

Pear & Pumpkin Cinnamon Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is about 1 3/4 cups.

More Flavor

Add vanilla extract.

More Protein

Add collagen and/or vanilla protein powder.

Soy-Free

Use any other type of milk.

Ingredients

- 1 cup Oat Milk
- 1 Pear (cored and chopped)
- 1/3 cup Pureed Pumpkin
- 1 cup Frozen Cauliflower
- 1/4 tsp Cinnamon
- 2 tbsps Coconut Butter
- 1/2 cup Vanilla Protein Powder