

!MPACT's Favorite Recipe Shares . . .



Festive Fall Shake

Ingredients:

- 1 frozen banana
- 2 scoops of Vanilla Protein Powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon pumpkin pie spice
- 2 Tablespoons (30ml) pure maple syrup or agave nectar
- 2/3 cup fresh pumpkin puree
- 1 cup ice

Directions:

- Make sure you have a strong, powerful blender. Add all of the ingredients to the blender in the order listed.
- Blend on high for at least 3 minutes or until smooth - this may take longer if your blender isn't very strong. Scrape down the sides of the blender as needed.
- Add a couple more ice cubes for a thicker texture, if desired and add more spices as desired.