

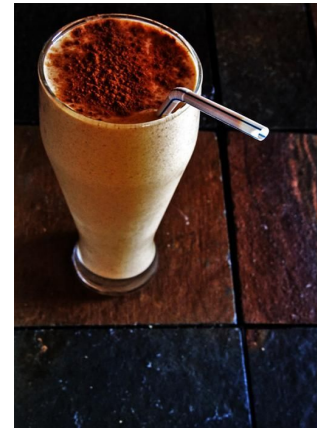
Pumpkin Pie Milkshake

Do you LOVE the taste of pumpkin during the fall season, then you will LOVE this pumpkin pie milkshake! This *'milkshake'* tastes **exactly** like pumpkin pie in the form of a thick creamy shake! The cinnamon, pumpkin pie spice, and honey teddy grahams (to resemble the 'graham cracker' pie crust), makes you feel like your eating an endless piece of pumpkin pie! This shake has 30+ grams of protein, is high in fiber, and is low in sugar and simple carbohydrates!

Ingredients:

- 1/2 cup Low fat cottage cheese
- 1 Scoop plain or vanilla protein powder [1]
- 1/2 cup Pumpkin puree
- 1/2 tsp Pumpkin pie spice (or 1/8 tsp of nutmeg)
- 1/2 tsp Cinnamon
- 2-4 pkts Stevia (or sweetener of choice to taste)
- 1/2 cup Cold water [2]
- 5-10 Ice cubes [2]

Optional Topping: Crushed Honey Teddy Grahams
(Only use a few to give the texture without pushing the carbohydrates to high



- [1] Use as many scoops of protein powder you need to meet your calorie/protein needs.
- [2] Vary amount based on desired thickness of shake

Directions:

ONE SIMPLE STEP! Put all the base ingredients in the blender and blend away until desired consistency! Top with crushed teddy grams if desired...and enjoy!!!!.

Nutritional Info:

Calories 220 Fat 4 g Carbohydrate 17 g Fiber 4 g Sugar 9g Protein 38 g