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Pumpkin Pie Smoothie

Ingredients:

- 1 cup pumpkin puree
- 12 oz full fat coconut milk or water
- ½ teas pumpkin pie spice
- ½ teas vanilla extract
- 1 scoop pure Ancient Nutrition pure bone broth protein

Directions:

1. Place all ingredients in a blender and puree until smooth, adding water and ice to desired consistency.

Recipe adapted from: Dr. Josh Axe. *Bone Broth Breakthrough*. Axe Wellness. 2016.