

Apple & Pumpkin Pie Spice Protein Smoothie



PREP TIME:
5 MINUTES

COOK TIME:
N/A

TOTAL TIME:
5 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

Ingredients:

- 1 Scoop Truvani Vanilla Protein Powder <https://www.trytruvani.com/5MX46D/D42TT/?uid=3>
- 1 ½ Cups Ice
- 1 – 1 ½ Cups Dairy Free Milk
- ½ Cup Sliced Organic Honeycrisp Apple
- ¾ teaspoon Organic Pumpkin Pie Spice
- ½ teaspoon Organic Cinnamon
- 1 Medjool Date (pit removed)
- 3 TBSP Organic Coconut Cream – *(typically found in a can)*
- 1 TBSP Chia Seeds
- 1 TBSP Ground Flax Seed
- **Optional:** Add 1 TBSP Unsweetened Nut Butter

Instructions:

1. Add ice, non-dairy milk and protein powder to blender cup. Add all other ingredients.
2. Adjust liquid according to thickness preference.
3. Blend 30-60 seconds depending on desired consistency. *(I blend longer for creamier consistency)*

***Try and use all organic ingredients if possible.**