

Pumpkin Pie Smoothie

I know, I know, it's not fall yet! But let me tell you, this smoothie will make you wish it was! It's like pumpkin pie in a glass! It has an awesome 22 grams of protein per serving and it's very filling.

Ingredients:

- ***3/4 cup Six S Dairy Raw Milk***
- ***1/2 cup Homemade Greek Yogurt***
- ***1/2 cup Canned Pumpkin***
- ***1/3 cup Sprouted Rolled Oats***
- ***2 tsp Maple Syrup***
- ***1.5 tbsp Natural Almond Butter***
- ***1/4 tsp Pumpkin Pie Spice***
- ***1 tsp Vanilla Extract***
- ***1 pinch Redmonds Real Salt***

Steps:

- **Add everything to a blender.**
- **Blend until smooth.**
- **Enjoy!!**