



Chai Pumpkin Pie Smoothie

INGREDIENTS

½ cup Chai tea; pre-brewed; cold
3 TBS 100% pure pumpkin puree
1 TBS pumpkin pie spice
½ tsp vanilla extract
1 scoop of protein powder

1 cup unsweetened almond, cashew or coconut milk
½ banana
1 tsp maple syrup
4 drops pure orange extract
2 hands full fresh kale (optional)

DIRECTIONS

Add all ingredients to a blender and blend until creamy and smooth. If too thick, add more milk or ice. Adjust flavors as needed. Serve immediately. Each recipe serves 1; 270 calories