

Pumpkin Pie Smoothie Bowl

total time 5 minutes

serves 1

Basically healthy pumpkin pie filling that you can eat for breakfast.

Ingredients

3/4 cup pumpkin puree
1 cup steamed then frozen cauliflower
1 scoop vanilla protein powder
1 heaping tsp pumpkin spice
1-2 tbsp of flax, chia or hemp seeds (optional)
1/2 - 1 cup liquid

Instructions

1. Place all ingredients in a high speed blender and blend until smooth.
2. Pour into your favorite bowl and adorn with your favorite toppings - I like using grain-free granola, pumpkin seeds, cacao nibs and bee pollen.
3. Enjoy! I hope you feel full, happy & ready to take on your day!

Notes

* If you don't have / don't want to use vanilla protein powder, add 1/2 - 1 whole banana (fresh or frozen) for sweetness, plus a splash of vanilla extract.

