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Pumpkin Pie Shake

Ingredients

- 4 tbsp of canned pumpkin
- 1 1/4 cup of unsweetened vanilla almond milk
- 1 scoop of Cinnamon Roll Myofusion Probiotic Series Whey
- 2 tbsp Walden Farms Calorie-Free Pancake Syrup
- 2 tbsp of GG Bran Scandinavian Fiber Sprinkles (Note: these are not gluten-free)
- 1/8 tsp nutmeg
- 1/8 tsp pumpkin pie spice



Directions

1. Mix all ingredients in a blender, Magic Bullet, or other mixer.
2. Pour the mixture into your ice cream machine for 10-15 minutes.