

Best Recovery Smoothie

INGREDIENTS

1 cup water or unsweetened nondairy milk	1 tsp pumpkin pie spice
½ cup pumpkin puree	¼ tsp vanilla extract
½ medium frozen banana	1 cup ice
1 large handful baby spinach	1 scoop NaturesPlus Energy Protein Shake (optional)

1. Layer ingredients in a blender and blend until smooth. You can pour into a bowl and top with chia seeds, coconut flakes or nuts.

Yields 1 smoothie