

PUMPKIN SPICE BREAKFAST SMOOTHIE

Been looking for another way to get those vegetables into your breakfast? This recipe makes it so easy and is just in time for Fall. There are two different ways to make it, depending on your tastes, so try each one for even more variety. The cauliflower rice is really flavorless and takes on the flavors of the pumpkin and spices. It's best consumed when made and not later in the day. A Genesis Facebook client once suggested frozen cauliflower in smoothies a while back, and it fits perfectly here. It would be a great addition to other smoothies, as well. This recipe is for one serving and covers your protein, vegetable and fat for one meal.



INGREDIENTS

(Option 1)

- 2 scoops Pure Vitality, Ancient Nutrition or 1 scoop of PurePea Vanilla Protein Powder
- 1/2 cup canned pumpkin (or homemade puree)
- 1/2 cup frozen riced cauliflower
- 1/4 tsp pumpkin pie spice (or use 1/2 tsp and no cinnamon)
- 1/4 tsp ground cinnamon
- 1 Tbsp organic heavy cream, coconut cream or extra virgin coconut oil
- 1 cup unsweetened coconut/almond milk (or more, to desired texture)

(Option 2)

Just change the amount of pumpkin and cauliflower, using:

1/4 cup canned pumpkin (or homemade puree)

3/4 cup frozen riced cauliflower

INSTRUCTIONS

Place all the ingredients into a bullet or blender and mix until very smooth. Happy Fall!