

# Pumpkin Chia Smoothie



## Ingredients:

- 1.5 cups of Milk (almond milk)
- 1 frozen banana
- 1/2 scoop SFH Vanilla Recovery
- 1 1/2 Tbsp Chia Seeds
- Pumpkin spice, nutmeg, cinnamon to taste

## Directions:

- Throw everything into blender and mix. Boom.

\* 1-2 servings depending on amount of milk

You can play with the amount of almond milk you throw into this smoothie depending how creamy you want it to be. You can also interchange any type of milk you prefer!

Recipe created by Ben MacMillan