



Pear & Pumpkin Cinnamon Smoothie

1 serving
5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 Pear (cored and chopped)
1/3 cup Pureed Pumpkin
1 cup Frozen Cauliflower
1/4 cup Oats (rolled)
1/4 cup Vanilla Protein Powder
1/4 tsp Cinnamon

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is about 1 3/4 cups.

More Flavor: Add vanilla extract.

More Protein: Add collagen and/or vanilla protein powder.

Soy-Free: Use any other type of milk.