

## PUMPKIN PROTEIN SHAKE

### INGREDIENTS:

3 Tbsp. pumpkin puree

6 oz. unsweetened vanilla Almond milk

1 serving vanilla protein

1 tsp. cinnamon

1/4 tsp. nutmeg

1/4 tsp. ginger

1/2 cup water

4 ice cubes

Place all ingredients in a blender, blend ingredients together to desired consistency and enjoy!