



Pumpkin Spice Protein Shake

Creamy • Nourishing • Fall Favorite

Ingredients

- 1 cup unsweetened vanilla almond milk (or dairy-free milk of choice)
- ½ cup canned pumpkin puree (not pumpkin pie mix)
- ½ cup plain nonfat Greek yogurt
- 1 scoop **UNJURY® Vanilla High Whey Protein Powder** (about 31 g)
- 1 tsp pumpkin pie spice
- ½ tsp ground cinnamon
- ½ to 1 tsp monk fruit or stevia (optional, to taste without extra sugar)
- ½ cup ice cubes

Instructions

- 1 Add all ingredients to a high-speed blender.
- 2 Blend on high for 30 to 60 seconds until completely smooth and creamy.
- 3 Taste and adjust sweetness or spice if needed.
- 4 Pour into a glass and serve immediately.

Nutrition Facts

Serving Size: 1 shake
Servings: 1

Amount Per Serving

Calories	230
Protein	29 g
Total Carbohydrate	23 g
Dietary Fiber	4 g
Total Sugars	9 g
Total Fat	4 g
Saturated Fat	0.5 g
Cholesterol	15 mg
Sodium	250 mg
Calcium	430 mg
Potassium	640 mg

Nutrition facts are estimates and may vary based on the specific brands of ingredients used. Nutrition facts calculated using UNJURY® Vanilla High Whey Protein Powder, unsweetened vanilla almond milk, plain nonfat Greek yogurt, and canned pumpkin puree.