



# Pumpkin Pie Protein Smoothie Bowl

Cook Time: 10 minutes

Servings: 2-3

## Ingredients for Smoothie

- 3/4 Cup Vanilla Almond Milk
- 2 Scoops Plant-based Vanilla Protein Powder
- 1 Zucchini
- 1 Cup Pumpkin Puree
- 1 1/2 tsp. Pumpkin Pie Spice
- 1 tsp. Cinnamon
- Pinch of Salt
- 1 1/2 tbsp. Stevia
- 1/2 Avocado
- 1/2 tsp. Vanilla Extract

## Ingredients for Crumble

- 4 tbsp. Vanilla Protein Powder
- 1 tbsp. Cashew Butter
- 1 tbsp. Vanilla Almond Milk

## Instructions

1. For the crumble. Put 4 tbsp. vanilla protein powder, 1 heaping tbsp. cashew butter, and 1 tbsp. vanilla almond milk in a bowl.
2. Combine using a fork until it's crumbly.
3. Put half in a bowl, and press down so the bottom is totally covered.
4. Now for the smoothie. Put 3/4 cup vanilla almond milk, 1 zucchini, 1 cup pumpkin puree, 1 1/2 tsp. pumpkin pie spice, 1 tsp. cinnamon, pinch of salt, 1 1/2 tbsp. Stevia, 1/2 avocado, 1/2 tsp. vanilla extract, and 2 scoops plant-based vanilla protein powder in a magic bullet or blender.
5. Blend until smooth.
6. Pour into bowl, and top with the rest of the crumble.

