Pecan & pumpkin smoothie

BODY TRANSFORMATION CENTRE

125g tinned pumpkin purée
225ml unsweetened nut milk of your choice
3 ice cubes
a large handful of fresh spinach leaves
15g pecan nuts (reserve a small amount for topping)
25g vanilla flavour whey or rice protein powder (optional), or replace with 100g ripe banana)

SERVES 1

Place all of the ingredients in a blender and pulse until creamy.

Add a drop more nut milk if required, to achieve desired consistency.

Top with a sprinkle of chopped pecan nuts.

Consume immediately.

PER SERVING:
316 Calories
15g Carbs
28g Protein
16g Fat