

VANILLA PUMPKIN SPICE "TREAT"

~Enjoy the taste of Autumn with this fat burning shake~

INGREDIENTS

8 oz unsweetened almond milk
1 scoop of any Vanilla GYF Protein
1 scoop of any GYF Snack Replacement (optional)
1/8 teaspoon Pumpkin Pie Spice
1/8 teaspoon Cinnamon
4-5 ice cubes

DIRECTIONS

Combine the ingredients in a shaker bottle or blender.

Shake or blend until all ingredients are mixed well.

Enjoy anytime for a tasty treat that nourishes muscles & burns fat!

NUTRITIONAL FACTS

Calories - 150 Fat - 5g Carbs - 6g
Fiber - 1g Sugars - 0g Protein - 20g