

## Pumpkin Smoothie

- 1 cup pumpkin
- 1 banana
- 1 cup almond milk
- Stevia or Xylitol or honey or sweetener of choice
- 1 serving of protein powder – I use doTerra vanilla TrimShake
- Ice
- spices – (cinnamon, pumpkin pie spice, ginger, clove, etc to taste)  
And/or
- essential oils (make sure they are safe to ingest – like doTerra) – I used cassia and peppermint last time, but also LOVE ginger, clove, lemon, orange, etc. start with 1 drop, taste, and add more if you want!

Blend and enjoy!

