

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Pumpkin Spice Smoothie (21 DSD compliant)

From The 21-Day Sugar Detox Cookbook

I LOVE this smoothie!

Serves 1-2

1 cup full-fat coconut milk, canned

½ cup water

1 green-tipped banana, frozen (fresh works, too)

¼ cup canned pumpkin

1 tsp vanilla extract

1 tsp ground cinnamon

1 tsp pumpkin pie spice

Small handful of ice

1 to 2 scoops vanilla protein powder (I like to use the Dream Protein sold at the office, or the Isagenix protein powder)

Puree all the ingredients in a blender until smooth.