

Skinny Pumpkin Pie Protein Shake



The Skinny Pumpkin Pie Protein Shake will help you save 334 calories and 23 grams of fat.

NUTRITIONAL INFO

Calories: 155

Fat: 1 gram

Carbs: 15 grams

Fiber: 1 gram

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Serves: 1

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 tsp.) Pumpkin pie spice