



Recipes

Beverages

Plentiful Pumpkin Smoothie

Prep Time: 5 minutes

Yield: 1 serving

Ingredients:

10 oz of almond milk or any other plant based milk alternative
2 scoops MCT Lean Vegan Protein Blend Natural Vanilla
1 tablespoon MCT Lean MCT Oil or coconut oil
1/2 cup BPA free canned pumpkin
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1 tablespoon ground flaxseed
Ice as needed

Directions:

1. Using a Vitamix or high-power blender, add milk alternative, MCT Lean Vegan Protein Blend, MCT Oil, pumpkin, and blend.
2. Add cinnamon, nutmeg, flaxseed, ice, and blend until smooth.
3. Enjoy!