

Pumpkin Peanut Butter Shake

THM-Friendly: S

- 1/2 cup 100% pure pumpkin
- 1 cup unsweetened nut milk
- 1/4 tsp. pumpkin pie seasoning
- 1 small (questionable?) squash (or zucchini)
- 2-4 tsp. THM Super Sweet (adjust to your own tastes)
- 1/4 cup (1 scoop) protein powder of your choice*
- 1/2 tsp . sunflower lecithin
- 2 Tbsp. natural peanut butter
- 1 splash (measure with your heart) vanilla extract
- 1/2 cup ice



Add all ingredients to the blender and zing it up.

Pour into your favorite glass.

Top with whipped topping and a sprinkle of nutmeg for a little bit extra.

enJOY!

*DF: THM Creamy Dreamy

