5 g
Sugars: 3.5 g
Protein: 21.6 g