

## TASTY SHAKE RECIPES

Easy and delicious ways to put more healthy protein into your diet every day.



### *Pumpkin Pie Smoothie*

#### **INGREDIENTS:**

#### **1 Premier Protein® Vanilla Shake**

1/2 teaspoon of pumpkin spice

1/4 teaspoon of cinnamon

1 teaspoon of honey

1 cup of ice

#### **DIRECTIONS:**

Blend until smooth and enjoy!