

Spiced Pumpkin Complete Shake

1C ice

1C milk (rice, almond, soy)

½ C plain yogurt or soy yogurt

¼ can of pumpkin (15 oz. can)

1 scoop French Vanilla Complete powder

¼ t cinnamon

1/8 t nutmeg

1/8 t cloves

For a thinner smoothie simply add more Almond Milk or even water.